

Fairfax Area Agency on Aging Highlights for October 2022

Fairfax County Services for Older Adults | Family Services

Golden Gazette | Family Services (fairfaxcounty.gov)

Legislative and Boards

Highlights

- Northern Virginia Aging Network (NVAN) Meeting

Tuesday, November 15, 2022

9:30am – 11:30am

Join from PC, Mac, Linux, iOS or Android:

<https://us06web.zoom.us/j/88017559619>

Password: NVAN-1234!

Or Telephone: USA 602 333 0032

USA 8882709936 (US Toll Free)

Conference code: 231525

- The Fairfax Area Commission on Aging (COA) will meet on Wednesday, November 16th. Andre Atkins, Director of Growth & Enrollment, will present about the Cherry Blossom PACE (Program for All-Inclusive Care for the Elderly) in Alexandria.
- The SHAPE the Future of Aging Plan Community Input was launched in October. Health Management Associates (HMA), the contracted consultant for the SHAPE the Future of Aging Plan, will elicit and compile community input from four town halls, community gatherings in each magisterial district, focus groups, and key informant interviews.

Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
 - Phone intakes: **227**
 - Completed contact cases: **635**
 - Money saved (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals, etc.) total: **\$190,252.83**.
 - Number of Events//Presentations: **10**
- VICAP has scheduled **18** Medicare 101 presentations for Fall 2022. Upcoming Medicare 101 presentations include virtual, hybrid, and in-person presentations in November. Registration is required. Information on these presentations and future events will be advertised in the Golden Gazette, Fairfax County's online Older Adults Events Calendar, and the VICAP website.
- VICAP's client base is **185,000+** county residents. VICAP is currently staffed by **2.5** full-time employees and some volunteers.

VICAP Information

- For more information, contact VICAP dfsvicap@fairfaxcounty.gov
- The VICAP website** features the October 2022 **Medicare 101** and **Medicare 102** presentation webinars, and a podcast. It also includes links to Medicare and COVID-19 information and a Senior Medicare Patrol Consumer Fraud Alert for COVID-19. <https://www.fairfaxcounty.gov/familyservices/older-adults/virginia-insurance-counseling-and-assistance-program-vicap>

Volunteer Solutions

- Data that drives the work:
 - Inquiries to becoming a volunteer: **75**
 - Total of volunteers became active in a program: **4**
 - New client referrals: **10**
 - Facebook Followers: **1,942**
- On October 2nd, Adult and Aging resources were provided to **125** attendees at the Healthy Together Lee District event.
- On October 4th, Volunteer Solutions volunteers supported the Employment Mentoring Day sponsored by Disability Rights and Resources and Fairfax County Public Schools, with various tasks. **62** students and teachers attended the event.
- On October 12th, 13th, and 14th, Virtual Venture into Volunteering hosted a forum for **30** organizations (government and non-profit) were each shared with potential volunteer's, opportunities to serve the community. **3** IT On Call volunteers provided IT support. **56** potential volunteers attended the three-day event.
- On October 23rd, Adult and Aging resources were provided to approximately **1,000** attendees at the Beacon 50+ Expo held at Springfield Mall.
- On October 28th, Adult and Aging resources were provided to approximately **100** attendees at the Retiree Appreciation Day held at Wells Field House in Ft. Belvoir. The event provided a space for retirees to learn about volunteer opportunities and obtain health related information. Flu and COVID-19 Booster shots were administered at 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: Meals on Wheels

