Resource Information



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Where Can Help Be Found?

- Resources **in** Fairfax County
  - **Aging, Disability, and Caregiver Resource Line**
    - **(703) 324-7948**
    - https://www.fairfaxcounty.gov/familyservices/older-adults
  - **ElderLink**
    - **(703) 324-5374**
    - **https://www.fairfaxcounty.gov/familyservices/older-adults/elderlink**

- Resources **outside** of Fairfax County
  - Senior Navigator (Virginia)
    - https://seniornavigator.org/
  - ElderCare Locator (Nationwide)
    - https://eldercare.acl.gov/Public/Index.aspx
    - 1 (800) 677-1116

ElderLink:
Options for Caregiving

- public/private partnership with Inova Health System, the Fairfax Area Agency on Aging, and Alzheimer's Association

- Mission:
  - maximize the safety and independence of older adults living in their own home
  - support family caregivers in their caregiving role and assist them in maintain their own health and well-being.

ElderLink Services

- Caregiver consultations– support/guidance in problem solving
- Care coordination - individual in home assessment & service coordination
- Respite Program – temporary relief for family caregivers
- Bathing Program – assist with personal care need
- Health & Wellness programs – education/care coordination promoting self advocacy and independence

Caregiver Consultations

- Up to 1 hour consultation in office or by phone
- No fee/no income requirements
- To request, call ElderLink Intake:
  - (703) 324-5374

Care Coordination

- Provide an assessment which evaluates all aspects of a person's life situation

- Develop an individualized Plan of Care
  - arrange for care in the home
  - monitor services and respond to crises or changes in the situation
  - consult with family members

- No income requirement
  - Maximum fees: $200 1st month, $125 each additional month



In-Home Respite

- **Traditional Respite program**
  - Cannot be safely left alone
  - 6 hours in-home respite per week for those needing supervision/personal care
  - Full-time unemployed caregiver living in the home
  - Sliding fee based on income

- **Volunteer Respite program**
  - Trained volunteers provide 6 hours/month
  - No personal care
  - Flexible schedule
  - No fee/no income requirements

Bathing Assistance

- Assists clients who have personal care need
  - Bathing assistance 2xs/wk, plus option of housekeeping 2xs/mo and laundry assistance 4xs/mo
  - Sliding fee scale based on income
  - Separate charges for each service

- If client is lower income, may qualify for home based care services through Adult Services at no cost

Health & Wellness - *Education*

A Matter of Balance

- Evidenced-based model supporting fall prevention intervention
- 8 weeks of interactive programming designed to reduce fear of falling and increase activity levels for individuals who have concerns about falling
- Workshops address risks to independence as well as exercise to increase strength and balance
- Free, no income requirement

Health & Wellness - *Education*

You Can Live Well Virginia!

- Evidence-based model promoting chronic disease self-management techniques
- 6 weeks of interactive programming designed to address road blocks to healthy living with chronic conditions
- Compliments medical education for managing the chronic condition
- Free, no income requirements

Fairfax County Services: Non-income based

- **Meals on Wheels** provides meals to older adults who live in Fairfax County and the cities of Falls Church and Fairfax.
  - Two nutritious meals are delivered daily or three times a week, depending on where you live in the county.
  - Fairfax area residents age 60 and over and adults with disabilities who *cannot shop for or prepare their own meals or have no one available to prepare meals*.
  - Meals on Wheels participants are given the opportunity to contribute toward the cost of the meals.
  - A Mealtime Companion may be available for clients who have memory impairment. The Mealtime Companion helps to heat up the meal and provides mealtime companionship, encouraging client to eat. Volunteers provide assistance Monday through Friday during lunch time hours.

