



Division of Aging and Adult Services
 Department of Community and Human Services
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Public and Private Services for Older Alexandria Residents

<p><u>Adult Day Care</u></p> <ol style="list-style-type: none"> 1. City program at the Lee Center 2. PACE 	<ol style="list-style-type: none"> 1. For City residents age 55 and over, and families of City employees – sliding fee scale. 2. People age 55 and over enrolled in both Medicare & Medicaid and eligible for nursing home care.
<p><u>Counseling and Case Management Services</u></p> <ol style="list-style-type: none"> 1. Adult Protective Services 2. Case Management / Care Coordination 3. Call Reassurance Program [Care Ring] 4. Friendly Visitor Program 5. Screenings for nursing homes {Medicaid}, assisted living {auxiliary grant} and Medicaid waivers for persons who would otherwise be in a nursing home 	<ol style="list-style-type: none"> 1. Respond to concerns regarding abuse, neglect or financial exploitation on behalf of older adults and adults with disabilities. 2. Private sector – geriatric care managers – fee based. Public sector -- DAAS social workers provide service in Alexandria, including HUD assisted retirement housing. 3. Daily phone call from volunteers. 4. Weekly visit from a volunteer with Senior Services of Alexandria. 5. Provided when a person is in the hospital or in a home by a community based team made up of a social worker and a nurse.
<p><u>Emergency Alerts</u></p> <ol style="list-style-type: none"> 1. Personal Emergency Response 2. MedicAlert or Alzheimer’s Association Safe Return 3. Project Lifesaver 	<ol style="list-style-type: none"> 1. A button worn around the neck or on the wrist; is used to summon help; subsidies available. 2. ID bracelets for persons with memory loss who wander; sponsored by the Alzheimer’s Association of the National Capital Area. 3. Program locates wanderers of any age through a wristband. When the Sheriff’s Office is notified, a search is initiated.
<p><u>In Home Care</u></p> <ol style="list-style-type: none"> 1. Skilled home health care 2. Homemaker-Personal Care Program 3. Medicaid Waiver Personal Care – nursing home eligibility 4. Services in the home plus a resource manager for guidance 	<ol style="list-style-type: none"> 1. Medicare and insurance 2. Private and public services available 3. Eligibility for Medicaid financed nursing home care 4. Goodwin House at Home

Housing

1. Staying in one's house or apartment

1a. Financial Assistance

- Rent Relief program
- Real Estate Tax Relief or Deferral program

1b. Programmatic Assistance

- Rebuilding Together – Volunteers make repairs free of charge
- RAMP -- The Rental Accessibility Modification Program (RAMP) provides grant funds to modify rental housing to make the units more accessible for low and moderate-income tenants with physical disabilities.
- HRLP – The Home Rehabilitation Loan Program provides no-interest, deferred payment loans to assist with design and construction of various improvements. This program enables low- and moderate-income homeowners to correct code violations, structural problems, and to enhance the value and livability of their attached or detached single-family homes.

2. Retirement Apartments [rental]

2. For HUD Income-eligible residents

- Annie B. Rose House
399 Pendleton St.
- Claridge House II
301 N. Ripley St.
- Ladrey [ARHA]
300 Wythe St.

✓ Landlord/Tenant Office

✓ Investigates and mediates disputes between landlords and tenants involving rental housing

3. Assisted Living Residences – licensed by the Department of Social Services when four or more people receive services in a congregate residential setting.

3a. Private pay

- Sunrise of Alexandria
3520 Duke St.
- LaBier Assisted Living
5708 Dawes Avenue and
4009 David Lane

3b. Subsidized units

- Willow Oaks [Birmingham Green]
8605 Centerville Rd. Manassas
- 1 unit at Sunrise of Alexandria & 2 units at the Memory Care project under development

✓ Long-term Care Ombudsman

✓ Provides information about assisted living residences; investigates complaints and assists in problem resolution

<p>4. Nursing and Rehabilitation Centers -- licensed and monitored by the Virginia Department of Health</p> <p>✓ Long-term Care Ombudsman</p> <p>5. Continuing Care Retirement Communities [CCRCs] – a housing option that offers independent living, assisted living and nursing home care within the building or campus.</p>	<p>4 Private pay and Medicaid</p> <ul style="list-style-type: none"> ➤ Envoy 900 Virginia Ave. ➤ Woodbine 2729 King St. <p>Medicaid only</p> <ul style="list-style-type: none"> ➤ Birmingham Green 8605 Centerville Rd. Manassas <p>✓ Provides information about nursing and rehabilitation centers; investigates complaints and assists in problem resolution</p> <p>5 Self-pay</p> <ul style="list-style-type: none"> ➤ Goodwin House 4800 Fillmore Ave. ➤ The Hermitage 5000 Fairbanks Ave. ➤ Washington House 5100 Fillmore Ave.
<p><u>Information/Communications</u></p> <ol style="list-style-type: none"> 1. Local Newspaper 2. E-mail Distribution Lists 3. Local Websites 	<ol style="list-style-type: none"> 1. Monthly article in the <u>Alexandria Times</u>. 2. To Faith Communities; Long-term Care Coordinating Committee; Caregiver Newsletter to individuals who request the newsletter 3. <ul style="list-style-type: none"> ➤ At Home in Alexandria – AHA! www.athomeinalexandria.org ➤ Alexandria Division of Aging & Adult Services www.alexandriava.gov/aging ➤ Senior Services of Alexandria http://seniorservicesalex.org
<p><u>Legal Services</u></p> <ol style="list-style-type: none"> 1. Lawyer Referral Service 2. Legal Services of Northern Virginia 3. Statewide Senior Legal Helpline 	<ol style="list-style-type: none"> 1. Alexandria Bar sponsored referral to an attorney with expertise in the field; low cost one-half hour consultation. 2. Provides counsel and representation to older adults who cannot afford the cost of a private attorney; will make home visits when needed. 3. A toll-free line offering legal assistance and advice for Virginians age 60 or over. Topics covered include long term care issues, public benefits, guardianship, age discrimination, financial exploitation, abuse and neglect, and some limited consumer issues.

