

Fairfax Area Agency on Aging Highlights for January 2024

Fairfax County Services for Older Adults | Family Services
Golden Gazette | Family Services ([fairfaxcounty.gov](https://www.fairfaxcounty.gov))

Legislative and Boards

Highlights

- Fairfax County 2024 Legislative Program was adopted by the Board of Supervisors on December 5th, 2023: [adopted-fairfax-county-legislative-program-for-the-2024-general-assembly.pdf](https://www.fairfaxcounty.gov/legislative-program-for-the-2024-general-assembly.pdf) ([fairfaxcounty.gov](https://www.fairfaxcounty.gov))
- Northern Virginia Aging Network 2024 Legislative Platform: <https://www.novaregion.org/353/Northern-Virginia-Aging-Network>
- The Fairfax Area Commission on Aging (COA) met on January 17th. The meeting centered on discussion about the SHAPE the Future of Aging Initiative Development Committees. The next COA meeting is on Wednesday, February 21, 2024.

Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
 - Phone intakes: **148**
 - Completed contact cases: **288**
 - Money saved (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals, etc.) total: **\$36,989.53**
 - Number of Events/Presentations: **0**
- VICAP's client base is **200,000+** county residents. VICAP is currently staffed by **2** full-time employees and volunteers.

VICAP Information

- For more information, contact VICAP dfsvicap@fairfaxcounty.gov
- **The VICAP website** features the October 2023 **Medicare 101** and **Medicare 102** presentation webinars, the November 2023 Medicare 101 presentation webinar in Spanish, and a podcast. It also includes links to Medicare and COVID-19 information and a Senior Medicare Patrol (SMP) Consumer Fraud Alert for COVID-19. <https://www.fairfaxcounty.gov/familyservices/older-adults/virginia-insurance-counseling-and-assistance-program-vicap>

Volunteer Solutions

- January 10: Karen Hannigan, supervisor for the Aging Disability Caregiver Resources (ADCR) unit presented at the virtual Connection Corner (CC) meeting for **4** volunteers. The session was recorded and shared with all volunteers.
- January 11: South County Regional Volunteer Coordinator staffed a booth at the Senior Community Service Employment Program (SCSEP) Career and Resource Fair at the South County Government Center with **60** SCSEP participants in attendance.
- January 15: Volunteer participants and RSVP volunteers completed a service project for Volunteer Solutions, at the Volunteer Fairfax, Martin Luther King Jr. Day of Service Give Together event . The event was held at the Northern Virginia Community College – Annandale Campus with **600** participants. Families with elementary aged children made Valentine Cards that will be delivered in February to Home-Delivered Meals clients.
- Data that drives the work:
 - Inquiries to becoming a volunteer: **97**
 - Total volunteers who became active in a program: **19**
 - New client referrals: **16**
 - IT On Call referrals: **22**
 - Facebook Followers: **2,089**
- *Upcoming Events Involving Volunteer Solutions*
 - Channel 16 - Mature Living: Volunteer Solutions' Supervisor will be featured along with Volunteer Solutions volunteers, Jeff Rogers and Maria Romain, in the January-March episode focused on Volunteerism.
 - February 10: Volunteer Solutions' South County Regional Volunteer Coordinator will conduct volunteer outreach at Supervisor Storck's Annual Town Hall Meeting.
 - February 22: Volunteer Solutions' volunteer drivers will deliver **100** mini-floral arrangements to Home-Delivered Meals clients in the South County region. These arrangements are being generously donated by the Garden Club of Waynewood (GCW) in Alexandria. The Nutrition Unit and Volunteer Solutions are collaborating on this project.
 - March 14: Volunteer Training- Mental Health First Aid for Older Adults will be held at the South County Government Center and presented by The Community Services Board.

Volunteer Solutions Information

- Check out the Volunteer Solutions **Caring Community Updates** to stay up to date on the latest happenings to include Volunteer Spotlights, upcoming events, and more: bit.ly/CCUPDATES
- Check Volunteer Solutions out on **Facebook**: bit.ly/VSFACEBOOK

Nutrition: Home Delivered Meals

- The Home Delivered Meals vendor facility was affected by a fire at a neighboring warehouse on January 2nd. Despite the emergency, HDM participants continued to receive a combination of fresh, frozen, and shelf stable meals. HDM partnered with Food & Friends and received a donation of **535** frozen meals to provide participants along with the meals that the vendor prepared for delivery.
- Shelf Stable Meals were distributed to all HDM participants in preparation for any potential inclement winter weather this season or in case of emergencies that could impact service delivery.

