



Who We Are

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, CAAA is a private, nonprofit, 501(c)(3). As a nonprofit, the Agency accepts donations of items, services, monetary gifts, and memorials.

Senior Connections, CAAA provides direct services, information and referral, education and advocacy for older adults, caregivers, and individuals with disabilities.

Our Vision

"Seniors with improved quality of life."

Our Mission

"Empowering seniors to live with dignity and choice"

Senior Connections, CAAA is dedicated to helping older adults 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. We also provide support to caregivers and assist individuals with disabilities. Information about issues and resources is available to everyone.

Programs & Services

Finding Options and Resources

- ♦ No Wrong Door Program
 - ♦ Information/Referral
 - ♦ Care Coordination
- ♦ Medicare and Insurance Counseling (VICAP)
 - ♦ Benefits Enrollment Center (BEC)

Support to Stay Home

- ♦ Home Delivered Meals
- ♦ Friendship Cafés/Meals/Activities
 - ♦ Telephone Reassurance
 - ♦ Personal Care
- ♦ Check Writing/Budget Assistance
 - ♦ Care Transitions Program
- ♦ Ride Connection for Medical Appointments

Assistance for Caregivers

- ♦ Identification of Resources
- ♦ Respite Support Consultation

Advocacy and Support

- ♦ Public Guardian
- ♦ Medicare Fraud and Abuse Prevention
 - ♦ Senior Law Day/Legal Assistance
 - ♦ Long Term Care Ombudsman

Getting Involved

- ♦ Foster Grandparents/Mentors
 - ♦ Retired Senior Volunteers
- ♦ Senior Employment/Job Readiness

Education and Information

- ♦ Health/Wellness Classes
- ♦ *Engage at Any Age* Publication