

Fairfax Area Agency on Aging Highlights for April 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) presented budget testimony during the April 17 Board of Supervisors budget hearings.
- The Northern Virginia Advocacy Network (NVAN) began the process of developing the legislative and budgetary priorities for the 2025 legislative platform with local AAAs and community leaders at the annual brainstorming session on April 16th. NVAN participants will vote for the 2025 NVAN legislative platform at the May 31st NVAN meeting.

Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
 - Phone intakes: **128**
 - Completed contact cases: **309**
 - Money saved (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals, etc.) total: **\$86,941.82**
 - Number of Events/Presentations: **0**
- 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

- During National Volunteer Week, April 21-27, Volunteer Solutions honored and recognized volunteers' meaningful contributions to our community. A Volunteer Appreciation Lunch was held on Tuesday, April 23 at the James Lee Community Center with **67** attendees. Those who attended received a purple Volunteer Solutions' logoed beach bag. The FAAA Director provided remarks and thanked volunteers for their generous service to the community.
- On April 25th, the South County Regional Volunteer Coordinator attended the quarterly Citizen Corps Council meeting representing DFS. The Department of Emergency Management Director presented a proposal and the Citizen Corp Council voted to notify the Board of Supervisors that they have fulfilled their purpose and recommend the group be disbanded.
- Data that drives the work:
 - Inquiries to becoming a volunteer: **87**
 - Total volunteers who became active in a program: **12**
 - New client referrals: **24**
 - IT On Call referrals: **11**
 - Facebook Followers: **2,128**
- *Upcoming Events Involving Volunteer Solutions*
 - In honor of Older Americans Month, Volunteer Solutions is reviewing Adult and Aging client referrals for Helping Hands Projects which will take place in May. Projects provide opportunities for groups and individuals to assist Adult and Aging clients by performing indoor decluttering and light repair work as well as outdoor yard work such as lawn mowing, weeding, pruning bushes, and minor landscaping.
 - May 4: Volunteer Solutions will staff a booth at the Culmore Day Fair.
 - June 10: Community Ambassador Program – will meet in-person at the Department of Emergency Managements Operations Center and discuss emergency preparedness services for the community.

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/VSFACBOOK

Nutrition: Home Delivered Meals (HDM)

- The Nutrition Unit is currently in the process of filling the vacant Social Services Specialist III position. The position closed on Friday, April 19th.
- The Nutrition Unit continues to provide HDM services to eligible adults over age 60 or adults over age 18 with a disability.

Nutrition: Congregate Meals

- The Congregate Nutrition Program has been working with the DFS Clinical Coordinator and GMU's College of Public Health to host a total of 3 dietetic interns in individual two-week community nutrition rotations through the Fairfax AAA. The first intern will start mid- May.
- 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.

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>

Caregiver and Support Services

- On Wednesday, April 10th, a *Dementia Friends Information Session* was held. **51** people registered, and **22** people attended the presentation.
- On Wednesday, April 17th, a caregiver webinar on *Navigating the Journey of Dementia* was held. **335** received the slide presentation and recording, and **204** people attended the live session.
- During April 2024, **10** Caregiver Alert Notifications were sent via email, text messages, and voice communication methods. The notifications contained information on ElderLink's Virtual Support Call, Dementia Friends Information Session, A Health & Wellness Vision Board Journey, Navigating the Journey of Dementia webinar, the 7th Annual Scam Jam, Chronic Pain Self-Management, Exploring the Dimensions of Aging, Fairfax County DFS Survey, Filling My Cup: Gratitude Journaling for Self-Care webinar. Currently, there are **1,494** subscribers.
- The caregiver column for the Golden Gazette included a message about, "Reaching your Limits", and provided information on the events: Virtual Dementia Friends Information Session, Navigating the Journey of Dementia, Library Theatre: Winnie the Pooh, and Insight Memory Care Center.

- The monthly Caregiver Webletter was emailed this month to **2,756** people. The Webletter contained information on the following topics:

- Navigating the Journey of Dementia
- Exploring the Dimensions of Aging
- Dementia Friends Information Session
- A Matter of Balance Workshop
- ElderLink's Virtual Support Call
- Chronic Pain Self-Management Program
- Helping Hands Stroke Club: Stroke Support Group
- Helping Hands Stroke Club: Speech Group
- 7th Annual Scam Jam
- Accessible Parking Survey

- 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 **35** participants.

- On April 20th, a staff member attended the Burke Farmers Market and provided a table with AAA resources. **46** people visited the table.
- On April 24th, two staff attended The Northern Virginia Dementia Care Consortium's Subcommittee meeting to assist with planning and providing feedback and information for their annual Caregiver's conference.
- On April 27th, a staff member attended the Burke Farmers Market and provided a table with AAA resources. **26** people visited the table.
- On April 27th, a staff member provided an information table, at the AARP Life @50+ Academy "Planning for Your Health, Wealth, and Happiness" event at the First Baptist Church of Vienna, **50** people attended.
- The Dementia Friendly Fairfax (DFF) Action Team meeting met April 23rd and shared updates, targeted outreach, and possible new partnerships. The next meeting will take place on May 28th.
- On April 29th, two staff members attended and one hosted, The Virginia Caregiver Coalition, Professional Caregivers Subcommittee. The group shared updates, caregiver concerns, and the need for caregiver funding for respite.

