

5TH EDITION • COMPLIMENTARY COPY



# Senior Resource Guide



| Inside This Guide |

*Valuable Hospital Resources • Senior Living Options • Community Resources  
Support Services • FREE Advance Medical Directive • Much More!*





# For You For Life

**V**HC Health provides exceptional medical services as our region's community health system. We continue to be ranked as one of the top hospitals in the DC Metro area. We are a not-for-profit teaching facility and designated as a Magnet hospital by the American Nurses Credentialing Center. We continue to be a proud member of the Mayo Clinic Care Network—a national network of independent healthcare organizations.

Recently, we changed our name to reflect our position as a community health system across Northern Virginia. We are expanding our services in order to bring care to the community where our patients and their families live. This includes the opening of several new physician practices, imaging centers, and out-patient surgery facilities throughout the region. We will continue to grow and expand our services in the next few years with the addition of new patient rooms, the opening of a new Behavioral Health Center at Carlin Springs, a free standing Emergency Room and the expansion of our Palliative Care program.

Our newly opened Outpatient Pavilion makes it easier for patients to access care and makes for a better patient experience. We made a multimillion dollar investment to advance the health of women in our community with our new Comprehensive Center for Women's Health in the Outpatient Pavilion.

Our goal is to be your health partner for life-long care—providing you with exceptional care when you are in our hospital but also providing a variety of programs and services within the community focused on maintaining your good health.

We are pleased to provide the 5th edition of our Senior Resource Guide. Throughout this guide you will find information on the programs and services offered through VHC Health in addition to valuable resources within the community.

Sincerely,  
VHC Executive Team





## VHC HEALTH RESOURCES

Tips to Prepare for Visiting VHC Health .....	2
VHC Health Campus Directory .....	3
Digital Health Resources at VHC Health .....	4
The Outpatient Pavilion at VHC Health .....	5
Senior Health Programs at VHC Health .....	6-7
Senior Associates Membership Program.....	8
Specialty Programs at VHC Health.....	9
The Lifeline Medical Alert Service at VHC Health .....	10-11
Support Groups at VHC Health .....	12-13
Patient Support Services .....	14
Outpatient Rehabilitation at VHC Health.....	15
Cardiac and Pulmonary Rehabilitation Program.....	16
Primary Care Physicians at VHC Health .....	17
Urgent Care at VHC Health .....	18
Specialty Care at VHC Health.....	19
Outpatient Pharmacy at VHC Health .....	20
Mayo Clinic Care Network.....	21



### RESOURCES

Arlington County Area Agency on Aging.....	22
Glossary of Terms.....	23
Resources to Meet Every Need.....	26-29
Understanding Aging Life Care.....	30-31
Financial Planning for Senior Healthcare.....	32
Daily Money Management.....	34
Understanding Advance Directives.....	35
Special Advance Directive Pull Out.....	37-40
Understanding Cataracts.....	41-42
Older Drivers and Safety .....	43
Treating Movement Disorders.....	44
More than Sustenance .....	45
Hospice Care .....	46



### AGING IN PLACE

Aging in Place Options.....	48
Joining a Village Can Help You Thrive!.....	49
Safe and Accessible Homes .....	50
Adult Day Care.....	52

Home Care: Receive Assistance at Home.....	53-54
Medicare and Home Care .....	55
Transportation Options.....	56
Choosing Home Care Checklist.....	57
Home Care Listings.....	58



### HOUSING

Housing Options Overview.....	59
Moving and Downsizing .....	60-61
Homesharing.....	62
■ NURSING & REHABILITATION .....	63
Paying for Nursing Home Care.....	63
Nursing & Rehabilitation Listings .....	64
■ ASSISTED LIVING.....	65
Assisted Living Listings.....	69-72
■ LIFE PLAN COMMUNITIES.....	73
Understand Entrance Fees.....	73

Virginia Hospital Center does not endorse any of the businesses advertising in this publication.



# Visiting VHC Health

If you have a need to visit VHC Health, we look forward to welcoming you. Whether your visit is planned or an emergency, we want you to feel familiar with the Hospital campus.

There are five zones across the Hospital campus:

- **Zone A**  
Main Hospital  
Emergency  
Department  
Medical Office A
- **Zone B**  
John T. Hazel, MD  
Conference Center  
Medical Offices B
- **Zone C**  
Women & Infant  
Health  
Oncology
- **Zone D**  
Medical Offices D
- **Zone E**  
Outpatient Pavilion

Visiting hours are 11 AM—8 PM, every day.

The daily parking rate on the main campus is \$7 for a 24-hour period.

## ► Before You Arrive

- Check that your photo ID and insurance card(s) are in your wallet.
- If you are visiting a physician, check if any paperwork needs to be completed in advance.
- If you are receiving an outpatient service, such as radiology, lab work or therapy, make sure you have the physician order with you.
- Bring a copy of legal documents, such as medical power of attorney, if necessary.
- Confirm the address and zone of your appointment and locate the parking garage that is closest. (See map on next page.)

## LOOKING FOR FOOD?

The Hospital café and Subway are located in Zone B. Starbucks is located in the lobby of Zone A. The Outpatient Pavilion also has a café (opening 2024).

## GIFT SHOP

The Hospital Gift Shop is located in Zone A in the main lobby.

## HEALING GARDEN

For peace, contemplation and rejuvenation, visit the Hospital's 1.5 acre Healing Garden located across from the Main Hospital. Native plants, a water fountain, and a wheel-chair accessible path welcomes visitors. The garden is open daily from dawn to dusk.

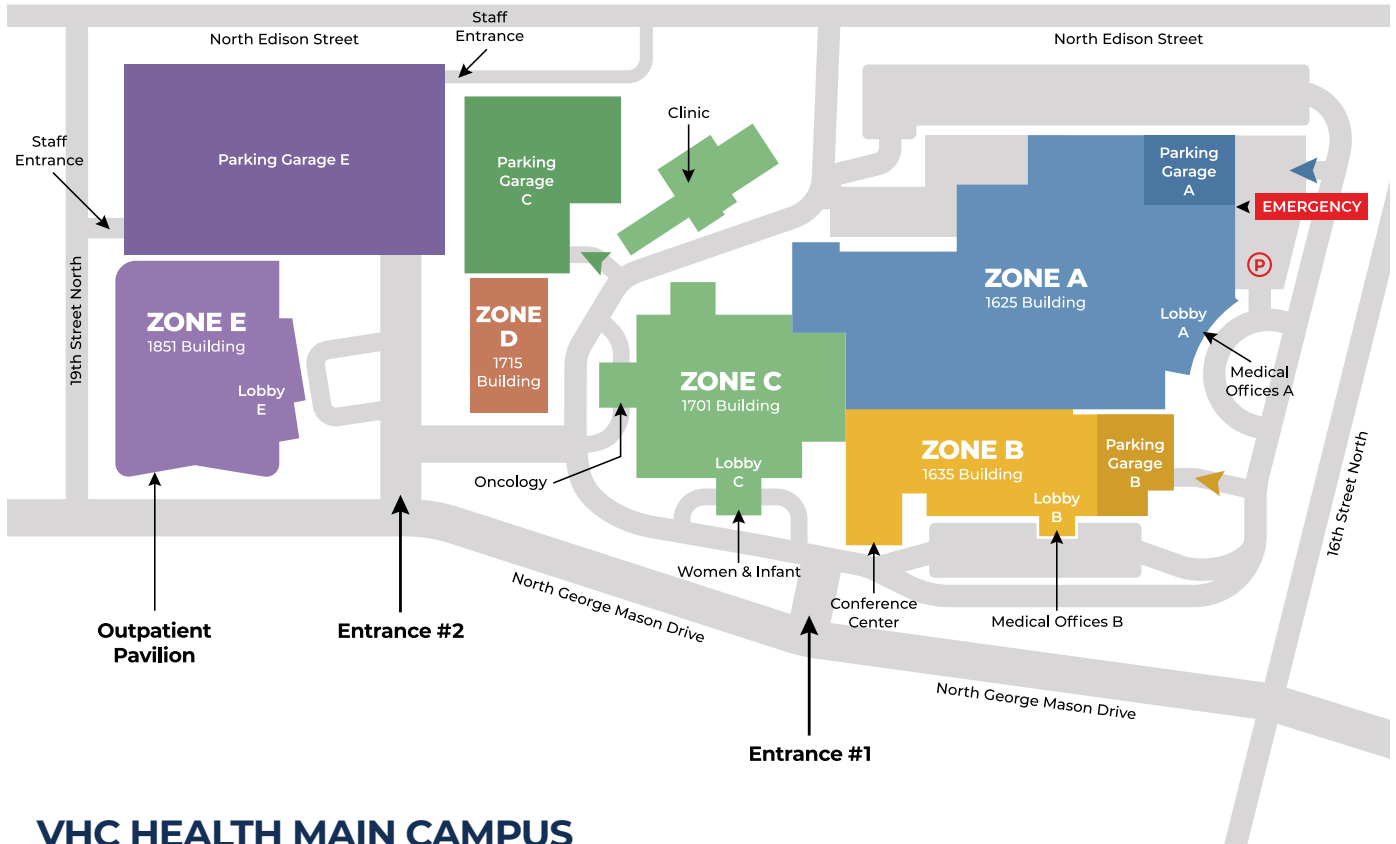
## ► If You Need Assistance

If you see a person wearing a red or pink coat, you know you've found a supportive hospital resource. **Auxiliary Members** have been serving the needs of patients and visitors for more than 80 years. They are stationed at information desks, provide wheelchair escort service, work in the gift shop and support visitors throughout the main campus.

In addition, you are always welcome to ask a VHC Health staff member for help.



# Campus Directory



## VHC HEALTH MAIN CAMPUS

Destination	Zone	Floor
4NE Patient Unit (Patient Rooms 476-499)	C	4
4SW Patient Unit (Patient Rooms 448-475)	C	4
Admitting	A	G
Behavioral Health Unit	B	G
Bridge Walkway to Medical Offices C	C	1
Cancer Resource Center	C	1
Cardiac Cath Lab	A	1
Cardiopulmonary Rehabilitation	C	G
Cardiovascular & Thoracic Surgery Associates	A	2
Cardiovascular ICU	A	2
Cashier	A	G
Chapel	A	G
Classrooms (Zone A)	A	1
Classrooms (Zone C)	C	1
Conference Center	B	1
Emergency Department	A	G
Executive Health	B	1
Executive Offices	A	1
Food Court	B	1
Gift Shop (Zone A)	A	G
GI-Unit	B	2

Destination	Zone	Floor
Heart Station	E	3
Human Resources	C	G
Imaging (CT/MRI)	E	1
Imaging (Nuclear Medicine)	E	1
Imaging (Women's Imaging Center)	E	1
Imaging Check-in	E	1
Inpatient Rehab (Patient Rooms 220-239)	C	2
Intensive Care Unit (ICU)	A	2
Interventional Radiology	A	G
Lactation Office Suite	C	1
Lobby A (Information Desk)	A	G
Lobby B (Information Desk)	B	1
Lobby C (Information Desk)	C	1
Lobby E (Information Desk)	E	1
Medical Offices Suites 200-290	A	2
Medical Offices Suites 3A-3D	E	3
Medical Offices Suites 300-399 (Zone B)	B	3
Medical Offices Suites 4A-4D	E	4
Medical Offices Suites 400-499 (Zone B)	B	4
Medical Records	C	1
Mother & Baby (Patient Rooms 320-371)	C	3
Neonatal Intensive Care Unit (NICU)	B	2

Destination	Zone	Floor
Outpatient Infusion	C	G
Outpatient Lab	B	1
Outpatient Pharmacy	B	1
Outpatient Rehabilitation	E	G
Parking A Elevators	A	G
Parking B Elevators	B	1
Patient Rooms 401-445	A	4
Patient Rooms 501-544	A	5
Patient Rooms 601-645	A	6
Patient Rooms 701-745	A	7
Patient Rooms 801-845	A	8
Pediatrics (Patient Rooms 300-310)	C	3
Pre-Operative Screening	A	G
Radiation Oncology	C	G
Recovery & Wellness (Patient Rooms 240-257)	C	2
Short Stay Unit	B	1
Sleep Lab	A	1
Surgical Center - Pavilion	E	2
Surgical / GI-Unit	E	2
VHC Health Foundation	C	1
Wound Healing & Hyperbaric Center	C	G

vhchealth.org



## MyVHC Patient Portal

MyVHC is a free service that allows you to view your medical information 24/7 from anywhere in the world. It empowers you to conveniently and securely manage all of your healthcare needs.

- Schedule your next appointment
- Send a message to your care team
- View results of your lab & imaging tests
- See the visit summary from your last appointment or hospital stay
- Request a prescription refill
- Complete patient forms
- Pay your bill



Sign up by visiting [myvhc.vhchealth.org/signup](https://myvhc.vhchealth.org/signup) or call the My VHC Patient Portal Support Team at 703.717.7800.

### ► VHC Health App

Think of it as your digital front door to VHC Health. With the VHC Health App, you can access anything you need right from your mobile device.

- Directions to the hospital and around the campus
- Make an appointment
- Access the MyVHC Patient Portal

Go to the Apple Store or Google Play and search for VHC Health.



### ► Kiosks

The VHC campus kiosks use secure biometric facial recognition to identify you and have special features to expedite check-in. They have an ID scanner to copy your driver's license and insurance cards, forms you need to sign, a credit card reader to submit co-pays and payments, and more.

#### TO ENROLL:

- Go to a VHC Health Kiosk
- A check-in ambassador will look up your information with your photo ID, first name, last name and DOB
- The biometric program will be explained and you will be enrolled
- Facial biometrics will be available for your next visit







# Better Patient Experience

The VHC Health **Outpatient Pavilion** represents VHC Health's forward-thinking expansion in outpatient capabilities. By bringing together a comprehensive range of outpatient services under one roof, we streamline the healthcare experience and make it as seamless as possible for you and your family. This comprehensive approach to healthcare ensures that you receive the necessary care and resources for your specific health needs, leading to improved health outcomes.

## SERVICES — IN THE PAVILION

- Outpatient Rehab (Garden Floor)
- Outpatient Radiology (Lobby Level)
- Outpatient Pharmacy (Lobby Level)
- Outpatient Lab (Lobby Level)
- Women's Imaging (Lobby Level)
- Endoscopy Suite (2nd Floor)
- Outpatient Surgery (2nd Floor)
- Heart Station (3rd Floor)
- Physician Offices (3rd & 4th Floor)
- Women's Health Center (5th Floor)



## Population Health

**A**t VHC Health, we know that health and wellness can involve various services and supports, some offered within hospital facilities and others provided in the community. As part of our long-term goal to promote a holistic approach to healthy living, the hospital established the Population Health Division.

One of the primary goals of this division is to identify barriers to positive health outcomes and work with patients and community members to overcome those issues. For some, those barriers (which are sometimes referred to as Social Determinants of Health) may include meeting basic needs, such as securing housing, identifying a reliable food source, or accessing prescription drugs. Working closely with multidisciplinary teams within the hospital and community partners, the division is focused on building seamless transitions of care and linking individuals to support systems to promote wellness.



## Senior Health

### ► Walk Fit Program—Steps to Better Health

VHC Health partners with Arlington County Parks and Recreation to offer Walk Fit at the Lubber Run Community Center, 300 N. Park Drive in Arlington. This free walking program is open to anyone regardless of age or ability.

Walkers meet every Thursday at 8:30 AM to walk on the indoor track. Walking is followed by gentle exercises to promote balance, mobility and flexibility. Free blood pressure screenings are provided throughout the month by a community partner.

Not only does Walk Fit help physically, it's a great way to meet new people. The walkers participate in monthly luncheons and an annual holiday party.



*"A lot of us live alone so Walk Fit provides camaraderie."*

—Mily Chung, Walk Fit participant since 2009

*"My doctor is very proud of me for coming each week."*

—Susan Capellini, Walk Fit participant since 2005

## ► Senior Health Exercise Classes

Regular exercise is associated with many health benefits, including successful management of chronic medical conditions. VHC Health offers a diverse selection of classes, in-person or virtually, in order to meet the needs of all participants.

Seniorcise • Senior Stretch & Strength • Gentle or Seated Yoga • Boost Your Balance • Gentle Pilates • Tai Chi • Seated Fitness • Functional Fitness

View the full schedule & register at [www.vhchealth.org/healthy](http://www.vhchealth.org/healthy)



“I participate in Seniorcise to enhance and retain my overall health, especially my mobility, strength and coordination as I age. These classes and the instructors have been great over the years, whether the classes have been in-person or via Zoom. An important side benefit has been the social connections of meeting new friends and enjoying their company whether in class or outside class.”

—Pat Meyers, Seniorcise class participant since 2012

## ► Healthy Aging Lecture Series — Stay Informed

This free lecture series explores topics appealing to all ages with a focus on living well as you age. The speakers are experts in their field and are adept at making complex topics understandable. The lectures bring you up-to-date on the latest information, as well as provide you with helpful resources. For upcoming lectures, visit Senior Health on the VHC website or contact the Senior Health Department at **703.558.6859** or [seniorhealth@vhchealth.org](mailto:seniorhealth@vhchealth.org)

## ► Bingocize® — A Twist on Fall Prevention



In partnership with the VHC Health Trauma Program, the Senior Health Department offers Bingocize® at senior residential communities and senior centers throughout Arlington. Bingocize is an evidence-based program that combines exercises, health education and bingo—a great combination for having fun and promoting good health. Bingocize has been demonstrated to improve gait, lower and upper body muscle strength, social engagement, cognition and health knowledge.

Prizes are given to the Bingo winners but one participant summed it up by saying **“The best prize is doing exercises so we stay strong and don’t fall.”**

“The seniors at Langston Brown Community Center loved Bingocize. They love the game of Bingo so adding exercise and the important health tips was very beneficial. Some have commented that they are doing the exercises they learned at home! They hope to have the fabulous team come back for another session.”

—Cindy Leiva, Program Coordinator, Social 60+ Café Program



## Committed to Your Wellness & Our Community

VHC Health recognizes that older adults are a vital part of our community. It is our goal to make your experience with the hospital exceptional. That is why we created the **Senior Associates Program** for patrons 60 years and older. This annual membership program provides you with a variety of **exclusive hospital benefits**, including:

- 50 complimentary hospital parking passes per year (100 passes for couple)
- 10% off the hospital pharmacy for over the counter items only
- 20% off the hospital food court
- 15% off hospital exercise classes and wellness programs
- Discounted monthly fee for the Lifeline medical alert system
- Complimentary ticket to the Happy Hearts Valentine's Day party



**Join today to enjoy the benefits of this membership program.**

**There are three ways that you can join the program:**

1. **Member Portal (recommended)** — Go to <https://vhc.memberclicks.net> and click on **Join Now**. Then enter your email address as a “new user” and follow a couple short prompts.
2. Call the Senior Associates office at **703.558.6970**.
3. Complete the attached registration form and mail in a check or credit card information.