- **Volunteer Solutions** provides meaningful volunteer opportunities to improve the lives of older adults and adults with disabilities in Fairfax County.
  - Friendly Visitor Program
  - Grocery Shopping Assistant
  - Medical Appointment Drivers

Adult Protective Services

- Investigates suspected cases of abuse, neglect, or exploitation.
- Philosophy to provide the least restrictive type of intervention to protect the older adult and stabilize the situation.
- Goals of APS to help older and incapacitated adults:
  - to live in their own home as long as possible.
  - to become as self-sufficient as possible.
  - to help find appropriate placements only when necessary.
- Confidentiality of reporter.
- APS Hotline: (703) 324-7450

In-Home Personal Care

- **Public programs (services through local Area Agency on Aging) to assist with bathing and housekeeping**
  - Eligibility criteria
  - Does not provide supervision

- **Long Term Care Medicaid**
  - Nursing home level of care
  - Income/asset and functional eligibility criteria

    - Medicaid Waiver Program (**CCC+ Waiver**, formerly EDCD)
      - Pays for in-home care and ADHC
      - Provides supervision for part of the day; safe plan required 24/7

- **Private pay home health care aides**
  - $22-$27 per hour; 4 hour minimum
  - Personal care, housekeeping, errands, supervision

Transportation



- Eligibility based options in Fairfax County:
  - Fastran – clients participating in human services agency program
  - Seniors-on-the-Go – subsidized taxi voucher program
  - Critical Medical Care Program – life sustaining treatments (i.e. dialysis, chemotherapy)
  - MetroAccess – door to door paratransit
- Other options include:
  - Fairfax County Volunteer Solutions
  - Faith Based Organizations
    - Shepherd's Centers locations (5 locations in Fairfax County)
    - Jewish Social Services https://www.jssa.org/get-help/seniors/transportation/brenner-transportation-program/

Fairfax County
Adult Day Health Care

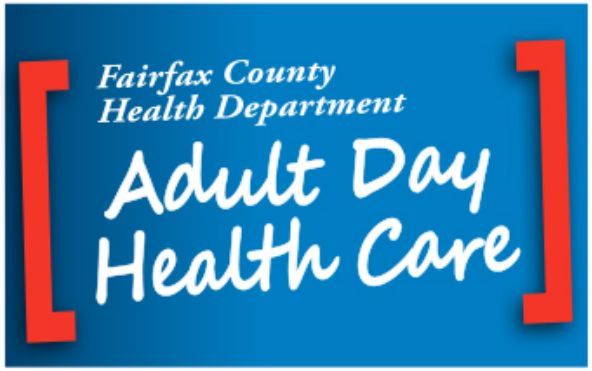
Adult Day Health Care

Share

AGE IN PLACE WITH THE FAMILY

We provide daytime care and support to adults with dementia due to Alzheimer's, Parkinson's or a vascular issue — as well as those who have physical impairments or intellectual disabilities. With four locations throughout Fairfax County, it is our mission to create a **positive**, **safe**, **affordable** and **high-quality experience** for each participant we serve — every single day they come to us. Adult Day Health Care enables adults who require daytime care to age in place, at home with their family.

Come see what we're all about.



Fairfax County ADHC Locations

- **HERNDON HARBOR ADULT DAY HEALTH CARE**
  875 Grace Street Herndon 20170
  703-435-8729, TTY 711

