

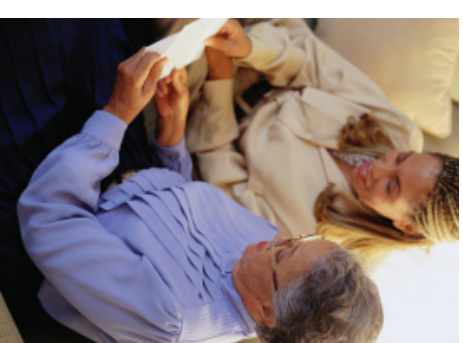
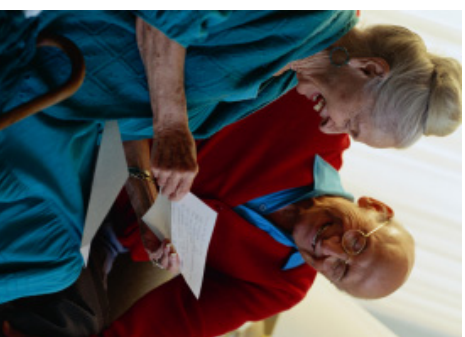
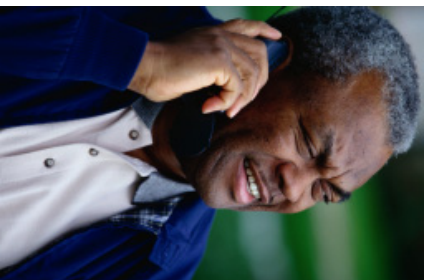
Senior Connections

The Capital Area Agency on Aging
Resources for Aging Well

Programs and Services for Seniors,
Caregivers and Families

Information and Referral

Education
and Advocacy



24 East Cary Street
Richmond, VA 23219
(804) 343-3000
www.seniorconnections-va.org

Your Connection to Services and Independence

Who We Are

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

The Agency receives federal funding under the provisions of the Older Americans Act and state funds administered by the Virginia Department for the Aging. Funding is also provided by city and county governments. Contributions to our Empty Plate Campaign - “\$50 Fills An Empty Plate 12 Times for a Needy Senior,” help provide critical services and programs such as Meals, Emergency Services, Transportation and Fuel Assistance. Contributions are appreciated and may be sent to the Agency.

Senior Connections was established in 1973 as part of a nationwide network of Area Agencies on Aging (AAAs) that provide direct services, advocacy and information for seniors and their family caregivers. There are more than 700 AAAs nationwide and 25 in the Commonwealth of Virginia.

Each AAA serves a specific Planning District. Senior Connections provides direct services, information and referral, education and advocacy for seniors in Planning District (PD) 15 consisting of the City of Richmond and the Counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent and Powhatan.

Our Vision

“To encourage and empower seniors to improve and maintain their quality of life.”

Our Mission

“To assist seniors to live with dignity and choices in their home and communities.”

Your Connection to Independence

Senior Connections, The Capital Area Agency on Aging is dedicated to helping seniors maintain independence and quality of life as they age. 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 persons with disabilities.

The Agency’s goal is to serve as a **community resource** for seniors and caregivers seeking assistance with planning for and making decisions later in life. Senior Connections’ staff and volunteers assist with identifying and locating the most appropriate solutions based on a senior’s assessed needs and preferences. Our programs and services include:

Home-Delivered Meals and Friendship Café Lunches

Assistance with Transportation Coordination

Care Coordination/Case Management

Assistance with Long-Term Care Planning

Assistance with Managing Personal Finances

Public Guardianship Program

Aging and Disability Resource Center

Options Counseling for Older Adults and Persons with Disabilities

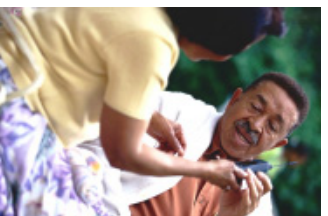
Caregiver Support and Home Care

Job Training and Referrals

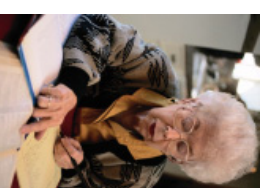
Insurance Counseling

Computer Resource Center

Volunteer Opportunities



CAREGIVER
SUPPORT



CARE COORDINATION
& CASE MANAGEMENT



EMPLOYMENT
SERVICES

Resources for Aging Well

Home and Community-Based Services provided by Senior Connections, The Capital Area Agency on Aging give seniors the opportunity to live independently in their homes for as long as it is feasible and safe to do so. These services offer assistance with day-to-day needs, such as preparation of meals and personal care in the home and other community support.

