FAIRFAX COUNTY DEPARTMENT OF
FAMILYSERVICES

Family Caregiver Resources

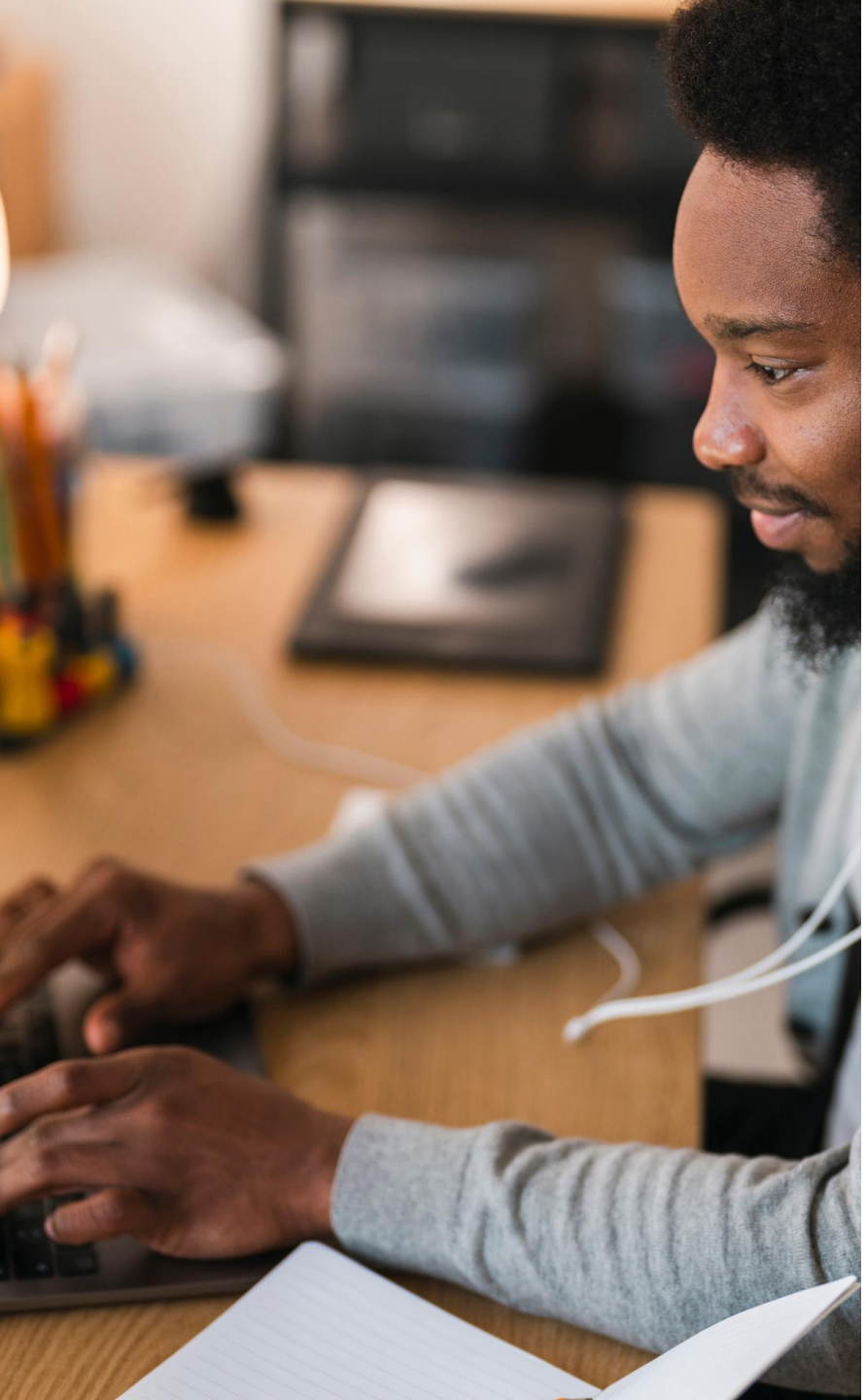
Allegra Joffe
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703-324-2019