- On Tuesday, November 1st, the Nutrition Unit will be “live” in PeerPlace.
- The Nutrition Unit is currently in the process of filling the vacant supervisor position. The position was posted for 2 weeks and closed on October 21, 2022.
- The Nutrition Unit continues to provide MOW 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 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 Wednesday, October 5, 2022, *Medicare 101* was held. **99** people attended the webinar.
- On Wednesday, October 19, 2022, *Medicare 102* was held. **87** people attended the webinar.
- On Friday, October 28, 2022, *Exploring Health Disparities in Minority Family Caregivers* Panel conversation was held. **39** people attended the webinar.
- During the month October, **9** Caregiver Alert Notifications were sent via email, text messages, and voice communication methods. The notifications contained information on Caregiver Stroke support Group, Virtual Support Call for Family Caregivers, Medicare 102, Caring for You, Caring for Me, Exploring Health Disparities in Minority Family Caregivers, SHAPE the Future of Aging Town Halls, Virtual Adult Mental Health First Aid, 9-8-8 National Hotline, and 36th Annual Caregiver's Conference: Caregiving with Hope and Inspiration. Currently, there are **1,083** subscribers.
- The caregiver column for the Golden Gazette included a message about Caregiver Tips, Caregiver Webinars: Medicare 101 and Medicare 102, Caregiver Panel Conversation - Exploring Health Disparities in Minority Family Caregivers, 36th Annual Caregiver's Conference: Caregiving with Hope and Inspiration, and Caregiver Support Group.
- The monthly Caregiver Webletter was emailed this month to **905** people. The Webletter contained information on upcoming caregiver webinars: Medicare 101 and Medicare 102, Exploring Health Disparities in Minority Family Caregivers- Panel Conversation, Virtual Caregiver Support Call - Caregiving Over the Holidays, Caregiver Support Group, Caring for You, Caring for Me, Virtual Live Well: Chronic Disease Self-Management, National Hispanic Heritage Month, Mobile Crisis Unit, and Socrates Café.
- On Thursday, October 13, a staff member presented to the Central Intelligence Agency (CIA) on Helpful Tips and Resources for Family Caregivers. **20** people attended.
- Registration for the upcoming 36th Annual Caregiver's Conference: Caregiving with Hope and Inspiration is currently open. The Conference will be held virtually from Wednesday, November 9 to Friday, November 11, 2022.
- The Fenwick Foundation Partnership supports family caregivers by providing free outside 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 live shows, music events, museums, ballets, baseball games and more. The program accepts referrals from the Department of Family Services, adult day health centers, and other county programs. The program currently has **33** participants.

Caregiver Important Information

- To access the **Medicare 101** recording: <https://bit.ly/Medicare101-2022>
- To access the **Medicare 102** recording: <https://bit.ly/Medicare102-2022>
- To register for the **36th Annual Caregiver's Conference Caregiving with Hope and Inspiration**: <https://bit.ly/AnnualCaregiversConference>
- **Caregiver Webinars. Online Registration for upcoming sessions**: <https://bit.ly/CAREWEB1>
- To access the **caregiver webpage: Family Caregiver Support Programs | Family Services (fairfaxcounty.gov)**
- Sign up for upcoming **Dementia Friendly Fairfax** (DFF) sessions: <https://bit.ly/DementiaFriendlyFairfax>

- Meetings for Dementia Friendly Fairfax (DFF) task force has been moved to every other month. No meeting was held in October. Next meeting will be in November.
- Senior Express provided **25** round-trip rides to **12** unduplicated clients, and **53** hours of respite to their family caregivers for the month of September.
- The Covid Grocery & Medication Assisted Transportation program provided **8** round-trip rides to **6** unduplicated clients for the month of September.
- The Discretionary Funds, which provide durable medical equipment and adaptive equipment to clients who need financial help, aided **1** client with a family caregiver, providing **4** items in September. The Barbara Antley Gift Fund, for those clients with no family caregiver, aided **2** clients with **3** items in September.
- The Residential Repair & Renovation Program (R&R) helps older adults 60 years of age or older remain safely in their home by providing home repairs and modifications. In October, there were several inquiries, **3** were 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 **6** new referrals received in October and **5** were completed.
- The Chore Service Program allows 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). Inquiries continue to be received.