### SENIOR ASSOCIATES REGISTRATION FORM

I am registering for (please check one):

Single Person—\$65.00

Couple—\$90.00

Checks should be made payable to:  
**Virginia Hospital Center**

Please mail this form with payment to::

**VHC Health**  
**Attn: Senior Associates**  
**1701 North George Mason Drive**  
**Arlington, VA 22205**

Card(s) will be mailed within two weeks of receiving this application. **Please be aware that there is a \$5 fee for replacing lost, damaged or stolen cards.**

\_\_\_\_\_  
Name

\_\_\_\_\_  
Name (if Couple Membership)

\_\_\_\_\_  
Address Line

\_\_\_\_\_  
City / State / Zip

\_\_\_\_\_  
Daytime Phone

\_\_\_\_\_  
Email Address

\_\_\_\_\_  
Credit Card #  Visa  Mastercard  Discover  Amex      Exp. Date      CVV

\_\_\_\_\_  
Signature

# Classes & Screenings for Healthy Living

## ► One-on-One Screenings

Do you “know your numbers?” The Health Promotion Department offers a variety of low-cost health screenings to help you manage your health. Screenings are by appointment only and can be scheduled for:

- Finger stick Cholesterol Screening
- Bone Density Screening
- A1C Screening
- TSH Screening
- Body Fat Screening
- Resting Metabolic Rate

Call **703.558.6740** to schedule an appointment.



## ► Diabetes Prevention Program (DPP)

The DPP is a yearlong, evidenced-based program for people with prediabetes, a history of gestational diabetes, or at high risk for type 2 diabetes. It is part of the National Diabetes Prevention Program, led by the Centers for Disease Control (CDC). Classes focus on healthy eating, physical activity and weight loss to help participants lower their risk of developing diabetes.

Call **703.558.5718** or visit [www.vhchealth.org/diabetes](http://www.vhchealth.org/diabetes) for class schedule.



## ► Diabetes Education & Support

Our team of certified diabetes educators can help you and your family members develop the skills, knowledge, and confidence to take control of your diabetes. We offer both group classes and individual sessions covering topics such as healthy eating, blood glucose (sugar) monitoring/CGM, physical activity, insulin training and adjustment, insulin pump therapy, and weight management. As an American Diabetes Association Recognized program, we provide comprehensive, individualized education for type 1, type 2, and gestational diabetes.

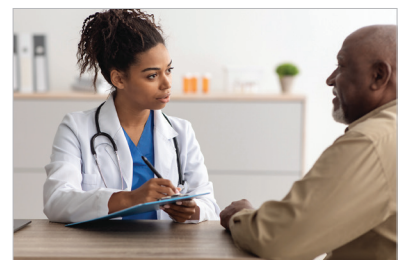
Call **703.558.5718** or visit [www.vhchealth.org/diabetes](http://www.vhchealth.org/diabetes) for additional information.



## ► Total Joint Replacement Class

Being prepared is the first step toward a successful surgical outcome, so be sure to attend our in-depth Total Joint Replacement Class. Learn what to ask your physician and nurses, and what to expect before, during and after your surgery. It is best to take this class four to six weeks prior to surgery.

Call **703.558.6621** to register.



## Your Local Partner

**Do you live alone? Do you experience falls or live with chronic health issues? Do you have an easy way to get help if you need it?**

The Lifeline Medical Alert Service may be the perfect resource for you. Live with peace of mind knowing that you can press a wearable pendant if you have a fall, accident or any type of medical issue and need help. A medical alert service is an easy and reliable way to call for assistance and avoid a prolonged injury.

VHC Health is the only hospital-based provider of a medical alert service in the region. As your local partner, the Senior Health staff will work with you to identify your needs and set up the equipment. You will always have a local support team to answer any questions.

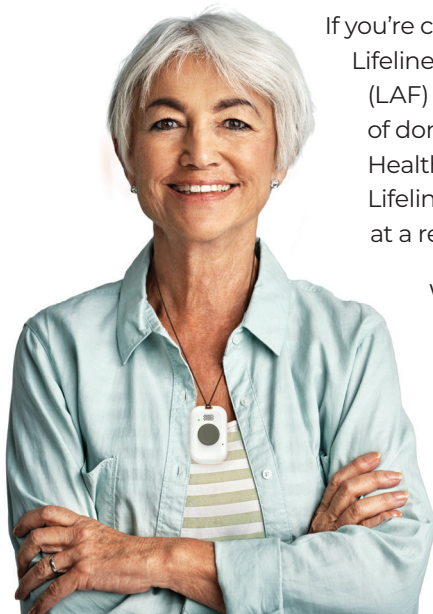


### Features of the Lifeline service with VHC Health:



- VHC Health provides service throughout Northern Virginia
- One-on-one service with VHC Senior Health staff
- In-home and 'on the go' devices available
- Waterproof pendants
- Fall detection button available
- Landline not needed
- No contract or cancellation fee

### ► Lifeline Assistance Fund



If you're concerned about being able to afford a Lifeline system, the Lifeline Assistance Fund (LAF) can help. Through the generous support of donors, the LAF is administered by the VHC Health Foundation and able to provide the Lifeline to residents on a fixed or limited income at a reduced cost. Support from donors reduces costs by 50-75% for subscribers.



With the Lifeline system, seniors with health risks are able to remain at home and can quickly contact help if needed. In one year, about half of the LAF subscribers pushed their button and 80% of those subscribers were assisted in their home. Forty-two percent of the calls were for falls. VHC Health's Senior Health Department partners with subscribers to provide hands-on service, including setting up the unit.

**To discuss options, set up service or learn more about the assistance fund, please contact the Senior Health Department at 703.558.6859 or [seniorhealth@vhchealth.org](mailto:seniorhealth@vhchealth.org).**



## ▶ Safe Transition Home

The transition from hospital to home is a critical time for many patients, especially during the first few weeks following discharge. VHC Health is the only hospital in the DC Metro Area to offer the Safe Transition for Hospital Patients (STHP) program. Through the Safe Transition program, any patient discharged home from VHC Health can receive the medical alert system at **no cost for two months at home**. Staff with the Senior Health Department coordinates the installation in order to ensure the patient has a safe recovery and smooth transition returning to home. After two months, a patient may keep the Lifeline system at a reduced rate.

If you are a patient at VHC Health and preparing for discharge, **ask your Case Manager about the Safe Transition Program**. It's free for two months and provides peace-of-mind as you recover.



# Lifeline

A ConnectAmerica Company

## VHC LIFELINE — WHAT DOES IT MEAN TO YOU?



**“Lifeline has come to my rescue two to three times. I tell them to please alert my family and they do.”**

—Bernice Mussey, Springfield, 7 years with VHC Lifeline



**“Lifeline means a lot. I fell in the driveway while checking my mail. Lifeline arranged for an ambulance to pick me up. I wear my Lifeline pendant all the time. I don't have the balance that I used to, and I feel reassured wearing it.”**

—Doris Eichorn, McLean, 14 years with VHC Lifeline



**“Lifeline is my way of connecting with my medical team in an emergency. I live alone and without Lifeline I would be on the floor for days. I recommend it for anyone that lives alone, especially if you have medical issues.”**

—Angela Oliver, Herndon, 2 years with VHC Lifeline



**“Lifeline has provided me great peace of mind as I continue to live alone in my home of 50 years. I am grateful for Lifeline and recommend that other seniors, especially those with chronic illness, consider obtaining one. The people who monitor the Lifeline program are very professional and friendly.”**

—George Ruppert, Arlington, 5 years with VHC Lifeline



**“As someone that lives alone, Lifeline provides me peace of mind knowing that I can get help when I need it. Help is available right away with Lifeline.”**

—Mohamed Youssef, Herndon, 15 years with VHC Lifeline

# Find Connection Through Support Groups

Looking for others who are facing similar health issues and can relate to the challenges and emotions you are experiencing? VHC Health believes that support groups can help you cope and feel less isolated.



### Support groups are a place to:

- Exchange practical information on caregiving problems and possible solutions
- Talk through challenges and ways of coping
- Share feelings, needs, and concerns
- Learn about resources available in your community

**We welcome anyone who would like to join a group.**

### ► **Dementia and Alzheimer's Caregiver Support Group**

This group offers a safe place for caregivers, family and friends of people with dementia to meet and develop a support system. The group is facilitated by trained professionals in dementia care. For more information and meeting details, call **703.558.6859**.

### ► **Parkinson's Side by Side Support Group**

Join others who are living with Parkinson's and those who are providing care. The group meets two times each month—one meeting is for people with Parkinson's and the other meeting is for caregivers. For more information and meeting details, contact the Parkinson's Social Network at **571.286.5000**.

### ► **Support for Stroke Survivors**

Stroke survivors and their families come together, share questions/concerns, and participate in guest lectures. The group is led by physical therapists, occupational therapists and nurses with stroke experience. To learn more, call **703.558.6646**.

### ► **Bereavement Support**

Palliative Care has a Bereavement Support Line that you are able to call for referrals to counselors based on your needs. If you are grieving the death of a friend or loved one, please reach out for support. Call **703.558.6012**.

# Cancer Resource Center

The Cancer Resource Center offers a wide array of support groups to assist patients and their families. To learn more about a group, including meeting logistics, please call **703.558.5555**.

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## ▶ **Breast Cancer Patients with Children**

Join other young mothers to discuss concerns living with cancer and raising a family. Facilitated by a patient navigator.

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## ▶ **C.H.A.N.C.E. - Head & Neck Cancer**

Oncology professionals discuss special challenges and concerns for anyone diagnosed with head and neck cancer.

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## ▶ **“Man to Man” - Prostate Cancer**

Discussion group for men and their spouses or significant others. Co-sponsored by the American Cancer Society. Facilitators: prostate cancer survivor and oncology social worker. No registration required.

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## ▶ **Reiki**

Reiki practitioners are available to provide 30-minute Reiki sessions for cancer patients. Appointment is required.

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## ▶ **Breast Cancer Support Group**

Meet other women diagnosed with breast cancer; share problems and learn new coping techniques. Facilitated by patient navigators.

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## ▶ **Write Away Group**

Share what you have written about diagnosis, treatments and survivorship. For meeting dates and times, call **703.558.6913**.



# PATIENT SUPPORT SERVICES

VHC Health has a complete team of physicians, nurses, and other personnel to support your hospital care, prescribe necessary treatments, and ensure you have the support you need during your stay and upon discharge.

## CASE MANAGEMENT AND DISCHARGE PLANNING

**703.558.6275**

Our case managers are here for discharge planning to help you and your family with the transition from hospital to home. Discharge planning begins when you are admitted to the hospital. Case managers can assist you with arrangements for home health services, equipment, transportation and alternative living plans, such as finding a skilled nursing facility. Social workers also can provide emotional support and referrals to community resources.

## PASTORAL CARE/CHAPLAIN SERVICES

**703.558.6128**

The Chaplaincy Team is the spiritual arm of the hospital's patient healthcare support. We believe that spirituality, in the broadest sense, is an integral part of a holistic approach to healthcare. Spiritual, emotional, and companion care for patients and families is available 24 hours a day, seven days a week.

Support is non-denominational. The Thomas J. Offutt Interfaith Chapel is located in Zone A/Lobby A. The chapel is available 24 hours a day for prayer and meditation.

The Pastoral Care and Patient Relations Offices are available to assist with completing an Advance Medical Directive, a document that ensures your wishes are followed in the event of a medical emergency or long-term illness. Please see pages 37-40 or a free Advance Medical Directive.

## PALLIATIVE CARE SERVICES

**703.558.5291**

The hospital's Palliative Care Service is dedicated to improving the quality of life for patients with severe illnesses or health problems. Palliative care is special healthcare that can ease pain and side effects throughout all stages of illness and/or treatment. The VHC interdisciplinary team addresses the psychosocial needs to help you and your family cope with your illness, as well as emotional, practical, and spiritual concerns.



## NEED ADDITIONAL SUPPORT?

### The Patient Relations and Advocacy Team Can Help

The Department of Patient Relations is available to help facilitate communication across hospital disciplines and services, such as interpretive services, advance directives, or assistance with resolving a concern or complaint.

The department is open Monday through Friday from 8:30 AM to 5 PM and can be reached by calling 703.558.6195.

After hours, an administrative nursing supervisor is on duty to assist with concerns and issues. Please call 703.558.5000 to be connected.

# Outpatient Rehabilitation

## Physical, Occupational, Speech and Aquatic Therapies

**T**he Outpatient Rehabilitation Department at VHC Health offers one-on-one individualized care to each of the patients served through education, access to high-level equipment and experience. Additionally, the department fosters specialized programs to meet the community’s needs in multiple areas.

Depending on your needs, you may receive a variety of therapies during your rehabilitation provided by the dynamic team of rehabilitation professionals.

### ► Let us help!

We have over 25 outpatient therapists with a wide variety of specialties:

- Aging in Place Modifications
- Orthopedic, Spine and Hand
- Balance and Fall Prevention
- Pain and Fatigue Management
- Cancer Rehabilitation
- Pelvic Floor
- Cognitive Impairments
- Posture, Strengthening and Ergonomics
- Dizziness and Vertigo
- Speech and Swallowing
- Lymphedema
- Traumatic and Acquired Neurologic Conditions

### LOCATIONS TO MEET YOUR NEEDS

In addition to our main location at the new Outpatient Pavilion—we also have satellite rehab gyms at the following locations:

**Annandale** - 7611 Little River Turnpike, Suite 108

**Alexandria** - 3475 N Beauregard Suite, Suite 202

**For more information or to schedule an appointment, contact 703.558.6507.**

### ► New Aquatic Therapy Program

Located in our Outpatient Pavilion is a state-of-the-art pool for aquatic therapy. You receive one-on-one therapy with a therapist. A water treadmill with cameras loads images onto a screen for real-time viewing.



# VHC Cardiac and Pulmonary Rehabilitation Program

Those seeking optimal recovery from heart or lung disease, look no further. Cardiopulmonary rehabilitation at VHC Health not only will help improve your condition, but enhance your overall health and wellness. Our goal is to create a holistic approach that is tailored to improving an individual's quality of life through exercise and education. A team of experts will work with you and your doctor to develop a tailored rehabilitation program to meet your specific needs. The program consists of three key elements essential for a healthy heart and lungs:

- **Exercise**—Regular physical activity that is tailored to your abilities, needs, and interests.
- **Education**—Learning about your condition/diagnosis and how you can manage it.
- **Behavior changes**—Advice on why and how to change your lifestyle to lower your risk for future problems.

Cardiopulmonary rehabilitation offers many benefits, such as increasing strength and endurance, improvements in cholesterol and blood pressure, management of diabetes and stress, loss of weight, smoking cessation, and returning to work and routine activities more quickly. Be an advocate for your health and talk with your doctor about joining the cardiopulmonary rehab program at Virginia Hospital Center.

For more information, you can call us directly at 703-558-6271.



## ► VHC Health Heart & Vascular Care

You can look to VHC Health for comprehensive cardiovascular care from experts who make you feel like family. From prevention to diagnosis and treatment our team can help you live a heart-healthy life. Our program is nationally recognized as a leader in patient outcomes and satisfaction in cardiac care.

- **Cardiologists**—partner with a cardiologist to protect & improve your heart health.
- **Diagnostic tests**—gain insight into how well your heart and blood vessels are working with cardiovascular diagnostic tests that find signs of problems as early as possible.
- Minimally invasive **interventional cardiology procedures**
- **Cardiac, vascular or thoracic surgery**—surgeons at VHC Health specialize in a broad spectrum of procedures and treatments
- **Cardiovascular Intensive Care Unit (CVICU)**—our cardiac ICU has the skilled personnel and advanced technology to care for the needs of patients with complex conditions.

<https://www.vhchealth.org/medical-services/heart-vascular-care/>





Choosing and regularly seeing a primary care provider is one of the best things you can do for your health. Partner with a friendly, knowledgeable health professional from VHC Health Physicians for primary care that helps you live well. We make it easy for you to see your doctor with same-day urgent appointments, extended hours, in-house lab services and video visits when applicable.



## Annandale

7611 Little River Tpke.,  
Suite 108 West  
Annandale, VA 22003  
703.717.7215

## Arlington

1851 N. George Mason Dr.,  
Suite 3B  
Arlington, VA 22207  
703.717.4282

## Arlington North

1715 N. George Mason Dr.,  
Suite 404  
Arlington, VA 22205  
703.525.2898

## Arlington South

950 S. George Mason Dr.,  
Suite 107  
Arlington, VA 22204  
703.717.7311

## Falls Church

400 S. Maple Ave., Suite 200  
Falls Church, VA 22046  
703.532.5436

## Kingstowne

5971 Kingstowne Village Pkwy.,  
Suite 300  
Alexandria, VA 22315  
703.717.7378

## McLean

6862 Elm St.,  
Suite 600  
McLean, VA 22101  
703.992.0649

## Merrifield

3025 Hamaker Ct.,  
Suite 250  
Fairfax, VA 22031  
703.717.4175

## National Landing

764 23rd St. South  
Arlington, VA 22202  
703.717.7030

## Old Town

700 S. Washington St.,  
Suite 330  
Alexandria, VA 22314  
703.528.8260

## Shirlington

2800 S. Shirlington Rd.,  
Suite 500  
Arlington, VA 22206  
703.717.4245

## Tysons

1760 Old Meadow Rd.,  
Suite 305  
McLean, VA 22102  
703.717.7278

## Vienna

527 Maple Ave. E.,  
Suite 200  
Vienna, VA 22180  
703.717.7284

## West Alexandria

3475 N. Beauregard St.,  
Suite 201  
Alexandria, VA 22302  
703.717.4148

## West Springfield

5803 Rolling Rd.,  
Suite 110  
Springfield, VA 22152  
703.717.7375

# URGENT CARE



Walk in to VHC Health Urgent Care when you need prompt treatment and urgent care for a minor illness, condition, or injury, but your primary care provider is not available.

Visit our walk-in clinic for timely treatment—no appointment needed.

**Location:** 764 S. 23rd St. Arlington, VA 22202

**Phone:** 703.717.7000

**Hours:** Monday—Sunday  
8:00 a.m.—8:00 p.m.



## ► Primary & Urgent Care You Can Count On

- Walk-ins welcome—no appointment necessary
- Provides urgent medical care and treats minor illnesses and injuries such as colds, cuts, ear infections, fevers, pink eye, sore throats, sprains and fractures
- X-rays read by Board-certified radiologists at time of service (please call for special X-ray hours)
- Offers sports and school physicals, flu shots (in season) and workers compensation
- Shares the same electronic health record with the VHC Physician Group, and VHC Health.

## ► Prompt Attention for Non-Emergent Conditions

- Bacterial infections
- Ear infections
- Minor burns
- Sore throat
- Cold/flu
- Eye infections
- Minor lacerations
- Urinary infection

## ► When to Call 911

Patients should call 911 and go directly to an Emergency Department with any of the following:

- Chest pain, heart-related issues
- Loss of consciousness
- Symptoms of a CVA/stroke
- Compound/open fractures or joint separation
- Severe trauma
- Acute abdominal pain





VHC Health Physicians is a multi-specialty group with primary care physicians and specialists located across Northern Virginia. When you entrust your medical care with VHC Health Physicians, you have an elite team working together and advocating for your health.