Caregiver Unit Subscriptions & Resources

- **Monthly Family Caregiver Webletter:**
  - To subscribe please email: Allegra.Joffe@fairfaxcounty.gov
- **Fairfax Caregiver Alert Notifications:**
  - Sign up at: https://www.fairfaxcounty.gov/alerts and create or sign into your Fairfax Alerts account and then select Area Agency on Aging/Caregivers.
- **Golden Gazette:**
  - The Caregiver Unit provides monthly Caregiver articles & highlights monthly events, resources and community partners.
  - https://www.fairfaxcounty.gov/familyservices/older-adults/golden-gazette
- **Family Caregiver Support Webpage Link:**
  - https://bit.ly/FFcounty

FAIRFAX COUNTY DEPARTMENT OF FAMILYSERVICES



Family Caregiver Education Programs

- **Caregiver Webinars:** https://bit.ly/CAREWEB1
- **Virtual Panel Conversations:** https://bit.ly/AAAPanel
- **Virtual Health & Wellness Workshops:** https://bit.ly/StayingWell-123
- **Virtual Intergenerational Workshops:** https://bit.ly/StayingWell-123
- **Virtual Dementia Friendly Information Sessions:** https://bit.ly/DementiaFriendlyFairfax
- **Virtual Dementia Caregiver Series:** https://bit.ly/FFXDementiaSeries
- **Virtual Caregiver Webinars in Spanish:** https://bit.ly/CharlasEducativas
- **To request a virtual or in-person family caregiver presentation please email: Allegra.Joffe@fairfaxcounty.gov**

FAIRFAX COUNTY DEPARTMENT OF FAMILY SERVICES

Family Caregiver Community Resources

- **Family Caregiver Alliance**

https://www.caregiver.org/

- **National Council on Aging Caregiving Resources**

https://www.ncoa.org/caregivers

- **Administration for Community Living**

https://acl.gov/programs/support-caregivers/national-family-caregiver-support-program

- **AARP Family Caregiver Resources**

https://www.aarp.org/caregiving/

- **Rosalynn Carter Institute for Caregivers**

https://rosalynncarter.org/

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Community Resources

- **RAFT Dementia Support Program-** Resident of the City of Alexandria, Arlington, Fairfax-Falls Church, Loudoun, or Prince William Counties for 65 years of age or older with a diagnosis of dementia or exhibiting symptoms of dementia with behaviors. History of psychiatric hospitalization or at risk of psychiatric hospitalization. Living in the community in their homes, or the homes of family members or other caregivers. They provide free of cost at home support. Call or go online to make a referral.

703-449-6306

https://bit.ly/RAFTdementiaProgram

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Family Caregiver Community Resources

- **EdlerCare Locator**

https://eldercare.acl.gov/Public/Index.aspx

- **Fairfax County Area Agency on Aging Family Caregiver YouTube Playlist**

Caregiver Webinars – YouTube

- **Caregiver Action Network**

https://www.caregiveraction.org/national-family-caregivers-month

Alzheimer's Association
1.800.272.3900- **Helpline- 24/7**
www.alz.org

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Consultations

Caregiver Consultations

Offers support and guidance for caregivers of older adults by providing free caregiver consultations.

Monday-Friday between 8 a.m.-4 p.m. Call 703-324-5374, TTY 711 and ask for a one-hour caregiver consultation.

Virginia Insurance Counseling & Assistance Program (VICAP)

Offers a FREE, unbiased, confidential counseling, and assistance for Medicare beneficiaries.

Care Management

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

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Support Programs

- Virtual Caregiver Support Call

Provides a convenient, safe space for caregivers to learn, discuss, and connect with one another. The call takes place on the 2nd Tuesday of each month, 7:00p.m. to 8:00p.m.

https://bit.ly/ELinkCall

- Caring for You, Caring for Me (Virtual)

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.

https://bit.ly/CFYCFM2022

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Respite Services and Programs

- In-Home Respite services
- Commonwealth Coordinated Care Plus Waiver (CCC+ Waiver or Medicaid Waiver)
- Traditional in-Home Program
- Volunteer-based Respite Program
- Home Care Registry - Home Care Registry (virginianavigator.org)

A registry of private providers list, not affiliated with an agency, who provide a range of services: in-home companion, personal care, and chore services.

Adult Day Health Centers

- Fairfax has 4 adult day health centers. The centers offer a safe space for people. Their program is focused on engaging participants mentally, physically, and socially. https://bit.ly/ADHC4
- Virginia Life Respite Program – Funding for caregivers

https://vda.virginia.gov/vlrv.htm

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Fairfax County, VA
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