

January 25, 2023

Welcome to our Annual Update!

Aging in Virginia



VCU

Virginia Center on Aging
College of Health Professions



VIRGINIA DEPARTMENT FOR AGING
AND REHABILITATIVE SERVICES



DARS

VIRGINIA DEPARTMENT FOR AGING
AND REHABILITATIVE SERVICES

DARS UPDATES

Annual Update on
Aging in Virginia
January 25, 2023

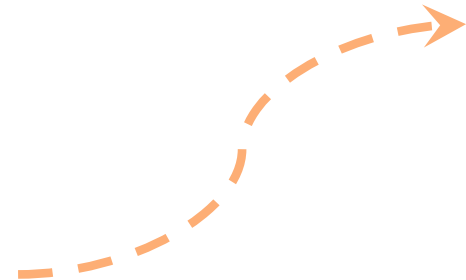


Implementing Funding from Last Year

JCHC Aging in Place Needs Assessment	\$250,000 one-time funding
APS Regional Consultant	5 new positions
Dementia Case Management	\$112,500 each year in increased funding
Public Guardian and Conservator Program	\$2.6 million each year in increased funding for 300 additional slots, 1 new staff position, rebasing of the rates, and a study
Senior Farmers' Market Nutrition Program	\$125,000 each year in new funding
Senior Legal Helpline	\$100,000 each year in new funding
State Long-Term Care Ombudsman Program	\$450,000 for 5 new positions
Virginia Insurance Counseling and Assistance Program (VICAP)	\$600,000 each year in increased funding

Transitioning to the New Normal

- As Virginia moves beyond the COVID-19 pandemic, AAAs are seeing some services return to pre-pandemic levels while also identifying opportunities to serve older adults in new ways.
- From FFY 2021 to FFY 2022, Virginia's AAAs experienced:
 - **60%** increase in the number of one-way trips under the **Transportation service**
 - **99%** increase in **Adult Day Care** hours service units
 - **31%** increase in the number of unique individuals served **Congregate Meals**
 - **54%** increase in the number of unique individuals served by **Nutrition Counseling**
- Service offerings:
 - **Nutrition Education** service offering provided **46,329** sessions
 - **Consumable Supplies** totaled **978** payments provided for **199** individuals
 - **Assistive Technology** totaled **211** devices provided for **104** individuals and **124** payments for **35** individuals



DARS and VCoA: In Partnership

Age in Action
eNewsletter

Grant Projects

Needs
Assessment
Listening Sessions

Needs
Assessment Data
& Trends Analysis

Senior Farmers' Market Nutrition Program Expansion

- DARS has been awarded just shy of **1.6 million dollars** in a two-year U.S. Department of Agriculture (USDA) Senior Farmers' Market Nutrition Program (SFMNP) American Rescue Plan Act (ARPA) grant to:
 - **Expand coverage** of SFMNP across the Commonwealth. Currently there are 11 AAAs and 1 City who administer this program locally. **There is potential to reach the remaining 14 AAAs.**
 - Increase the individual booklet amount **from \$45 to USDA's maximum allowable amount of \$50** per eligible participant.
 - Adjust the income eligibility of the program **from the current 150% of the federal poverty level to 185% of the federal poverty level**, which has the potential to reach over **70,000** more individuals who are eligible for the program.
 - Modernize the delivery of SFMNP in Virginia using a hybrid solution to bridge the use of paper vouchers to an **electronic processing system** that will incorporate the use of QR codes via a closed ecosystem that **disperses funds directly to the farmers** while eliminating the majority of banking fees of standard check processing.



Save the Date!

April 11 – 15, 2023

SGS Annual Meeting &
Conference



SOUTHERN
GERONTOLOGICAL
SOCIETY

Bridging Aging Research & Practice

<https://southerngerontologicalsociety.org/meeting.html>

May 8 – 9, 2023

Virginia Governor's
Conference on Aging



VA GOVERNOR'S CONFERENCE ON AGING

www.vgcaging.com

May 10, 2023

Dementia Capable Summit



www.vda.virginia.gov/boardsandcouncils.htm



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Virginia Center on Aging
College of Health Professions

Updates



Our Mission

The VCoA advances health, well-being and equity for the elders of today and tomorrow. Our innovative research, critical education and impactful service strive to make Virginia a place where its people can thrive at every age.



Our Vision

- **Fostering Innovation**

Lifespan approach to Aging | Challenging Ageism
to Embrace Aging

- **Research and Dissemination
Hub**

Sharing Successful Approaches | Obtain funding
from external agencies to elevate responsive
research

- **Statewide Data Resource**

Helping inform legislative decisions

Commonwealth of Virginia

ARDRAF

Alzheimer's and Related Diseases Research Award Fund

Geriatric Training & Education (GTE) Initiative 2022-2023 Awardees

- **Aging Together:** *Ellen Phipps, Dementia Educational Conference for Healthcare Professionals and Family Caregivers*
- **Eastern Virginia Medical School:** *Mary Rubino, M.D., Aligning Care with What Matters Most to Older Adults with Multiple Chronic Conditions: A Standardized Patient Activity*
- **Honoring Choices:** *Eleanor Jones, Proposal to Support Advance Care Planning for Mental Health*
- **Riverside Center for Excellence in Aging and Lifelong Health:** *Christy Jensen, PhD, Inking with Partners in the Middle Peninsula and Eastern Shore: Addressing Social Determinants of Health through Memory Care Programs*
- **Tidewater Arts Outreach:** *Kate Powell, Artist in your Pocket Project*
- **University of Virginia:** *Ishan Williams, Ph.D. Collaborative Relationships and Partnerships in the Geriatric Workforce across Virginia: A Proposal to Offer Focused Conference Engagement to Virginia's Area Agencies on Aging*
- **Virginia Department for Aging and Rehabilitative Services:** *George Worthington, Virginia Dementia Capable Summit: Building an Inclusive Dementia State Plan*

Geriatric Training & Education Initiative

Spring 2023 Request for Proposals

Proposals due Monday, April 3rd, 2023
Theme: Sustainability

For more info: <https://go.vcu.edu/gte>



VCU

Virginia Center on Aging
College of Health Professions

Virginia Long-Term Care Clinician Network

- A partnership between VDH, VCoA, VCU Gerontology, and the VCU Division of Geriatric Medicine
- Brings together medical directors and clinicians practicing in nursing homes, assisted living facilities, and other congregate care settings, such as PACE (Program of All-Inclusive Care for the Elderly).
- Provides a monthly forum for peer discussions and ensures access to the latest clinical COVID-19 care guidelines.
- <http://ltccn.vcu.edu>



VCU Richmond Brain Health Initiative (RBHI)



What is the VCU Richmond Brain Health Initiative?

We are a team of professionals that provide brain health support to older adults in the Richmond, VA surrounding area. We support caregivers and those living with or at risk of memory/brain health (dementia-related) needs.

What services do we provide?

We offer 3 phone-based educational interventions **at no cost**:

- ❖ **Health Coaching:**
for individuals at risk of brain health needs
- ❖ **Care Navigation:**
for individuals *living with* brain health needs
- ❖ **Care Consultation:**
for brain health caregiver/care receiver duos



Want to learn more? Contact us today!

email: rbhi@vcu.edu | call: 804-828-1126 | go.vcu.edu/rbhi

This project was supported, by grant number 90ADP0085, from the U.S. Administration for Community Living, DHHS, Washington, D.C. 20201.