## Breast Health

The Reinsch Pierce Family  
Center for Breast Health  
1851 N George Mason Dr.  
5th Floor  
Arlington, VA 22207  
703.717.4217



## Cardiac, Vascular & Thoracic Surgery

1625 N. George Mason Dr.,  
Suite 288  
Arlington, VA 22205  
703.558.6491



## Cardiology

1851 N. George Mason Dr.,  
Suite 3C  
Arlington, VA 22207  
703.717.7780

700 S. Washington St.,  
Suite 330  
Alexandria, VA 22314  
703.717.7780

1760 Old Meadow Rd.,  
Suite 305  
McLean, VA 22102  
703.717.4281

## Colorectal Surgery

1851 N. George Mason Dr.,  
Suite 4D  
Arlington, VA 22207  
703.717.4180

3475 N. Beauregard St.,  
Suite 201  
Alexandria, VA 22302  
703.717.4180

## Digestive Health Center

3025 Hamaker Ct.  
Suite 250  
Fairfax, VA 22301  
703.717.4175



## Gastroenterology

1851 N. George Mason Dr.  
Suite 3A  
Arlington, VA 22207  
703.524.4792

400 S Maple Ave,  
Suite 200  
Falls Church, VA 22046  
703.717.4795

1760 Old Meadow Rd.,  
Suite 305  
McLean, VA 22102  
703.717.4277

## Podiatry

3475 N. Beauregard St.,  
Suite 201  
Alexandria, VA 22302  
703.940.3810

## Surgical Specialists

1851 N George Mason Dr.,  
Suite 4C  
Arlington, VA 22207  
703.717.4250



## Urology

1851 N George Mason Dr.,  
Suite 4A  
Arlington, VA 22207  
703.717.4200

3475 N. Beauregard St.,  
Suite 201  
Alexandria, VA 22302  
703.506.8590

1760 Old Meadow Rd., S  
uite 305  
McLean, VA 22102  
703.717.4200



## Wound Care & Hyperbaric Medicine

1701 N. George Mason Dr.,  
Suite G200  
Arlington, VA 22205  
703.558.6600

# VHC Health Outpatient Pharmacy

## Locations

- **Zone B, 1st Floor (next to food court)**  
Monday — Friday 8:00 a.m.—8:00 p.m.
- **Outpatient Pavilion — Lobby Level**  
Monday — Friday 9:00 a.m.—5:00 p.m.

## Immunizations

(No appointment required; available at both pharmacy locations.)

- Flu Shot — Regular and High Dose
- Pneumococcal Vaccine
- Tdap
- Shingles

## Fill Your Prescription

- BEFORE you are discharged from the Hospital
- THE SAME DAY as your Hospital appointment
- THE SAME DAY as your doctor's appointment

If you or a loved one needs to fill prescriptions prior to discharge from the hospital, please feel free to ask a member of your care team about our pharmacy services.



## DRUG TAKE BACK PROGRAM

Unused or expired drugs in the home put everyone at risk. Virginia Hospital Center Outpatient Pharmacy's Consumer

Drug Take-Back (CDTB) program helps combat drug misuse and abuse while protecting our rivers and streams. Patients, employees and community members can drop off their unused, unwanted or expired medications at the designated box located inside the Outpatient Pharmacy.



## VHC HEALTH: BLOOD PRESSURE CLINIC SECTION

Virginia Hospital Center's pharmacists measure your blood pressure:

**Monday: 9:00 a.m.—4:00 p.m.**

You will receive a tracker card with your blood pressure numbers.

Know your numbers and protect your health.



Awareness is vital to maintain good health. High blood pressure increases your chances of heart disease. High blood pressure can't be detected without being measured and can lead to serious health issues if not monitored and controlled.



# Expertise and Knowledge Close to Home

VHC Health is proud to be a member of the Mayo Clinic Care Network. Through the Network, we will work closely with Mayo Clinic, a world leader in healthcare, to provide unique benefits to our patients. VHC Health physicians collaborate with Mayo Clinic physicians, giving our patients access to Mayo expertise close to home, at no additional cost.

## ► How Does It Benefit You?

As part of the Mayo Clinic Care Network, VHC Health brings the world-renowned expertise and knowledge of Mayo Clinic to our community. Our physicians have access to the latest Mayo Clinic resources to complement their own expertise when diagnosing and treating patients.

## ► Second Opinions at No Cost to Patients

Through eConsults, our physicians connect with Mayo Clinic experts for additional input on a patient's care when they believe it will be helpful. Getting a second opinion from Mayo Clinic through an eConsult is easy and efficient, and is provided at no additional cost to the patient. The patient's electronic medical record is transmitted to Mayo Clinic specialists for consultation. Our physicians receive a response within a week.



## ► Ask MayoExpert

VHC Health physicians have unlimited access to AskMayoExpert, a state-of-the-art, online, medical reference tool of Mayo Clinic-vetted knowledge on disease management, clinical care guidelines, treatment recommendations and patient education materials for use at the point of care.



## ► Care Close to Home

Our physicians and patients gain the benefits of Mayo Clinic knowledge and expertise in our community, close to home—ensuring that patients need to travel for care only when necessary. In rare circumstances in which a referral for treatment at Mayo Clinic is appropriate, VHC Health patients benefit from an expedited referral process.



**How Can I Access the Expertise of Mayo Clinic?  
All you need is to be under the care of a physician at VHC Health.**

# Arlington County Area Agency on Aging

**W**hether you are an older adult looking for local aging services, a caregiver trying to help a loved one, or a friend providing out-of-town care coordination, the local Area Agency on Aging (AAA) can be of great help.

Every community has an AAA, as mandated by the Older Americans Act established in 1973. AAAs assist adults age 60+ to live as an integral part of our community, enabling them to age in place safely and with dignity through programs and services to help them to meet their needs. In Arlington County, the AAA is housed within the Department of Human Services, Aging and Disability Services Division and located on the Sequoia Campus at 2100 Washington Boulevard.

## ► Services Are Provided In The Following Areas:

- Nutrition Programs
- Social 60+ Cafés (Senior Centers with Lunch)
- Home Delivered Meals
- Nutrition Education & Counseling
- Transportation Services
- Money Management
- Legal Assistance
- Northern Virginia Long-Term Care Ombudsman Program
- In-Home Service/Personal Care

The Agency is staffed by professionals who are experts navigating local senior services. They can assist with determining which services are available to you and how you can access them. Options Counselors are available to guide you and provide the necessary forms to apply for programs.

To get started, call 703-228-1700 or send an email to [arlaaa@arlingtonva.us](mailto:arlaaa@arlingtonva.us). The AAA offices are open Monday-Friday and located at 2100 Washington Blvd. 4th Floor, Arlington, VA 22204.

## Arlington's Virginia Insurance Counseling and Assistance Program (VICAP)

Arlington's Virginia Insurance Counseling and Assistance Program (VICAP) provides free, in-depth, one-on-one insurance counseling to Arlington County Medicare Beneficiaries, their families, friends and caregivers. To request an appointment, please call 703-228-1725 or email [MedicareHelp@arlingtonva.us](mailto:MedicareHelp@arlingtonva.us).

Services include:

- Individual counseling on Medicare Parts A, B, C (health plans), Medicare Part D (prescription plans), and Medigap
- Medicare classes offered throughout the year
- Help resolving Medicare claims or billing issues
- Assistance with filing for Medicare-related benefits
- Assistance with understanding Medicaid and long-term care insurance
- Assistance with understanding eligibility and applications for low-income assistance programs

**To request an appointment, please call 703-228-1725 or email [MedicareHelp@arlingtonva.us](mailto:MedicareHelp@arlingtonva.us).**

## This list of terms and abbreviations can help you navigate programs, services and information related to senior health and wellness.

**Activities of Daily Living (ADLs):** a term that refers to bathing, dressing, transferring (getting in and out of bed or chairs), eating, and using the toilet.

**Assisted Living Facilities (ALFs):** residents typically receive three meals a day, housekeeping and laundry service, and various daily activity programs in addition to help with medication management. Generally, people who live in an ALF need assistance with one or more of their daily activities, such as bathing, medications, and movement within the facility. Assisted Living Facilities are licensed by the Virginia Department of Social Services.

**Adult Day Care:** an all-day therapeutic program for individuals who are incapable of caring for themselves during the day. Programs typically offer health care services, therapeutic recreation, support and counseling, one or more meals, socialization with a peer group, and constant supervision.

**Area Agency on Aging (AAA - pronounced triple A):** a local or regional entity (government unit, planning commission, private non-profit organization) that has been designated by the state to coordinate services for the elderly in the planning and service area, and to administer Older Americans Act funds. There are 620 AAAs in the country and 25 in Virginia.

**Auxiliary Grants:** a Virginia state/local funding program for payment of services for low-income individuals in an Assisted Living Facility. Virginia pays 80% of the cost and the locality pays 20% in addition to the payment made by the resident. The rate is determined by a particular home's actual costs up to a state set maximum.

**Continuing Care Retirement Community (CCRC):** a senior living community with varying levels of care, including independent living, assisted living and skilled nursing services, on one campus. Residents are able to transition to the level of care needed as they age.

**Health Care Power of Attorney (POA):** A legally appointed person to make health care decisions when an individual becomes unable to make or communicate decisions.

**Home Health Care:** Medical and nursing services provided in an individual's home by a licensed provider. Covered by Medicare if it meets certain guidelines.

**Instrumental Activities of Daily Living (IADLs):** a term that refers to activities that facilitate daily living, such as preparing meals, shopping for personal items, doing light and/or heavy housework, using the telephone, and managing money.

**Living Will:** Written document stating an individual's wishes concerning the use of life-saving devices and

procedures in the event of terminal illness or injury if the person is no longer competent.

**Long-term Care (LTC):** a general term that applies to services that are needed for some length of time, as opposed to acute care in a hospital. The services can be provided in the community or in nursing homes or assisted living residences. Often these services are called long term services and supports.

**Long-term Care Ombudsman Program (LTCOP):** This program works to resolve problems related to the health, safety, welfare, and rights of individuals who live in nursing homes, assisted living facilities, and other residential care communities. The LTCOP promotes policies and consumer protections to improve long-term services and supports at the facility, local, state, and national levels.

**Medicaid:** a program established under the Social Security Act to pay for the health care needs of certain low-income individuals. This program is jointly funded by the federal and state governments and is administered by the states.

**Medicare:** a multi-part federal health insurance program established under the Social Security Act that covers the cost of certain medical and health care needs for eligible persons age 65 and over and for some disabled persons of any age who meet specific eligibility requirements. Parts cover hospitals, skilled nursing facility care, hospice care and home health care (Part A); physician services, outpatient care, home health care, preventative services and durable medical equipment (Part B); prescription drugs (Part D); and a managed care option.

**Medigap:** refers to health insurance policies sold by a wide array of private sector insurance companies that supplement Medicare. The policies fill in the gaps that Medicare leaves.

**Program of All-Inclusive Care for the Elderly (PACE)** is a comprehensive medical and supportive services program, financed by Medicare and Medicaid for people who meet the screening criteria for a nursing home. The program allows individuals to live at home while receiving comprehensive health and wellness services, including an adult day program at a center.

**Skilled Nursing Facility (SNF—pronounced “Snif”):** provides services for residents who require medical or nursing care and/or therapy services for the rehabilitation of injured, disabled or sick persons. Residents may stay short or long-term.

**Supplemental Security Income (SSI):** a federally financed income-maintenance program for extremely poor aged, blind or disabled people.



# GOODWIN, GREAT CHOICES



Goodwin  
Living

Goodwin Living has been redefining aging since 1967. Nonprofit and faith-based, we serve our mission to support, honor and uplift the lives of older adults and those who care for them. We know that every individual has unique needs, wants and desires, so we offer a full range of senior living and healthcare services throughout Northern Virginia and Washington, D.C.

**703.596.8967 | [GoodwinLiving.org](http://GoodwinLiving.org)**



## GREAT LIVING

Our senior living campuses, **Goodwin House Alexandria**, **Goodwin House Bailey's Crossroads** and **The View Alexandria by Goodwin Living**, support your active lifestyle within easy reach of Washington, D.C. You'll enjoy independent living, assisted living, memory support, short-term rehab, long-term nursing care and a range of specialized healthcare services that Goodwin Living provides.



## GREAT INDEPENDENCE

**Goodwin Living At Home** brings insurance-like coverage for costs together with care coordination to help you age safely and vibrantly in your home.

## GREAT CARE

**Goodwin Home Health** provides short-term rehab therapy and nursing services by coming to you conveniently, wherever you call home.

## GREAT COMFORT

**Goodwin Hospice** brings comforting care when you need it most, with dignity and quality at end of life, in homes throughout Northern Virginia.



Goodwin  
Living

Goodwin Living helps older adults maintain overall well-being and find purpose at all stages of life, wherever they call home. We would be honored to serve you.

**Call us today at 703.596.8967**

**Info@GoodwinLiving.org | GoodwinLiving.org**



# Resources to Meet Every Need

## Professional Assistance May Be the Solution—No Matter What the Problem Is

**W**hen it comes to life's biggest decisions, most challenging transitions, and largest opportunities, we generally turn to professionals for help. From planning a move to planning for the financial future, there are professionals who can help with every step of life's journey.

With an increasing number of credentialed professionals specifically trained to meet a diverse array

of needs, there is generally a professional for that—no matter what that is. Many of these professionals work directly with Aging Life Care Managers to help older adults achieve their best quality of life and to deliver the best possible results for families. In fact, in many instances, care managers will recommend professionals who become a vital part of a client's care team.

No matter what stage of life you find yourself in or what your age,

there is never any reason to face life's changes and challenges alone. Enlist the help of a professional and get the help you need.

Some of the more prominent categories of professionals are detailed below. The tables on the following pages list dozens of options that are available in these and other categories. For specific information on available services, please contact the individual providers.

- **Aging in Place Solutions**

Need to update your home to meet your changing needs? Want some help running errands? Have medical needs that require special equipment? There are individuals and businesses available to meet all your needs and allow you to remain safely in your home. Successfully aging in place frequently requires additional assistance from professionals to ensure that all daily needs are met and the home environment remains safe.

- **Downsizing/Moving Solutions**

Moving is one of life's most monumental tasks. Add in the fact that many seniors have been in their homes for two, three, or more decades, and moving becomes even more daunting. Whether you need to declutter and downsize in preparation for a move to a retirement community, or just have your home deep cleaned to provide a safer living environment, there are professionals available to help. When it comes time to sell the family home, there are also professionals available to prepare the home and ensure that you get top market value.

- **Medical Solutions**

Sometimes medical needs require the help of a specialist or a business that caters to specific conditions or illnesses. Professionals can help you with a wide range of needs—from vision services to hospice care to mental health care and everything in between.

- **Planning Solutions**

Planning ahead for financial and legal needs is important at every stage of life, but never more so than during retirement. Financial and legal needs frequently become more complex with age. You may need help with tasks ranging from paying bills and managing paperwork to estate planning and managing Medicaid. Professionals are available who specialize in each of these areas and can make meeting your financial and legal needs easy.

- **Professional Solutions**

From Aging Life Care Managers to Elder Law Attorneys to assisted living and homecare providers, all professionals who work with senior clients and their families need specialized training to ensure that they have the most up-to-date information and education. Professionals who train their peers help to ensure that all seniors get the best possible assistance with all their needs.

ORGANIZATION	PAGE	PHONE	WEB
<b>ADULT DAY CARE PROGRAMS</b>			
<b>Arlington Adult Day Program</b>		703.228.5340	arlingtonva.us/Government/Departments/DHS/Aging-Disability/Programs/Adult-Day
<b>Fairfax Adult Day Health Care Program</b>		703.246.8743	fairfaxcounty.gov/neighborhood-community-services/adult-day-health-care
<b>Insight Memory Care Centers</b>	52	703.204.4664	insightmcc.org

<b>ARTS &amp; CREATIVITY</b>			
<b>Encore Creativity for Older Adults</b>		301.261.5747	encorecreativity.org

<b>AGING, DISABILITY AND CAREGIVER INFORMATION</b>			
<b>Alexandria Aging and Adult Services</b>		703.746.5999	alexandriava.gov/Aging
<b>Arlington County Aging and Disability Services</b>		703.228.1700	arlingtonva.us/Government/Departments/DHS/Aging-Disability
<b>Arlington County Area Agency on Aging</b>		703.228.1725	arlingtonva.us/Government/Departments/DHS/Aging-Disability/Area-Agency-Aging
<b>Commission on Aging: Age-Friendly Arlington</b>		703.228.1700	arlingtonva.us/Government/Commissions-and-Advisory-Groups/COA
<b>Eldercare Locator</b>		800.677.1116	eldercare.acl.gov
<b>Fairfax County Services for Older Adults</b>		703.324.7948 TTY 711	fairfaxcounty.gov/familyservices/older-adults
<b>Jewish Council for the Aging (JCA)</b>		703.425.0999	accessjca.org
<b>Senior Services of Alexandria</b>		703.836.4414	seniorservicesalex.org

<b>ALZHEIMER'S AND MEMORY CARE SUPPORT</b>			
<b>Alzheimer's Association, Nat'l Capital Area Chapter</b>		703.359.4440	alz.org/nca/
<b>Alzheimer's Foundation of America</b>		866.232.8484	alzfdn.org
<b>Nat'l Institute on Aging, Alzheimer's &amp; Dementia Res.</b>		800.438.4380	nia.nih.gov/alzheimers
<b>Project Lifesaver</b>		703.746.5151	projectlifesaver.org
<b>The RAFT Dementia Support Program</b>		703.531.2144	raftnorthernvirginia.org
<b>VHC Health Dementia Caregiver Support Group</b>		703.558.6859	seniorhealth@vhchealth.org

<b>CARE MANAGEMENT</b>			
<b>Aging Life Care Association</b>		520.881.8008	aginglifecare.org
<b>ElderLink</b>		703.324.5374 TTY 711	fairfaxcounty.gov/familyservices/older-adults/elderlink
<b>JSSA (Jewish Social Services Agency)</b>		703.204.9100	jssa.org
<b>Lighthouse Senior Care Consultants</b>	31	703.440.2273	lighthouseseniorcare.com
<b>LionHeart Eldercare &amp; Consulting</b>	30	703.677.8319	lionhearteldercare.com

<b>CLINICS</b>			
<b>Arlington Free Clinic</b>		703.979.1425	arlingtonfreeclinic.org
<b>VHC Health Outpatient Clinic</b>		703.558.6144	vhchealth.org/medical-services/community-health-clinics/outpatient-clinic/

Please confirm all information with providers.

