



FAIRFAX COUNTY DEPARTMENT OF
FAMILY SERVICES

Adult & Aging Services

Fairfax County Department of Family Services

Jodi Smith, LCSW, LICSW

703-533-5451

jodi.smith@fairfaxcounty.gov

June 27, 2024



Adult & Aging Division Mission Statement

To promote and sustain a high quality of life for older adults, adults with disabilities and caregivers by offering a mixture of services and resources provided through public and private sectors which maximize personal choice, dignity and independence.





COMMUNITY WELL-BEING

SAFETY &
PROTECTION

FAMILY
RESILIENCE &
QUALITY OF LIFE

ECONOMIC
SELF-SUFFICIENCY

EFFECTIVE
& EFFICIENT
GOVERNMENT

STRATEGIC PLAN



ONE FAIRFAX

DFS MISSION ✨ VISION ✨ EQUITY PLAN

DFS VALUES

People-Focused | Equity | Accountability | Partnership | Innovation

VISION

Fairfax County is a community where everyone lives their success story and thrives.

MISSION

The Department of Family Services strengthens the wellbeing of our diverse community by protecting and improving the lives of all children, adults, and families through assistance, partnership, advocacy outreach and quality services.

CORE VALUES

- ▶ People-Focused
- ▶ Equity
- ▶ Accountability
- ▶ Partnership
- ▶ Innovation

Who We Serve

- Fairfax County, City of Fairfax and City of Falls Church residents aged 60 and over, their caregivers, and people with disabilities.
- Residents are served free from discrimination on the basis of race, sex, gender, language, citizenship status, and ability.

**Aging, Disability
and Caregiver
Resources Line
(ADCR)**

Front Door to Aging Services

703-324-7948, TTY 711

Monday – Friday, 8 a.m. - 4:30 p.m.

FairfaxCounty.gov/FamilyServices/Older-Adults

Meals on Wheels (Home Delivered Meals)



- Home delivered meals for homebound adults aged 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 are heart healthy and meet the state standards for nutrition.
- Meals are delivered once per week.
- Consideration is given to diversity in menu items.

Adult Social Services

Adult Services

- Provides case management services to include assessment, care plan development and care monitoring for older adults and persons with disabilities.
- Conducts assessments for Assisted Living Facility placement, Adult Foster Care placement, and Long-Term Care Services and Supports.

Adult Medical Respite Program

- Helps adults experiencing homelessness recover safely from an acute medical injury in a shelter environment.

Adult Social Services (continued)

Home Based Care Services

- Provides assistance with personal care tasks such as: bathing, light housekeeping, and laundry.

Assisted Living Facility (ALF) Screenings

- Conducts assessments/reassessments to determine eligibility and seeks placement for those interested in ALF.

Adult Social Services (continued)

Adult Foster Care (AFC) Program

- Conducts assessments/reassessments to determine eligibility and seeks placement for those interested in AFC.
- Manages AFC providers in Fairfax County.

Long-Term Care Services and Supports (LTSS) Screenings

- Conducts screenings and determines functional eligibility for nursing facilities and community-based care.

ElderLink

- Partnership with Inova Health Systems.
- Case management.
- Caregiver consultations.
- Support Call.
- Respite services.
- Health and wellness services:
 - Chronic Disease Self-Management
 - Fall Prevention classes: A Matter of Balance, Walk with Ease, Bingocize
- Caregiver workshops: Caring For You Caring For Me.

Caregiver Services

- Education/Subscriptions
- Panel conversations
- Health and wellness webinars
- Caregiver text alerts



Adult Protective Services

Adult Protective Services

- Conducts investigations of alleged abuse, neglect, or exploitation or of those at risk of abuse, neglect, or exploitation; involving persons age 60 and above or incapacitated adults ages 18 and above.

Guardianship Program and Reviews

- Manages pre-guardianship panel to limit inappropriate guardianship when a less restrictive option may better serve the needs of the person at risk.

Northern Virginia Long-Term Care Ombudsman Program



Advocates for improving quality of care and quality of life for residents of nursing and assisted living residents and for those 60 and over receiving long-term care services in their home.

Additional Legal Services Available

Wills on Wheels (WOW)

- Helps eligible Fairfax County residents draft life-planning documents such as Wills, Advance Health Care Directives (living wills), and General Durable Power of Attorney.

Legal Services of Northern Virginia (LSNV)

- Provides legal advice and/or court representation regarding financial exploitation, landlord/tenant issues, family law issues (includes domestic violence), public benefits, tax issues, and consumer issues.

Northern Virginia Long-Term Care Ombudsman

- Resolves concerns through counseling, investigation and negotiation.
- Provides one-to-one consultation.
- Provides information to help consumers make informed choices.
- Educates the community about long-term care issues.
- Trains and supervises volunteers who regularly visit facilities and advocate for resident rights.
- Provides consultation to long-term care professionals.
- Trains long-term care staff in residents' rights.



Medicare Counseling (VICAP)

Provides Medicare counseling on:

- Medicare options.
- Prescription drug plan review.
- Low income assistance program.
- Educational trainings on Medicare.
- Trained certified counselors.