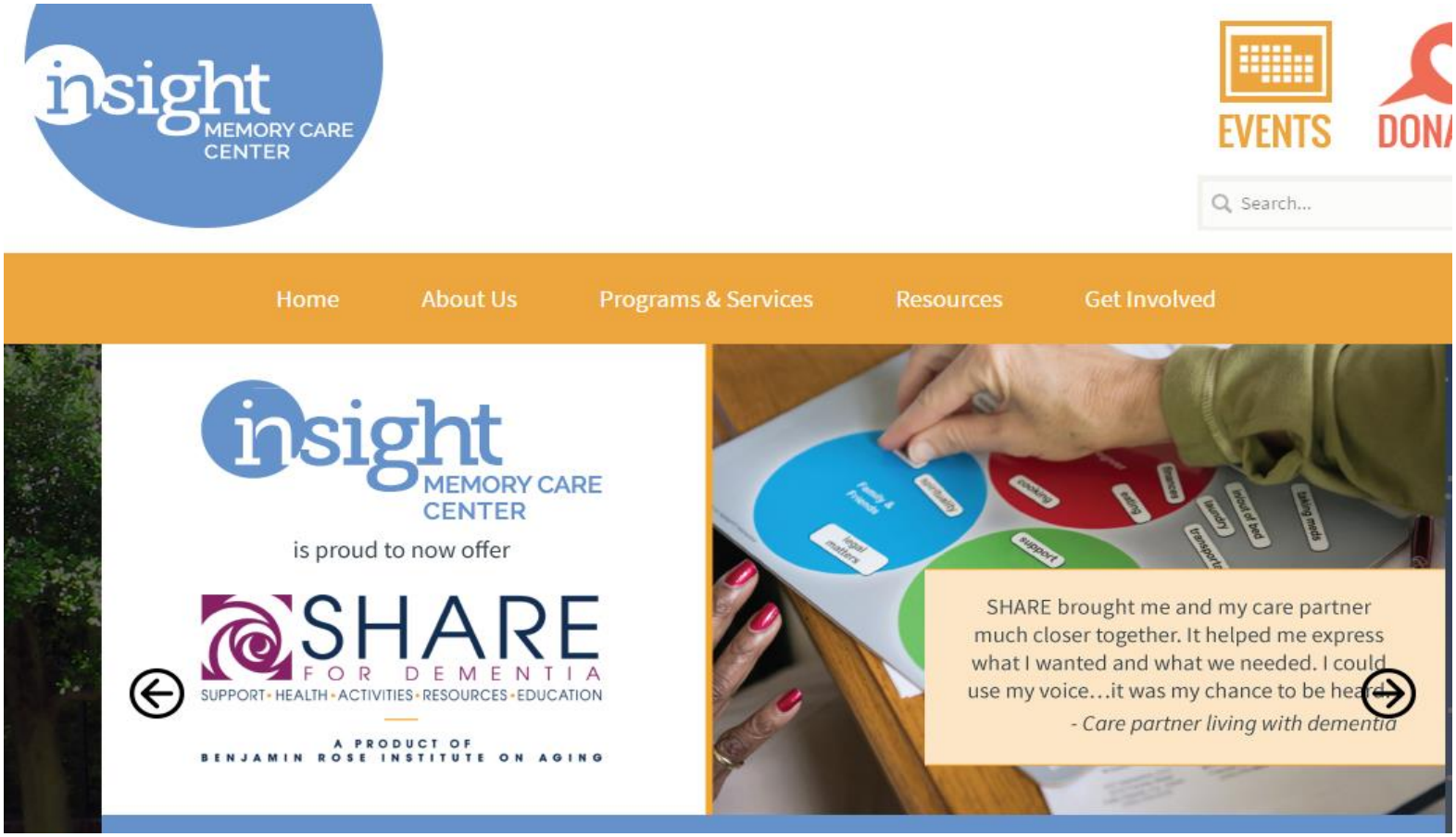
- **LEWINSVILLE ADULT DAY HEALTH CARE**
  7700 Leesburg Pike, #50 Falls Church 22043
  703-734-1718, TTY 711

- **LINCOLNIA ADULT DAY HEALTH CARE**
  4710 N. Chambliss Street Alexandria 22312
  703-914-0330, TTY 711

- **MOUNT VERNON CENTER ADULT DAY HEALTH CARE**
  8350 Richmond Highway, Suite 137 Alexandria 22309
  703-704-6050, TTY 711

Insight Memory Care Center
Adult Day Health Care

- http://www.insightmcc.org/welcome.html



Insight Memory Care Center

Education Classes for Caregivers



Whether you're brand new to caregiving, or you just want to brush up on a specific topic, Insight is here to help! We offer a variety of caregiving classes throughout the year, specifically geared towards family caregivers providing care for a loved one at home. All classes are free, and open to the public. Respite care may also be available upon request.



3rd Wed 1:00 - 3:00 pm (monthly)

Classes for Caregivers are specifically designed to assist family caregivers on a variety of topics.



Saturdays 9:30 - 11:30 am (quarterly)

Our Wellness Workshop series is designed for caregivers to focus on their own health and well-being.



5th Wed 10:00 - 11:30 am (quarterly)

Our Engagement Workshop series is designed to teach practical skills for caring for a loved one at home.



