

## Fairfax County Programs Offer to Caregivers & Older Adults

For more information about any of our programs, call **703-324-7948**

or visit: [www.fairfaxcounty.gov/OlderAdults](http://www.fairfaxcounty.gov/OlderAdults)



### Respite Services & Programs

#### ❖ In-Home Respite services

The county offers two respite programs: free and on a sliding scale. Eligibility is based on functional status and gross income.

#### ❖ Bathing services

Bathing services are available to eligible participants who have a personal care need. Eligibility is based on functional status and gross income. Services are offered on a sliding scale.

#### ❖ Screenings for the Commonwealth Coordinated Care (CCC+) Medicaid waiver

The CCC+ assists older adults and adult with disabilities so that they may remain living at home. The program provides personal care and respite care.

#### ❖ Adult day health centers

Provides daytime care and support to adults with dementia, as well as those who have physical impairments or developmental disabilities, and their caregivers.

[Locations in Herndon Harbor, Lewinsville, Lincolnia and Mount Vernon. For more information, call 703-246-8743 TTY 711.](#)

#### ❖ Home Care Registry

A registry of private providers, not affiliated with an agency, who provide a range of in-home companion, personal care, and chore services throughout Fairfax County. Visit: <https://www.fairfaxcounty.gov/familyservices/older-adults/in-home-care>.

#### ❖ Caregiver Consultation

This service offers support and guidance for caregivers of older adults by providing a one-hour FREE consultation in the office or via phone.

#### ❖ Care Management

Comprehensive care coordination includes in-home assessment, care planning, monitoring, family counseling, and referrals.

#### ❖ Medicare Counseling Program

This program offers a FREE, unbiased, confidential counseling, and assistance for Medicare beneficiaries. Call us for help understanding Medicare, Medigap, drug plans and long-term care insurance.

#### ❖ Wills on Wheels

It is a FREE service to help eligible low-income Fairfax County residents prepare life-planning documents such as Wills, Advance Health Care Directives (known as "Living Wills") and Powers of Attorney.



### Consultation



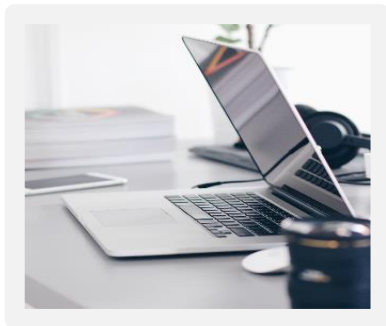
### Support Groups

#### ❖ Family Caregiver Support Call

Provides a convenient, safe space for caregivers to learn, discuss, and connect with one another. The Call takes place on the 2<sup>nd</sup> Tuesday of each month, 7:00-8:00p.m. To register and for more information: Register online: <http://tinyurl.com/CaregiverTSG> or call 703-324-5484, TTY 711

#### ❖ Caring for You, Caring for Me

This is a FREE 5-week program that offers support and education to caregivers of older adults. It focuses on advocacy and care for both the caregiver and care recipient. Online registration: <http://tinyurl.com/cfymprogram> or call: 703-324-7577 / 703-324-7210.



### Education/ Subscriptions

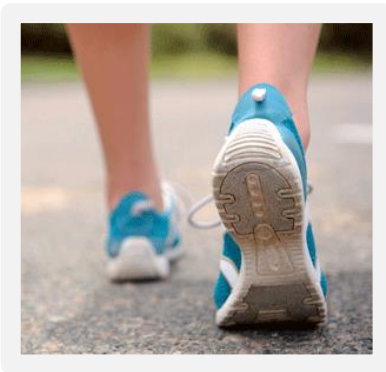
#### ❖ Caregiver webinars

Our FREE monthly caregiver webinars are for family members, partners, and friends caring for a loved one. Speakers include experts in law, care management, finances and community resources. [www.fairfaxcounty.gov/OlderAdults](http://www.fairfaxcounty.gov/OlderAdults)

- ❖ **Golden Gazette** is a free monthly community newspaper published by Fairfax County Government.
- ❖ **Caregiver Corner Online:** Information about caregiver programs.
- ❖ **Fairfax 50+, E-News**

To Subscribe visit:

<https://www.fairfaxcounty.gov/olderAdults>



### Health Classes

#### ❖ Fall Prevention Program

A Matter of Balance is a FREE evidence-based program designed to reduce the fear of falling. It includes 8 two-hour small group sessions, and home safety assessments per request.

#### ❖ Chronic Disease Self-management program (CDSMP)

The CDSMP is a FREE 6-week workshop for older adults and caregivers living with chronic health conditions.



### Medication Disposal

#### ❖ Safe Disposal of Medication

Fairfax County Police stations and area pharmacies provide permanent drug disposal dropboxes for unused or expired medications any time of the year.

- ❖ **Fairfax County Health Department** also offers a drug disposal kit.

For more information, call 703-246-2411 or visit

<https://www.fairfaxcounty.gov/health/drug-disposal>



## Transportation

### ❖ Fastran

Provides transportation to people whose disability or special need prevents them from using public transportation to get to county-sponsored programs and services.

### ❖ Taxi Voucher program

Provides discounted taxi vouchers for eligible residents of Fairfax County and the City of Fairfax. The program includes three options: Seniors-On-the-Go, Taxiaccess, Dial-A-Ride.

### ❖ Metro Access Paratransit

Door-to-door, shared-ride, ADA paratransit service for people with disabilities who cannot use bus or rail service.

### ❖ Travel training

Offers training to access public transportation options offered in our area. Teaches how to plan a trip by bus, reading bus schedules, transfers, fees, destinations, and resources.

**To get information about any of the programs described above, call 703- 222-9764, TTY 703-324-70379.**



## Safety Programs

### ❖ Project LifeSaver

The program offers a wrist or ankle band that emits a silent radio frequency enabling the Sherriff's office to locate people who may chronically wander due to Alzheimer's, cognitive impairment, or other dementias.

**For more information, call 703-246-3227 TTY 711**

### ❖ Free Smoke Alarms Program

Fairfax County residents can get FREE battery-powered smoke alarms by contacting their local Fairfax County Fire and Rescue Department station or submitting an application.

**For more information, call 703-246-2126 TTY 771**