How to Request Meals

- Call 703-324-5409, TTY 711 to request service, make a referral or get more information.
- Family members, caregivers, friends, and medical professionals can make referrals.
- A social worker will call to conduct an assessment to determine eligibility.
- The Nutrition Unit continues to provide HDM services to eligible adults over age 60 or adults over age 18 with a disability.
- For more information visit: <https://www.fairfaxcounty.gov/familyservices/older-adults/fairfax-area-meals-on-wheels>

Nutrition: Congregate Meals

- *Congregate Nutrition*
This month's emergency caused us to quickly pivot and partner with other agencies such as Neighborhood and Community Services and Food and Nutrition Services of Fairfax County Public Schools to provide emergency meals to the Congregate Nutrition participants until the vendor was able to resume services.
- *New Temporary Administrative Assistant*
Congregate Nutrition welcomes Adila Abuduhlike who joins us as an Administrative Assistant II. She has six years of work experience as well as an MBA from Dubuque University and a Bachelors degree in Petroleum Engineering from the China University of Petroleum. Welcome, Adila!

Caregiver and Support Services

- During January 2024, **8** Caregiver Alert Notifications were sent via email, text messages, and voice communication methods. The notifications contained information on ElderLink's Virtual Support Call, ElderLink-Chronic Disease Self-Management Program, Chronic Disease Self-Management, Helping Hands Stroke Club Stroke Support Group, Tech Help Clinic, Helpful Tips and Resources for Family Caregivers Library Presentation, Virtual Chair & Mat Yoga, and the Crisis Energy Assistance program. Currently, there are **1,431** subscribers.
- The caregiver column for the Golden Gazette included a message about Battling Caregiver Guilt and provided information on the events: Stroke Support Group, Helping Hands Stroke Club, Caregiver Stroke Support Group, Caregiver Consultations, and Tai Chi Classes.

Caregiver Important Information

- Sign up for upcoming **Dementia Friendly Fairfax** (DFF) sessions: <https://bit.ly/DementiaFriendlyFairfax>

- The monthly Caregiver Webletter was emailed this month to **2,538** people. The Webletter contained information on the:
 - Current Popular Scams Webinar
 - ElderLink's Virtual Support Call for Family Caregivers
 - Helping Hands Stroke Club: Speech Therapy, Helping Hands Stroke Club Stroke Support Group
 - Caring for You, Caring for Me program
 - Fairfax County Animal Shelter Safe Haven Program
 - Conflict Resolution workshop
 - A Mighty Long Way Perspective Speaker series
 - Volunteer Income Tax Assistance (VITA).
- The Fenwick Foundation Partnership Program supports family caregivers by providing free events and activity opportunities, such as tickets to theaters, plays, musicals, baseball games, and more. Currently, The Fenwick Foundation is providing access to virtual and in-person events. The program accepts referrals from the Department of Family Services, Adult Day Health Centers, and other county programs. The program currently has **29** participants.
- The Dementia Friendly Fairfax (DFF) action team meeting was cancelled on Tuesday, January 23. The next meeting will take place on Tuesday, February 27.
- On January 29, a staff member from the caregiver unit attended the Virginia's Caregiver Coalition's Professional Caregiver meeting. Topics included resources, trending needs for caregivers, and dementia support.
- On January 30, a staff member from the Caregiver Unit presented an in-person presentation on "Helpful Tips and Resources for Family Caregivers" at Kings Park Library for **4** community members.
- On January 18 two staff members from the Caregiver Unit attended the Virginia Caregiver Coalition Executive Committee Meeting. Updates and resources were shared among members and a presentation about the TOGETHER Program was presented by the University of Maryland, College Park. The next meeting will be on Tuesday, February 20.
- Discretionary Funds Programs, which provides durable medical equipment and adaptive equipment to clients who need financial help, assisted **2** clients, and provided **4** items through the Family Caregiver Discretionary Fund, and assisted **1** client and provided **5** items through the Barbara Antley Gift Fund in January.
- The Residential Repair & Renovation (R&R) Program helps seniors 60 years of age or older remain safely in their homes by providing home repairs and modifications. In January, there were **2** new requests, and **4** jobs completed.
- The Occupational Therapist (OT) Consultation Program sends an OT to perform a home safety evaluation for A&A clients. Clients are referred to this service by their case worker. In January, the team completed **3** new referrals, and **4** consultations.
- The Chore Services Program allows the AAA to provide services for Adult & Aging clients, 60 years or older, who can no longer perform these services themselves and who do not have the means to hire someone to provide the specified service(s). Services may include heavy housekeeping, yardwork, minor appliance repair and painting (limited). This month, **1** request was received, and **1** job was completed.

