



Services  
To Seniors  
Since 1973!

# Senior Connections

The Capital Area Agency on Aging  
*The Resource for Aging Well*

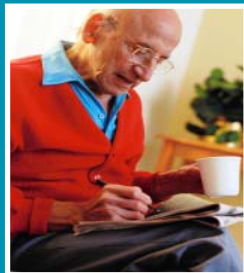
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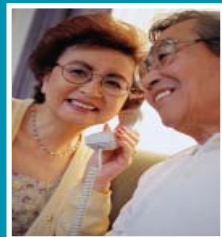
**Serve** older adults, persons with disabilities and caregivers by offering program options and promoting volunteer opportunities




**Advocate** on behalf of older adults to ensure programs that support community living and improved quality of life, including residents of long term care facilities



**Educate** about available resources, service options and current issues



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<https://www.facebook.com/pages/Senior-Connections-VA>

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# Connection to Independence

## Agency Overview

Senior Connections, The Capital Area Agency on Aging is the **designated Area Agency on Aging for Planning District 15** consisting of the City of Richmond and the Counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent and Powhatan.

Senior Connections, The Capital Area Agency on Aging is a private, nonprofit, 501(c)(3) organization governed by a Board of Directors and receives additional guidance from a diverse Advisory Council. As a nonprofit, the Agency accepts donations of items, services, monetary gifts and memorials.

Senior Connections provides direct services, information and referral, education and advocacy for older adults, caregivers and persons with disabilities. The Agency receives federal funding under the provisions of the Older Americans Act and state funds administered by the Virginia Department for Aging and Rehabilitative Services (DARS). Federal funds from the Corporation for National and Community Service support the Foster Grandparent Mentors Program and the Retired and Senior Volunteer Program (RSVP). Funding is also provided by city and county governments as well as corporate and foundation funders.

Senior Connections' strategic focus areas include:

- Visibility and Marketing
- Programs and Services
- Funding and Resources

Senior Connections, The Capital Area Agency on Aging is dedicated to offering seniors tools to maintain independence and quality of life. Programs are person-centered in identifying the unique needs of each individual to assure they receive maximum benefit from the resources provided. We assist older adults with diverse needs and place special emphasis on those who may be isolated and physically or economically at-risk. Information about issues and resources is available to everyone. We also assist caregivers and individuals with disabilities.

The Agency serves as a **Community Resource** for seniors, persons with disabilities and caregivers seeking assistance with planning for and making decisions later in life. Senior Connections' staff and volunteers guide in identifying and locating the most appropriate solutions based on an individual's assessed personal needs and preferences.

Programs and Services include:

### Home-Delivered Meals and Friendship Cafés for Lunches and Group Activities



CARE COORDINATION  
& CASE MANAGEMENT

### Assistance with Transportation Coordination

### Care Coordination and Case Management

### Assistance with Long-Term Care Planning

### Assistance with Managing Personal Finances

### Guardianship Assistance

### Aging and Disability Resource Connection

### Options Counseling

### Medicare Health Coaches (Hospital-to-Home Transitions)

### Caregiver Support and Home Care

### Job Training and Referrals

### Insurance and Medicare Counseling

### Computer Resource Center

### Volunteer Opportunities



JOB TRAINING  
AND REFERRALS



CONNECTION TO COMMUNITY  
RESOURCES; CAREGIVER  
SUPPORT



VOLUNTEER  
OPPORTUNITIES

# Resources for Aging Well

Home and Community-Based Services provided by Senior Connections give seniors the opportunity to live independently in their homes and communities. Our programs include assistance with day-to-day needs such as preparation of meals and personal care in the home and other community support.

## Adult Day Care

Scholarships for care and supervision of older persons with disabilities who cannot manage daytime activities alone. Services vary by location and may include assistance with personal care, limited health care, therapeutic activities, meals and social activities.

## Aging and Disability Resource Connection

Information, referrals and assistance with finding services for individuals with disabilities. Support is also provided to caregivers.

## Care Transitions

In partnership with local hospitals, certified **Medicare Health Coaches** promote patient self care management to prevent repeat hospital admissions.

## \*Care Coordination and Case Management

Assists seniors and their families with locating, applying for and receiving needed community services. Direct assistance may be provided by Senior Connections or referrals are made to other human service agencies.

## Caregiver Support

Assists family members with their caregiving roles by providing information about available resources, assistance in gaining access to supportive services; individual counseling and respite support.

## Chronic Disease Self Management Program

Workshops to help individuals cope with and manage chronic diseases such as arthritis, heart disease, high blood pressure and diabetes.

## Community Relations

Provides informative group presentations and educational materials on topics of interest to seniors and those who care about their well-being. Staff and volunteers educate and promote public awareness of Agency programs and services by attending health fairs and other community events. Produces *Mature Life*, the Agency's newsletter.

## Computer Resource Center

Provides Basic Computer Training for older adults and caregivers. Beginning and other levels of training and orientation are available.