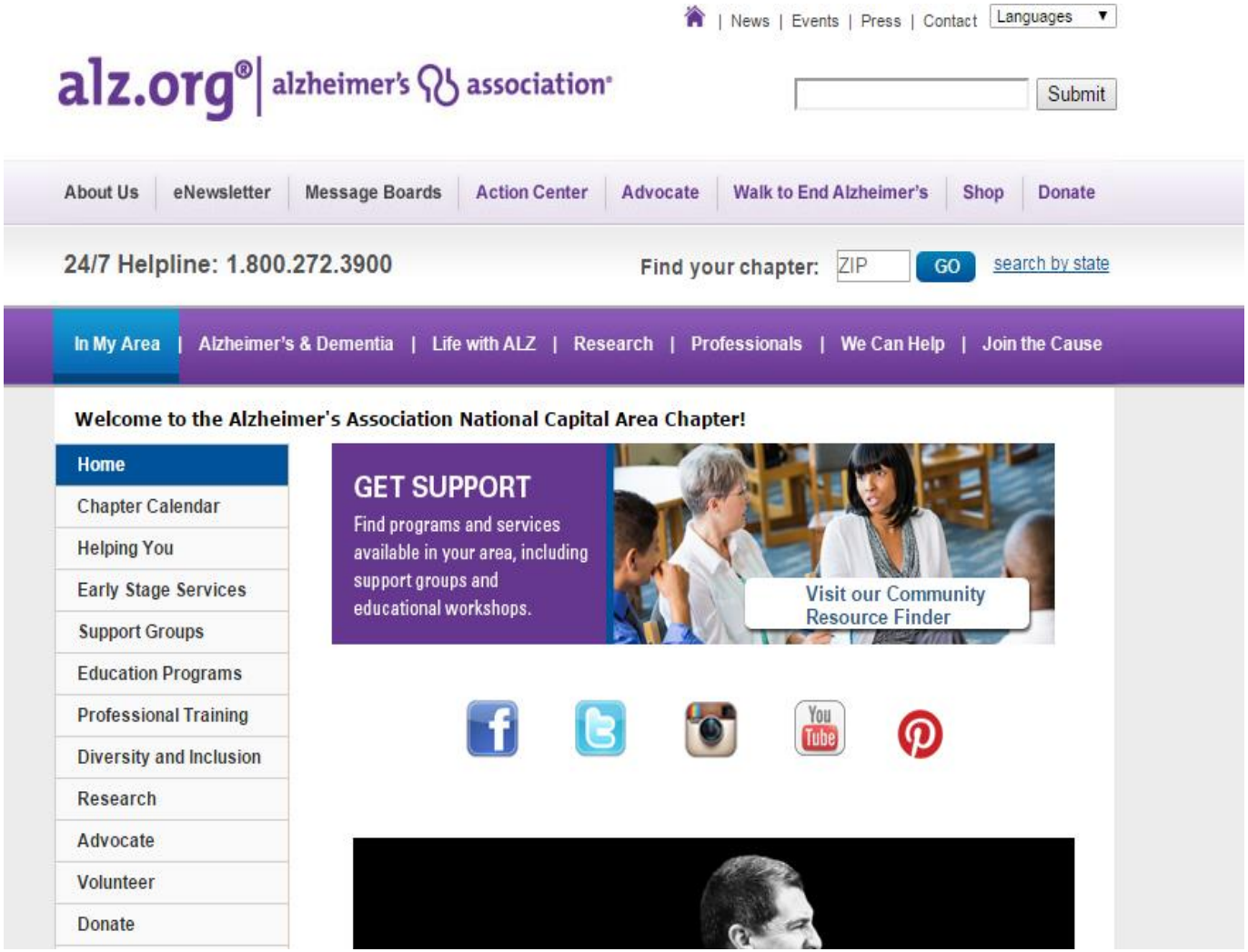
Saturdays, spring and fall (twice a year)

Short on time? Our Caregiver Bootcamp is a full day training session offering many popular topics all in one place.