Highlighting denotes paid sponsorship



ORGANIZATION	PAGE	PHONE	WEB
<b>DAILY MONEY MANAGEMENT</b>			
<b>C. Dolan &amp; Associates</b>	34	703.868.8664	cdolanfinancial.com
<b>FINANCIAL SERVICES - MODELING AND PLANNING</b>			
<b>Lifecare Affordability Plan</b>	33	703.940.3485	lifecareaffordability.com
<b>HEARING AND SPEECH RESOURCES</b>			
<b>Northern Virginia Resource Center for Deaf &amp; Hard of Hearing Persons</b>		703.352.9055 703.352.9056 TTM	nvrc.org
<b>Washington Ear</b>		301.681.6636	washear.org
<b>HOMESHARING</b>			
<b>Perch Houses</b>	62	571.946.6384	perchhouses.com
<b>HOSPICE AND PALLIATIVE CARE</b>			
<b>Capital Caring</b>	47	800.869.2136	capitalcaring.org
<b>Goodwin House Hospice</b>	24-25	703.578.7108	goodwinliving.org/health-care-services/hospice/
<b>VHC Health Bereavement Resources Helpline</b>		703.558.6012	
<b>VHC Health Palliative Care</b>		703.558.5291	vhchealth.org/medical-services/palliative-care
<b>INSURANCE, MEDICARE &amp; MEDICAID</b>			
<b>Centers for Medicare and Medicaid</b>			cms.gov
<b>Medicare</b>		800.633.4227	www.medicare.gov
<b>Va. Insurance Counseling and Assistance Program</b>		703.228.1725	MedicareHelp@arlingtonva.us
<b>LEGAL SERVICES/ELDER LAW</b>			
<b>Farr Law Firm</b>	36	800.399.3277	farrlawfirm.com
<b>MEAL AND FOOD DELIVERY</b>			
<b>Elder Nourish</b>	45	571.234.1135	eldernourish.com
<b>Meals on Wheels</b>		888.998.6325	mealsonwheelsamerica.org
<b>Meals on Wheels – Arlington County</b>		703.522.0811	mealsonwheelsarlington.com
<b>Mom’s Meals</b>		1.877.508.6667	momsmeals.com/individuals-caregivers
<b>MOVING COORDINATION, DOWNSIZING &amp; DESIGN</b>			
<b>Araryty Services, LLC</b>	60	703.372.1543	ararityservices.com
<b>Overwhelmed How Can I Help</b>	61	703.508.3056	overwhelmedhowcanihelp.com
<b>PARKINSON’S AND MOVEMENT DISORDERS</b>			
<b>Inova Parkinson’s and Movement Disorders Center</b>	44	703.845.1500	inova.org/move

Please confirm all information with providers.

Highlighting denotes paid sponsorship

ORGANIZATION	PAGE	PHONE	WEB
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**PATIENT & RESIDENT ADVOCACY**

<b>Northern Va. Long-Term Care Ombudsman Program</b>		703.324.5861	fairfaxcounty.gov/familyservices/older-adults/long-term-care-ombudsman-program
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**PERSONAL EMERGENCY RESPONSE SYSTEM**

<b>Philips Lifeline through VHC Health</b>	58	703.558.6859	vhchealth.org/classes-events/healthy-aging
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**SAFE AND ACCESSIBLE HOME DESIGN**

<b>Next Day Access</b>	51	571.665.4263	nextdayaccess.com/fairfax-va
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**TRANSPORTATION**

<b>Driver Rehabilitation Center of Excellence</b>	43	703.345.2990	driverrehabcenter.com
<b>Endeppence Center of Northern Virginia</b>		703.525.3268	ecnv.org
<b>GoGo Grandparents</b>		855.464.6872	gogograndparent.com
<b>MetroReady Travel Training</b>		202.962.2703	TravelTraining@wmata.com
<b>NVRides</b>		703.537.3071	nvrides.org
<b>Shepherd Center: McLean/Arlington/Falls Church</b>		703.506.2199	scmafc.org
<b>Super Senior Taxi</b>		703.228.1700	arlingtontransit.com

**VILLAGE RELATED ORGANIZATIONS**

<b>Arlington Neighborhood Village</b>	49	703.509.8057	ANVarlington.org
<b>At Home Alexandria</b>	49	703.231.0824	athomeinalexandria.org
<b>Mt. Vernon At Home</b>	49	703.303.4060	mountvernonathome.org
<b>Village to Village Network</b>		617.299.9638	vtvnetwork.org
<b>Washington Area Villages Exchange</b>			wavevillages.org

**VISION RESOURCES**

<b>Arlington Eye Center</b>	42	703.524.5777	arlingtoneyecenter.com
<b>Prevention of Blindness Society</b>		301.951.4444	youreyes.com
<b>SeeClearly Vision</b>	41	703.525.4411	seeclearly.com

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# Understand Aging Life Care™

Acting as guides and advocates for families

Aging Life Care / geriatric care management is a holistic, client-centered approach to caring for older adults or others facing ongoing health challenges.

## What is an Aging Life Care Professional?

An Aging Life Care Professional™, also known as a geriatric care manager, is a health and human services specialist who acts as a guide and advocate for families who are caring for older relatives or disabled adults. The Aging Life Care Professional is educated and experienced in any of several fields related to aging life care / care management, including, but not limited to gerontology, nursing, social work, psychology or occupational therapy.

The Aging Life Care Professional assists clients in attaining their maximum functional potential. The individual's independence is encouraged, while safety and security concerns are also addressed. Aging Life Care Professionals have extensive



knowledge about the costs, quality and availability of resources in their communities.

Aging Life Care Professionals are members of the Aging Life Care Association™ (ALCA) and differ from Patient Advocates, Senior Advisors, Senior Navigators and Elder Advocates. ALCA members must meet the stringent education, experience and certification requirements of the

organization, and all members are required to adhere to a strict code of ethics and standards of practice.

## What Services do Aging Life Care Professionals Provide?

Aging Life Care Professionals provide guidance to help families ensure quality care and an optimal life for those they love through:

- Assessment and monitoring
- Planning and problem-solving



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Don't know  
where to start?  
We can help**



Colleen Duewel,  
MPH, CMC, CDP  
Founder



- Education and advocacy
- Family caregiver coaching
- Long-distance caregiving

Aging Life Care Professionals are engaged to assist in a variety of areas, such as:

- **Housing**—helping families evaluate and select the appropriate level of housing or residential options.
- **Home care services**—determining the types of services that are right for a client and assisting the family to engage and monitor those services.
- **Medical management**—attending doctor appointments; facilitating communication between doctor, client and family; and if appropriate, monitoring client’s adherence to medical orders and instructions.
- **Communication**—keeping family members and professionals informed as to the well-being and changing needs of the client.
- **Social activities**—providing opportunities for the client to engage in social, recreational or cultural activities that enrich quality of life.

- **Legal**—referring to or consulting with an elder law attorney; providing expert opinions for courts in determining level of care.
- **Financial**—may include reviewing or overseeing bill paying or consulting with an accountant or client’s Power of Attorney.
- **Entitlements**—providing information on Federal and state entitlements; connecting families to local programs.
- **Safety and security**—monitoring the client at home; recommending technologies to add to security or safety; observing changes and potential risks of exploitation or abuse.
- **Long-distance care**—coordinating the care of a loved one for families that live at a distance, including crisis management. Local, cost-effective resources are identified and engaged as needed.

A care plan tailored for each individual’s circumstances is prepared after a comprehensive assessment.

**How do you know that you need an Aging Life Care Professional?**

You may need an Aging Life Care Professional if:

- The person you are caring for has limited or no family support.
- Your family has just become involved with helping the individual and needs direction about available services.
- The person you are caring for has multiple medical or psychological issues.
- The person you are caring for is unable to live safely in his/her current environment.
- Your family is either “burned out” or confused about care solutions.
- Your family has limited time and/or expertise in dealing with your loved ones’ chronic care needs.
- Your family is at odds regarding care decisions.
- The person you are caring for is confused about his/her own financial and/or legal situation.
- Your family needs education and/or direction in dealing with behaviors associated with dementia.
- You live at a distance from your loved one.

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**Courtney Lavander**  
MSG, LNHA, CMC, CDP, Owner

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# Financial Planning for Senior Healthcare

## Evaluate needs and calculate options

Few things are guaranteed in the game of life. Healthcare costs just might be one of them. At some point, most people will face ongoing and potentially large healthcare costs. The odds increase dramatically with age. Now is the time to prepare for healthcare costs as you age.

### Lifestyle

- Do you have a plan to get to the store and doctor appointments when you stop driving?
- Have you considered having services come to your home when you stop driving?
- Do you know how your health conditions will progress with age?
- Have you thought about staying in your home versus moving elsewhere as you age?
- Do you know the senior services support organizations in your community?
- Do you have a support system in place if you are caring for a loved one with Alzheimer's Disease or another form of dementia?

### Cash Flow

- Do you have social security and if so, do you know your monthly income?
- Do you have a pension and if so, do you know your benefit income?
- Do you understand social security and pension survivor benefits?
- Do you know the direct and indirect costs of your health insurance?
- Are you saving to cover for emergency healthcare costs?

- Do you understand what Medicare will and will not pay for?
- Do you understand the three qualification areas to apply for Medicaid financial assistance?
- Do you know how your monthly income will change if one spouse dies?

### Taxes

- Do you know the kinds of expenses that could be considered deductible when faced with a chronic illness?
- Have you consulted with your tax preparer to optimize deductions relating to increased healthcare costs for this year?
- Do you know how the SECURE Act affects your retirement?

### Financial Institutions

- Do you work with a financial professional?
- Do you know when to change your investment strategy (cash, CDs, bonds, stocks, etc.) based on an increase in healthcare costs?
- Have you considered if it still makes sense to have accounts at multiple financial institutions versus simplifying or consolidating?

- Can family members access and understand your accounts to help when needed?

### Long Term Care Insurance (LTCI) Contracts

- Do you understand what your LTCI policy will and will not pay for?
- Do you know if your policy has a maximum payout?
- Do you know your options if asked to pay a higher premium?
- Do you know the criteria for submitting a claim?
- Are you aware of the actual cost of care compared to your LTCI reimbursement amount?

### Planning Where to Live

- Do you plan to stay in the same area, move closer to family, or move to warmer weather?
- If you want to age in place in your home, have you had your home assessed by a healthcare professional for livability?
- If you are planning to work with an agency to provide help in the home, have you researched the hourly/daily fee?
- If you are considering moving to a retirement community, do you have an idea of the services offered and pricing models?
- Are you or your loved one in need of 24-hour care?
- Are you familiar with all of the senior housing options?

If the answer is no to some of these questions, then start planning now.

[lifecareaffordability.com](https://lifecareaffordability.com)

# YOUR LOVED ONE NEEDS CARE. HOW WILL YOU PAY FOR IT?

## SEIA Lifecare Affordability Plan

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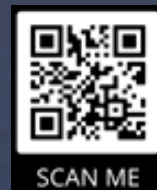
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# Daily Money Management

Money matters. And money matters can be complicated. Medical bills, insurance invoices, mail, bank statements, and retirement account information can pile up—and something important can easily be missed. But there are professionals who can help.

## What is a Daily Money Manager?

Daily Money Managers (DMMs) are financial professionals who handle daily money matters for clients including paying bills, establishing budgets and keeping records. DMMs serve older adults, people with disabilities, busy professionals, high net worth individuals, and small businesses.

DMM services provide value in monitoring medical bills, ensuring that Medicare and other health insurance have paid their share before the client pays any balance due. Additionally, DMM assistance in assembling papers needed for income tax preparation and in documenting medical and charitable contributions often means the client will pay lower taxes each year.

Since Daily Money Managers

## Daily Money Managers can help:

- Older adults who need help paying bills and managing accounts
- Individuals with disabilities who need assistance with personal finances
- Victims of identity theft or fraud
- Adult children who are stepping in to help a parent manage finances following a hospitalization or because of declining mental or physical abilities
- Family members who are managing finances following the death of a loved one
- High net worth individuals and small business owners who need help keeping accounts updated or preparing information to file taxes.

often work with elderly persons living in their homes, they can provide recommendations to other senior-serving professionals as needed. If they see that a client is in any way “at risk” due to impaired vision, physical limitations, or confusion, they can make referrals to community resources, including care managers, attorneys, and accountants.

## How do I find a Daily Money Manager?

Because finances are a highly personal matter, hiring a DMM is an individual decision. Referrals from a friend, colleague, or other

professional are a good place to start.

The American Association of Daily Money Managers’ website ([www.aadmm.com](http://www.aadmm.com)) can also provide valuable information that will help consumers learn more about daily money management and find a reliable DMM. The association represents professionals in the field by providing information and education to members and the public and maintaining a network of dedicated professionals. The website includes a “Find a DMM” search function that can help consumers find qualified professionals in their area.



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# Understanding Advance Directives

## Protecting Patient Rights

One of Virginia Hospital Center's most important responsibilities is to protect patients' rights to make decisions about their medical care. Through both federal and state laws, patients are guaranteed the right to accept or refuse care and to make advance directives about their care. The rights of patients and the responsibilities of healthcare institutions are explained in the following questions.

### What is an advance directive?

An advance directive is a legal document that details medical and healthcare decisions that should be made on behalf of a patient if they are no longer able to make decisions. The document has two distinct parts.

The first part, sometimes called a living will, ensures that patients receive only the life-prolonging treatments they select. Life-prolonging treatments are efforts that will not cure a terminal condition but will prolong dying. They include hydration (giving water) and nutrition (giving food) by tube, machines that breathe for you, and other kinds of medical and surgical treatment. Life-prolonging procedures do not include treatments needed to make you comfortable or to ease pain. In an advance directive, patients can specify which types of life-prolonging procedures they wish to receive or not receive.

Advance directives also allow

patients to name an agent to act as their decision maker if they become incapacitated. This second part of an advance directive is often called a medical power of attorney.

### Where do I get an advance directive?

A copy of an advance directive is available in this publication on page 37 and on Virginia Hospital Center's website. Visit [www.virginiahospitalcenter.com/patients-visitors/advance-directives/](http://www.virginiahospitalcenter.com/patients-visitors/advance-directives/) to download a copy.

### How do I exercise my healthcare rights?

Doctors help patients exercise their healthcare rights when they provide information about recommended medical treatments. When you agree to a recommended treatment, you have given your informed consent. You also have the right to refuse any recommended treatment.

### What happens if I cannot give my consent?

That is where an advance directive comes in. Adults can sign an advance directive to make their choices about medical treatments known in advance. If you become incapacitated, doctors can use this document to deliver only the medical treatments you want. Advance directives also give patients the option to appoint an agent to make decisions for them if needed.

### What happens if I cannot make decisions and I have no advance directive?

Virginia law lists persons such as guardians or family members who may make decisions about your medical care even if you have no advance directive. If no listed person is available to decide for you, a judge can decide what treatment is best.

### Will an advance directive help me if I do not have a terminal condition?

Yes. You may still name someone to make treatment decisions for you if at some point you cannot make them yourself.

### Do I need a lawyer to help me make an advance directive?

While you may want to consult an attorney, you do not need one to prepare either type of advance directive. The standard form is available in this publication and on Virginia Hospital Center's website at [www.virginiahospitalcenter.com/patients-visitors/advance-directives/](http://www.virginiahospitalcenter.com/patients-visitors/advance-directives/)

### How will my doctor know if I have an advance directive?

Hospitals and other healthcare facilities must ask patients or residents if they have an advance directive and, if so, must see that a patient's or resident's medical record shows that they have one. You should provide copies of your advance directive to your family and to your doctor.

For additional information, visit [www.virginiahospitalcenter.com/patients-visitors/advance-directives/](http://www.virginiahospitalcenter.com/patients-visitors/advance-directives/).

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Thinking About a Care Facility? Worried About Losing Your House or Protecting Your Spouse?

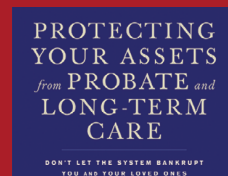
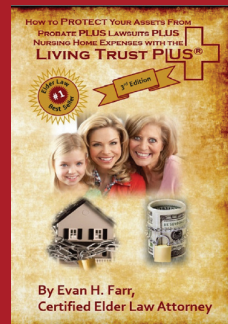
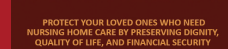
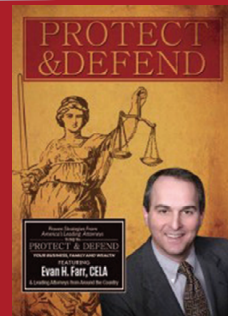
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## Advance Directive

This document has been prepared and distributed as an informational service.

### INSTRUCTIONS AND DEFINITIONS

#### Introduction

This form is a combined Durable Power of Attorney for Health Care and Living Will for use in Virginia.

*With this form, you can:*

- ◆ Appoint someone to make healthcare decisions for you if, in the future, you are unable to make those decisions for yourself.

*And/or*

- ◆ Indicate what health care treatment you do or do not want if in the future you are unable to make your wishes known or are incapacitated.

This document also gives you the ability to make mental health decisions regarding future admissions with your attending physician's knowledge and signature.

#### Directions

- ◆ Read each section carefully.
- ◆ Talk to the person you plan to appoint to make sure that he/she understands your wishes, and is willing to take the responsibility.
- ◆ Place the initials of your name in the blank before those choices you want to make.
- ◆ Fill in only those choices that you want. Your advance directive will be valid for whatever part(s) you fill in, as long as it is properly signed and witnessed.
- ◆ Cross through any sections that you do not wish to make a decision on at this time.
- ◆ Add any special instructions in the blank spaces provided. You can write additional comments on a separate sheet of paper, but you should indicate on the form that there are additional pages to your advance directive.
- ◆ Sign the form and have it witnessed.
- ◆ Give your doctor, your nurse, your durable power of attorney, your family, and anyone else who might be involved in your care, a copy of your advance directive and discuss it with each person.
- ◆ Understand that you may change or cancel this document at any time.

## Words You Need To Know

### Advance Directive

A written document that tells what a person wants or does not want if, in the future, he/she can't make his/her wishes known about healthcare treatment.

### Artificial Nutrition and Hydration

When food and water are given to a person through a tube.

### General Comfort Measures

Care that helps to keep a person comfortable but does not intend to cure. Comfort care, pain and symptom management.

### CPR (Cardiopulmonary Resuscitation)

Treatment to try and restart a person's breathing or heartbeat. CPR may be done by pushing on the chest, by putting a tube down the throat, or by other treatments.

### Durable Power of Attorney for Health Care/Health Care Surrogate

An advance directive that appoints someone to make medical decisions for a person if in the future he/she can't make his/her own medical decisions.

### Life-Sustaining Treatment

Any medical treatment that is used to keep a person from dying. A breathing machine, CPR, and artificial nutrition and hydration are examples of life-sustaining treatments.

### Living Will

An advance directive that tells what medical treatment a person does or does not want if he/she is not able to make his/her wishes known.

### Organ and Tissue Donation

When a person permits his/her organs (such as eyes or kidneys) and other parts of the body (such as skin) to be removed after death to be transplanted for use by another person or to be used for experimental purposes.

### Persistent Vegetative State

When a person is unconscious with no reasonable expectation of regaining consciousness even with medical treatment. The body may move and eyes may be open but as far as anyone can tell, the person can't think or respond.

### Terminal Condition

An on-going condition caused by injury or illness that has no cure and from which doctors expect the person to die even with medical treatment.