VCU Richmond Brain Health Initiative



The Virginia Memory Project

Supporting those with memory concerns...
today and tomorrow.

- **Scan the QR code to complete our quick survey.**
- **We keep your answers anonymous, and discover where more government funding is needed.**
- **Citizens receive the brain health support they need.**

Virginia HEAR Project

Helping Elders Access Resources

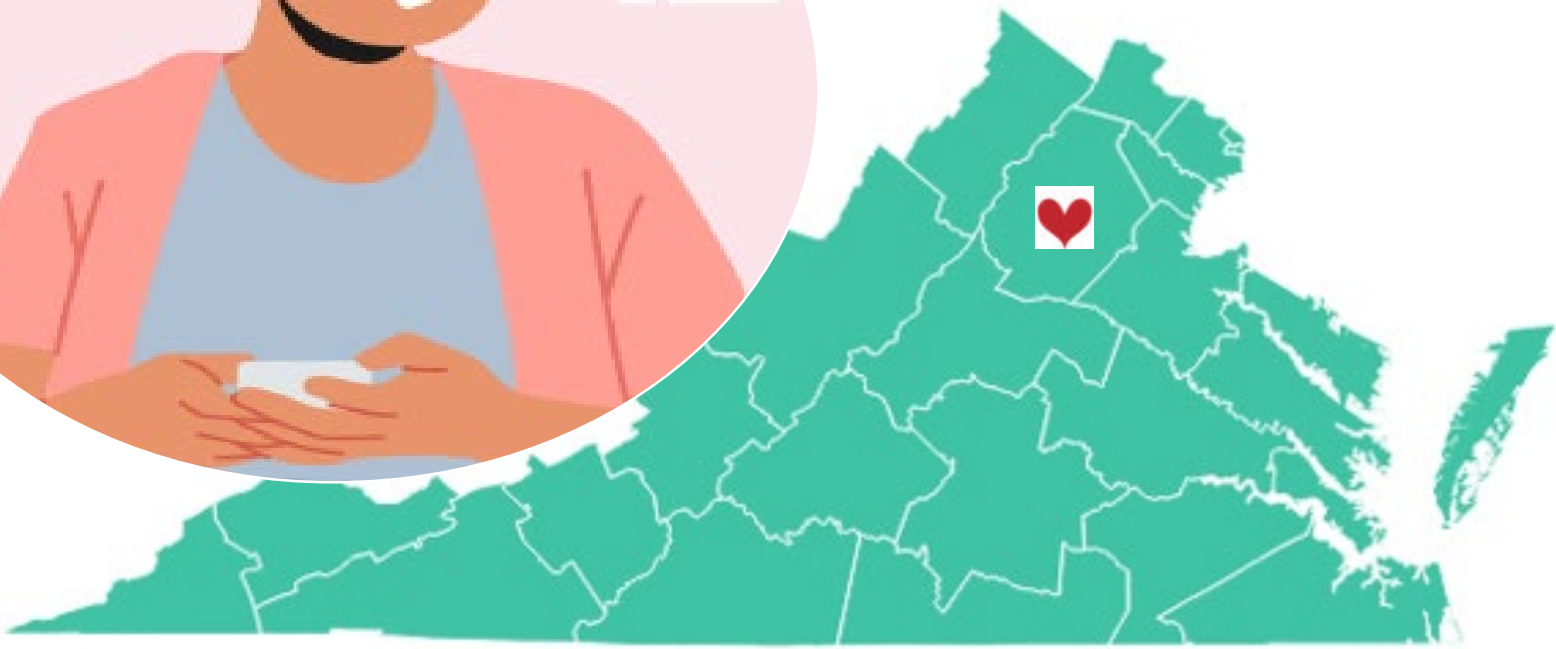


Annual Update on Aging in Virginia



Let's Meet Maria!

VIRGINIA
No Wrong Door
ACCESS. OPTIONS. ANSWERS.



Maria's Story



Maria enjoys spending time with her grandson

She likes knitting



She likes animals, but her apartment complex does not allow pets

Maria's Whole Self

LIKES

Time with her grandson

Enjoys knitting

Visiting with friends

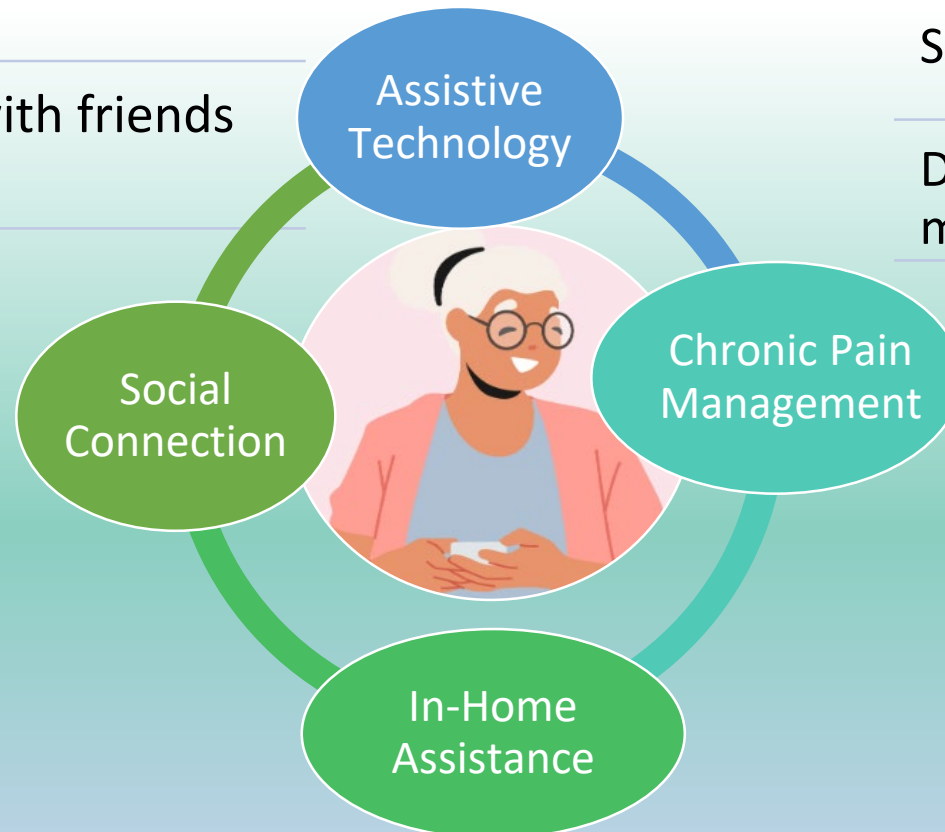
CHALLENGES

She had a bad fall

She is recovering from surgery

She is feeling isolated

Daughter feels her mom needs supports



Virginia Easy Access Offers Maria Supports



Service Finder

888-992-0959

Search...

Sign In | Create a Profile | Forgot password?

Explore My Community

Success Stories

What's New

About Us

Email*

Password*

Sign In

WELCOME TO VIRGINIA EASY ACCESS

Life's challenges can feel so heavy. When we support each other, the load is lighter. When we share ideas, our minds open. When we light the way for someone else, hope shines like the sun. Remember, you're not alone. You're right where you need to be. This is about making a better life.

Let's get started.



Live Chat

2-1-1



SERVICE FINDER

The Service Finder helps you locate resources. You pick the county or city to find topics in that area including housing options, in-home services programs and more.