alzheimer's association

Alzheimer's Association

- https://www.alz.org/nca/



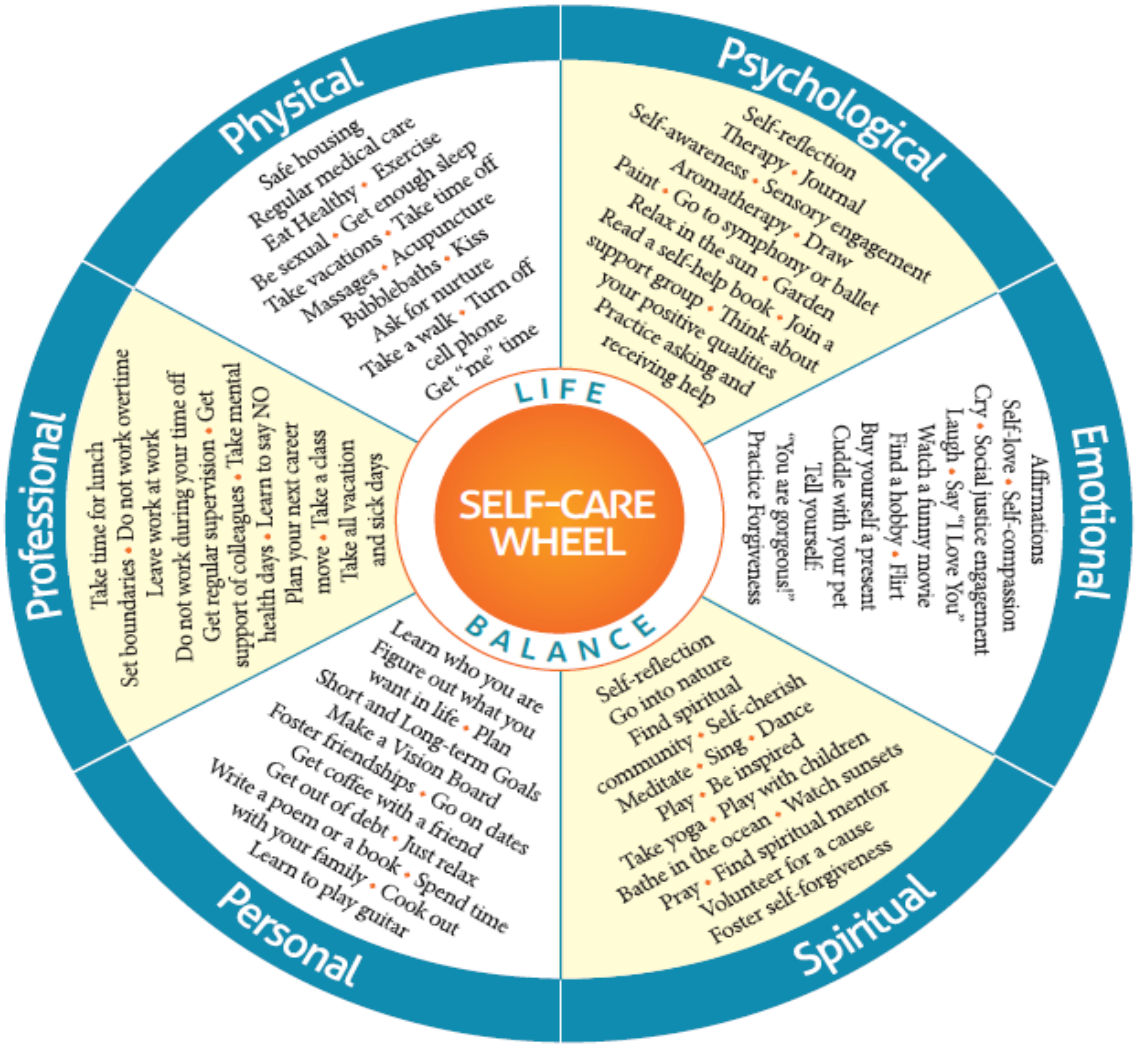
Benefits of Support Groups

- Feeling less lonely/isolated
- Gaining a sense of empowerment and control
- Improving your coping skills
- Reducing distress, depression, anxiety or fatigue
- Realizing you are not alone
- Expressing your feelings
- Learning helpful information
- Gaining hope
- Helping others
- Affordable – typically offered free of charge

ElderLink's Telephone Support Group



SELF-CARE WHEEL



This Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013). Dedicated to all trauma professionals worldwide.

