

Fairfax Area Agency on Aging Highlights for February 2024

Fairfax County Services for Older Adults | Family Services
Golden Gazette | Family Services (fairfaxcounty.gov)

Legislative and Boards

Highlights

- A Fairfax Area Agency on Aging (FAAA) client testified before the Senate Committee on Health, Education, Labor, and Pensions, sharing how she has benefited from services provided by the FAAA and crediting these services for being able to live independently, in her own home.
Fairfax County Resident Testifies About Fairfax Area Agency on Aging Services | Family Services
- The Fairfax Area Commission on Aging (COA) met on February 21st. The meeting centered on discussion about the SHAPE the Future of Aging Initiative Development Committees. The Commission also heard a presentation on the Freedom of Information Act (FOIA) from the Office of the County Attorney. The next COA meeting is on Wednesday, March 20, 2024.

Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
 - Phone intakes: **115**
 - Completed contact cases: **262**
 - Money saved (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals, etc.) total: **\$2,705.40**
 - Number of Events/Presentations: **1**
- The VICAP team attended the conference in Glen Allen, VA and worked on developing Virginia State Certification Exams in February.
- 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

- [Channel 16 - Mature Living](#) – Volunteer Solutions’ Supervisor is featured along with two Volunteer Solutions volunteers, in the February-March episode focused on Volunteerism.
- On February 10, Volunteer Solutions’ South County Regional Volunteer Coordinator staffed a booth at Supervisor Storck’s Annual Town Hall Meeting which had **300+** participants attend. [View the meeting](#) to see what is happening on Route One.
- February 13 - 15, Regional Volunteer Coordinators facilitated the monthly virtual Connection Corner (CC) meetings for **12** volunteers to network, share ideas, attend training, learn of upcoming opportunities and events. A Community Preparedness Specialist with the Division of Emergency Preparedness and Response at the Fairfax County Health Department shared practical tips and information about how to better prepare for such emergencies tailoring to your individual health needs and considerations when preparing and building an emergency kit. [Click to view](#) a recording of the session that was shared with all volunteers.
- On February 22, there were **21** Volunteer Solutions’ volunteer drivers who delivered **110** mini-floral arrangements and hand-crafted cards to Home-Delivered Meals clients in the South County region. These arrangements were generously donated by the [Garden Club of Waynewood](#) (GCW) in Alexandria who got flowers donated by a local Trader Joe’s. Additionally, **2** scouts from Troop #1345G handmade **110** greeting cards that accompanied the flower arrangements. The Nutrition Unit and Volunteer Solutions collaborated on this project.
- Data that drives the work:
 - Inquiries to becoming a volunteer: **73**
 - Total volunteers who became active in a program: **8**
 - New client referrals: **15**
 - IT On Call referrals: **17**
 - Facebook Followers: **2,103**
- *Upcoming Events Involving Volunteer Solutions*
 - On March 11, Community Ambassadors will meet virtually with ElderLink presenting information about their services. The Volunteer Solutions’ Supervisor has taken on the lead coordination of the Community Ambassadors Program.
 - On March 14, a daylong volunteer training on Mental Health First Aid for Older Adults will be held at the South County Government Center and presented by the Fairfax-Falls Church Community Services Board.
 - On March 20, Volunteer Solutions will coordinate the third self-care group session for all Department of Family Services (DFS) volunteers (Adult and Aging; Children, Youth and Families; Domestic and Sexual Violence Services; Public Assistance and Employment Services). DFS volunteers are tasked with a variety of roles that can sometimes bring up difficult emotions and situations when serving our community. This self-care session is offered to volunteers as an opportunity to discuss volunteer experiences. Topics may

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

include burnout, compassion fatigue, secondary trauma and open discussion is also welcome.

- The March Connection Corner topic will be on mental health services and resources presented by a Behavioral Health Specialist from the Fairfax-Falls Church Community Services board.

