

Fairfax Area Agency on Aging Highlights for March 2024

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

Legislative and Boards

Highlights

- The Chair of the Fairfax Area Commission on Aging (COA) will present budget testimony during the April 17 Board of Supervisors budget hearings.
- On February 6, the Administration for Community Living released a final rule to update the regulations implementing its Older Americans Act (OAA) programs. The new regulations took effect on March 15, 2024, but regulated entities have until October 1, 2025, to comply. (https://acl.gov/sites/default/files/oam/2024/OAA_FinalRuleHandout2024.pdf)
- The COA met on March 20. Supervisor Walter Alcorn, the new Chair to the Older Adults Committee for the Board of Supervisors, spoke to the COA. ElderLink provided an introduction and short experience of the pilot, Exploring Dimensions of Aging through Virtual Reality: Embodied Labs Demonstration. The meeting also included discussion about the SHAPE the Future of Aging Initiative Development Committees. The next COA meeting is on Wednesday, April 17.

Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
 - Phone intakes: **136**
 - Completed contact cases: **356**
 - Money saved (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals, etc.) total: **\$25,645.19**
 - Number of Events/Presentations: **2**
- The VICAP team completed the State Medicare Part D Quality Assurance Audit.
- 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

- March 5, presented to **53** Adult & Aging staff about Volunteer Solutions services during internal Teachable Tuesday meeting.
- March 6, Volunteer Solutions Recruitment Coordinator, and an Outreach Volunteer staffed a table at the Consumer Affairs Community Event for Consumer Protection Week at Lincolnia Senior Center. Approximately **40** individuals were in attendance.
- March 11, Community Ambassadors met virtually with ElderLink presenting information about their services. There were **22** Community Ambassadors that attended the meeting. The Volunteer Solutions supervisor has taken on the coordination of the Community Ambassadors program.
- March 12 and 14, Regional Volunteer Coordinators facilitated the monthly virtual Connection Corner (CC) meetings for **6** volunteers to network, share ideas, attend training, learn of upcoming opportunities and events. The Fairfax Prevention Coalition Coordinator with the Fairfax Falls Church Community Services Board (CSB) shared a brief overview of their mental health first aid course, as well as resources and services provided by the CSB. [Click to view a recording of the session that was shared with all volunteers.](#)
- March 14, a daylong volunteer training - *Mental Health First Aid for Older Adults* was presented by the Fairfax-Falls Church CSB at the South County Government Center with **12** attendees.
- March 20, Volunteer Solutions coordinated 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) with **9** volunteers attending. 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 include burnout, compassion fatigue, secondary trauma, but open discussion is also welcome.
- Data that drives the work:
 - Inquiries to becoming a volunteer: **67**
 - Total volunteers who became active in a program: **8**
 - New client referrals: **12**
 - IT On Call referrals: **13**
 - Facebook Followers: **2,110**
- *Upcoming Events Involving Volunteer Solutions*
 - In honor of National Volunteer Week, April 21-27, Volunteer Solutions will honor and recognize volunteers' meaningful contributions to our community. A Volunteer Appreciation Lunch will take place on Tuesday, April 23 from 12:00 to 2:00 pm at the James Lee Community Center. [Click here](#) to view more details about the event.