<p><u>Medicare Counseling</u> Virginia Insurance Counseling & Assistance Program [VICAP]</p>	<ol style="list-style-type: none"> 1. Education about Medicare, Medigap and Long-term Care Insurance; assistance with resolving Medicare problems; assistance in selecting a Medicare drug plan; avoiding Medicare fraud
<p><u>Mental Health Counseling and Treatment</u></p> <ol style="list-style-type: none"> 1. Psychiatric Services – treatment; medications 2. Emergency response 3. Capacity assessment 	<ol style="list-style-type: none"> 1. Psychiatrists in the private sector --- fee based; in the public sector must have a diagnosis of serious mental illness – sliding fee scale 2. City provides 24-hour intervention for persons experiencing a mental health or substance abuse-related crisis. 3. City evaluation to determine person’s ability to understand the consequences of decisions
<p><u>Nutrition</u></p> <ol style="list-style-type: none"> 1. Senior Centers lunch program 2. Meals on Wheels 3. Groceries to Go 	<ol style="list-style-type: none"> 1. Alexandrians age 60 and over – no income guideline; participants encouraged to contribute 2. Homebound Alexandrians age 60 and over – no income guideline; participants encouraged to contribute 3. SSA volunteers shop on behalf of older Alexandrians who cannot shop for themselves. Person must have a debit or credit card.
<p><u>Recreation</u></p> <ol style="list-style-type: none"> 1. Power Plus for Ages 55 & Up 2. Senior Centers 	<ol style="list-style-type: none"> 1. Variety of self-directed clubs, educational and social activities, health and exercise programs 2. Health and exercise programs, educational and social activities, and hot noontime meal; serves as a focal point for information; transportation provided to regular participants; <u>donations requested</u> for noontime meal.
<p><u>Service and Advocacy Organizations</u></p> <ol style="list-style-type: none"> 4. <u>At Home in Alexandria -- AHA!</u> -- part of a nationwide movement based on the concept that “it takes a village” to make a community and support people in the village. 5. <u>Commission on Aging</u> a 21-member body appointed by the City Council to advise it and City staff regarding the needs of older Alexandria residents. 	<ol style="list-style-type: none"> 1. AHA is an Alexandria not-for-profit group that supports the functional, emotional, social, and non-medical health care needs of older adults so they may live independently in the City. Certified volunteers provide services to members. 2. The function of the commission shall be to advocate for the elderly, to recommend to City Council programs to assist the elderly, and to review and advise city council regarding proposed projects which impact the elderly. The commission shall serve as the advisory council to the Area Agency on Aging.

<p>6. <u>Senior Services of Alexandria (SSA)</u> – a local private non-profit agency, with a grassroots board of directors, that offers an array of services to older Alexandria residents.</p>	<p>3. SSA offers the following services and programs.</p> <ul style="list-style-type: none"> ✓ Meals on Wheels – Delivers meals to low-income Alexandrians age 60 and over who are homebound (DAAS approved) and also to those who can pay privately including adults with physical disabilities. ✓ Friendly Visitor Program – Pairs volunteers with socially isolated seniors for weekly visits. ✓ Groceries to Go – Bi-weekly delivery to seniors who have difficulty shopping. Orders are taken via phone, no surcharges or minimum orders. ✓ Animeals on Wheels – Delivers free pet food for animals of low income older adults. ✓ Senior Speaker Series – Monthly events which address topics of interest to seniors and their families ✓ Senior Academy – Annual four-week course designed to help seniors learn about City government and local organizations that serve Alexandria’s senior community ✓ Senior Information Corners – Stocked with information at libraries, rec centers and community centers throughout Alexandria ✓ Senior Living in Alexandria – Monthly Cable TV program airs Sundays at 2pm Comcast Channel 70 and on SSA website
<p><u>Transportation Service</u></p> <ol style="list-style-type: none"> 1. MetroAccess 2. DOT 3. Senior Taxi Yellow Card Program 4. Logisticare 5. Transportation to Senior Center lunch program 6. Grocery shopping 	<ol style="list-style-type: none"> 1 Persons unable to use Metrobus or Metrorail; no income limitations; no limitations on trip purpose; service availability; ¾ of a mile of a Metrorail or Metrobus stop; service area – same as Metro service area 2 Eligibility similar to MetroAccess; service availability – Alexandria, Arlington, Fairfax 3 Moderate income Alexandria residents age 60 and over 4 Medicaid beneficiaries going to Medicaid financed health care appointments 5 For Senior Center lunch program participants going to and from the Center 6 Transportation in some neighborhoods for adults age 60 plus; riders encouraged to contribute to the cost of service