Service Finder

POWERED BY VIRGINIANAVIGATOR

EXPLORE MY COMMUNITY

Start exploring your community via an interactive Virginia map showing services and things to see and do in your neighborhood. Save your finds into to a personalized profile.



Virginia Easy Access' Live Chat



Live Chat

2.1.1

Virginia

CONTACT US 

TOLL FREE:

1-888-992-0959

AVAILABLE 24/7

WITH LANGUAGE

INTERPRETATION

FOR OVER 200 LANGUAGES!

 Live Chat

End Chat

 Q&A



211 Virginia

1:14 PM

Thank you for contacting No Wrong Door answered by 211 Virginia. To better assist you, may I please have your first and last name?

Sandy

1:15 PM

Hi. My name is Sandy, I am Maria Lawson's daughter.

211 Virginia

1:15 PM

Thank you, Sandy. My name is Robert. How may I help you and your mother?

Sandy

1:17 PM

Thanks. We are unsure where to start. My Mom needs help in her home, she is recovering from a fall and still has a lot of pain, and she's having trouble using her phone since she cannot see very well.

Enter your Text

Send

Person Centered Services



Service Finder

888-992-0959

Search...



Welcome
Maria Lawson
[View My Profile](#)

Log Out

[Explore My Community](#)

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[About Us](#)

SERVICE SEARCH



Service Finder:

VIRGINIA
No Wrong Door
ACCESS. OPTIONS. ANSWERS.

SERVICES



Assistive Technology



SERVICE AREAS



Culpeper



SEARCH

POWERED BY VirginiaNavigator

Assistive Technology:

Also referred to as adaptive technology it includes programs, devices, and resources that help people with disabilities increase their mobility and/or ability to communicate and live more comfortably.



Social Connection Assistive Technology Consultation

Virginia Assistive Technology System (VATS)

2001 Maywill Street, Suite 202, Richmond, VA 23230

[See Map: Google Maps](#)

Main: (804) 662-9990

Toll-Free: (800) 552-5019

Finding Local Area Agency on Aging Services



Service Finder

888-992-0959

Search...



Explore My Community

Success Stories

What's New

About Us

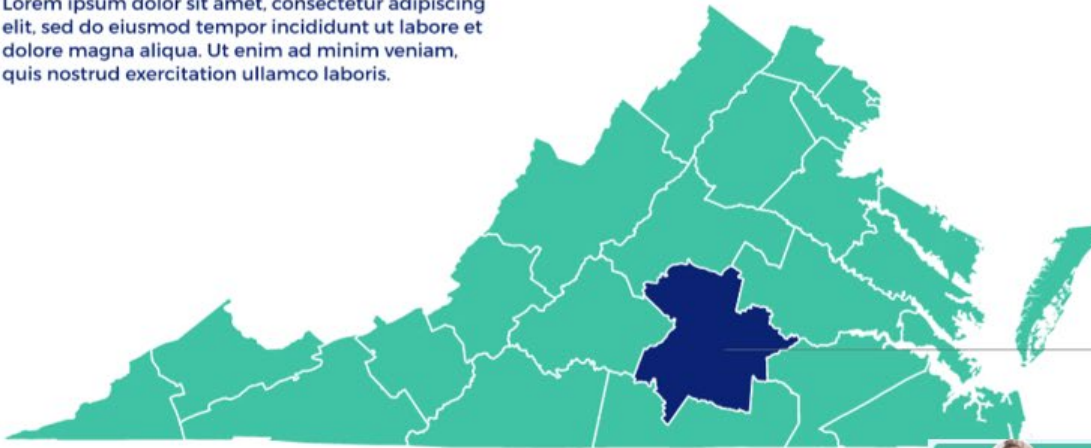


Welcome
Maria Lawson
[View My Profile](#)

Log Out

EXPLORE YOUR COMMUNITY

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Rappahannock-Rapidan

Area Agency on Aging Resources

Home Delivered Meals

Adult Day Care

Transportation

Chronic Disease Self Management

Virginia Insurance Counseling
& Assistance Program (VICAP)

Learn More



Live Chat

2-1-1

OUR LOCATION

VIRGINIA NO WRONG DOOR

VIRGINIA DEPARTMENT FOR AGING AND REHABILITATIVE SERVICES

ABOUT US

SERVICE SEARCH

FOIA

WEB USE

ACCESSIBILITY

CONTACT



VIRGINIA DEPARTMENT FOR AGING AND REHABILITATIVE SERVICES



CONTACT US

TOLL FREE:

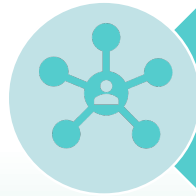
1-888-992-0959

AVAILABLE 24/7
WITH LANGUAGE INTERPRETATION
FOR OVER 200 LANGUAGES!

No Wrong Door Systems support individuals to make informed decisions, to exercise control over their long-term care needs, and to achieve their personal goals and preferences.