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

- During the week of March 18, all Home Delivered Meals (HDM) participants received nutrition education materials consisting of a Calcium Fact Sheet for Consumers (Source: National Institutes of Health) to reinforce the importance of choosing calcium rich sources of food and beverages as well as to promote the selection of milk. Participants also received Fairfax County Cooling Assistance information.
- 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 AAA Assistant Program Manager overseeing Congregate Nutrition and the Congregate Program Coordinator have been working with the new Clinical Coordinator with Human Resources & Professional Development and Training (HRPDT) on new procedures for hosting Dietetic Interns from the College of Public Health at George Mason University. Intern interviews will be held in April 2024, with the goal of hosting a total of 3 interns in 2- week community rotations at the Fairfax Area Agency on Aging this Spring and Summer.
- 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 March 20, a caregiver webinar on *Dementia is Stressful* was held. **200** people received the slide presentation and recording, and **103** people attended the live session.
- During March 2024, **9** Caregiver Alert Notifications were sent via email, text messages, and voice communication methods. The notifications contained information on ElderLink's Virtual Support Call, Dementia is Stressful webinar, Helping Hands Stroke Club Stroke Support Group, Virtual Bollywood Dance Fitness class, March is Developmental Disabilities Awareness Month, Ides of Bark event, AARP/Fairfax County-Free Tax Assistance, and A Matter of Balance at Reston Community Center. Currently, there are **1,474** subscribers.
- The caregiver column for the Golden Gazette included a message about "Tips for Getting Through the Day" and provided information on the events: Dementia is Stressful webinar, Virtual Social Visitor Program, and Inova Parkinson's and Movement Disorders Center.

- The monthly Caregiver Webletter was emailed this month to **2,704** people. The Webletter contained information on the following topics:

- Dementia is Stressful Webinar
- ElderLink's Virtual Support Call
- Helping Hands Stroke Club: Stroke Support Group
- Helping Hands Stroke Club: Caregiver Support Group
- Helping Hands Stroke Club: Group Speech Therapy
- Fairfax Library Theatre: Much Ado About Nothing
- Bollywood Dance Fitness
- Adult Day Health Care Centers
- Free Tax Preparation Help
- Ides of Bark event

- 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 such as live shows, music events, museums, ballets, and holiday shows. The program accepts referrals from the Department of Family Services, Adult Day Health Centers, and other county programs. The program currently has **33** participants.

- The Dementia Friendly Fairfax (DFF) Action Team met March 26 and shared updates, targeted outreach, and possible new partnerships. The next meeting will take place on April 23.
- March 2, a staff person presented "*Helpful Tips and Resources for Family Caregivers of Older Adults & Adults with a Disability*" for the First Sterling Church, **12** people attended.
- March 2, a staff person presented "*Resources for Family Caregivers*" at the With All Your Mind: Dementia and Christian Hope Conference for the Church of the Epiphany Anglican, **60** people attended.
- March 18, a staff person served as a panelist for the virtual program, "*County Strategies Supporting Older Adults and Their Caregivers*", hosted by the National Association of Counties and the National Academy for State Health Policy, **87** people attended.
- March 21, two staff members from the Caregiver Unit attended the Virginia Caregiver Coalition Executive Committee Meeting. Updates from subcommittees were given and resources were shared among members.
- 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

Caregiver Important Information

- To access the **Dementia is Stressful** recording: <https://bit.ly/DementiaISstressful>
- **Caregiver Webinars. Online Registration for upcoming sessions:** <https://bit.ly/CAREWEB1>
- Sign up for upcoming **Dementia Friendly Fairfax (DFF)** sessions: <https://bit.ly/DementiaFriendlyFairfax>
- **Caregiver Health & Wellness Workshops. Online Registration for upcoming sessions:** <https://bit.ly/StayingWell-123>
- **Caregiver Dementia Series. Online Registration for upcoming sessions:** <https://bit.ly/FFXDementiaSeries>
- To access the **caregiver webpage: Family Caregiver Support Programs | Family Services (fairfaxcounty.gov)**

the Family Caregiver Discretionary Fund, and assisted **1** client and provided **3** items 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 were **2** new requests, and **0** jobs were completed.
- The Occupational Therapist (OT) Consultation Program sends an OT to perform home safety evaluations for A&A clients. Case workers refer clients to this service. There were **10** new referrals, and **8** consultations completed in March.
- 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). In March, **3** requests were received, and **0** jobs were completed.