Services for Persons with Disabilities

- Disability Rights and Resources (DRR)
- Program serves persons with disabilities, their representatives, and service providers.
- Information, technical assistance, and referrals.
- Public outreach.
- Fairfax Area Disability Services Board - Volunteers appointed to advocate for people with physical and sensory disabilities. Meetings are open to the public.
- www.fairfaxcounty.gov, Search: disabilities services board

Volunteer Solutions

- Recruits and matches volunteers.
- Develops community partnerships.
- Variety of volunteer opportunities:
 - Social visiting
 - Grocery shopping
 - General and medical transportation
 - IT On Call
 - Community ambassador & outreach activities

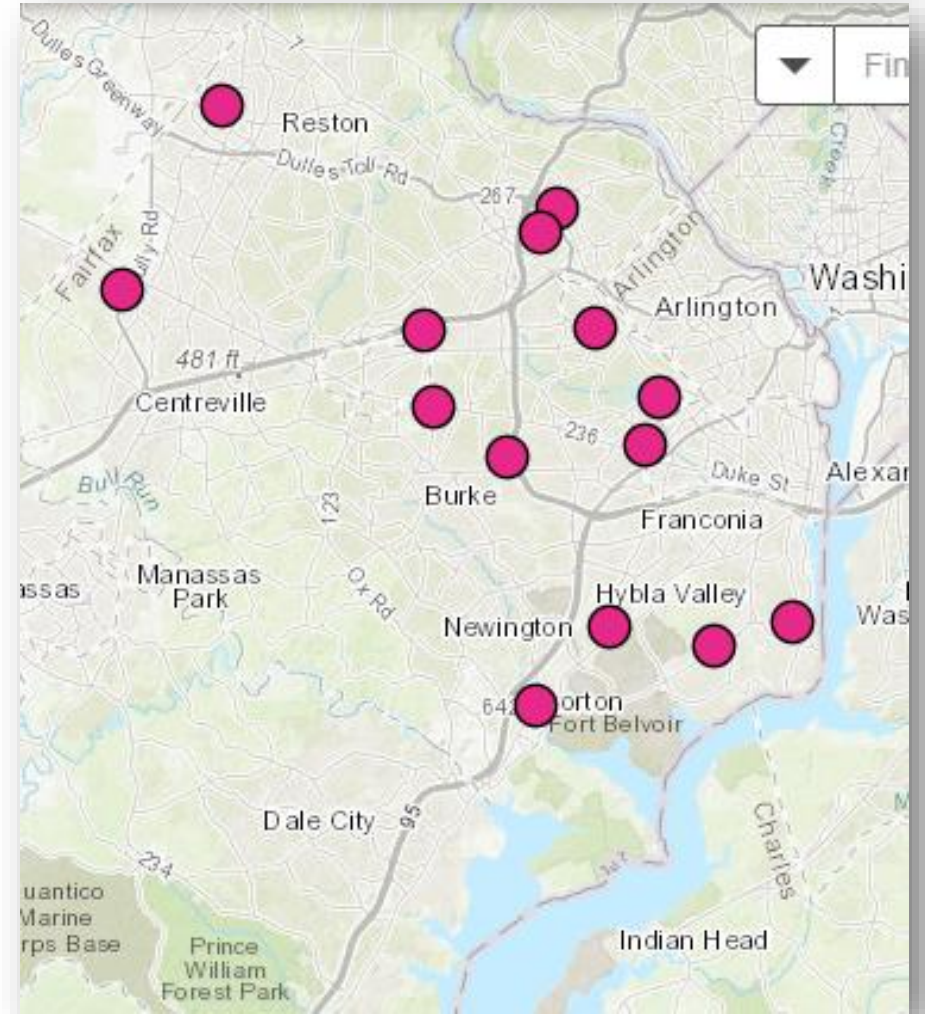


Congregate Meals & Transportation Services

- Meals served in senior centers, adult day health care centers, Insight Memory Care, and two assisted living facilities (Lincolnia ALF and Braddock Glen ALF).
- Fastran provides transportation to senior centers and adult day care centers.
- **Promotes a greater sense of community, food security, increased socialization, balanced nutritious meals and overall health.**

Senior Centers

- Center programs and activities are as diverse as the needs and interests of the communities they serve.
- Members pursue hobbies, fitness goals, special interests (art, music, technology), friendships.
- Social isolation has been linked to health risks such as dementia. Senior Centers offer community for older adults.



Senior Centers (continued)

- Older adults (50+) and adults with disabilities can participate.
- Meals and transportation are also available.
- Open Monday – Friday.
- Sliding fee scale offers membership to all centers.
- [FairfaxCounty.gov](https://www.fairfaxcounty.gov), search: Senior Centers



Adult Day Health Care Centers

- Four specialized day care center for adults with memory loss.
- Operated by the Neighborhood and Community Services.
- Nursing, recreational therapist, specialized staff who are regularly first to notice changes in the participants.
- Open Monday – Friday, 7 a.m. – 5:30 p.m.
- Sliding scale fee.
- Respite option
- Caregivers rest, work and attend to responsibilities

Fairfax Area Commission on Aging

- Comprised of 12 appointed volunteers.
- The Commission on Aging advises the Agency on Aging on developing and coordinating community services, policies, programs and actions affecting older adults in the Fairfax area.
- Public is welcome to attend and listen to monthly meetings.

Stay Connected With Us

- Quick link: <http://bit.ly/DFS-OA> for ways to stay connected
- *Golden Gazette* monthly newspaper
- Social media
- Aging Well booklet
- Mature Living on Channel 16
- Community Outreach: Community Ambassadors

Have questions or not sure where to start? We're here to help.

Aging, Disability, and Caregiver Resources

703-324-7948

Monday – Friday 8:00 a.m. – 4:30 p.m.

fairfaxcounty.gov/familyservices/older-adults



FAIRFAX COUNTY DEPARTMENT OF
FAMILY SERVICES

The background is a solid green color. On the left side, there are several stylized, overlapping green leaves of various sizes and orientations. Scattered throughout the background are several semi-transparent green circles of different diameters.

Questions??

Thank you

Fairfax Area Agency on Aging | Fairfax County, VA | June 2024

fairfaxcounty.gov/familyservices



FAIRFAX COUNTY DEPARTMENT OF
FAMILY SERVICES