ElderLink

- Health and Wellness.
 - *Bingocize®* - ElderLink now has a leader trained to facilitate classes. Additional staff are pursuing Bingocize certification. Classes in-person at:
 - *The City of Falls Church Senior Center*, Mondays/Thursdays, 09/12-11/17, 10:30am-11:30am. To Register: 703-324-7721 or visit <https://tinyurl.com/Bingocize123>
 - SpringHill in Lorton*, Mondays/Wednesdays, 09/12-11/16, 2:30pm-3:30pm. To Register: 703-843-7073.
 - Reston Community Center*, Tuesdays/Thursdays, 09/13-11/17, 1:00pm-2:00pm. To Register: 703-476-4500
 - *A Matter of Balance*. Virtual class offered through Brain Injury Services, Wednesdays, 09/21-11/16, 10am-12pm.

ElderLink Services and Events

- ElderLink is lending support to Adult Services, assisting with annual reassessment for home-based care services.
- To register in **Caring for You, Caring for Me**, please contact (703)-324-7577, or visit <https://tinyurl.com/CFYCFM4U>
- To register in **Virtual Support Call for Caregivers of Older Adults**, please contact ElderLink intake line, (703) 324-5374, or visit www.tinyurl.com/CaregiverTSG
- ElderLink is still accepting **referrals** for all programs, including **options for Caregiver Support, Health and Wellness Classes, and Case Management Services**. Please contact the ElderLink intake line at: (703) 324-5374.

To Register: This workshop is for current Brain Injury Center Clients only. Contact eSchneider@braininjurysvcs.org for more information

- Caregiver Support.
 - *Caring for You, Caring for Me*. Virtual class via Zoom, Wednesdays, 10/19-11/16, 10am-12pm. To Register: 703-324-7577, or visit <https://tinyurl.com/CFYCFM4U>
 - Virtual Support Call for Caregivers of Older Adults, 7-8pm, via Zoom. Upcoming calls:
11/08, ***National Family Caregiver Month***
12/13, ***Caregiver Self-Care and Using Humor as a Survival Tool***

Northern Virginia Long-Term Care Ombudsman Program

- Ombudsman Program completed the Fall 2022 New Ombudsman Volunteer Training in October. Trainings are held twice a year (spring and fall) and are 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 newsletter, “The Update,” is produced quarterly and was sent to 1,598 recipients on October 1, 2022.
- Ombudsman Program staff provided outreach to 100 participants at an International Festival held at the James Lee Community Center on October 22, 2022.
- Ombudsman Program contributes a monthly short piece on the topic of long-term care in Fairfax County’s monthly newspaper for older adults called the “Golden Gazette.” November’s piece was on material theft and loss experienced by residents in long-term care communities.

The Ombudsman Program Information

- Ombudsman Program continues to recruit prospective ombudsman volunteers. Trainings are held twice a year (spring and fall) and are 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.

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 October 2022

APS, Reports Received	281
Adult Services Referrals Sent	182
ADCR Consultation	98
Nutrition/MOW	141
CCC+/ALF screenings, info only	113
APS, info only	67
Adult Services, info only	69
Housing	58
Benefits	38
Coordinated Services Planning	28
Home Care Registry	36
Burial/Cremation	11
Legal Services	10
Home Based Care, Info Only	33
Transportation	40
Elderlink	13
Nursing Home	10
Mental Health/Substance Abuse	17
Home Repair for the Elderly	14
Disability Services	8
Medical/Dental	17
Assisted Living	10
Employment/Training	6
Environmental Services	3
Other	14
Ombudsman	9
Volunteer	14
Social Security	13
Durable Medical Equipment	6
Senior Centers/Recreation	5
Domestic Violence/Victim Witness	4
Adult Day Healthcare	3
Financial	4
Respite	1
Police Emergency/Non-Emergency	5
Golden Gazette	5
Tax Administration	3
Fuel/Cooling Assistance/Fan Care	4
Caregiver Support	11
Health and Wellness Programs	1

TOTAL

1,405