

# Fairfax Area Agency on Aging Highlights for January 2025

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

## Legislative and Boards

### Highlights

- The updated SHAPE the Future of Aging Plan can be viewed online at: <https://www.fairfaxcounty.gov/topics/shape-future-aging>
- The Northern Virginia Aging Network's [2025 Legislative Platform](#) and the priorities [Background](#) paper are available.

## Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
  - Phone intakes: **190**
  - Completed contact cases: **279**
- **The VICAP website** features the October 2024 Medicare 101 & Medicare 102 webinars, the November 2023 Medicare 101 webinar in Spanish, & a podcast. The website also includes links to Medicare & COVID-19 information & 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>
- VICAP's client base is **200,000+** county residents. VICAP is currently supported by **2** full-time staff and **9** volunteers.

### VICAP Information

- For more information, contact VICAP [dfsvicap@fairfaxcounty.gov](mailto:dfsvicap@fairfaxcounty.gov)

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## Volunteer Solutions

- January 9: Volunteer Solutions (VS) held one Connection Corner meeting with the topic **Resolution or Not – Volunteer Solutions Has YOU Covered!** Speakers from GrandInvolve, ElderLink's Volunteer Respite program and VS Regional Volunteer Coordinators discussed the roles of grocery shoppers and the differences between in-person and virtual social visiting. **13** volunteers attended the session.
- January 16: Volunteer Solutions staff spoke at a lunch group for **4** congregants of Adat Reyim in Springfield about Adult & Aging resources and services.
- January 25: Volunteer Solutions participated in a service project at Volunteer Fairfax's, Martin Luther King Jr. Day of Service, "Give Together", which took place at the James Lee Community

Center. For the service project, VS collected donations ahead of the project which allowed **700** volunteers to make **300** care packages for older adults.

- **Data that drives our work:**
  - Inquiries about becoming a volunteer: **107**
  - Total volunteers that became active in a program: **6**
  - New client referrals: **10**
  - IT On Call referrals: **6**
  - Facebook Followers: **2,166**
- **Upcoming Events:**
  - February 26: staff will provide an Adult and Aging services overview to Senior Center participants at the Sully Community Center.

## 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](http://bit.ly/CCUPDATES)
- Check Volunteer Solutions out on **Facebook**: [bit.ly/VSFACEBOOK](http://bit.ly/VSFACEBOOK)

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## Nutrition: Home Delivered Meals (HDM)

- Despite significant inclement weather during the week of January 6<sup>th</sup>, all Home Delivered Meals (HDM) participants received their weekly scheduled deliveries without disruption to service.
- During the week of January 20<sup>th</sup>, all HDM participants received nutrition education materials which included a flyer from the US Food and Drug Administration “Quick Tips for Reading the Nutrition Facts Label,” an excerpt from the US Department of Agriculture, “Food Safety: A Need-to-Know Guide for Those at Risk,” and a flyer from the Federal Trade Commission on Romance Scams.
- During the week of January 20<sup>th</sup>, all HDM participants received a shelf-stable box with 5 emergency meals to prepare for unforeseen disruptions in service due to inclement weather or emergencies.
- 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.
- For more information visit: <https://www.fairfaxcounty.gov/familyservices/older-adults/fairfax-area-meals-on-wheels>

## Nutrition: Congregate Meals

- The Congregate Nutrition Program (CNP) Registered Dietitians provided nutrition education programming on the diabetes plate method at congregate meal sites.
- January 16: CNP Registered Dietitians staffed a booth at the Mount Vernon Adult Day Health Center’s Health and Resource Fair, providing nutrition education information, caregiver resources, and AAA resources to **25** older adults and caregivers.
- The CNP continues to offer nutritious meals and opportunities for socialization to county residents aged 60+ at Fairfax County Senior Centers and Adult Day Health Centers.

# Caregiver and Support Services

- January 16: Caregiver & Support Services staff provided a presentation on “Caregiver Tip and Resources” at the Mount Vernon Adult Day Health Care Center. There were **5** individuals in attendance.
- During January, staff sent **9** Caregiver Alert Notifications via email, text messages, and voice communication methods. The notifications contained information on ElderLink’s Virtual Support Call, Helping Hands Stroke Club, “Dementia Man: An Existential Journey,” Caregiver on-demand videos, crisis assistance with heating, fuel & utility bills, Exploring the Dimensions of Aging, Helping Hands Stroke-Speech group, ElderLink Caregiver Consultations, and Fairfax County Chronic Disease Self-Management. Currently, there are **1,768** subscribers.
- The Caregiver Column for the Golden Gazette included a message about, “Welcoming January 2025: A Renewed Focus on Family Caregiving”, and provided information on the Fairfax Caregiver Alert Notifications, Fairfax Caregiver YouTube playlist, and the Virtual Social Visitor program.
- The monthly Caregiver Webletter was emailed to **3,217** people. The Webletter contained information on “Dementia Man: An Existential Journey,” Exploring the Dimensions of Aging, ElderLink’s Virtual Support Call, Sip & Solve, Line Dancing for Beginners - 5 class series, Helping Hands Stroke Clubs, Fairfax Caregiver Alert Notifications, and the Caregiver on-demand video library.
- The Fenwick Foundation Partnership Program supports family caregivers by providing free events and activity opportunities, such as theater tickets, plays, musicals, and baseball games. Currently, the Fenwick Foundation provides 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 **27** participants.
- The Discretionary Funds Programs, which provide durable medical equipment and adaptive equipment to clients who need financial help, assisted **3** clients and provided **7** items 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 **5** new requests, and **1** job was completed.
- The Occupational Therapist (OT) Consultation Program sends an OT to perform home safety evaluations for A&A clients. Clients are referred to this service by their case worker. In January, there were **4** new referrals, and **4** consultations completed.
- The Chore Services Program provides 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 January, **4** requests were received, and **1** job was completed.