ElderLink

- Staffing
 - ElderLink is fully staffed.
- Caregiver Support Programming
 - Virtual Support Call for Caregivers of Older Adults via MS Teams, second Tuesday of each month, 7-8pm.
 - Upcoming Call: 04/09: *Managing Advanced Care Planning and End of Life Decisions*: Caregivers often face questions about advanced medical treatment and end of life decisions for loved ones in crisis situations. It is difficult to make those decisions during an emergency or at the end of life. Join us for a brief presentation and discussion with Dr. Shan-Bala, Geriatrician with Inova, who will help you think about critical discussions to have, decisions to be made, and the benefits of starting these conversations early.
- Health and Wellness Programming
 - An ElderLink Case Manager will be participating in a Chronic Disease Self-Management Education (CDSME) leader training offered through the Self-Management Resource Center, 04/19-05/23.
 - In partnership with the Virginia Department of Health Arthritis Training, ElderLink's Manager of Case Management will be co-facilitating a CDSME leader training 04/23-06/06.
 - An ElderLink Case Manager will be participating in the CDSME leader training.

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 A Matter of Balance (AMOB) workshops hosted at Vienna Community Center, Mondays, 04/01-05/20, 10am-12pm.
 - In-person AMOB workshops hosted at Reston Community Center, Thursdays, 04/04-05/23, 10:30am-12:30pm.
 - Workshops in Session
 - In-person Bingocize workshops hosted at Stevenson Place Assisted Living, Mondays/Wednesdays, 03/11-05/15, 1-2pm.
 - Exploring Dimensions of Aging Through Virtual Reality
 - ElderLink continues community outreach to engage with professional organizations and groups within Fairfax County and the Cities of Fairfax and Falls Church, around this Caregiver Training opportunity.
 - The following training sessions for community caregivers are open for registration:
 - The Frank Lab (Social Isolation)
 - April 5, 10:00am – 11:15am
 - Elder Safety & Well-Being Lab
 - April 12, 12:00pm – 1:15pm
 - The Dima Lab (Parkinson’s Disease & Lewy Body Dementia)
 - April 19, 3:00pm – 4:15pm
 - *Upcoming Presentations*
 - On April 20, ElderLink will staff an outreach table at Inova’s eighth Annual National Neuroscience Review Conference.
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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.

- Ombudsman Program completed the Spring 2024 New Ombudsman Volunteer Training on March 11, 12, and 19. There were **four** new volunteer candidates who participated and were accepted into the program. Training is held twice a year (spring and fall) and is mandatory for prospective Ombudsman volunteers. If you are interested and/or know of anyone interested in becoming an Ombudsman volunteer to advocate for residents in long-term care facilities, please contact the program via phone 703-324-5861 or email nvltcop@fairfaxcounty.gov.
- Ombudsman Program hosted staff from the State Ombudsman's office on March 26 and 27, where they shadowed Ombudsman staff performing various job functions.

Aging Disability Caregiver Resource Intake Statistics March 2024

Adult Protective Services	342
Adult Services Referrals Sent	236
ADCR Consultation	165
CCC+/ALF screenings, info only	124
Adult Services, info only	76
Nutrition/MOW	74
Housing	74
Transportation	69
APS, info only	54
Benefits	38
VICAP	36
Home Based Care, Info Only	35
Coordinated Services Planning	34
ElderLink	32
Assisted Living Facility	32
Home Care Registry	30
Caregiver Support	29
Volunteer Solutions	24
Disability Services	23
Tax Administration	20
Social Security	18
Ombudsman	18
Home Repair	17
Legal Services	15
Employment	13
Mental Health/Substance Abuse	13
Durable Medical Equipment	12
Senior Center	11
Burial/Cremation	11
Financial	10
Adult Day Care	10
Golden Gazette	9
Respite	7
Nursing Home	7
Medical/Dental	6
Police Emergency and Non-Emergency	6
Domestic Violence/Victim Witness	6
Health and Wellness Programs	6
Environmental Services	2
Other	2

TOTAL

1,746