Inova Medical House Calls

Medical House Calls

Call 703-698-2431

Let Inova caregivers come to you at home

The Inova House Calls Program is especially designed to bring primary care to homebound patients who have an advanced or complex illness. Our healthcare team, including doctors, nurse practitioners and social workers, offers expert, comprehensive care for homebound patients with advanced and complex illness. This primary care team will coordinate your health and wellness program.

Inova Medical House Calls is tailored specifically for patients who:

- Are 65 years of age or older
- Have difficulty leaving home for medical appointments
- Have Medicare, Medicaid or other health insurance that will pay for homebound care

Who can benefit from Medical House Calls?

Inova Medical House Calls Program can help homebound patients age 65 or older manage all of the following issues:

- Falling or risk of falling
- Loss or change in functional ability
- Multiple chronic illnesses
- Multiple medications

Help with caregiver stress

In addition to providing primary care for your homebound loved one, Inova Medical House Calls can also assist with the stresses of caregiving that can affect family members. Call us to find out more.

Inova Medical House Calls

Medical House Calls Quick Facts

The Inova Medical House Calls Program provides quality care while supporting aging in place.

Top 10 Reasons for Visit

- Advanced Care Planning
- Memory/Cognitive Function
- AFib
- Diabetes
- Heart Failure
- GI
- Cancer
- Anxiety/Depression
- UTI
- Respiratory

22%	referred by an Inova hospital
63%	referred by an outpatient provider
15%	self referral or community outreach



Hospice vs. Palliative Care



Medication Management

- Medication reminder systems





- Simplify medication schedule
  - Consult physician, pharmacist



- Prepackaged medication systems
  - Revolution Meds www.revmedsrx.com

CareRing

What is CareRing?

CareRing is a daily outound calling telephone program designed to help individuals who are living alone, aged, disabled, or chronically ill maintain their independence and keep connected to the community.

Each CareRing client is provided depression, social and evironmental screening upon intake and throughout their time in the CareRing Program. Each day, our team makes a call to CareRing clients for an informal and friendly chat about:

General well-being
Eating regularly
Remembering appointments
Taking medications
Emotional well-being
Anything else needed

Clients in our program are provided the additional support and community connection to help them remain independent and living a connected and safe life.



"I've been receiving calls for over two years now and every morning I count on that friendly voice to start my day. Thank you to all your wonderful volunteers."

PRS | CareRing
A Program of PRS CrisisLink

How does it work?

CareRing is available to Fairfax County residents. All clients must complete an application and enrollment form located on our website.

Once we receive an application and enrollment form, our CareRing Supervisor will connect with the applicant and discuss program fit and needs. Our clients choose a convenient time for our calls. Most clients choose once a day every weekday.

Our trained volunteers spend typically 10-15 minutes per client, more or less depending on how much each client needs. We make three attempts to reach our clients and if there is no answer, we connect with the contacts our clients provide us to ensure everything is ok.

How much does it cost?

CareRing is a free service provided to the community by PRS CrisisLink. The program is funded by community donors and public and private grants.