## Caregiver Information

- **Caregiver Webinars. Online Registration for upcoming sessions:**  
<https://bit.ly/CAREWEB1>
- **Dementia Friend Information Sessions. Online Registration for upcoming sessions:**  
<https://bit.ly/DementiaFriendlyFairfax>
- To access the **caregiver webpage:** [Family Caregiver Support Programs | Family Services \(fairfaxcounty.gov\)](https://www.fairfaxcounty.gov/familycaregiver)

# ElderLink

- **Staffing:** The ElderLink team is currently fully staffed.
- **Outreach:**
  - February 18: ElderLink staff will provide an overview of ElderLink services to Inova Ambulatory Case Managers.
- **Exploring Dimensions of Aging Through Virtual Reality:**
  - The following training sessions for community caregivers are open for registration at: <http://tinyurl.com/exploring-aging>:
    - **The Frank Lab (Social Isolation)** on Friday, 2/21, 2:00-3:15pm
    - **Elder Safety & Well-Being Lab (Preserving Physical & Psychological Health)** on Tuesday, 2/11, 12:00pm-1:15pm and Thursday, 3/06, 10:00am-11:15am.
- **Health and Wellness Programming:**
  - Workshops in Session:
    - Virtual Chronic Disease Self-Management Program with Brain Injury Services, Thursdays 1/16-2/20.
    - In-Person Chronic Disease Self-Management Program at George Mason Library, Wednesdays, 2/05-3/12.
    - In-person Bingocize at the Wellness Center for Older Adults: Mondays and Wednesdays, 2/03-4/09, 1:00-2:00pm.
  - Upcoming Workshops:
    - In-Person A Matter of Balance at Columbia Baptist Church (103 W Columbia Street Falls Church), 2/25-4/22, 12:30-2:30pm. Register: <https://tinyurl.com/AMOB123>
- **Caregiver Support Programming:**
  - Virtual Support Call for Caregivers of Older Adults via MS Teams, 2<sup>nd</sup> Tuesday of the month, 7:00-8:00pm. To register, visit [www.tinyurl.com/CaregiverTSG](http://www.tinyurl.com/CaregiverTSG) or call ElderLink intake 703-324-5374.
- Please refer community members to the ElderLink intake line 703-324-5374 to learn more about ElderLink programming, to include options for caregiver support, health and wellness classes, and case management services.

# Northern Virginia Long-Term Care Ombudsman Program

## **How to request a NVLTCOP 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](mailto:nvltcop@fairfaxcounty.gov).

- January 27 and February 3: Ombudsman staff offered a course titled “Advocating for Excellence: The Northern Virginia Long-Term Care Ombudsman Program” to members of the Osher Lifelong Learning Institute (OLLI). The course was offered in a hybrid format, where attendees attended in person and via Zoom. There were **83** attendees for each day.

## Aging Disability Caregiver Resource Line, January, 2025

Adult Protective Services	221
Adult Services Referrals Sent	229
CCC+/ALF screenings, info only	217
ADCR Consultation	164
Nutrition/MOW	160
APS, info only	113
Housing	97
Adult Services, info only	97
Benefits	81
Coordinated Services Planning	73
Transportation	66
Elderlink	63
Home Based Care, info only	60
VICAP	43
Home Care Registry	43
Caregiver Support	38
Adult Day Healthcare	36
Disability Services	35
Legal Services	34
Ombudsman	32
Burial/Cremation	31
Assisted Living Facility	30
Home Repair for the Elderly	29
Nursing Home	28
Volunteer Solutions	25
Golden Gazette	24
Mental Health/Substance Abuse	21
Environmental Services	20
Social Security	17
Tax Administration	16
Employment	15
Durable Medical Equipment	13
Financial	12
Respite	12
Other	12
Senior Centers	11
Fuel/Cooling Assistance	10
Police Emergency/Non-Emergency	6
Domestic Violence/Victim Witness	5
Medical/Dental	5
Health and Wellness Programs	5
<b>TOTAL</b>	<b>2,249</b>