

City of Alexandria, Virginia

**City Services for Older Adults  
Division of Aging & Adult Services**



# A Livable Community



- Overarching goal: Enable older adults to remain in the community as long as possible
  - Delay or avoid need for care facility
  - Delay or avoid leaving Alexandria
- Facets of program
  - Financial assistance
  - Environment
  - Supportive services

# Adult Day Services Center



- 5-day per week program, 7:30 a.m. – 5:30 p.m. for City residents age 55 and over
- Therapeutic recreation
- Nursing service, including medication monitoring and administration
- Nutritious noon-time meal and snacks
- Transportation using the DOT program
- Supportive services for caregivers

# Adult Protective Services



- Investigates suspected abuse, neglect or financial exploitation
  - Adults age 60 and over
  - Adults with disabilities, age 18 and over
- Public encouraged to report suspicion
  - Identity of reporters remains confidential
  - People can reject offer of help from APS

# Adult Supportive Services



- Care coordination for older adults and adults with disabilities
  - Require on-going services
  - Meet income guidelines – at or below 50% of the Virginia median income
- Homemaker – personal care services
- Chronic disease nurse
- Personal Emergency Response System
- Options Counseling

# Older Adult Mental Health



- Assessments
- Emergency intervention
- Counseling and therapy
- Make home visits with Adult Protective Services, as needed



# Contracts



- Legal Services of Northern Virginia
- Northern Virginia Long-term Care Ombudsman
- Liquid Nutritional Supplement
- Birmingham Green Nursing Home & Assisted Living
- Senior Centers @ Charles Houston and St. Martin de Porres
- Meals on Wheels
- Senior Taxi

# For More Information about Services



- Division of Aging and Adult Services
  - 6101 Stevenson Avenue
  - Suite 200
  - Alexandria, VA 22304
  - 703-746-5999
  - [DAAS@alexandriava.gov](mailto:DAAS@alexandriava.gov)
- Pamela Austin
- [Pamela.Austin@alexandriava.gov](mailto:Pamela.Austin@alexandriava.gov)





Helping Alexandria's Older Adults  
Age with Dignity

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## Meals on Wheels

Delivered 7 days a week to homebound seniors 60 and older

City Subsidized  
Private Pay

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## Groceries to Go

Volunteers grocery shop and deliver to older adults who find grocery shopping difficult.

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## Companionship

Friendly Visitor Program

Volunteers matched with socially isolated older adults for weekly visits.

Grandpad Program – allowing isolated seniors to stay connected.

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## Transportation

### DOT Paratransit

Provides transportation for persons who find it difficult to use public transportation. SSA manages the reservations for client.

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## Animeals on Wheels

Delivery of pet food to pets of low-income older adults.

Partnership with Animal Welfare League of Alexandria delivering pet food once a month.

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Local non-profit serving Alexandria City and Washington, DC low-income older adults with free home repairs who meet income requirements.

Learn more by visiting their website at <http://rebuildingtogetherdca.org/>.



At Home in Alexandria is a “Village” concept providing practical support and socialization with a variety of memberships.

For more information visit <https://athomeinalexandria.org/>.



## Contact SSA:

website – [www.seniorservicesalex.org](http://www.seniorservicesalex.org)

telephone – 703-836-4414

email – [admin@seniorservicesalex.org](mailto:admin@seniorservicesalex.org)

Facebook - <https://www.facebook.com/SeniorServicesofAlexandria>

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