For More Information Call:  
Patient Relations or Pastoral Care  
703.558.6195 703.558.6128



MR0020



**ADVANCE DIRECTIVE**

Page 1 of 4  
122682-9250-052410

PATIENT LABEL

**APPOINTMENT OF MY AGENT  
(DURABLE POWER OF ATTORNEY FOR HEALTH CARE)**

<input type="checkbox"/> I appoint this person to make decisions about my medical care if there ever comes a time when I cannot make those decisions myself:	<input type="checkbox"/> If the person I appointed first cannot or will not make decisions for me, I appoint this person:
<b>Primary Agent</b>	<b>Successor Agent</b>
Name:	Name:
Home Phone:	Home Phone:
Work Phone:	Work Phone:
Address:	Address:

I have not appointed anyone to make health care decisions for me in any other document.

**I want the person I have appointed, my doctors, my family, and others to be guided by the decisions I have made below regarding all health care decisions. I understand my agent has powers only if I am incapacitated or unable to make my wishes known.**

I understand that my advance directive may include the selection of an agent in addition to setting forth my choices regarding health care. **Health Care** is defined as furnishing services to any individual for the purpose of preventing, alleviating, curing, or healing illness, injury or physical disability including but not limited to medications, surgery, blood transfusions, chemotherapy, radiation therapy, admission to a hospital, nursing home, assisted living facility and life prolonging procedures and palliative care.

**Incapable of making an informed decision** means that I am unable to understand the nature, extent and probable consequences of a proposed healthcare decision or unable to make a rational evaluation of the risks and benefits of a proposed healthcare decision. The Virginia Code for Advance Directives requires that two physicians are necessary to determine incapacity. One is your attending physician and another is a doctor not involved in your care. Both physicians must fully examine you and document their findings in your medical record.

**MY END OF LIFE CARE**

**Life Sustaining Treatments if I am in a terminal condition or Persistent Vegetative State (PVS).**

I do not want life-sustaining treatments (including CPR) started. If life-sustaining treatments are started, I want them stopped.

I want life-sustaining treatments that my doctors think are best for me.

Other wishes:

**Artificial Nutrition and Hydration**

I do not want artificial nutrition started if it would be the main treatment keeping me alive. If artificial nutrition is started, I want it stopped.

I do not want artificial hydration started if it would be the main treatment keeping me alive. If artificial hydration is started, I want it stopped.

I want artificial nutrition even if it is the main treatment keeping me alive.

I want artificial hydration even if it is the main treatment keeping me alive.

Other wishes:



<b>Comfort Care</b>
<input type="checkbox"/> I want to be kept as comfortable and free of pain as possible, even if it leads to reduced consciousness.
<input type="checkbox"/> Other wishes:

**Other Directions**  
 You have the right to be involved in all decisions about your medical care. If you have wishes not covered in other parts of this document, please indicate them here.

<b>Organ Donation</b>	<b>Autopsy</b>
<input type="checkbox"/> I want to donate all of my organs and tissues.	<input type="checkbox"/> I agree to an autopsy if my doctors wish it.
<input type="checkbox"/> I only want to donate these organs and tissues:	<input type="checkbox"/> I do not want an autopsy.
	<input type="checkbox"/> Other wishes:
<input type="checkbox"/> I do not wish to donate any of my organs or tissues.	
<input type="checkbox"/> Other wishes:	

If you wish to say more about any of the above choices, or if you have any other statements to make about your medical care, you may do so on a separate sheet of paper. If you do so, put the number of pages you are adding here:

**SIGNATURES**

**You and two witnesses must sign this document in order for it to be legal.  
 Must be age 18 or older to witness.**

<b>Your Signature</b>	
<i>By my signature below, I show that I understand the purpose and the effect of this document.</i>	Date
Print Name	Signature

<b>Your Witnesses' Signatures</b>			
I believe the person who has signed this advance directive to be of sound mind, that he/she signed or acknowledged this advance directive in my presence, and that he/she appears not to be acting under pressure, duress, fraud, or undue influence.			
Witness #1		Witness #2	
Print Name		Print Name	
Signature	Date	Signature	Date
Address		Address	

**MENTAL HEALTH DECISIONS**

*(If you give your agent the powers described in this Subsection below, your physician must complete the following attestation.)* Cross through options if they do not apply to you.

I authorize my admission to a health care facility for the treatment of mental illness for no more than 10 calendar days, **even over my protest**, if a physician on staff examines me and states that I have a mental illness and I am incapable of making an informed decision about my admission, and that I need treatment in the facility.

Your Printed Name \_\_\_\_\_

Your Signature \_\_\_\_\_ Date \_\_\_\_\_

As the physician or licensed clinical psychologist, I hereby attest that at the time that the patient signed the advance directive he/she was capable of making an informed decision and understood the consequences of this provision of his/her advance directive:

Doctor's Printed Name \_\_\_\_\_

Doctor's Signature \_\_\_\_\_ Date \_\_\_\_\_

*Cross out any section that does not apply to you*

I authorize the specific types of health care identified in this advance directive **even over my protests**.

Your Printed Name \_\_\_\_\_

Your Signature \_\_\_\_\_ Date \_\_\_\_\_

As the physician or licensed clinical psychologist, I hereby attest that at the time that the patient signed the advance directive he/she was capable of making an informed decision and understood the consequences of this provision of his/her advance directive:

Doctor's Printed Name \_\_\_\_\_

Doctor's Signature \_\_\_\_\_ Date \_\_\_\_\_

# Understanding Cataracts

Healthy vision is an essential part of a healthy lifestyle. If you are experiencing vision changes or have not had your vision checked in a while, it is a good idea to schedule a routine eye exam. In addition to checking your overall vision, an optometrist or ophthalmologist can tell you if your eyes have developed cataracts.

## What are cataracts?

The lens of the eye is naturally transparent, allowing light to pass through. A cataract is a clouded area that forms on the eye's natural lens. A cataract gradually turns the natural lens opaque, making it challenging to see clearly.

Cataracts generally develop as people age. As proteins in the eye degrade over time, they come together to form cloudy areas on the lens. While there are other types of cataracts, age-related cataracts are the most common. In fact, most people will get cataracts at some point in their life.

## What are the symptoms of cataracts?

Cataracts tend to develop slowly, growing over months or even years. Many people do not know they have them at first; however, as cataracts grow larger, visual symptoms may develop.

Symptoms of cataracts include:

- Blurry vision

- Double vision in only one eye
- Decreased night vision
- Halos around lights
- Glare from light sources
- Increased sensitivity to light
- Colors look less vibrant, faded or yellowed (white in particular may look dirty or brown)
- Injuries due to poor vision (including falls and cuts)
- Fear of leaving home due to poor vision
- Difficulty driving
- Inability to complete daily tasks or favorite activities because of limited vision

If you are experiencing any of these symptoms, you should schedule  
*Continued on page 75*

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## Treating Cataracts

While cataracts may not initially interfere with a patient’s life, they can become difficult to live with as they grow larger. Once you are having trouble with daily activities because of poor vision, it is time to investigate treatment options for cataracts.

### What are the treatment options for cataracts?

Surgical removal is the only treatment option for cataracts. When cataracts grow large enough to interfere with vision, they must be removed to fully restore vision. Cataracts never go away on their own.

No matter when you decide to have cataract surgery, your ophthalmologist can provide more specific information about your cataract and how surgery can improve your quality of life.

### What happens during cataract surgery?

Cataract surgery is a safe and effective procedure. It is an outpatient procedure and typically takes less than 10 minutes. Patients receive mild sedation and numbing drops are applied to the eyes to keep the patient as comfortable as possible throughout the procedure.

Once the patient is relaxed and the eye is numb, the surgeon will break up the cataract using phacoemulsification. Phacoemulsification leaves the membrane surrounding the lens in place. The surgeon will then implant a new permanent lens, acting like your natural lens.

The artificial lens is an intraocular lens or IOL. Many types of IOLs are available, including premium lenses.

Premium IOLs allow you to see even better than you could before your cataract.

### What is recovery like after cataract surgery?

Immediately following cataract surgery patients will be able to see. Initially, there may be some blurriness, but this tends to dissipate quickly. Most patients notice an immediate improvement in their vision.

Patients will be advised to rest for a couple of days, but most return to normal activities within 3-4 days. Patients will receive eye drops to decrease inflammation and prevent infection. Patients are advised to avoid strenuous activities for at least a week and swimming for several weeks.

Cataract surgery is extremely successful. Many patients are able to resume driving at night and participating in their favorite activities.



## Focus On What Matters

Arlington Eye Center has been serving the Northern Virginia community and beyond for over 50 years and we have been proud to call the Virginia Hospital Center home since 1992. The longevity of our practice has also given us the pleasure of treating up to three generations of family members.

We offer our patients comprehensive eye care services for all of their needs. The main goal of our team of experienced ophthalmologists and optometrists is caring for your vision.

We specialize in all areas of eye care including **Custom Cataract Surgery with Premium IOL Options, LASIK Laser Vision Correction, Dry Eye, Glaucoma and Diabetic Eye Exams.**

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# Older Drivers and Safety

## Driving evaluations may help

Driving may become more difficult or frightening as drivers age.

However, many older adults fear giving up driving because they think it will mean an end to their independence. Before a minor or major accident occurs, it is a good idea for older drivers and their loved ones to have honest conversations about driving and safety.

### Challenges to Parking the Car

Unfortunately, some older drivers will not respond to a constructive conversation with a caregiver and will ignore advice that they stop or limit driving. Concerned caregivers may have to consider disabling the car, filing down the keys, or taking away the car. Some older drivers, however, find ways to work around these actions, such as calling a mechanic and having a car repaired. Strategies such as not renewing a driver's license, or canceling registration or insurance may also be ineffective. Drivers may continue to drive without a driver's license, car registration, or insurance coverage.

Family members may find it beneficial to schedule a comprehensive driving evaluation to help older drivers understand their driving challenges. Consult the Insurance Institute for Highway Safety ([www.hwysafety.org](http://www.hwysafety.org)) to learn about testing in your state.

### Driver Evaluations

While there is no single, simple test to determine if someone is a safe driver, there are tests for cognition, reflexes, vision, flexibility, and visual attention—all critical skills for driving. A doctor may refer a driver to a qualified occupational therapist for a comprehensive driving evaluation.

Driver evaluations are beneficial for drivers who are resuming driving after a period of non-driving (maybe post-surgery or after a long recovery). In addition to testing for safety, the evaluation can serve as a refresher course, helping older adults recall the rules of the road.

Individuals who have been diagnosed with Alzheimer's

disease but are still in the early stages should consider a driving evaluation to make sure they are safe to drive until their disease progresses. A driving test can also help individuals who are experiencing challenges with vision or reaction times determine if it is safe to continue driving.

A comprehensive driving evaluation generally takes two to three hours and is conducted one-on-one. The evaluation includes clinical assessments of cognitive, visual, and physical abilities. It also includes an on-the-road test. Finally, an evaluation should include oral feedback, or a written report detailing the results. Results may suggest retiring from driving; limiting driving; modifying driving routes; driving with restrictions (for example, not driving at night); continuing driving with some training; or resuming driving as normal.

With a little time and the right professional help, older adults and their loved ones can be assured that they are safe on the road.

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# Treating Movement Disorders

## Treatments for Parkinson’s and other disorders have improved

Movement disorders, including Parkinson’s disease and related disorders, can disrupt everyday life. Patient’s experience a wide range of symptoms—from movement difficulties to mood disorders to cognition challenges. These conditions also typically progress with time. But help is available.

The available treatments for Parkinson’s disease, essential tremor, dystonia and other movement disorders have improved dramatically during the past decade. Specialized neurologists and neurosurgeons now have a wide array of treatment options to help patients achieve their best possible quality of life.

### World-class care in the community

For decades, individuals with Parkinson’s or other movement disorders were treated primarily by general neurologists and had limited choices in terms of medicines. To see specialists, patients would have to travel to large, academic institutions. That is no longer the case.

“One of the biggest hurdles to doing well with Parkinson’s compared to doing just okay was access to specialty care,” explained Dr. Drew Falconer, Medical Director and Movement Disorders Specialist at the Inova Parkinson’s and Movement Disorders Center. “We created an academic center in a community-based setting and all of a sudden that accessibility problem fell by the wayside.”

Dr. Falconer noted that since its founding seven years ago, the Inova Parkinson’s and Movement Disorders Center has grown dramatically. The center now employs five movement disorder specialists in five offices and treats more than 3,500 Parkinson’s patients annually.

### The evolution of treatments

In addition to being more accessible, treatments for Parkinson’s disease and related disorders have also become more advanced and reliable.

“Parkinson’s is a problem of a

chemical being low, and that chemical is dopamine,” Dr. Falconer explained. “These patients are a car driving around, and their tank of gas is empty. The gas we have to give them to fill up their tank is dopamine. It’s very much akin to your type 1 diabetics who need insulin to function.”

Traditional medications for Parkinson’s provided dopamine, but they were unable to provide consistent levels of the chemical. Patients would be left experiencing dopamine highs and lows. For instance, when patients have too much dopamine in their system, they may experience dyskinesia, or uncontrolled, involuntary muscle movements.

If you or a loved has been living with a movement disorder or were recently diagnosed, a specialist can develop an individualized care plan to meet your specific needs. There is no need to rely on outdated therapies or to settle for inadequate symptom management.



Photo courtesy Dance for PD®

## A Trusted Partner Caring for Our Community

We pride ourselves on being a nationally recognized Parkinson’s and Movement Disorders Center, anchored in the community in which we live.

IPMDC sponsors dozens of online and in-person, educational, wellness and supportive programs each month, at no cost to participants.

Whether it’s Parkinson’s, essential tremor, dystonia or another movement disorder, our experienced team of fellowship-trained specialists in neurology and neurosurgery offer patients the highest level of advanced care for these complex conditions.

For programs and resources, please visit

[ipmdc.org](http://ipmdc.org)

Offices at multiple locations across northern Virginia. Telehealth is also available.

For an appointment, call

**703.845.1500**

or visit [inova.org/move](http://inova.org/move)

# More than Sustenance

## Custom meals enrich lives

After surgery to remove a kidney, Howie Hallock needed to maintain a strict diet. His longtime partner Jean Eckert, an accomplished artist with a studio in Georgetown, is far more comfortable painting than cooking.

Jean and Howie agreed they needed a solution for meals, but all the meal service options they tried didn't work out. "We tried cooking classes and some meal delivery services, but they just weren't for us," Jean recalled.

The couple's search eventually led them to Elder Nourish, which provides customized meal plans and nutritional support for older adults in Washington, D.C. and the metro area. Founder and CEO Kim Lipinski met with Jean and Howie to discuss their dietary restrictions, personal preferences and desired meals.

"Kim devised a wonderful set of meals for us. She is truly a godsend," Jean said. "I always tell her that every time she comes is like Christmas day."

"The meals need to be kidney



friendly, low salt and gluten free because of my condition and my allergies. It's been really tough for us to figure out our meals," Howie added.

Beyond meeting the couple's strict dietary needs, the meals are delicious. "She provided an incredible list of meals. There must be 60 different options," said Howie.

Jean concurred, "I love the food. I actually look forward to each meal, and some we really adore—like all the shrimp dishes!"

Kim explained that after meeting with clients to learn about their

dietary needs and taste preferences, she builds a custom menu. A dietician carefully reviews the menu to ensure it provides balanced nutrition and meets all restrictions.

From the proposed menu, clients select their meals, which are delivered periodically and feature simple instructions for reheating.

Food is not only essential; it is enriching. Elder Nourish is delivering much more than simply sustenance. "Kim is a very caring person, and so much care goes into the food that she prepares for us. That is obvious," Jean concluded.



- Can't or don't want to cook anymore?
- Do you have complicated dietary restrictions that are challenging to manage on your own?
- A mobility issue that make food preparation and shopping difficult?



[www.eldernourish.com](http://www.eldernourish.com)

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*We deliver your meals with attention to safety and cleanliness*

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**571-234-1135**



# Hospice Care

## Improving the quality of life remaining

A patient and family may turn to hospice care when the goals of patient care have switched from curing to comforting. Hospice involves a special system of supportive services, including pain and symptom management, social services, and emotional and spiritual support. Any individual of any age with a diagnosis of a terminal disease may turn to hospice.

### How Do I Receive Hospice Care?

Medicare, Medicaid or private insurance generally require a prognosis of six months or less for services to be covered.

Hospice is unique in that care and support are provided to the entire family, not just the patient. A team of skilled professionals and volunteers work to serve the special needs of everyone involved.

Choice is at the center of the hospice approach — a person faced with a life-limiting illness is encouraged to remain in control of his or her life.

As care is usually provided in one's home, many hospice patients live out their lives in the comfort of familiar daily routines, surrounded by their treasured possessions along with family and friends.

However, hospice services may also be provided in long-term care facilities or in-patient hospice residential settings.

### What Services are Provided?

Hospice team members focus primarily on managing the



**Most hospice services are fully or partially covered by Medicare, Medicaid, private insurers or prepaid health plans.**

patient's pain and symptoms with medication, medical supplies and equipment. Other services, such as speech and physical therapy, are available if necessary.

If managing the symptoms within the home becomes impossible, hospice providers can offer short-term inpatient care.

While family members learn how to properly care for the patient, information and support is also available to help everyone deal with the emotional, psychosocial and spiritual aspects of dying. Surviving

loved ones will receive bereavement care and counseling from the hospice professionals.

### How Do I Pay for Hospice?

Most services are fully or partially covered by Medicare, Medicaid, private insurers or prepaid health plans.

To receive the Medicare Hospice Benefit, patients must be eligible for Medicare Part A, have a terminal disease or condition with a less than six months prognosis, and sign a document certifying that they are choosing hospice care instead of routine Medicare benefits.

Patients may only receive covered benefits from a Medicare-approved hospice program. In addition to Medicare's coverage, hospice services are also generally covered by Medicaid or private insurers.



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# Aging in Place Options

## Choices for remaining at home

Never want to move? Want to receive the care and support you need in the home you love? Whether you are committed to remaining in your long-time family home or an amenity rich apartment community, there are plenty of options for aging in place. Start here to find them all.

### What aging in place options are available and how can they help me?

**Home care** is a large and diverse field. The basic home care options include **companion care, home healthcare and skilled nursing care.**

**Companion caregivers serve** as surrogate family members and may offer assistance including meal preparation, medication reminders, light housekeeping, transportation and help with exercising.

**Home healthcare** providers help older adults perform the activities of daily living they are no longer able to complete alone. These may include bathing, dressing, transferring, eating and toileting. Home healthcare providers may also offer some companion care services.

**Skilled nursing** services are prescribed by a physician and delivered by a registered nurse. This type of care may include administering injections or medications, wound care, catheter care, respiratory therapy, or other medical tasks.

**Adult day care** centers offer a



variety of programs and amenities for older adults who need care and social opportunities during the day. Many providers offer assistance with the activities of daily living including eating, walking, toileting and medication management. They also generally offer a diverse schedule of activities including exercise programs.