Tell your story only **once**



Share your info with a network of over **230 trusted providers**



Access **27,000+** community resources across Virginia

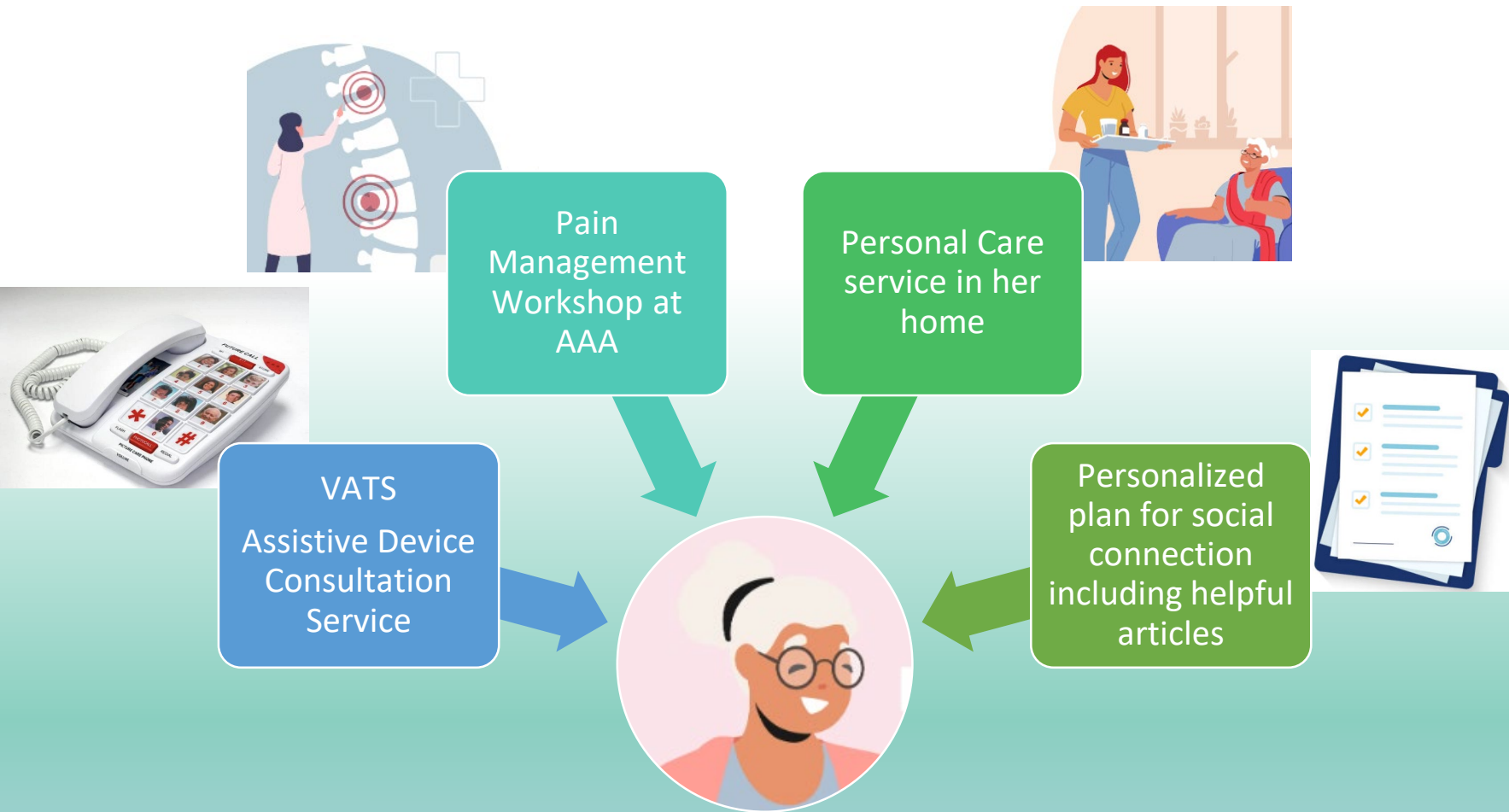


Options provided by over **600 trained professionals.**



24/7 toll-free line available in more than **200 languages**

No Wrong Door Improves Maria's Health & Well Being



VISIT US

Easyaccess.virginia.gov

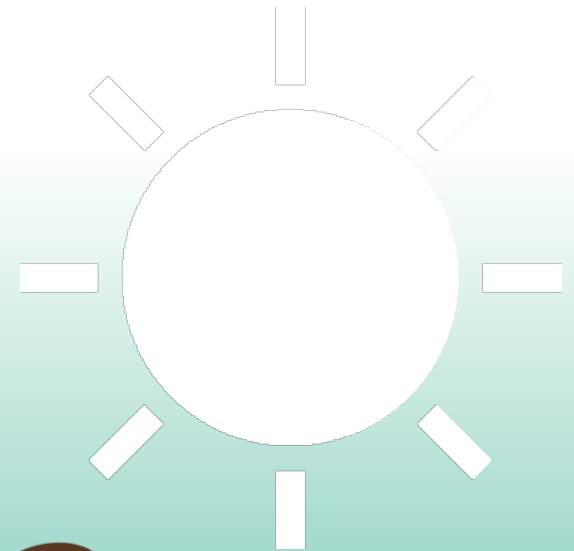


Thank You!

Sara Link

No Wrong Door Director

sara.link@dars.virginia.gov





State Plan for Aging Services **NEEDS ASSESSMENT UPDATE**

Annual Update on
Aging in Virginia
January 25, 2023



DARS

VIRGINIA DEPARTMENT FOR AGING
AND REHABILITATIVE SERVICES





State Plan for Aging Services

Background

Planning for Aging Services

WHY IT MATTERS



10,000 Americans
turn 65 everyday



By 2060, nearly 1 in 4
Americans is projected to
be an older adult



Seniors volunteer, vote,
and donate to charity at
higher rates than any
other generation



1 in 3 seniors is
economically insecure, with
higher rates among women
and people of color



Nearly 95% of seniors have
at least 1 chronic health
condition



2.5 million grandparents
report taking care of
grandchildren's needs

State Plan for Aging Services Requirements

FY 2024 – 2027 Now
in Development

Federal requirements
& approval
(OAA & ACL)

State requirements,
approval, and
reporting

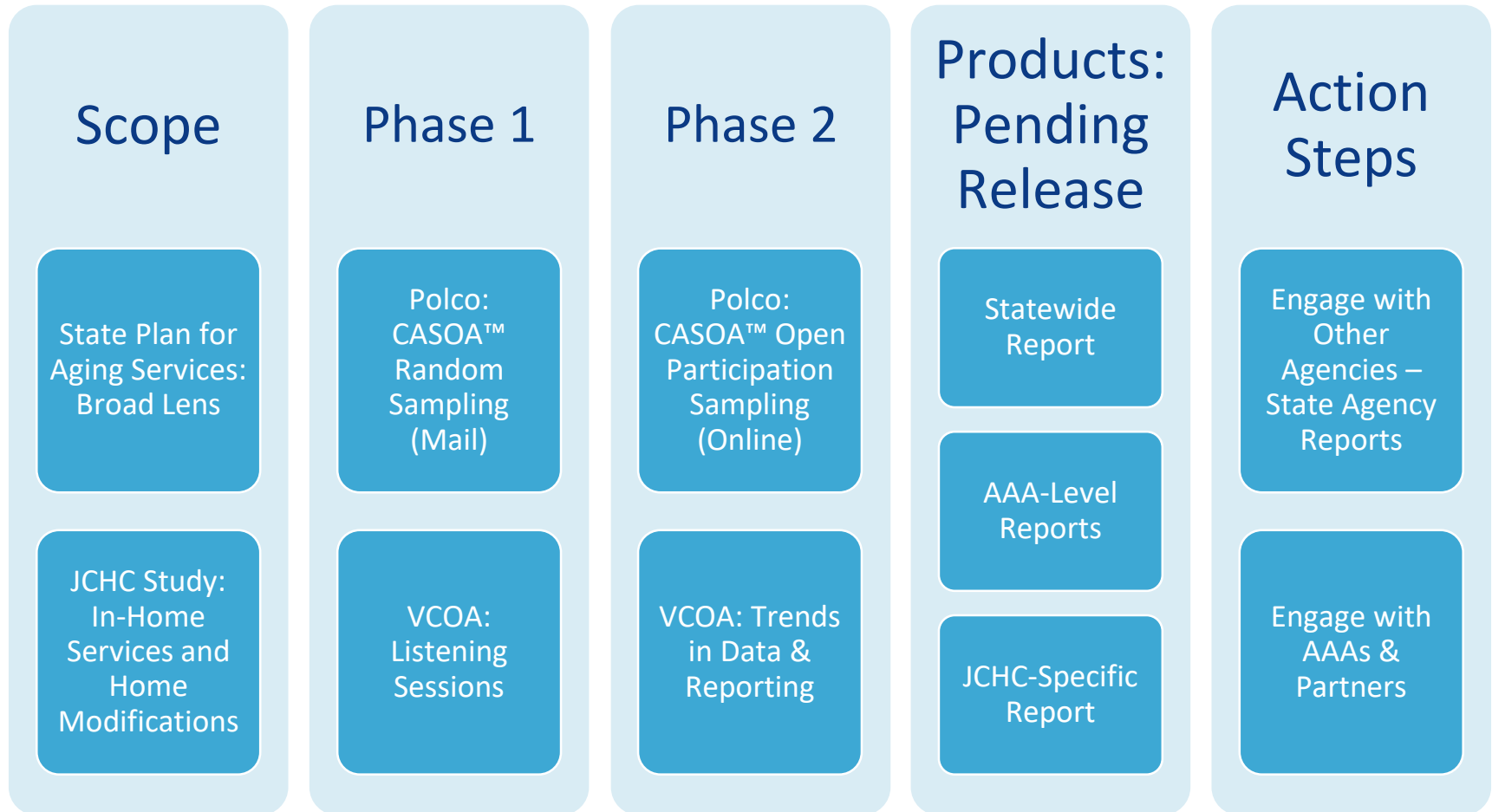
Needs Assessment,
Stakeholder
Engagement, and
Public Comment