Caregiver Important Information

- To access the **Navigating the Journey of Dementia** recording: <https://bit.ly/FFXTeepaSnow>
- **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)**

- Discretionary Funds Programs, which provides durable medical equipment and adaptive equipment to clients who need financial help, assisted **3** clients, and provided **5** items through the Family Caregiver Discretionary Fund, and assisted **3** clients and provided **7** items through the Barbara Antley Gift Fund in April.
- 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 April, there were **3** new requests, and **0** jobs were completed.
- The Occupational Therapist (OT) Consultation Program sends an OT to perform a home safety evaluation for A&A clients. Case workers refer clients to this service. There were **4** new referrals, and **7** consultations completed in April.
- 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 April, **3** requests were received, and **3** 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: 05/14: *Developing Intervention and De-Escalation tools for Caregivers*. Caregivers often face challenging scenarios when providing care to a loved one. Join us as we use an immersive training platform to gain greater insight and perspective into strategies that can be effectively used to redirect/diffuse stressful situations using the skills of active listening and effective communication.
- Health and Wellness Programming
 - Workshops in Session
 - In-person Bingocize workshop hosted at Stevenson Place Assisted Living, Mondays/Wednesdays, 03/11-05/15, 1-2pm.

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 **Exploring Dimensions of Aging Through Virtual Reality**, visit <http://tinyurl.com/exploring-aging>
- 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 A Matter of Balance (AMOB) workshop hosted at Vienna Community Center, Mondays, 04/01-05/20, 10am-12pm.
 - In-person AMOB workshop hosted at Reston Community Center, Thursdays, 04/04-05/23, 10:30am-12:30pm.
- Exploring Dimensions of Aging Through Virtual Reality
 - The following training sessions for community caregivers are open for registration:
 - The Dima Lab (Parkinson's Disease & Lewy Body Dementia)
 - May 9, 2:00pm – 3:15pm
 - Elder Safety & Well-Being Lab
 - May 10, 10:00am – 11:15am
 - The Frank Lab (Social Isolation)
 - May 17, 10:00am – 11:15am
- *Upcoming Presentations/Outreach*
 - 6th Annual Senior Safety Summit
 - On 05/18, Fairfax County Board of Supervisor, Dan Storck's, 6th Annual Senior Safety Summit, at the Lorton Community Center, 9520 Richmond Hwy., Lorton, VA 22079.
 - Inova's 3rd Annual Saville Health Fair
 - On 05/18, ElderLink will participate in Inova's 3rd Annual Saville Health Fair from 9am-1pm at the Inova Conference Center. This event is hosted by the Inova Saville Cancer Screening and Prevention Center. Planned activities include free skin and colon cancer screenings.
 - Powered by Connections Older Adults Resource Fair
 - On 05/22, as part of Inova's recognition of Older Adults Month, a free resource fair for older adults is being held at the Inova Conference Center, Innovation Center of Personalized Health, 8100 Innovation Drive, 2nd floor, Fairfax, VA 22031 on Wednesday, May 22nd from 9:00 AM to 3:00 PM. Registration is open.
 - ElderLink will have a table in the resource hall and the ElderLink Director will represent in two panel conversations at this event, focusing on Fall Prevention and importance of Health & Wellness in aging. Please feel free to share information about this event with your networks.

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.
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- Ombudsman Program held its annual Volunteer Recognition Luncheon on April 25th at the Lake Anne Reston Community Center. There were **23** people in attendance, including volunteers, ombudsman staff, and Policy Board members. The program currently has **30** volunteers.
 - Ombudsman Program always welcomes the opportunity to educate the community about the Ombudsman 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 Ombudsman Program via phone 703-324-5861 or email nvltcop@fairfaxcounty.gov.

Aging Disability Caregiver Resource Intake Statistics April 2024

Adult Protective Services	342
Adult Services Referrals Sent	236
ADCR Consultation	170
CCC+/ALF screenings, info only	112
Nutrition/MOW	104
Housing	98
Transportation	96
Benefits	86
Adult Services, info only	82
Assisted Living Facility	59
Home Based Care, Info Only	55
Coordinated Services Planning	51
APS, info only	48
Home Care Registry	39
Ombudsman	38
Disability Services	38
ElderLink	38
VICAP	36
Burial/Cremation	32
Legal Services	29
Home Repair	27
Volunteer Solutions	25
Tax Administration	24
Financial	23
Social Security	19
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Employment	19
Mental Health/Substance Abuse	18
Caregiver Support	15
Respite	12
Nursing Home	12
Medical/Dental	10
Adult Day Care	9
Domestic Violence/Victim Witness	7
Senior Center	7
Environmental Services	6
Police Emergency and Non-Emergency	4
Fuel/Cooling Assistance/Fan Care	2
Other	2
Health and Wellness Programs	1
Durable Medical Equipment	1

TOTAL

2,051