



Fairfax County Services for Older Adults

Looking for services for older adults can get confusing fast.



One reason for the confusion is . . .

- The network of services is vast and complex.
 - Some are offered by the county, some by non-profits and some by the private sector.
 - Some are free, some are sliding scale and some are market rate.



Many County Programs Offer Services to Older Adults



- Adult Day Health Care
- Adult Protective Services
- Social work
- In-home care
- Senior centers
- Caregiver support
- Medicare counseling
- Meals on Wheels
- Housing
- Information on long term care facilities
- Libraries
- Transportation
- Tax Relief
- Parks and recreation
- Voting

Many Non-Profits Provide Services for Older Adults



- Shepherds Centers-NV Rides
- Learning Programs (Olli/GMU, LLI/NVCC)
- Insight Memory Care Center
- Faith Communities
- Aging in Place and Neighbor to Neighbor Networks

Many Businesses also provide Services for Older Adults



- Elder law attorneys
- Home care
- Private geriatric care management
- Nursing and assisted living facilities
- Hospitals
- Downsizing consultants
- Retirement planners
- Transportation

Another reason for the confusion. . .

- Issues associated with aging are complicated, especially when they involve a status change.
 - Physical changes
 - Emotional changes
 - Cognitive changes
 - Financial changes
 - Social changes



Another reason for the confusion. . .

- You aren't always sure what kind of service you are looking for.
- Maybe you just know what the problem is or just part of the problem.



Our One-Stop Call Center cuts through the confusion!



- Aging, Disability and Caregiver Resource Line
- **703-324-7948**, TTY 703-449-1186
- Monday-Friday, 8 a.m.- 4:30 p.m.
- staffed by *experienced* social workers
- will find translators upon request



**It's
free!!**

Our social workers will . . .



- Listen to you
- Help you define the problem or need
- Provide information, referral and consultation
- Refer to public and private services
- Refer you for an in-depth services assessment if needed

Also, check out our One-Stop Webpage!

AGING, DISABILITY & CAREGIVER RESOURCES LINE



CALL 703-324-7948, TTY 711

Monday-Friday, 8 a.m.-4:30 p.m. | Request Form

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County Services | Transportation

Recreation and Wellness Programs

Community Engagement | Volunteer Solutions

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Check out *Hot Topics* for Community Education & Information Programs

HOT TOPICS

Latest News: Silver Shield Anti-Scam Campaign

Free Medicare 101 Presentations

Register for Free Caregiver Webinar, November 14

Free Caregiver Telephone Support Group

Volunteer Meals on Wheels Drivers Needed Countywide

[More Older Adults Events →](#)

- Caregiver classes, webinars and support groups
- Medicare 101
- Fall Prevention programs
- Silver Shield Anti-Scam Campaign
- Expos, Wellness programs, etc.

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RELATED RESOURCES

At Home with the UNESCO Mediterranean Diet →

Meet the Parkinson Social Network →

The Caregiving Experience with Lucy Gerland →

New Affordable Housing for Seniors →

Making Accessible Parking Accessible through Empathy →

ElderLink's Falls Prevention, Caregiving and Chronic Illness Programs →



Find More →

www.FairfaxCounty.gov/OlderAdults

Check out Channel 16 *Mature Living*

CHANNEL 16



RELATED RESOURCES

What You Need to Know about Preventing Falls



Depression is NOT the New Normal! →

Scams Against Seniors →

Seniors Who Sing →

Everyday Yoga →

Everyday Tai Chi →

Find Mature Living Broadcast Times →

www.FairfaxCounty.gov/OlderAdults



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Mature Living



Everyday Yoga & Tai Chi



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This edition of the Golden Gazette has fun with the word fall.

Read about whose driving the wagon this fall at Frying Pan Farm Park, how special balance techniques can help you avoid falling, how to make a healthy fall soup with apples, and about one couple who fell head-over-heals in love later in life.

And, most importantly, read about what Fairfax County is doing to help you avoid falling for a scam.

Happy Fall!

Scammers Beware!

Fairfax County Launches Its Silver Shield Anti-Scam Campaign

by Grace Lynch



They lie all the time. They lie over the phone, in emails, in letters, on websites, and even at your front door.

And they lie about everything. They lie about you owing the IRS money, about the home repairs they'll do, and about the tree in your yard needing trimming.

They lie on dating sites when they say they love you.

They know you're a compassionate person so they lie about representing charities that help people, especially immediately following disasters such as Irma and Harvey.

They know you love your family, so they lie about being your grandchild and then frantically urge you to send them money to get out of a jam.

All these lies are scams, and they all end in the same place: Your wallet.

It is estimated that one in 18 adults fall for scams every year and *Scam Nation*, a recently

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This free monthly newspaper covers services, recreation and issues of significance to Fairfax County's 50+ community.

Call 703-324-5633.

Subscribe for home delivery or pick it up in your library.

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www.fairfaxcounty.gov/OlderAdults

703-324-7948

TTY 711

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