Needs Assessment Process

Background

Needs Assessment Process



Gathering Input from Older Virginians

Contract with Polco

Phase 1:
Representative
Sampling by Mail

Phase 2:
Open Sampling
via web link



Survey Results



8,843 COMPLETED
SURVEYS



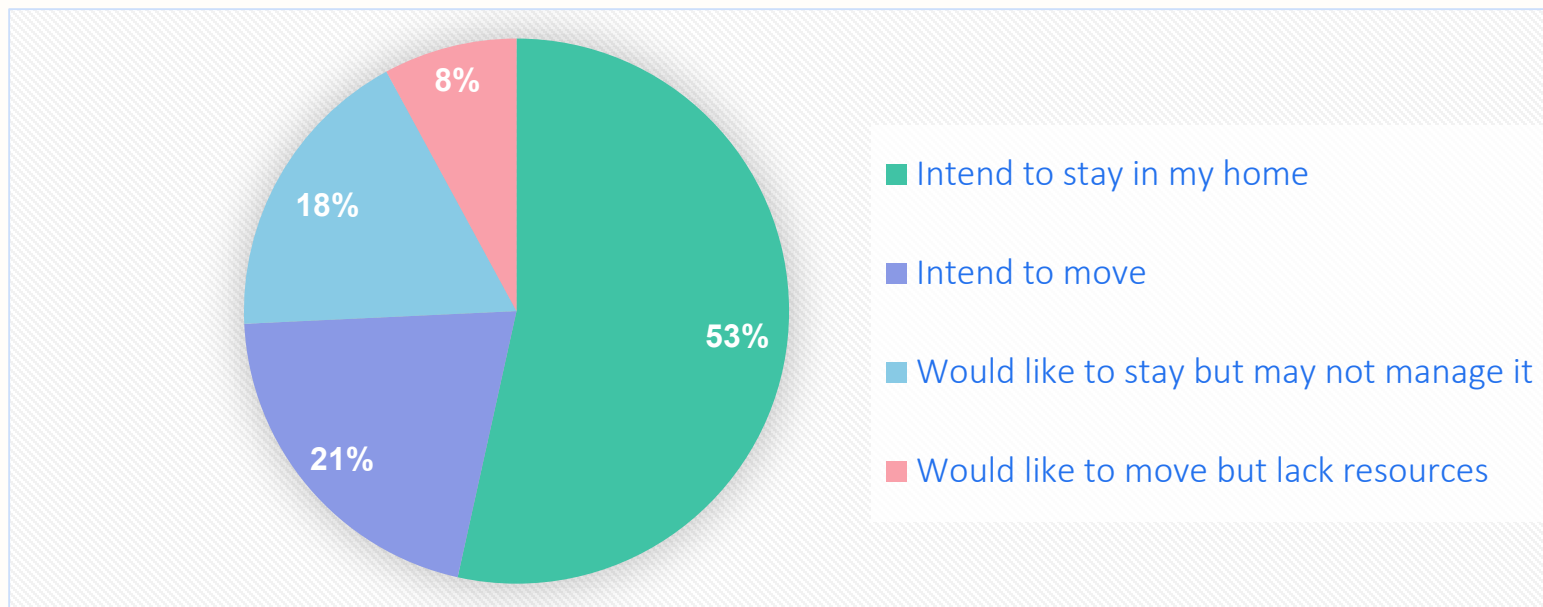
REPRESENTS 10%
RESPONSE RATE



Findings: In-Home Services

Joint Commission on Health Care (JCHC) Study: DARS Needs Assessment

In-Home Services & Home Modifications

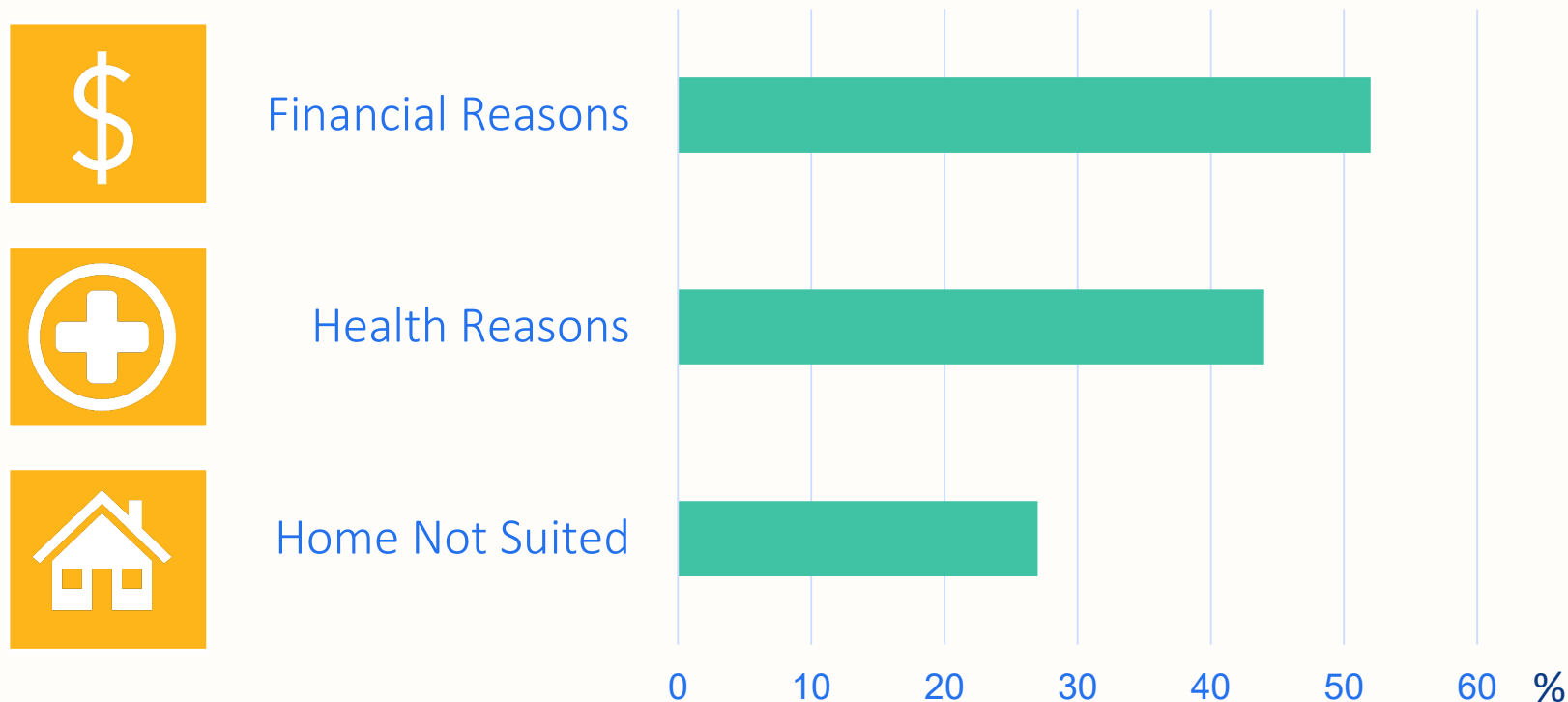


Respondents in **lower income brackets were more likely** than those with higher incomes to report that they would like to move but don't have the resources to do so, or that they want to stay in their current home but are concerned they won't be able to.