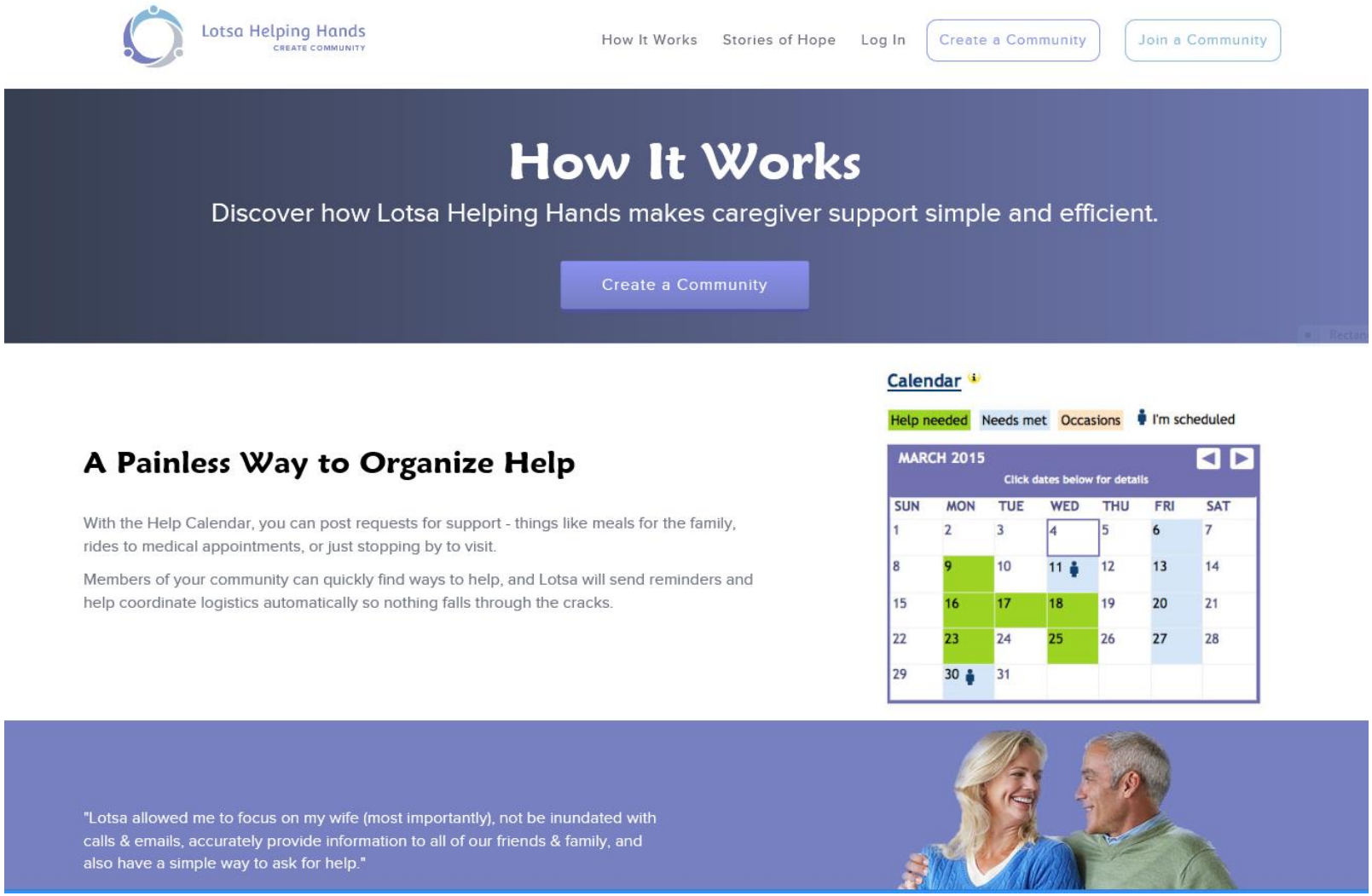
Call us today!

Contact our Program Supervisor, Allegra Joffe at 703-516-6769 or email ajoffe@prsinc.org.
prsinc.org/carering. TTY 711



Lotsa Helping Hands

- www.lotsahelpinghands.com



Additional Contact Information

- Older Adult Services in Fairfax County
  - www.fairfaxcounty.gov/dfs/olderadultservices.gov
  - Aging, Disability, Caregiver Resource Line: (703) 324-7948
- ElderLink
  - (703) 324-5374
  - https://www.fairfaxcounty.gov/familyservices/older-adults/elderlink
- Alzheimer's Association
  - www.alz.org
- Senior Navigator (services in Virginia only)
  - www.seniornavigator.org
- Eldercare Locator (Nationwide)
  - www.eldercare.gov
- National Association of Professional Geriatric Care Managers
  - www.caremanager.org
- National Alliance for Caregiving
  - www.caregiving.org

We Thank You!

- Lauren Elcesser
  - (703) 324-7210
  - lauren.elcesser@fairfaxcounty.gov
- Kristin Martin
  - (703) 324-7577
  - kristin.martin@fairfaxcounty.gov