**Villages** are communities where residents work together to afford older adults the opportunity to remain in their homes as they age. Older adults receive volunteer support that allows them to maintain their independence.

All residents benefit from enhanced multigenerational social connections.

**Shepherd's Centers of America** promote aging well in the community by providing lifelong learning, volunteer service, healthy living, and community engagement opportunities for

older adults. There are currently 55 community-based Shepherd's Centers in 17 states, including five in Northern Virginia.

### How should I find an aging in place provider?

Use our research. This guide features detailed articles, checklists, featured listings and comprehensive tables in each of our specific aging in place sections. Use these resources to begin your search for a provider or option that is right for you and your family.

After selecting the type of provider that best fits your wants, needs and budget, you should start calling individual companies to request additional information. Most providers can offer detailed brochures and easy-to-understand financial information.

Given all the options available, older adults and their families can easily age in the place they love—home.

# Do You Want to Age in Place?

## Joining a Village Can Help You Thrive!

You love your home, your neighborhood, and your neighbors. You are not alone! According to the AARP, 90 percent of older adults want to remain in their own homes as they age. By harnessing the power of community, Villages can help you age in place.

### What is a Village?

Villages are non-profit, grassroots membership organizations that connect older adults to the community and the direct support they need to continue living vibrant, independent lives at home.

Villages are founded by community members, and each village develops their own programming and services based on the needs of their community. Villages are powered by volunteers and the spirit of neighbors helping neighbors.

Villages are designed to meet individual members where they are—with members ranging in age from 55 to 102. Many individuals join soon after retirement for the social aspects and to assist older members.

Others join a village because they need help to remain at home and don't have a support system nearby. Some older adults view the village as an insurance policy—knowing that as they age, they can start using other village services. If and when there is a time you need support beyond what the village can provide, you can rely on the village for help accessing additional assistance.

### Why Join a Village?

Joining a village connects you with the volunteer support you need to feel safe and supported in your decision to age in place.

Village volunteers provide direct services like transportation to medical appointments, grocery pickup, help around the house, and tech support. Volunteers act as helping hands-- they can change a lightbulb, pick up your prescription, help you learn how to FaceTime your grandkids, or stop by for a friendly chat.

Villages recognize the power of personal connection in helping people remain active and engaged.

Villages offer a wide variety of opportunities for social connection.

### The Village Movement

Villages are a relatively new approach to supporting older adults in our communities, but they are fast becoming a critical component of our social safety net. The Washington area leads the country in the growth of villages—there are now 74 villages operating or in development. Here in Northern Virginia, you can find villages in Arlington, Mount Vernon, and the City of Alexandria—all forging new pathways for aging in their communities.

### Reach Out Today

If you (or someone you love) are looking to stay in your own home and neighborhood as you age, reach out to your local village. Joining a caring community focused on keeping you safe and connected can empower you to remain independent and help you continue living a vibrant life at home.

## Contact a VILLAGE Near You Today!

At Home in Alexandria, Arlington Neighborhood Village, and Mount Vernon At Home are three of the Washington area's more than 60 senior Villages. Find out more about these villages by visiting their websites or calling their offices.



**At Home In Alexandria**

**703 231-0824**

aha@athomeinalexandria.org  
www.athomeinalexandria.org



**Arlington Neighborhood Village**

**703-509-8057**

Info@ANVarlington.org  
www.ANVarlington.org



**Mount Vernon At Home**

**703-303-4060**

info@mountvernonathome.org  
www.mountvernonathome.org

# Safe and Accessible Homes

## Creating home environments that promote aging in place

According to *2018 Home and Community Preferences: A National Survey of Adults Age 18-Plus* by AARP, 3 out of 4 adults age 50 and older want to stay in their homes and communities as they age. However, older adults are painfully aware of the challenges that come with aging in place.

In the same study, only 59 percent of respondents anticipated being able to stay in their communities. More

than half of Americans (52%) age 65 plus will need long-term care in their lifetimes, according to investment research firm Morningstar. Otherwise healthy older adults often need help recovering after a major illness or a fall. In fact, falls are the most frequent cause of injury for older adults and often lead to increased care needs. A 2015 study published in the *Journal of the American Medical Association* showed that about a third of older adults fall each year—and the

number of falls is steadily rising.

If older adults plan to successfully age in place, they must plan ahead to improve the safety and function of their home environment.

Fortunately, there are a wealth of providers dedicated to helping older adults age in place. From home modification companies to emergency response services who can help older adults live in their homes for a lifetime.



## CERTIFIED AGING-IN-PLACE SPECIALISTS

Certified Aging-in-Place Specialists (CAPS) are professionals who are knowledgeable about home modifications to facilitate aging in place. They are familiar with common remodeling projects and can offer solutions to the common barriers to remaining at home.

To find a Certified Aging-in-Place Specialist in your area, call the National Association of Home Builders at 800-368-5242 or use the “Find a Certified Aging-in-Place Specialist” tool at [nahb.org](http://nahb.org).

## OCCUPATIONAL THERAPISTS

As licensed health professionals, Occupational Therapists (OTs) help older adults find the supports they need to maximize health, safety and independence in the home environment. After performing an in-home assessment and identifying daily routines, OTs can make recommendations that will enhance both the function and safety of the home. To learn more about occupational therapists, visit [AOTA.org](http://AOTA.org).

## TEST YOUR HOME'S HEALTH

1. Is there a step-free entrance into your home?
2. Is there a bedroom, full bath and kitchen on the main level?
3. Are the interior doorways at least 36" wide?
4. Are the kitchen cabinets and shelves easy for you to reach?
5. Are there secure handrails on both sides of the stairs?
6. Are your staircases and hallways well lighted?
7. Do all of your area rugs have non-slip grips to prevent tripping or slipping?
8. Do you have a shower with a step-free entry?
9. Are there nonslip strips or nonslip mats in the bathtub and/or shower?
10. Is there “blocking” (e.g. a wood stud or other solid surface) behind the bathroom walls, so grab bars can be securely installed in the bathtub, shower and toilet areas?

Excerpted from AARP's HomeFit Guide. Consumers can download the complete worksheet at [www.aarp.org/livable-communities/info-2014/home-fit-resources-worksheets.html](http://www.aarp.org/livable-communities/info-2014/home-fit-resources-worksheets.html).





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# Adult Day Care

## Providing socialization and care

Adult Day Centers are an important option for family caregivers, as they offer socialization, activities, and necessary supervision to those who are socially isolated or need care and assistance.

### Caregivers can feel confident

that their loved one is safe and well cared for while they are at work or performing other necessary tasks. Centers offer a variety of programs and amenities, including exercise programs and a diverse schedule of engaging activities.

Assistance with the activities

of daily living, including eating, walking, toileting and medication management may also be available. Additionally, many centers offer physical, speech and occupational therapies to their participants. All licensed centers provide nutritious meals and snacks on a daily basis.

### Choosing a Provider

After locating nearby providers, call them to request flyers, brochures, calendars and application information.

While reviewing this information, pay careful attention to how many

years the provider has been in business and their licensures and certifications. Be sure to understand the staff credentials, staff-to-participant ratio, and the medical conditions the facility and its staff are equipped to handle. Inquire about the availability of transportation to and from the program if it is necessary. The types of activities offered and the menu variety should be considered as well. Specific costs and any financial assistance that is available should be clearly outlined in the information packet.

Reviewing printed materials and *Continued on page 75*



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# Home Care

## Receive assistance at home

Home care can include a wide variety of healthcare and supportive services from professional nursing and home health aide services to physical, occupational, respiratory and speech therapies. An advancing industry, home healthcare is essentially skilled nursing care and certain other forms of healthcare that you get in your home for the treatment of an illness or injury. It is an important option to consider regardless of one's age or health conditions.

### Options in Home Care

An incredibly diverse field, home

**Home care is an important option to consider regardless of one's age or health conditions.**

care includes companion care, home healthcare or skilled nursing care.

**COMPANION CARE** is provided by caregivers or companions, who serve as surrogate family members, performing many of the tasks that family members

would typically complete. Assistance from companion caregivers can include meal preparation, medication reminders, laundry, light housekeeping, shopping, transportation and assistance with exercising. The overall goals of companion care providers are to ensure that the home environment remains safe and that the individual has a companion to spend time with when family is not available.

**HOME HEALTHCARE** is for those who are no longer able to perform all of the functions of daily living by themselves but who do not require skilled medical services. A home health aide can help with activities of daily living (ADLs),

*Continued on page 54*

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## Home Care

Continued from page 53

which include bathing, dressing, transferring, eating and toileting. Additional services generally include meal preparation, mobility exercises, housekeeping, laundry, medication reminders and transportation.

**SKILLED NURSING CARE** is prescribed by a physician and is administered by a registered nurse. The services provided by skilled nurses include: administering injections, administering medications, wound care, IV monitoring, blood tests, catheter care, respiratory therapy, physical therapy, feeding tube administration and more.






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# Medicare and Home Care

## Know the coverage options

When it comes to understanding Medicare coverage, many individuals can find themselves confused by a complex web of information. This especially applies to those who want to know if they are eligible for Medicare coverage when entering a nursing home or receiving home health care.

First, you can use your home health care benefits if all of the following applies to your situation. Your doctor must prescribe that you need medical care at home and create a care plan. The care you need has to be intermittent and in the form of skilled nursing care, physical therapy,

occupational therapy or speech therapy. The home health agency must be Medicare-certified and you must be homebound, or unable to leave the home unassisted.

Once you have established those requirements, it is important to understand what Medicare will actually cover, which includes:

- Home health aide services on a part-time or intermittent basis
- Medical social services
- Certain medical supplies
- Durable medical equipment (wheelchair, walker, bedside commode, etc.)

Given the services and products

that Medicare does cover, it is also valuable to take note of what is not covered. Care that is required 24 hours a day will not be covered. Other services not covered include personal care provided by home health aides such as bathing and dressing, along with homemaker services like cleaning and laundry.

If you require care that goes beyond intermittent visits for a limited amount of time, or if your needs are not covered by Medicare, an important option to consider is private duty home care. For more information on Medicare coverage, visit [medicare.gov](https://www.medicare.gov).



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# Transportation Options

## Get help and get going

Getting from point A to point B does not have to be challenging for older adults. Even after giving up the car keys or limiting driving, older adults can still maintain their independence. There are lots of local service providers that help older adults get where they need to go.

Here are just a few of the local transportation options available for older adults.

### NV Rides

NV Rides coordinates a network of local partner organizations driven to help older neighbors with their transportation needs. Through

partner organizations throughout Northern Virginia, well-organized volunteer drivers are available to help older adults with rides, conversation and kindness.

**703.537.3071**

[nvrides.org](http://nvrides.org)

### Metro Access

MetroAccess is a shared-ride, door-to-door, paratransit service for people whose disability prevents them from using bus or rail. Eligibility requirements apply.

**301-562-5360**

[www.wmata.com/service/accessibility/metro-access](http://www.wmata.com/service/accessibility/metro-access)



### Gogo Grandparent

Gogo Grandparent is a service that allows users to access ride sharing services, like Uber or Lyft, without a smartphone. GoGo requests and monitors rides on the customer's behalf through ride sharing networks.

**855-464-6872**

[gogograndparent.com](http://gogograndparent.com)



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# Choosing Home Care

Use these questions to interview providers:

- How long has this provider been serving the community?
- Does this provider supply literature explaining its services, eligibility requirements, fees and funding sources? Many providers furnish patients with a detailed “Bill of Rights” that outlines the rights and responsibilities of the providers, patients and caregivers.
- How does this provider select and train its employees?
- Does it protect its workers with written personnel policies, benefits packages and malpractice insurance?
- Are nurses or therapists required to evaluate the patient’s home care needs? If so, what does this entail?
- Do they consult the patient’s physicians and family members?
- How does the agency follow up on and resolve problems?
- Does this provider include the patient and his or her family members in developing the plan of care?
- Are patients involved in making care plan changes?
- Is the patient’s course of treatment documented, detailing the specific tasks to be carried out by each professional caregiver? Does this provider take time to educate family members on the care being administered to the patient?
- Does this provider assign supervisors to oversee the quality of care patients are receiving in their homes? If so, how often do these individuals make visits?

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FEATURED PAGE	PHONE	WEBSITE	LIVE IN CARE	HOMEMAKER CARE	SKILLED CARE	HOME HEALTHAIDE	MEDICARE	MEDICAID
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VIRGINIA								
Assisting Hands Home Care	53	703-988-1800	assistinghands.com/arlington	●	●		●	
Baby Boomer Home Healthcare	55	703-712-8049	babyboomerscare.com	●	●	●	●	●
BrightStar Care - Arlington	58	703-267-2380	brightstarcare.com/arlington	●	●	●	●	
BrightStar Care - Fairfax	58	703-267-2380	brightstarcare.com/fairfax	●	●	●	●	●
Georgetown Home Care		571-366-1796	georgetownhomecare.com	●	●		●	
Goodwin House Home Health	24-25	703-824-1390	goodwinhouse.org			●	●	●
Hallmark Homecare of Northern Virginia	57	703-564-8461	hallmarkhomecarenova.com	●	●		●	
Home Instead - Arlington, Alexandria, Falls Church	56	703-533-7368	homeinstead.com/arlington-va		●		●	
Nursing Referral Service	BACK COVER	703-442-0229	nursingreferralservice.com	●	●	●	●	
Options for Senior America - Alexandria	54	703-442-9700	optionscorp.com	●	●		●	
Options for Senior America - Arlington, McLean, Falls Church	54	703-449-6781	optionscorp.com	●	●		●	
Options for Senior America - Central Fairfax	54	703-622-7132	optionscorp.com	●	●		●	
Options for Senior America - Southern Fairfax	54	571-416-8260	optionscorp.com	●	●		●	
Options for Senior America - Western Fairfax	54	703-622-7132	optionscorp.com	●	●		●	
Paragon Home Care	56	703-942-8950	paragonhomecare.com	●	●		●	

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# Housing Options

## Accommodating a variety of needs, tastes and budgets

The senior living industry can seem overwhelming, but the important thing to keep in mind is that there is a housing option perfect for every person and every situation. Start here to find it.

### What housing options are available and how can they help me?

**Life plan communities** are also known as continuing care retirement communities. These communities generally feature care options ranging from independent living to long-term nursing care on one campus. Residents can transfer to higher levels of care as needed.

For older adults who want to leave the burdens of home maintenance behind, **independent living communities** may be the ideal option. In addition to property upkeep, these communities also generally offer 24-hour security and activities to keep residents engaged. Most independent living communities are rental properties, although some do offer the option for residents to purchase units.

Individuals who need assistance with the activities of daily living may want to consider an **assisted living community**. In addition to daily assistance, these

communities also offer activity programs to fit the interests of every resident.

Assisted living communities are an important option for older adults who need some level of help on a daily basis. All of these communities offer standard services including daily meals; supervision; security; and help with the activities of daily living, or ADLs. ADLs can include assistance with bathing, dressing and toileting. Some communities also offer help with medication management; transportation services; and

*Continued on page 61*



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# Moving and Downsizing

## Professional help can make moving easy

Moving can be a daunting task—no matter what your age—but it can be even more overwhelming for older adults who may be leaving a home they have lived in for decades. Luckily, the enormous growth in the senior population has led to the development of a wide variety of professional moving and real estate services designed specifically to help older adults and their families.

Senior Move Managers®, Senior Real Estate Specialists®, and Certified Senior Housing Professionals are just a few of the professionals who are specially trained to help seniors with

all the challenges of moving and downsizing.

Senior Move Managers assist older adults and their families with the emotional and physical aspects of relocation. They can also help families who wish to declutter or reorganize a home to better age in place. These professionals provide a multi-faceted approach to the move process, from space planning in the beginning to post-move support and advocacy. By addressing all aspects of the moving process, Senior Move Managers minimize the chaos and stress of moving.

From initial planning to downsizing to the physical aspects of moving, Senior Move Managers create a comprehensive plan that includes selling or disposing of unwanted items and setting up the new residence. Many Senior Move Managers are also movers. Others work closely with a reputable local moving company to complete that aspect of the job.

Senior Real Estate Specialists are Realtors who are specially trained to manage the sale of a home for consumers over the age of 50. They bring targeted knowledge, senior experience and marketing savvy

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The first step in every move process should be to evaluate the current living situation and needs.

to each sale. These specialists have extensive knowledge about everything from reverse mortgages and the importance of universal design to the uses of pensions, 401k accounts and IRAs in real estate transactions.

Finally, Certified Senior Housing Professionals (CSHPs) are real estate professionals who have completed extensive coursework

on how best to assist older adults and their families in the home buying or selling process. CSHPs understand that late-in-life moves can be more complicated and require greater physical and emotional energy than traditional moves. They are trained to help older adults navigate the complexities of moving by addressing their fears, concerns, needs and goals.

The first step in every move process should be to evaluate the current living situation and needs. Then consumers can contact the many local professionals to inquire about services and costs.

Most professionals offer a diverse

menu of services, ranging from full service moves to help with particular aspects of moving, buying or selling.

While the moving process may never be fun, there is no longer any reason for it to be difficult. Older adults and their loved ones can now let specially trained professionals handle all the details of selling, buying and moving—from cleaning out the cluttered basement to finding the perfect new place for every piece of treasured furniture. With professional help, every move can be a smooth one.

Sources: [nasmm.org](http://nasmm.org), [seniorsrealestate.com](http://seniorsrealestate.com), and [seniorsrealestateinstitute.com](http://seniorsrealestateinstitute.com).

## Housing Options

*Continued from page 59*

coordination of medical, health and dental treatments.

Finally, whether for a short-term rehabilitation or a long-term medical stay, **nursing and rehabilitation centers** are a vital senior living option. Nursing and rehabilitation centers serve as permanent residences for

individuals who are too sick or frail to live at home. They are also ideal for short-term stays for individuals who are recovering after a surgery or an illness.

### How should I find a housing option?

Use our research. This guide features detailed articles, checklists, featured listings and comprehensive tables in each of our specific housing sections.

Use these resources to begin your search for a community that is right for you and your family.

After selecting the type of community that best fits your wants, needs and budget, you should start calling individual properties to request additional information. Most communities can provide detailed brochures, helpful websites and easy-to-understand financial information.



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[www.overwhelmedhowcanihelp.com](http://www.overwhelmedhowcanihelp.com)

# Homesharing

Homeowners and renters can share, save and socialize

“Sharing is caring.” The phrase that is common in preschools also applies to many other situations.

With the sharing economy now in full swing, sharing is not just caring; it is decidedly trendy. It is no surprise that the sharing economy is now making its way into the senior living industry.

A system in which people share goods and services in exchange for money, the most obvious example of a sharing economy is Uber, which allows riders to pay drivers for transportation. Sharing economies often utilize online

1. **Do you want to find an affordable rental property in your targeted neighborhood?**
2. **Would you be open to sharing a home with someone from a different generation?**
3. **Are you willing to share common spaces?**
4. **Are you willing to perform chores or other tasks to receive reduced rent?**
5. **Do you want to get to know someone who is older or younger than you?**
6. **Are you open to new friendships?**

If you answered “yes” to more than one of these questions, you may want to consider homesharing. Homeowners and renters can find compatible matches quickly and easily using online homesharing platforms.

platforms to make the exchanges seamless and to eliminate the need for cash.