In-Home Services & Home Modifications

Among older Virginians with concerns about aging in place in their current home, the top concerns are:

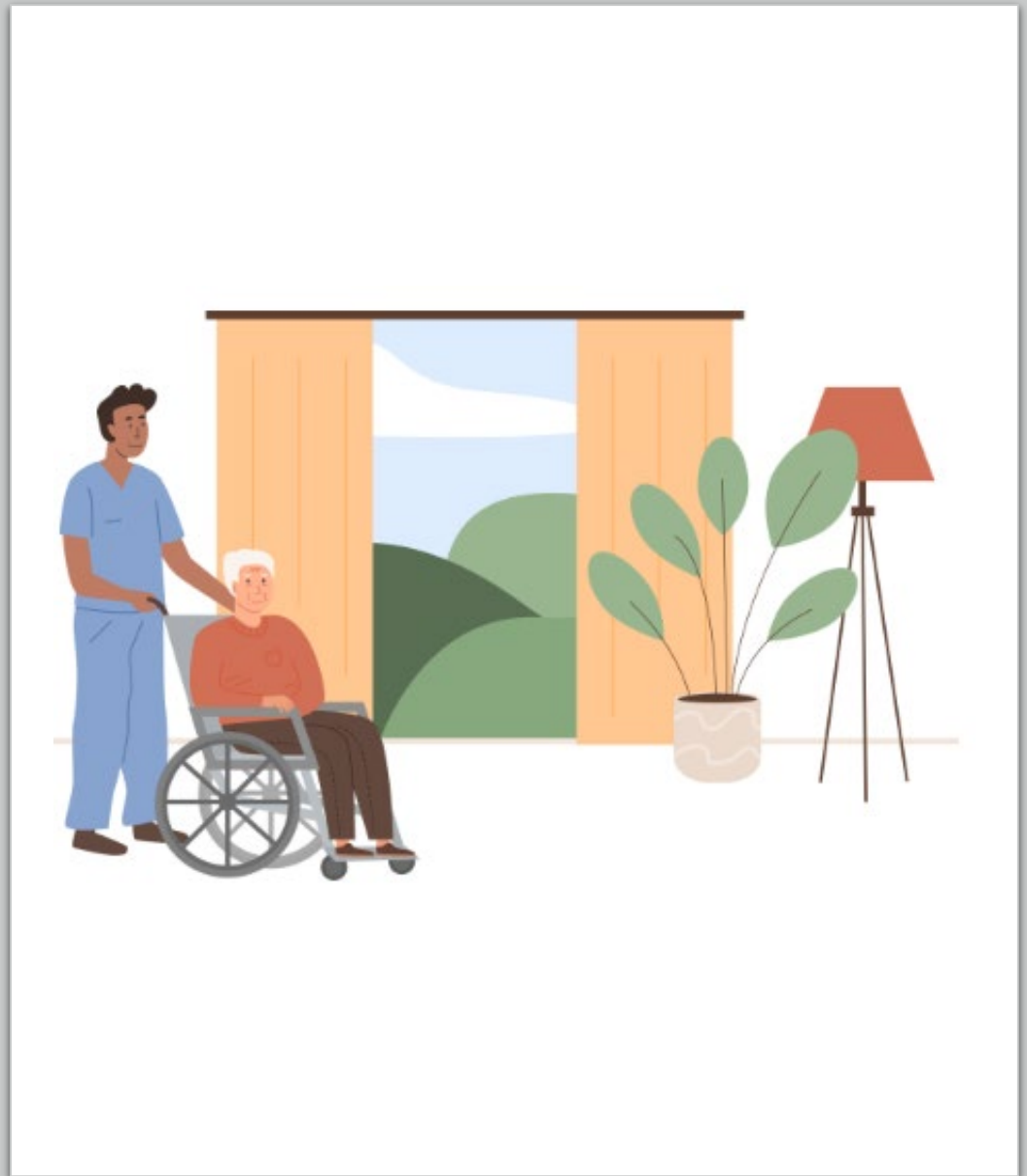


In-Home Services

41% stated they needed **chore** services

22% of older Virginians stated they had a **major or moderate** need for homemaker services

6% stated they needed **personal care** services





Home Modifications

- **37%** of older Virginians indicated a **major or moderate** need for home repairs or home maintenance assistance
- **18%** needed assistance with maintaining the **minimum** housing standards
- **18%** needed **minor** home modifications
- **16%** needed **major** home modifications



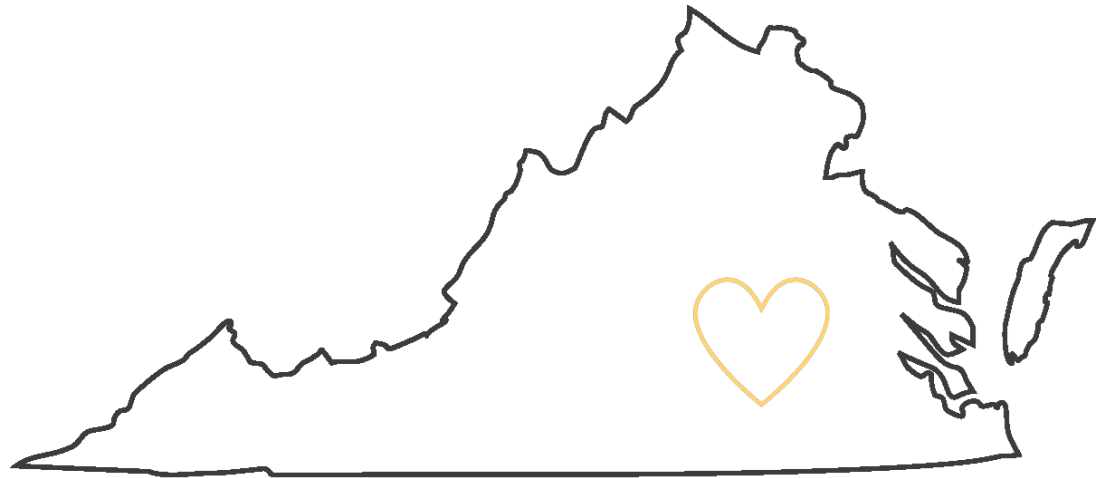
Findings: Statewide Report

Polco: Community Assessment Survey for Older Adults (CASOA™)

The
Economic
Contribution
of Older
Adults

Older Virginians' annual contribution to their community through employment, volunteerism and caregiving:

\$38,508,493,401



Virginia is on-par
with our peers.