ElderLink

- Staffing
 - ElderLink is thrilled to announce that Jennifer Delgado will be joining the Inova ElderLink team as a Social Worker Case Manager I, with a primary focus of supporting the Money Management Program. Jennifer brings a wealth of knowledge to the team, stemming from her experience with discharge planning and interdisciplinary team collaboration aimed at supporting vulnerable older adults. Her anticipated start date is February 12.
- Exploring Dimensions of Aging Through Virtual Reality
 - ElderLink hosted its 1st two training sessions on 01/30 (Social Isolation) and 02/02 (Elder Safety & Well-Being) to Adult and Aging team members.
 - A total of **27** participants benefitted from these sessions and the feedback from the groups was overwhelmingly positive regarding the experience.
 - Within the next month, ElderLink will begin advertising and offering training session opportunities to participants from community organizations and family caregivers.
- Caregiver Support Programming
 - Caring for You, Caring for Me Workshop (CFYCFM)
 - In-person CFYCFM workshop hosted at Insight Memory Care Center, Wednesdays 02/28-03/27, 10:30am-12:30pm.
- Virtual Support Call for Caregivers of Older Adults via MS Teams, 2nd Tuesday of each month, 7-8pm
 - Upcoming call:
 - 2/13: Evaluating Social Isolation and Social Connection - Social isolation and loneliness have been elevated as a national public health crisis. The impacts of loneliness have been linked to a multitude of physical and mental health conditions. Join us as we use an immersive training platform to gain greater insight and perspective into identifying risk factors older adults who are experiencing social isolation face and learn about the positive impact that engagement and connection with others have on well-being.
- Health and Wellness Programming
 - Workshops in Session

ElderLink Services and Events

- To register for **Virtual Support Call for Caregivers of Older Adults**, please contact ElderLink intake line, (703) 324-5374, or visit www.tinyurl.com/CaregiverTSG
- To register for **Caring for You, Caring for Me Workshop**, please contact ElderLink line, (703) 324-7577, or visit <https://tinyurl.com/CFYCFM4U>
- ElderLink is accepting **referrals** for all programs, including:
Caregiver Support, Health and Wellness Classes, and Case Management Services. Please contact the ElderLink intake line at: (703) 324-5374.

- In-person Chronic Disease Self-Management workshop hosted by Messiah United Methodist Church in Springfield, Wednesdays, 01/10-02/14, 10:30am-12:30pm.
 - In-person Bingocize workshop hosted by the Wellness Center for Older Adults, Tuesdays/Thursdays, 01/23-03/28, 1-2pm.
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Northern Virginia Long-Term Care Ombudsman Program

The Ombudsman Program Information

- Ombudsman Program maintains certification as a SAGECare Platinum credentialed organization. SAGECare credentialing includes aging LGBTQ+ cultural competency training, which supports an inclusive, person-centered approach to care and furthers the mission of the LTC Ombudsman Program to promote quality of care and life for persons receiving long-term care services.

How to request a virtual outreach presentation

- The Ombudsman Program always welcomes the opportunity to educate the community about the program and promote quality of care and life for persons receiving long-term care services. To request an online or in-person outreach presentation, please contact the program via phone 703-324-5861 or by email: nvltcop@fairfaxcounty.gov.

Aging Disability Caregiver Resource Intake Statistics January 2024

Adult Protective Services	368
ADCR Consultation	233
Adult Services Referrals Sent	228
Nutrition/MOW	156
CCC+/ALF screenings, info only	117
Benefits	86
Housing	80
APS, info only	69
Adult Services, info only	69
Coordinated Services Planning	53
Transportation	47
Home Care Registry	46
Burial/Cremation	41
Home Based Care, Info Only	35
ElderLink	34
Volunteer Solutions	34
VICAP	33
Assisted Living Facility	28
Nursing Home	26
Caregiver Support	21
Other	20
Home Repair for the Elderly	19
Employment	18
Senior Center	17
Disability Services	17
Ombudsman	17
Financial	15
Legal Services	13
Medical/Dental	12
Adult Day Care	12
Respite	12
Tax Administration	12
Mental Health/Substance Abuse	12
Social Security	11
Golden Gazette	11
Durable Medical Equipment	9
Police Emergency and Non-Emergency	6
Domestic Violence/Victim Witness	4
Fuel/Cooling Assistance/Fan Care	4
Health and Wellness Programs	1

TOTAL

2,046