For seniors, the sharing economy

now presents the opportunity to share their homes and earn extra money (or find affordable rent), enjoy compatible roommates and avoid isolation. Enter homesharing.



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# Nursing & Rehabilitation

## Specialized care for individuals who need daily assistance

At a nursing care center, care is administered by professionals under the direction of a physician. Many facilities also offer sub-acute, respite, rehabilitation and other short-term care. Rehabilitation services can be especially helpful for individuals who are recovering from surgery, an illness or any other life-changing event.

### Who is Nursing Care for?

These communities serve as permanent residences for individuals who are too sick or frail to live at home, or as temporary facilities during a recovery period. Some residents enter a nursing care center for a short-term stay after a surgery or illness, while others enter on a more permanent basis.

### Costs of Nursing Care

The basic daily rate is the standard charge the nursing care center bills to all residents, which covers the fundamental services every resident receives, including rent for the room, housekeeping, meals and general nursing care. It is important to understand all the services and amenities that are not included in the basic daily rate.

### What to Look for in Nursing Care

Before choosing a community, contact the Long-Term Care Ombudsman Program of your Area Agency on Aging. Ombudsman programs promote the highest quality of life and care for residents of nursing facilities and can help families and staff with inquiries and complaints.

## Paying for Nursing Home Care

Nursing home care can be expensive. There are many ways you can pay for nursing home care. For example, you can use your own money, you may be able to get help from your state, or you may use long-term care insurance.

Most people who enter nursing homes begin by paying for their care out-of-pocket. As you use your resources (like bank accounts and stocks) over a period of time, you may eventually become eligible for Medicaid.

### Will Medicare pay for nursing home care?

Medicare generally doesn't cover long-term care stays in a nursing home. Even if it doesn't cover nursing home care, you'll need health coverage for hospital care, doctor services, and medical supplies while you're in the nursing home.

Part A covers skilled care provided in a skilled nursing facility (SNF) under certain conditions for a limited time. Skilled care is nursing and therapy care that can only be safely and effectively performed by, or under the supervision of, professionals or technical personnel. It's health care given when you need skilled nursing or skilled



therapies to treat, manage, and observe your condition, and evaluate your care.

Medicare covers certain daily skilled care services on a short-term basis (up to 100 days in a benefit period). For more information on Medicare's coverage of SNF care, visit [Medicare.gov](https://www.medicare.gov) or call 1-800-MEDICARE (1-800-633-4227).

### Personal resources

You can use your personal money and savings to pay for nursing home care. Some insurance companies let you use your life insurance policy to pay for long-term care. Ask your insurance agent how this works.

*Continued on page 75*

LISTINGS PROVIDED BY:		FEATURED ON PAGE	PHONE	ADDRESS	CITY	NURSING BEDS	MEDICARE	MEDICAID	DAILY RATES STARTING AT
									
<b>ALEXANDRIA</b>									
<b>Alexandria Rehab &amp; Healthcare Center</b>			703-684-9100	900 Virginia Ave.	Alexandria	111	●	●	394
<b>Goodwin House Alexandria</b>	24-25		703-578-7201	4800 Fillmore Ave.	Alexandria	80	●	●	630
<b>The View Alexandria by Goodwin Living</b>	24-25		703-797-3844	5000 Fairbanks Ave.	Alexandria	44			353
<b>Woodbine Rehab &amp; Healthcare Center</b>			703-836-8838	2729 King Street	Alexandria	307	●	●	380
<b>ARLINGTON</b>									
<b>Carlin Springs Health &amp; Rehabilitation</b>			703-379-7200	550 S. Carlin Springs Rd.	Arlington	171	●	●	
<b>Cherrydale Health &amp; Rehabilitation Center</b>			703-243-7640	3710 Lee Hwy.	Arlington	240	●	●	360
<b>Jefferson, The</b>			703-516-9455	900 N. Taylor St.	Arlington	31	●		275
<b>Regency Care of Arlington</b>			703-920-5700	1785 S. Hayes St,	Arlington	240	●	●	356
<b>FAIRFAX COUNTY</b>									
<b>Annandale Healthcare Center</b>			703-256-7000	6700 Columbia Pike	Annandale	214	●	●	289
<b>Arleigh Burke Pavilion</b>			703-506-6900	1739 Kirby Rd.	McLean	49	●		374
<b>August Healthcare at Iliff</b>			703-560-1000	8000 Iliff Dr.	Dunn Loring	130	●	●	194
<b>August Healthcare at Leewood</b>			703-256-9776	7120 Braddock Rd.	Annandale	132	●	●	377
<b>Burke Health &amp; Rehabilitation Center</b>			703-425-9765	9640 Burke Lake Rd.	Burke	120	●	●	350
<b>Dulles Health &amp; Rehabilitation</b>			703-934-5000	2978 Centreville Rd	Herndon	166	●	●	390
<b>Fair Oaks Health &amp; Rehabilitation</b>			703-352-7172	12475 Lee Jackson Hwy.	Fairfax	145	●	●	
<b>Fairfax Rehabilitation &amp; Nursing Center</b>			703-273-7707	10701 Main St.	Fairfax	200	●	●	372
<b>Fairfax, The</b>			703-799-1200	9140 Belvoir Woods Pkwy.	Fort Belvoir	56	●		335
<b>George Washington Health &amp; Rehabilitation</b>			703-765-6107	1510 Collingwood Rd.	Alexandria	96	●	●	
<b>Goodwin House - Bailey's Crossroads</b>	24-25		703-824-7201	3440 S. Jefferson St.	Falls Church	69	●	●	624
<b>Greenspring</b>			844-377-4062	7470 Spring Village Dr.	Springfield	136	●		537
<b>Mount Vernon Healthcare Center</b>			703-360-4000	8111 Tis Well Dr.	Alexandria	130	●	●	315
<b>Vinson Hall Retirement Community</b>			703-538-3069	6251 Old Dominion Dr.	McLean	46	●		430
<b>Vierra Falls Church</b>			703-538-2400	2100 Powhatan St.	Falls Church	65			200
<b>Virginian, The</b>			703-277-6615	9229 Arlington Blvd.	Fairfax	81	●	●	395
<b>LOUDOUN COUNTY</b>									
<b>Ashby Ponds</b>			703-574-4555	21170 Ashby Ponds Blvd.	Ashburn	44	●		519
<b>Encompass Health Rehabilitation - No. Va.</b>			703-957-2000	24430 Millstream Dr	Aldie	60	●	●	
<b>Heritage Hall</b>			703-777-8700	122 Morven Park Rd. NW	Leesburg	164	●	●	370
<b>Loudoun Nursing &amp; Rehabilitation Center</b>			703-771-2841	235 Old Waterford Rd. NW	Leesburg	100	●	●	310
<b>Potomac Falls Health &amp; Rehabilitation Ctr.</b>			703-834-5800	46531 Harry Byrd Hwy.	Sterling	150	●	●	444
<b>The Johnson Center at Falcons Landing</b>			703-404-5205	20535 Earhart Place	Potomac Falls	60	●		346
<b>PRINCE WILLIAM COUNTY</b>									
<b>Envoy of Belmont Bay Rehab &amp; HC Center</b>			703-491-6167	14906 Jefferson Davis Hwy.	Woodbridge	120	●	●	205
<b>Gainesville Health &amp; Rehabilitation Center</b>			571-248-6100	7501 Heritage Village Plaza	Gainesville	120	●	●	255
<b>Lake Manassas Health &amp; Rehabilitation</b>			703-743-3999	14935 Holly knoll In.	Gainesville	120	●	●	470
<b>Manassas Health &amp; Rehabilitation Center</b>			703-257-9770	8575 Rixlew Lane	Manassas	120	●	●	365
<b>Northern Virginia Healthcare Center</b>			703-257-0935	8605 Centreville RD.	Manassas	180	●	●	275
<b>Westminster at Lake Ridge</b>			703-496-5156	12185 Clipper Dr.	Lake Ridge	60	●	●	467
<b>OTHER VIRGINIA</b>									
<b>Williamsburg Landing</b>			757-565-6505	Williamsburg Landing Dr.	Williamsburg	44	●		335

# Assisted Living

## Offering needed assistance and rewarding activities

Assisted living communities offer a vital option for older adults who need some assistance with daily living. While the specific amenities will vary, all assisted living communities offer basic services including meals, supervision, security and help with personal care needs. For many residents, the help available at an assisted living community can allow them to continue to live their best life.

In most states, assisted living communities are registered, licensed or certified by an appropriate department or agency of the state that has a process for issuance of initial licenses and for renewing existing licenses. This process provides basic protections for consumers.

Residents of assisted living communities are generally seniors who need some assistance with basic activities, frequently called the activities of daily living (or ADLs). Some communities may accept residents with Alzheimer’s disease and other forms of dementia. In fact,



some communities may specialize in serving individuals with specific medical conditions, including dementia. A few communities serve individuals of any age with developmental disabilities. When reviewing assisted living communities, consumers should ask about any specializations the community may have.

The services and activities provided in assisted living communities help to promote the quality of life and independence of the residents. One key offering is 24-hour

supervision of the residents and the property. Resident safety and security is a priority at all assisted living communities.

All communities also offer three meals a day in a group dining room. However, dining options can vary dramatically in terms of the meals available and the costs associated with meal plans.

Finally, all assisted living communities offer personal care services, also known as help with the ADLs. These services include

*Continued on page 66*



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## Assisted Living

*Continued from page 65*

assistance with bathing, dressing and toileting.

Other services and activities available at some assisted living communities include:

- Medication management, or assistance with self-administration of medicine
- Coordination of services by outside health care providers
- Assistance with arranging medical, health and dental care services
- Social services
- Transportation services
- Outdoor areas for walking or gardening

- Supervision and assistance for persons with Alzheimer's or other dementias and disabilities
- Recreational and spiritual activities
- Exercise and wellness programs
- Laundry and linen service
- Housekeeping and maintenance
- Individualized services

While assisted living communities do provide a high level of care, it is important to consider what is not provided at these communities before selecting one. Assisted living communities are a bridge between living at home and living in a nursing home. Assisted living communities do not typically provide the level of continuous skilled nursing care found in

nursing homes and hospitals. For instance, if a prospective resident needs constant care, a nursing home may be a more viable option.

There is no set standard for assisted living accommodations. Therefore, options can vary greatly from one assisted living community to the next. For instance, some communities offer private rooms featuring kitchenettes and private bathrooms, while others offer shared units or shared bathrooms. Consumers must consider the prospective resident's personal needs, financial means and personal preferences before selecting a community.

Source: [www.ahcancal.org](http://www.ahcancal.org)



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LISTINGS PROVIDED BY: <b>PositiveAging Sourcebook</b> ASSISTED LIVING	FEATURED ON PAGE	PHONE	CITY	ASSISTED UNITS	MONTHLY COST <i>Starting From</i>	SUBSIDIES/WAIVER	MEMORY CARE

ALEXANDRIA							
Benchmark at Alexandria	66	571-946-7780	Alexandria	89			●
Elancé at Alexandria	68	703-845-5100	Alexandria	160			
Elancé at Old Town Alexandria	68	703-236-1226	Alexandria	93			●
Elancé at West End	68	703-940-3300	Alexandria	116			●
Goodwin House Alexandria	24-25	703-578-7201	Alexandria	52	10,200		●
The Landing		571-577-6011	Alexandria				●
Paul Spring Community	68	703-768-0234	Alexandria	145	5,300		●
The Residences at Lynn House		703-379-6000	Alexandria	12			
Silverado Alexandria Memory Care		703-215-9110	Alexandria	66			●
Sunrise of Alexandria		703-212-9192	Alexandria	49			●
The View Alexandria by Goodwin Living	24-25	703-797-3844	Alexandria	59	5,195		

ARLINGTON COUNTY							
Culpepper Garden		703-528-0162	Arlington	73	3,166		●
Jefferson, The		703-516-9455	Arlington	38			●
Mary Marshall Assisted Living		571-527-5000	Arlington	52			
Paragon Assisted Living – Yorktown	65	571-269-7794	Falls Church	8	8,000		
Sunrise of Arlington		703-524-5300	Arlington	28			●
Sunrise at Bluemont Park		703-536-1060	Arlington	156			●
Vitality Living Arlington		703-294-6875	Arlington	143	4,260		●

FAIRFAX COUNTY							
Aarondale Community	68	703-813-1800	Springfield	72			●
Arden Courts ProMedica Memory Care		703-256-0882	Annandale	60	7,900		●
Arden Courts ProMedica Memory Care		703-383-0060	Fairfax	56	7,000		●
Arleigh Burke Pavilion		703-506-6900	McLean	21	8,400		
Avalon House at Cawdor Court		301-656-8823	McLean	8	5,100		●
Avalon House at Dominion Crest		301-656-8823	McLean	8	5,100		●
Avalon House at Gerard Court		301-656-8823	Falls Church	8	5,100		●
Avalon House at High Street		301-656-8823	Falls Church	8	5,100		●
Avalon House at Laburnum Street		301-656-8823	McLean	8	5,100		●
Avalon House at Oakview Drive		301-656-8823	McLean	8	5,100		●
Avalon House at Woodacre Drive		301-656-8823	McLean	8	5,100		●
Avalon House on Gelston Circle		301-656-8823	McLean	8	5,100		●
Avalon House on Hardwood Lane		301-656-8823	McLean	8	5,100		●
Avalon House on Woodland Drive		301-656-8823	Falls Church	8	5,100		●
Beverly Assisted Living I, II, III		571-308-3793	Annandale	24			●
Braddock Glen		703-425-3535	Fairfax	60			
Brightview Alexandria		888-566-8854	Fairfax				● ●
Brightview Fair Oaks		571-495-5907	Fairfax	88			● ●
Brightview Great Falls		703-759-2513	Great Falls	88	5,670		● ●
Brightview Innovation Center		571-786-5800	Herndon				●
Brightview Woodburn		703-462-9998	Annandale	70	4,500		●



LISTINGS PROVIDED BY:		FEATURED ON PAGE	PHONE	CITY	ASSISTED UNITS	MONTHLY COST <i>Starting From</i>	SUBSIDIES/WAIVER	MEMORY CARE
								
<b>FAIRFAX COUNTY (continued)</b>								
	<b>Chantilly Heights</b>		703-810-3992	Chantilly	48	5,775		●
	<b>Chesterbrook Residences</b>		703-531-0781	Falls Church	97	4,475 - 6,963	●	
	<b>Cobbdale Assisted Living I &amp; II</b>		703-414-1850	Fairfax	8			
	<b>Crystal Gardens Assisted Living</b>		703-642-5329	Alexandria	8			
	<b>Fairfax, The</b>		703-799-1200	Fort Belvoir	52			●
	<b>Gardens Assisted Living, The</b>		703-952-5476	Fairfax	98	5,900		●
24-25	<b>Goodwin House Bailey's Crossroads</b>		703-824-7201	Falls Church	43	8,503		●
	<b>Great Falls Assisted Living</b>		703-421-0690	Herndon	63	8,600		●
	<b>Greenbrier Assisted Living</b>		571-253-1000	Vienna	8	4,950		●
	<b>Greenspring</b>		844-377-4062	Springfield	135	6,289		●
	<b>Harmony at Chantilly</b>		703-994-4561	Herndon	36	5,525		●
	<b>Harmony at Spring Hill</b>		571-348-4970	Lorton	75			●
68	<b>Heatherwood Community</b>		703-425-1698	Burke	118	5,400		●
	<b>Hunters Woods at Trails Edge</b>		703-429-1130	Reston	119	5,338		●
67	<b>The Kensington - Falls Church</b>		703-992-9868	Falls Church	88	8,500		●
67	<b>The Kensington - Reston</b>		571-494-8100	Reston	75	6,540		●
	<b>Larmax Homes at Lewinsville Rd - (3 Homes)</b>		855-735-9900	McLean	24	12,000		●
	<b>Lincolnian</b>		703-914-0330	Alexandria	52		●	
65	<b>Paragon Assisted Living - Brookside</b>		571-269-7794	McLean	8	7,500		
65	<b>Paragon Assisted Living - Locker</b>		571-269-7794	Falls Church	8	8,000		
68	<b>Paul Spring Community</b>		703-768-0234	Alexandria	145			●
	<b>Pivotal Senior Services</b>		703-462-3037	Springfield	8	7,600		●
	<b>The Providence Fairfax</b>		571-396-0500	Fairfax	154	7,500		●
	<b>Rembrandt Assisted Living</b>		703-712-7744	Falls Church	8	5,500		●
	<b>Renaissance Assisted Living</b>		703-256-2525	Annandale	47	7,000		●
	<b>The Residence at Colvin Run</b>		703-223-5226	Great Falls	44	6,815.		●
	<b>Spring Hills Mt. Vernon</b>		703-780-7100	Alexandria	82	3,500		●
	<b>Sunrise at Fair Oaks</b>		703-264-0506	Fairfax	72			●
	<b>Sunrise at Hunter Mill</b>		703-255-1006	Oakton	48			●
	<b>Sunrise at Mt. Vernon</b>		703-780-9800	Alexandria	72			●
	<b>Sunrise at Reston Town Center</b>		703-956-8930	Reston	66			●
	<b>Sunrise of Fairfax</b>		703-691-0046	Fairfax	83		●	●
	<b>Sunrise of Falls Church</b>		703-534-2700	Falls Church	35		●	●
	<b>Sunrise of McLean</b>		703-734-1600	McLean	62			●
	<b>Sunrise of McLean Village</b>		703-214-4419	McLean				
	<b>Sunrise of Springfield</b>		703-922-6800	Springfield	50			●
	<b>Sunrise at Silas Burke House</b>		703-250-1637	Burke	49			●
	<b>Sunrise of Vienna</b>		703-468-8968	Vienna				
	<b>Sylvestery, The</b>		703-970-2700	McLean	36	9,690		●
	<b>Tall Oaks Assisted Living</b>		703-834-9800	Reston	154	4,590		●
	<b>Tilden Memory Care</b>		703-828-7721	Alexandria	8			●



LISTINGS PROVIDED BY:		FEATURED ON PAGE	PHONE	CITY	ASSISTED UNITS	MONTHLY COST <i>Starting From</i>	SUBSIDIES/WAIVER	MEMORY CARE
								