Compared to national
benchmarks, Virginia's
results are **typical** for:

1. Community Livability
2. Older Adults
Experiencing
Challenges



Older Virginians' Greatest Needs

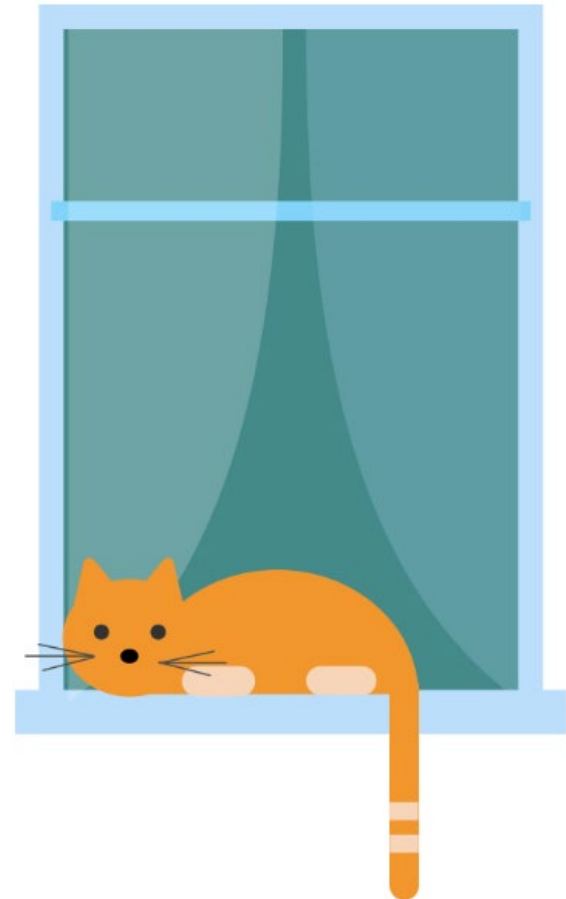
The largest challenges were in the areas of **housing, mental health, and physical health.**

At least **45% of older residents** reported **at least one** of these as a major or moderate problem in the last year.



Overall Community Quality

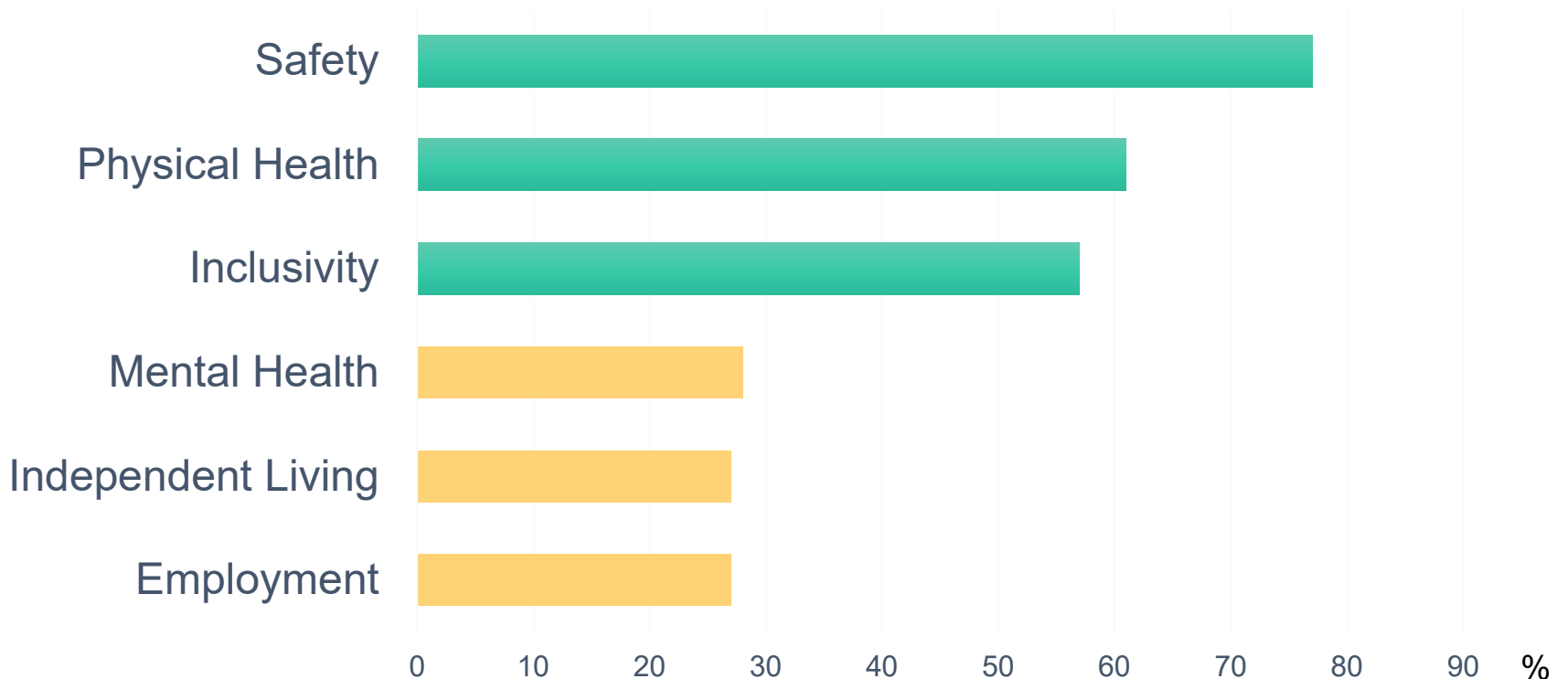
- About **79%** of older residents living in the state rated their overall quality of life as **excellent or good**.
- Most respondents scored their communities **positively** and **would recommend** their communities to others.
- About **76%** of residents planned to stay in their community throughout their retirement.
- **Positive** scores were given to their communities as **places to retire** by **69%** of older residents.



Overall Community Livability

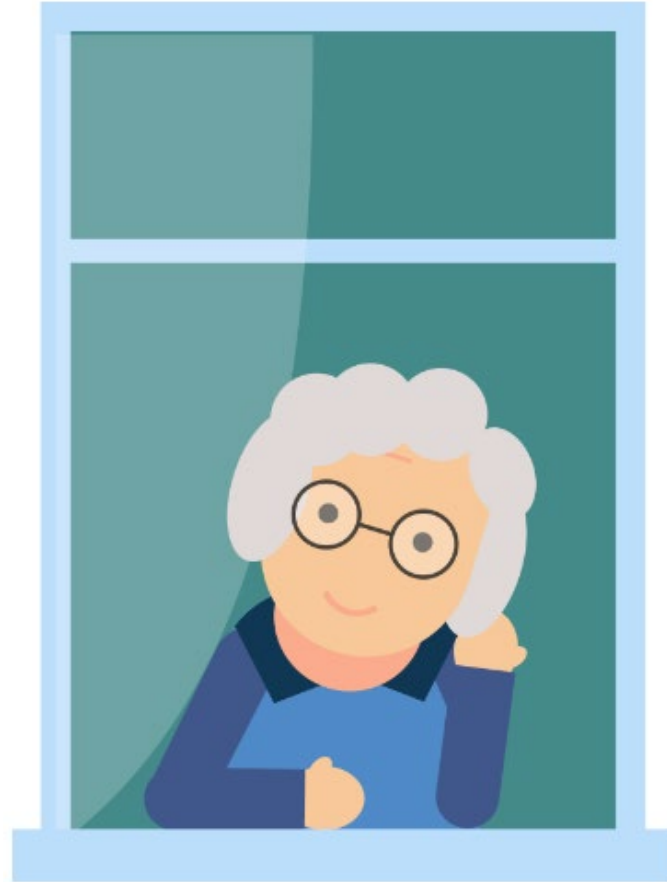


Of the 17 aspects of livability examined, respondents identified these aspects as **strongest** and most in need of **improvement**.



Highlight: Community Design

- About **45%** of older residents in the state reported experiencing **housing** needs
- About **24%** reported **mobility** needs





Highlight: Economic Health

- About **69%** of older residents rated the overall **economic health** of their communities positively.
- However, the **cost of living** was rated as excellent or good by only **27%**
- About **30%** of older adults reported **financial challenges**





Highlight: Inclusivity

- About **54%** of the respondents positively rated their community's **openness and acceptance** toward older residents of **diverse backgrounds**.
- About **49%** indicated that their community **valued** older residents.