Nutrition: Home Delivered Meals

- During the week of February 5, Home Delivered Meal (HDM) participants received a fresh produce box and nutrition education with their regular meal delivery. The produce boxes included blueberries, cherry tomatoes, strawberries, grapes, Persian cucumbers, a sweet potato, pear, and a clementine. The nutrition education consisted of the following handouts: “Vitamin A and Carotenoids: Fact Sheet for Consumers,” “Vitamin C Fact Sheet for Consumers,” “Easy Ways to Boost Fiber in Your Daily Diet.” Additionally, HDM participants received recipes for fruit salad, fruit parfait, and a microwave baked sweet potato to accompany their fresh produce box.
- During the week of February 12, HDM participants received a Valentine’s Day card made and donated by volunteers from Volunteer Fairfax.
- On February 22, the Garden Club of Waynewood donated mini floral arrangements. The floral arrangements were distributed to HDM participants located in the South County area. Volunteers with Volunteer Solutions assisted with the delivery of the mini floral arrangements.
- The Nutrition Unit continues to provide HDM services to eligible adults over age 60 or adults over age 18 with a disability.

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

- The Congregate Nutrition Program continues to provide nutritious meals and opportunities for socialization and recreation to county residents aged 60 and over at Fairfax County Senior Centers and Adult Day Health Centers.

Caregiver and Support Services

- On February 14, a *Dementia Friends Information Session* was held. **57** people registered, and **34** people attended the presentation.
- On February 21, a caregiver webinar on *Current Popular Scams - Tips for How to Protect Your Loved Ones* was held. **119** people received the slide presentation and recording, and **51** people attended the live session.
- During the month of February, **8** Caregiver Alert Notifications were sent via email, text messages, and voice communication methods. The notifications contained information on the following topics: ElderLink's Virtual Support Call, Dementia Friends, Helping Hands Stroke Club Stroke Support Group, Current Popular Scams-Tips for How to Protect Your Loved Ones webinar, Conflict Resolution Virtual workshop, Caring for you Caring for Me workshop, an Author Presentation-Mighty Long Way: My Journey to Justice at Little Rock Central High School, VITA-Volunteer Income Tax Assistance. Currently, there are **1,450** subscribers.
- The Caregiver Column for the Golden Gazette included a message about exercise and caregiving and provided information on the events: Virtual Dementia Friends Information Session, Current Popular Scams – Tips to Protect Your Loved Ones, Fairfax Caregiver Alert Notifications! and the Fairfax Caregiver YouTube Playlist.
- The monthly Caregiver Webletter was emailed this month to **2,645** people. The Webletter contained information on the following topics:
 - Current Popular Scams: Tips for How to Protect Your Loved Ones
 - Dementia Friends Information Session
 - ElderLink Virtual Support Call
 - Helping Hands Stroke Club: Group Speech Therapy
 - Helping Hands Stroke Club: Stroke Support Group
 - Caring for You, Caring for Me
 - Fairfax County Animal Shelter
 - Conflict Resolution Workshop
 - A Mighty Long Way: My Journey to Justice at Little Rock Central High School
 - Volunteer Income Tax Assistance (VITA)
- The Fenwick Foundation Partnership Program supports family caregivers by providing free in person and virtual events and activity opportunities, such as tickets to theaters, musicals, baseball games, museums, live shows, and other events. The program accepts referrals from the Department of Family Services, Adult Day Health Centers, and other county programs. The program currently has **32** participants.
- On Wednesday, February 27, a staff member from the Caregiver Unit attended the Virginia Caregiver Coalition Executive Committee meeting. Updates from subcommittees were given and resources were shared among members.