<b>FAIRFAX COUNTY (continued)</b>								
<b>The Trillium</b>			571-249-2045	McLean	101			●
<b>Tysons Woods Assisted Living - Central Ave</b>			703-846-0395	Vienna	8	5,000		●
<b>Tysons Woods Assisted Living - Electric Ave</b>			703-846-0395	Vienna	8	5,000		●
<b>Tysons Woods Assisted Living - Greenbrier</b>			703-846-0395	Vienna	8	5,000		●
<b>Vie Village</b>			703-651-2140	McLean	8	11,900		
<b>Vienna Manor</b>			703-403-7583	Vienna	8	6,500		●
<b>Vienna Manor II</b>			703-403-7583	Vienna	8	6,500		●
<b>Vienna Manor III</b>			703-403-7583	Oakton	8	6,500		●
<b>Vienna Manor IV</b>			703-403-7583	Fairfax	8	6,500		●
<b>Vienna Manor V</b>			703-403-7583	Vienna	8	6,500		●
<b>Vinson Hall Retirement Community</b>			703-538-3069	McLean	58	9,600		●
<b>Virginian, The</b>			703-385-9229	Fairfax	100	8,445		●
<b>FAUQUIER COUNTY</b>								
<b>Poet's Walk Warrenton</b>			540-242-5236	Warrenton	60	6,600		●
<b>Spring Oak at Warrenton</b>			540-347-6000	Warrenton	41	3,300		●
<b>Villa at Suffield Meadows, The</b>			540-316-3800	Warrenton	67	3,750		●
<b>White Springs Senior Living</b>			540-216-7557	Warrenton	80			●
<b>FREDERICKSBURG REGION - SPONSORED BY ASSISTED LIVING LOCATORS - CALL 540-393-6009</b>								
<b>Bickford of Spotsylvania</b>			540-701-5961	Fredericksburg	74			●
<b>Cambridge Gardens Assisted Living</b>			540-893-8604	Fredericksburg	60	1,955		●
<b>Charter Senior Living of Fredericksburg</b>			540-373-8800	Fredericksburg	76	4,600		●
<b>Commonwealth Senior Living - Fredericksburg</b>			540-779-1124	Fredericksburg	38	3,750		
<b>Commonwealth Senior Living - Stafford</b>			540-779-1299	Stafford	62	3,840		●
<b>Fredericksburg Assisted Living</b>			540-786-5589	Fredericksburg	19	2,645		●
<b>Harmony at Falls Run</b>			540-479-3788	Stafford	42	4,645		●
<b>Marian Manor</b>			540-659-6375	Stafford	39	3,900		●
<b>Morningside House of Fredericksburg</b>			540-370-8000	Fredericksburg	60	5,130		●
<b>Morningside House of Spotsylvania</b>			540-898-1900	Fredericksburg	65	5,100		●
<b>Spring Arbor of Fredericksburg</b>			540-548-2133	Fredericksburg	76	3,600		●
<b>LOUDOUN COUNTY</b>								
<b>Ashby Ponds</b>			703-574-4555	Ashburn	55	7,215		●
<b>Ashleigh at Lansdowne Community</b>	68		703-828-9600	Lansdowne	115			●
<b>Lansdowne Heights Memory Care Comm.</b>			703-936-7300	Leesburg	60	8,250		●
<b>Lovettsville Home Assisted Living</b>			540-822-3824	Lovettsville	8	3,000		●
<b>Meadow Glen of Leesburg</b>			703-737-6149	Leesburg	37	4,260		
<b>Morningside House of Leesburg</b>			703-777-2777	Leesburg	64	4,100		
<b>Pacifica Senior Living - Sterling</b>			703-896-9590	Sterling	60	3,995		
<b>Poet's Walk Leesburg</b>			571-224-9516	Leesburg	60	6,500		●

LISTINGS PROVIDED BY:		FEATURED ON PAGE	PHONE	CITY	ASSISTED UNITS	MONTHLY COST <i>Starting From</i>	SUBSIDIES/WAIVER	MEMORY CARE
								

**LOUDOUN COUNTY (continued)**

<b>Reflections - A Senior Living Community</b>		703-777-1971	Leesburg	29	1,886		
<b>Spring Arbor of Leesburg</b>		703-777-9300	Leesburg	79	5,374		●
<b>Sunrise at Countryside</b>		703-430-0681	Sterling	100			●
<b>The Johnson Center at Falcons Landing</b>	95	703-404-5205	Potomac Falls	29	5,992		
<b>The Hillside House at Falcons Landing</b>		703-404-5205	Potomac Falls	18	9,125		●
<b>Tribute at One Loudoun</b>		571-252-8292	Ashburn	140	5,700		●
<b>The View Chantilly by Goodwin Living</b>	24-25	703-578-1000	Chantilly	206			●
<b>Waltonwood Ashburn</b>		703-468-0423	Ashburn	99	6,095		●
<b>West Falls Center at Falcons Landing</b>		703-404-5205	Potomac Falls	42	7,604		

**PRINCE WILLIAM COUNTY**

<b>Arbor Terrace Sudley Manor</b>		703-392-9797	Manassas	48	2,730		●
<b>Arbor Terrace Prince William Commons</b>		703-721-8801	Woodbridge	67	4,700		●
<b>Aspen Hill Assisted Living I-II</b>		703-597-2627	Woodbridge	14	4,000		
<b>Birmingham Green</b>		703-257-0935	Manassas	64	5,120	●	
<b>Brookdale Lake Ridge</b>		703-680-0600	Woodbridge	79	6,200		●
<b>Commonwealth Senior Living - Manassas</b>		703-335-8400	Manassas	78	2,450		●
<b>English Meadows Prince William Campus</b>		703-813-6478	Manassas	23	4,995		●
<b>English Meadows Manassas Campus</b>		844-750-9830	Manassas	105	5,500		●
<b>Evermore Senior Living of Lake Ridge</b>		703-249-9128	Woodbridge	8	6,000		●
<b>Harper's Station</b>		703-596-8153	Haymarket				●
<b>Heritage Village</b>		703-397-8016	Gainesville	152			●
<b>Legacy Ridge</b>		571-421-6966	Gainesville	64	6,200		●
<b>Paramount Senior Living at Manassas</b>		703-392-0102	Manassas	75	3,600		●
<b>Potomac Place Assisted Living</b>		703-494-3817	Woodbridge	106	3,830		●
<b>The Wellington at Lake Manassas Comm.</b>	68	703-468-2750	Gainesville	115			●
<b>Tribute at the Glen</b>		571-402-1870	Woodbridge	140	5,990		●
<b>Westminster at Lake Ridge</b>		703-496-5156	Lake Ridge	40	7,950		

**SHENANDOAH REGION**

<b>Commonwealth Senior Living at Berryville</b>		540-955-4557	Berryville	60	3,810		●
<b>Commonwealth Senior Living - Front Royal</b>		540-227-8956	Front Royal	100	4,500		●
<b>Cambridge Landing Memory Care</b>		540-472-4222	Strasburg	34	2,295		
<b>Greenfield Reflections of Woodstock</b>		540-459-2200	Strasburg	36	2,450		●
<b>The Harbor at Renaissance</b>		434-985-4481	Standardsville				●
<b>Lavender Hills - Front Royal Campus</b>		541-275-1403	Front Royal	23	3,000		●
<b>Spring Arbor of Winchester</b>		540-662-6883	Winchester	73	3,795		●
<b>Village at Orchard Ridge, The</b>		540-431-2801	Winchester	18	7,564		●

**OTHER VIRGINIA**

<b>Williamsburg Landing</b>		757-565-6505	Williamsburg	74	5,335		●
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# Life Plan Communities

## Offering diverse lifestyle options

Life Plan Communities are properties offering a combination of living options for older adults. These communities offer an active lifestyle for residents, as well as a wide array of amenities and services.

Life Plan Communities were formerly known as Continuing Care Retirement Communities (CCRCs). Following a two-year research and review process, a task force led by LeadingAge and Mather LifeWays, identified a new name for CCRCs that would resonate with the boomer target audience. The new name better reflects the communities and their residents—individuals who are active, engaged and focused on the future.

Living options available at Life

Plan Communities may include independent living, assisted living and skilled nursing services. These different levels of care are all offered on a single campus. Residents have the option to have all their current or future healthcare needs met without ever leaving campus.

Life Plan Communities afford residents endless opportunities to remain active and involved. These communities generally appeal to young, healthy older adults. Amenities vary widely but often include swimming pools, fitness centers, gardening areas, and golf courses or putting greens. Additionally, residents have access to hundreds of clubs and activities—from art classes to yoga classes and from drama clubs

to walking groups. Residents are also very involved in the operation and management of Life Plan Communities through resident boards or councils.

Finally, Life Plan Communities are generally integrated into the larger community. With active residents, these communities can focus on giving back and acting as a socially responsible neighbor.

Life Plan Communities give older adults the freedom and security to live active, healthy lives. They are the perfect option for individuals who want to plan ahead for future care needs, while focusing on enjoying every day.

Source: [lifeplancommunity.org](https://lifeplancommunity.org)

## Understand Entrance Fees

### Knowing the options when paying for life plan communities

Most life plan communities require payment of a one-time fee, usually called the entrance fee, before moving to the community. The entrance fee amount often depends on the level of care at the time of entry, type of housing chosen (with larger units requiring a larger fee) and agreement type. The entrance fee allows the life plan community to offer lower monthly fees and provide for the future needs of residents. State regulations can impact the terms of the entrance fee and in some states, refunds are called rebates. Entrance fees are typically structured in one

of three ways:

**DECLINING SCALE REFUNDS**, also known as amortizing entrance fees, specify a period of time in which the entrance fee will be refundable to the resident on a declining basis. For example, if an entrance fee under this arrangement declines at the rate of 1 percent each month, after 6 months 94 percent of the entrance fee is refundable.

**PARTIALLY REFUNDABLE** entrance fees guarantee a specific percentage of the refund that will be returned within a certain period of time regardless of the

term of residency. For example, 50 percent of the entrance fee may be refundable upon termination of the contract or to the estate upon the resident's death.

**FULL REFUNDS** offer just that, a full refund of the entrance fee. A fixed charge may be deducted before the refund is made, and the agreement generally states how long the refund is valid and under what conditions a refund is due. Entrance fees that offer full refunds are typically more expensive than those without refunds or those that are partially refundable or refundable on a declining basis.

LISTINGS PROVIDED BY:

PositiveAging  
**Sourcebook**  
LIFE PLAN COMMUNITIES



	PAGE	PHONE	CITY	INDEPENDENT	ASSISTED	NURSING	MONTHLY COST <i>Starting From</i>	ENTRY FEES <i>Starting From</i>	FITNESS AMENITIES	SWIMMING POOL	PETS ALLOWED
<b>ALEXANDRIA</b>											
<b>Goodwin House Alexandria</b>	24-25	703-578-7201	Alexandria	268	52	80	3,010	161,660	●	●	●
<b>The View Alexandria by Goodwin Living</b>	24-25	703-797-3844	Alexandria	59	59	20	4,085	6,420	●		●
<b>FAIRFAX COUNTY</b>											
<b>Fairfax, The</b>		703-799-1200	Fort Belvoir	382	52	56			●	●	●
<b>Goodwin House Bailey's Crossroads</b>	24-25	703-824-7201	Falls Church	329	43	69	3,134	160,981	●	●	●
<b>Greenspring</b>		800-917-1198	Springfield	1,362	135	49	2,552	131,000	●	●	●
<b>The Mather</b>		703-348-8522	Tysons/McLean	293	16	42	3,420	639,800	●	●	●
<b>Vinson Hall Retirement Community</b>		703-536-4344	McLean	237	57	46	2,330	110,000	●	●	●
<b>Virginian, The</b>		703-385-9229	Fairfax	155	100	81	4,800	10,000	●		●
<b>Woodlands Retirement Community, The</b>		703-667-9801	Fairfax	102	97		5,283	345,000	●	●	●
<b>Woodleigh Chase</b>		888-905-5778	Fairfax	260			3,298	388,000	●	●	●
<b>LOUDOUN COUNTY</b>											
<b>Ashby Ponds</b>		800-917-2504	Ashburn	1,499	55	44	2,978	233,000	●	●	●
<b>Falcons Landing</b>		703-404-5151	Potomac Falls	328	71	60	3,178	48,500	●	●	●
<b>PRINCE WILLIAM COUNTY</b>											
<b>Westminster at Lake Ridge</b>		703-496-5156	Lake Ridge	235	40	60	1,817	49,790	●	●	●
<b>VIRGINIA - OTHER VIRGINIA REGIONS</b>											
<b>Shenandoah Valley Westminster - Canterbury</b>		540-665-5914	Winchester	310	60	51	2,326	107,262	●	●	●
<b>Village at Orchard Ridge, The</b>		703-270-6500	Winchester	324	18	20	2,000	204,000	●	●	●
<b>Williamsburg Landing</b>		757-565-6505	Williamsburg	317	72	44	3,995	168,056	●	●	●

## ► Encore Creativity for Older Adults Arts for Life Programs



Sentimental Journey Singers of Alexandria meet at The View by Goodwin Living. These ensembles are for those with cognitive change and their care partners, and create connections through song. Melody Makers, musical experience programs for those with mid-stage cognitive change and care partners, also meets at The View Alexandria.

Other groups include Encore Chorale of Arlington, the Encore Chorale of Alexandria (ensembles that sing classic choral songs and the music of modern composers), and Alexandria ROCKS (ensembles that sing choral arrangements of songs that span rock & roll history and perform with a live rock band).

Learn more at [encorecreativity.org](http://encorecreativity.org) or call 301.261.5747



## Adult Day Care

Continued from page 52

asking questions over the phone can help narrow the choices, but the final decision of which Adult Day Center to use must be made in person. During the visit, staff members should be able to provide clear and easy-to-understand information about the services and activities provided at the center. Checking references from individuals who are currently using this provider or have used them in the past is the final step in the decision-making process.

Source [www.nadsa.org](http://www.nadsa.org).

## Understanding Cataracts

Continued from page 41

an eye exam. After checking your vision and determining if you have cataracts, an ophthalmologist will recommend surgery if it is needed.

Not all patients with cataracts need surgery immediately. Generally, patients can wait until the cataract grows and interferes with their quality of life before turning to surgery. The good news for those who do need surgery is that cataract treatment is both safe and effective.

## Paying for Nursing Home Care

Continued from page 63

Important: Be sure to get help before using either of these options. There are important issues you need to understand.

### Help from your state (Medicaid)

Medicaid is a joint federal and state program that helps with medical costs for some people with limited income and resources. Most health care costs are covered if you qualify for both Medicare and Medicaid. Most, but not all, nursing homes accept Medicaid payment. Even if you pay out-of-pocket or with long-term care insurance, you eventually may “spend down” your assets while you’re at the nursing home, so it’s good to know whether the home will accept Medicaid.

Check with the nursing home to see if they accept people with Medicaid. Medicaid programs vary state to state. Most often, eligibility is based on your income and

personal resources. Many states have higher Medicaid income limits for nursing home residents. You may be eligible for Medicaid coverage in a nursing home even if you haven’t qualified for other Medicaid services in the past.

Sometimes you won’t be eligible for Medicaid until you’ve spent some of your personal resources on health care. Generally, even if you’re eligible for Medicaid, all of your income (except for a monthly personal needs allowance and amounts considered necessary to support your spouse and family living in the community) will go to pay your nursing home expenses and Medicaid will cover the rest. To get more information on Medicaid eligibility in your state, call your local Medicaid office.

*Information excerpted from a Centers for Medicare & Medicaid Services publication. More information is available online at [medicare.gov](http://medicare.gov).*

PositiveAging

# Sourcebook

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1-800-394-9990 | [www.positiveagingsourcebook.com](http://www.positiveagingsourcebook.com)

# Thank You!

VHC Health thanks the organizations that made this resource possible!

ORGANIZATION	PAGE	PHONE	WEBSITE
Ararity Services LLC	60	703.372.1543	ararityservices.com
Arlington Eye Center	42	703.524.5777	arlingtoneyecenter.com
Arlington Neighborhood Village	49	703.509.8057	ANVarlington.org
Assisted Living Locators	59	540.393.6009	assistedlivinglocators.com/ fredericksburg
Assisting Hands	53	703.988.1800	AssistingHands.com/Arlington
At Home Alexandria	49	703.231.0824	athomeinalexandria.org
Baby Boomers Home Care	55	703.712.8049	babyboomerscare.com
Benchmark at Alexandria	66	571.946.7780	benchmarkatalexandria.com
Brightstar Home Care	58	703.267.2380	brightstarcare.com/arlington
Capital Caring	47	800.869.2136	capitalcaring.org
Christine Dolan & Associates	34	703.868.8664	cdolanfinancial.com
Driver Rehabilitation Center of Excellence	43	703.345.2990	driverrehabcenter.com
Elder Nourish	45	571.234.1135	eldernourish.com
Encore Creativity for Older Adults	23	301.261.5747	encorecreativity.org
Farr Law Firm	36	800.399.3277	farrlawfirm.com
Georgetown Home Care	58	571.765.6046	georgetownhomecare.com
Goodwin Living, Inc.	24-25	703.596.8967	goodwinliving.org
Goodwin Home Health	24-25	703.824.1390	goodwinliving.org
Goodwin Hospice	24-25	703.578.7108	goodwinliving.org
Goodwin House Alexandria	24-25	703.578.7201	goodwinliving.org
Goodwin House Bailey's Crossroads	24-25	703.824.7201	goodwinliving.org
Goodwin Living At Home	24-25	703.575.5202	goodwinliving.org
The View Alexandria by Goodwin Living	24-25	703.797.3844	goodwinliving.org
Hallmark Homecare of Northern Virginia	57	703.564.8461	hallmarkhomecarenova.com
Home Instead Senior Care - Arlington, Alexandria, Falls Church	56	703.533.7368	homeinstead.com/arlington-va
Inova Parkinson's and Movement Disorders Center	44	703.845.1500	inova.org/move
Insight Memory Care Centers	52	703.914.1372	insightmcc.org
Lifecare Affordability Plan	35	703.940.3485	lifecareaffordability.com
Lighthouse Senior Care Consultants	31	703.440.2273	lighthouseseniorcare.com
Lionheart Eldercare & Consulting	30	703.677.8319	lionhearteldercare.com
Mt. Vernon At Home	49	703.303.4060	mountvernonathome.org
Next Day Access	51	571.665.4263	nextdayaccess.com/fairfax-va
Nursing Referral Service	BK COVER	703.442.0229	nursingreferralservice.com
Options For Senior America Corp	54	800.267.8466	optionscorp.com
Overwhelmed How Can I Help, LLC	61	703.508.3056	overwhelmedhowcanihelp.com
Paragon Assisted Living	65	571.449.6029	paragonassistedliving.com
Paragon Home Care	57	703.942.8950	paragonhomecare.com
Perch Houses	62	571.946.6384	perchhouses.com
Retirement Unlimited Inc.	68		ru.net
Aarondale Community	68	703.813.1800	ru.net
Ashleigh at Lansdowne Community	68	703.828.9600	ru.net
Elancé at Alexandria	68	703.845.5100	ru.net
Elancé at Old Town Alexandria	68	703.236.1226	ru.net
Elancé at West End	68	703.940.3300	ru.net
Heatherwood Community	68	703.425.1698	ru.net
Paul Spring Community	68	703.768.0234	ru.net
The Wellington at Lake Manassas Community	68	703.468.2750	ru.net
SeeClearly Vision	41	703.525.4411	seeclearly.com
The Kensington Falls Church	67	703.992.9868	thekensingtonfallschurch.com
The Kensington Reston	67	571.494.8100	thekensingtonreston.com

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