## Coordinated Transportation

Transportation is provided for medical appointments and is available for individuals who meet eligibility requirements. Transportation is also provided for Friendship Café participants.

## \*Emergency Services and Financial Assistance

Guidance provided to seniors in identifying resources and options that increase their ability to handle living expenses and emergency needs.

## Employment Assistance

Provides short-term work experience for income eligible job seekers age 55 and older. Offers job listings and referrals to Job File-registered job seekers.

## Faith to Fate Advance Planning Initiative and Senior Law Days

Provides assistance with advance care planning to obtain Wills, Powers of Attorney and Health Care Directives.

## \*Friendship Cafés

Provides balanced meals, health education and screenings for older adults. Participants receive nutritious

meals and opportunities for socialization, recreation and wellness activities. Transportation is provided at most locations.

## \*Guardian Programs

Participants have been legally found unable to manage the basic requirements to maintain physical health and safety and do not have family or friends willing or able to assist them. Eligible individuals are served by *The Public Guardian Program* and *The Community Guardian Program*.

## Home Care

Provides personal care, homemaker/companion care and caregiver respite on the basis of need. This assistance can be used during a period of recovery or while arrangements are being made for continued care.

## \*Home Delivered Meals

Provides meals for homebound seniors who have significant health conditions or physical or mental impairments that prevent them from preparing their own meals. Helps seniors meet the recommended dietary allowances (RDA) for proper nutrition and provides daily interaction with volunteers who deliver the meals. (This is a partnership with FeedMore - Meals on Wheels.)

## Long Term Care Ombudsman

Investigates and resolves complaints involving nursing homes, assisted living facilities and home care providers. Provides facilities with information and technical support.

## Options Counseling

Offers decision making options for seniors and persons with disabilities to allow for informed long term choices.

*\* Individual screening is required*

# Volunteer Opportunities

Volunteers are a vital resource and provide support services to seniors in need. Senior Connections promotes volunteer opportunities for all ages. Persons age 55 and older are encouraged to volunteer.

Volunteer opportunities include:

## **Clerical Assistant**

Assists with office processes, data entry, filing, mailings and responding to telephone calls.

## **Community Relations**

Schedule and deliver presentations promoting community awareness of Senior Connections, client services, and volunteer opportunities. Greets the public at fairs and community events. Provides basic information about Senior Connections' programs and services.

## **Foster Grandparent Mentoring Program**

Volunteers share time and experience to mentor children with special needs, or who are at risk, in youth facilities such as schools, Head Start programs, child care centers and children's hospitals. Federal funds from the Corporation for National and Community Service (CNCS) support this program.

## **Friendship Café Assistant**

Assists with activities, programs or meals at a Senior Connections' Friendship Café where older adults enjoy lunch, fellowship and more.

## **Money Management and Counseling**

An in-home check writing and financial management service for seniors age 60 and over, low-income or disabled and are having difficulty meeting monthly expenses.

## **OASIS Catch Healthy Habits**

Helps improve the health and well-being of children, grades K-5, through nutritional and physical education. Engages children in healthy habits and fun physical activities while fostering relationships in a variety of after-school and summer camp settings.

## **Retired and Senior Volunteer Program**

Provides volunteer opportunities for seniors age 55 and older to match their skills and experiences to address community needs. Federal funds from the Corporation for National and Community Service (CNCS) support this program.

## **Senior Medicare Patrol**

Volunteers provide education and outreach to consumers about Medicare and Medicaid fraud, waste and abuse and how to report them.

## **TeleBridges**

Friendly, reassurance phone calls to seniors, offering a listening ear and encouraging word, two to five times daily.

## **Virginia Insurance Counseling and Assistance Program**

Counsels on Medicare, Medicaid, supplemental and long term care insurance issues. Provides information, assistance and referral services to callers on an information hotline.

## **Additional Resources**

- **Age Wave Coalition:** Collaborative partnership to celebrate aging as a lifelong opportunity ([www.agewellva.com](http://www.agewellva.com))
- **Virginia Easy Access** ([www.easyaccess.virginia.gov](http://www.easyaccess.virginia.gov))
- **Senior Center Of Greater Richmond, Inc.** (804-353-3171)
- **Virginia Navigator** ([www.VirginiaNavigator.org](http://www.VirginiaNavigator.org))
- **Virginia Call Center** (Dial 2-1-1)

## **Our Vision**

**“Seniors with improved quality of life.”**

## **Our Mission**

**“Empowering seniors to live with dignity and choice.”**

## **Our Core Values**

**Approachable**

**Collaborative**

**Customer Service**  
*(Focus on Individuals:  
Person-Centered)*

**Dependable**

**Diverse**

**Inclusive**

**Innovative**

**Knowledgeable and Competent**

**Private and Confidential**

**Respectful, Empathic  
and Compassionate**

**Trustworthy**