Caregiver Important Information

- To access the **Current Popular Scams – Tips for How to Protect Your Loved Ones** recording: <https://bit.ly/FFXScamWebinar>
- **Caregiver Webinars. Online Registration for upcoming sessions:** <https://bit.ly/CAREWEB1>
- Sign up for upcoming **Dementia Friendly Fairfax** (DFF) sessions: <https://bit.ly/DementiaFriendlyFairfax>

- 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 **1** item through the Barbara Antley Gift Fund in February.
- 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 February, there was **1** new request, and **1** job completed.
- The Occupational Therapist (OT) Consultation Program sends out an OT to perform a home safety evaluation for A&A clients. Clients are referred to this service by their case worker. There were **5** new referrals, and **5** consultations completed in February.
- 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). This may include heavy housekeeping, yardwork, minor appliance repair and painting (limited). In February, **4** requests were received, and **0** jobs were completed.
- Upcoming: The next Dementia Friendly Fairfax (DFF) action team meeting will take place on March 26.

ElderLink

- Staffing
 - ElderLink is fully staffed.
- Caregiver Support Programming
 - Virtual Support Call for Caregivers of Older Adults via MS Teams, 2nd Tuesday of each month, 7-8pm.
 - Upcoming Call:
 - 03/12: *Caregiving for Multiple Generations* - Caregiving for multiple individuals such as a parent, or grandparent, and children or grandchildren presents unique rewards and challenges to caregivers. Caregivers may experience pride and joy in their duties and at the same time feel overwhelmed by the high demand of responsibilities. Join us for a brief presentation and discussion with Allegra Joffe from the Fairfax Area Agency on Aging's Caregiver Unit on the topic of intergenerational caregiving including rewards, challenges, tips, and creating space for self-care.
- Health and Wellness Programming
 - Two ElderLink staff members have completed their facilitator training for the fall prevention workshop series, Bingocize.

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
- 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.

- Workshops Scheduled to Start
 - In-person Bingocize workshop hosted at Stevenson Place Assisted Living, Mondays/Wednesdays, 03/11-05/15, 1-2pm.
 - Workshops in Session
 - In-person Bingocize workshop hosted by the Wellness Center for Older Adults, Tuesdays/Thursdays, 01/23-03/28, 1-2pm.
 - Exploring Dimensions of Aging Through Virtual Reality
 - The flyer for the Exploring Dimensions of Aging Through Virtual Reality pilot has been finalized.
 - ElderLink is beginning community outreach to engage with professional organizations/groups within Fairfax County around this training opportunity.
 - Training sessions for community caregivers are planned for April and June and will soon be open for registration.
 - On 03/20, ElderLink will provide an overview and Demo of pilot project to the Commission on Aging.
 - Upcoming Presentations
 - On 03/11, ElderLink will present an overview of services to the 50+ Ambassadors Group.
 - On 03/12, ElderLink will present during the Teachable Tuesday training session for Adult and Aging, featuring the Money Management Program, and an overview of other ElderLink program areas.
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Northern Virginia Long-Term Care Ombudsman Program

The Ombudsman Program Information

- The 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 February 2024

Adult Protective Services	349
Adult Services Referrals Sent	208
ADCR Consultation	196
CCC+/ALF screenings, info only	136
Adult Services, info only	84
Nutrition/MOW	76
Transportation	69
Benefits	68
Housing	65
APS, info only	58
Coordinated Services Planning	52
Home Care Registry	47
Burial/Cremation	39
Home Based Care, Info Only	38
VICAP	38
ElderLink	28
Volunteer Solutions	26
Tax Administration	26
Assisted Living Facility	26
Home Repair for the Elderly	23
Disability Services	22
Nursing Home	21
Ombudsman	18
Caregiver Support	14
Social Security	14
Mental Health/Substance Abuse	13
Employment	13
Financial	12
Legal Services	11
Police Emergency and Non-Emergency	10
Adult Day Care	9
Golden Gazette	8
Medical/Dental	7
Durable Medical Equipment	6
Respite	6
Senior Center	5
Environmental Services	5
Health and Wellness Programs	3
Domestic Violence/Victim Witness	2
Health and Wellness Programs	2
Other	1

TOTAL

1,854