- ◆ **Adult Day Care:** Provides 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 or therapeutic activities, meals, snacks, crafts, recreation, and social activities.
- ◆ **Aging and Disability Resource Center:** Information and Referral, and assistance in finding services for people with disabilities. Support is also provided to caregivers.
- ◆ **Care Coordination and Case Management:** Assists seniors with locating, applying for, receiving and maintaining needed community services. Assistance may be provided directly by Senior Connections or by other human service agencies.
- ◆ **Caregiver Support:** Assists caregivers by providing information about available services, assistance in gaining access to supportive services, individual counseling and respite care. *Care Compass™* also connects caregivers to resources and provides assistance to employers.
- ◆ **Community Relations Activities:** Provides informative group presentations and educational materials on topics of interest to seniors and those who care about their well-being. Includes life and work issues, wellness and caregiving information.
- ◆ **Computer Resource Center:** Equipped with 20 computer stations and Webcast access, the Center provides additional options to support education, training and coordination of resources for the community as well as staff. Basic computer training for seniors offered.
- ◆ **Coordinated Transportation:** Provides transportation to and from Friendship Cafés. Transportation for medical appointments available for individuals who meet eligibility requirements.
- ◆ **Emergency Services and Financial Assistance:** Provides financial assistance to help seniors in crisis situations who may have trouble covering living expenses such as heating and cooling bills or prescription medication costs.
- ◆ **Friendship Cafés:** Provides balanced meals, health education and screenings for older adults. Meals are served in community centers, churches or other community locations. Seniors receive a nutritious meal and opportunities for socialization, recreation, exercise and information exchange.



GRANDPARENT MENTOR

Volunteer Opportunities

Volunteers provide support services to seniors in need. Senior Connections promotes volunteer opportunities for all ages. The Agency especially encourages seniors age 55 and older to volunteer.

Foster Grandparent Mentoring Program

Volunteers age 55 and older serve as tutors and mentors for children with special needs. Foster Grandparent Mentors serve a minimum of 20 hours per week in youth-oriented organizations such as schools and day care centers.

Long-Term Care Ombudsman

Volunteer Advocates help enhance the quality of life for seniors residing in long-term care facilities.

Money Management Bill Payers

Volunteers assist seniors who need help with managing personal finances. This includes assisting with paying bills, balancing checking accounts and planning budgets.

TeleBridges

A telephone reassurance program. Volunteers make phone contacts with seniors two to five times a week.

Resources for Aging Well

Volunteer Opportunities

(continued)

Public Information and Education

Volunteers participate at health fairs and other community events to educate and promote public awareness of Agency programs and services.

Retired and Senior Volunteer

Program (RSVP)

Volunteers age 55 and older use their skills and experiences to fulfill community needs by providing assistance at hospitals, museums and community organizations.

Senior Medicare Patrol

Volunteers provide public presentations to raise awareness of potential Medicare fraud, abuse, reporting errors and how to report these.

Virginia Insurance Counseling and Assistance Program (VICAP)

Volunteers counsel seniors and others about making informed decisions on Medicare and other insurance including health, Medicaid and long-term care. They also assist with tracking medical bills and resolving complaints.

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

◆ **Home Delivered Meals:** Provides meals for homebound seniors who live alone and have significant health conditions or physical or mental impairments that prevent them from preparing their own meals. The Home-Delivered Meals Program help seniors meet the recommended dietary allowances (RDA) for proper nutrition and provides daily interaction with volunteers who deliver the meals.

◆ **Long-Term Care Ombudsman:** Investigates and resolves complaints involving nursing homes, assisted living facilities and home care providers. Provides facilities information and technical support.

◆ **Medication Assistance/Pharmacy Connection:** Screens and completes applications for reduced cost or free medications offered by pharmaceutical companies. For income eligible seniors age 55 and older and not covered by medication insurance or any other program.

◆ **Money Management and Counseling:** Provides one-on-one check writing and bill paying services and assist seniors with managing personal finances including protection from exploitation.

◆ **Options Counseling:** A partnership with Resources for Independent Living to provide interactive support for decision making concerning long term support and future planning.

◆ **Public Guardianship:** Advocates for and protects vulnerable at-risk persons who have been legally found unable to manage the basic requirements of physical health and safety. Support for individuals who do not have family or friends willing or able to assist them.

◆ **Senior Employment Programs:** Offers job placement and work experience for seniors age 55 and older who are interested in re-entering the workforce.

Other Resources Include:

- Age Wave Plan: Joint initiative with the United Way to address our growing population
- Breast Cancer Screening and Education Project
- Chronic Disease Self-Management Program (615-0135)
- Easy Access (www.easyaccess.virginia.gov)
- Senior Center, A Community Partnership (353-3171)
- Virginia Call Center (Dial 2-1-1)