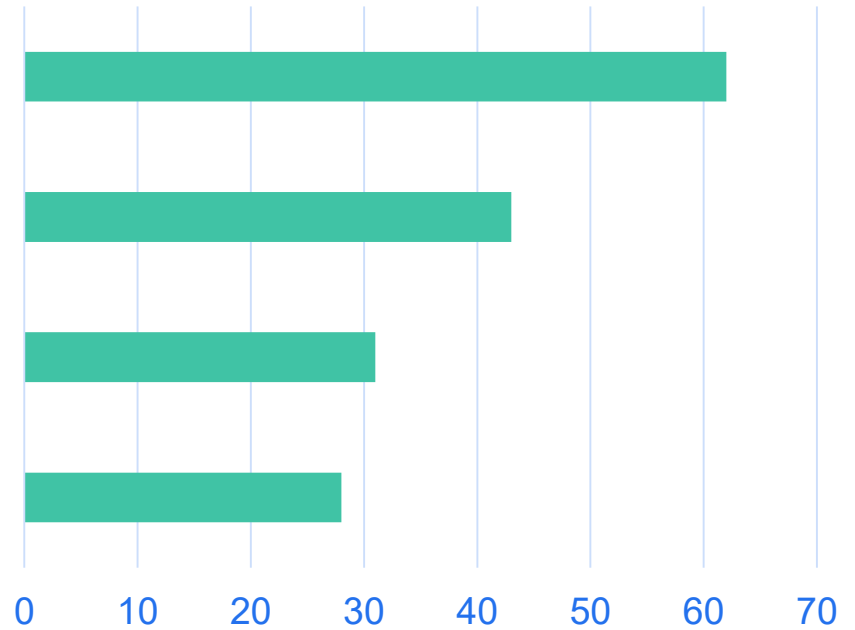
Highlight: Health & Wellness

Health & Wellness Options

Physical Healthcare

Long Term Care Options

Mental Healthcare



Highlight: Info & Assistance

- The **overall services** provided to older adults in the state were rated as **excellent or good by 47%** of survey respondents.
- However, about **42%** of older adults were found to have information **access challenges** in the state.



Highlight: Caregiving

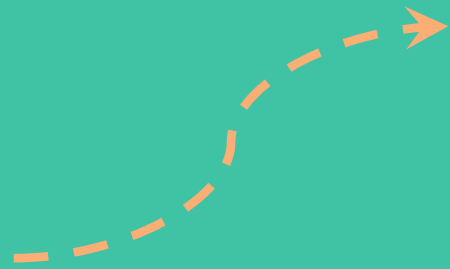
- About **36%** of older residents reported providing care to **adults 55 and older**
- About **15%** cared for **adults 18-54**
- About **19%** to **individuals under 18**





Findings: Listening Sessions

Virginia Center on Aging at VCU



Listening Session Process

Virginia Center on Aging at VCU conducted a total of **31 listening sessions**:

Individual Interviews

Focus Groups

Written Interviews

Protocols for both professionals/
providers and seniors/caregivers
themselves

English, Spanish, and Korean
sessions



Listening Session Themes

Abuse in Later Life

Accessibility

Aging in Place

Caregiver Support

Education/Awareness at all Levels

Finances/Income-Related

Healthcare

Housing

Legal Assistance

Stereotypes of Aging

System/Organizational Barriers

Workforce Retention/Expansion





Opportunities

Education & Training

Virginians want and need investments in education and training for both the workforce and the general public.

Outreach & Marketing

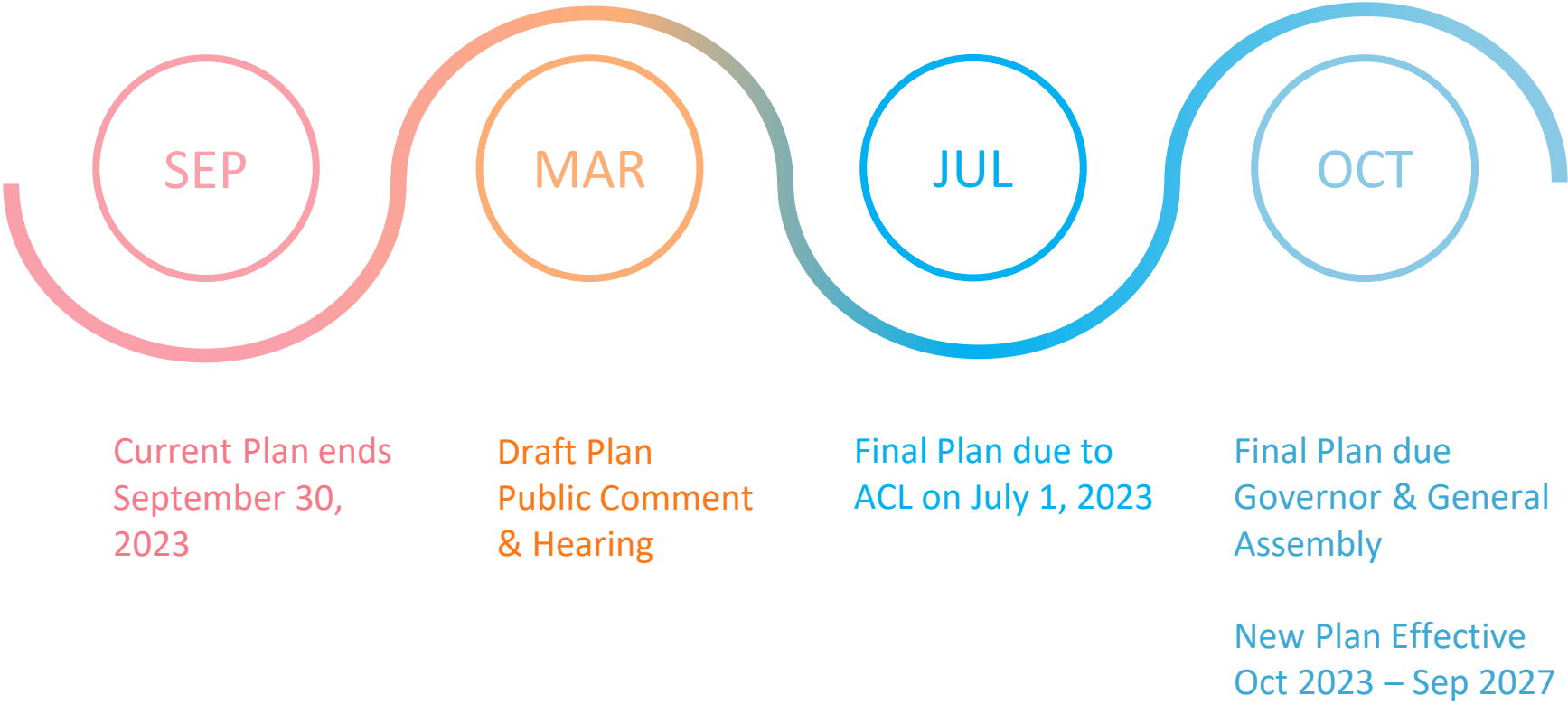
Older adults (and their caregivers) can benefit from increased awareness of services and supports.



Next Steps

Timeline for Final Development and Implementation

Plan Development Timeline





QUESTIONS?

FOR ADDITIONAL INFORMATION ON THE STATE PLAN:

[HTTPS://VDA.VIRGINIA.GOV/STATEPLANS.HTM](https://vda.virginia.gov/stateplans.htm)

Charlotte Arbogast

Virginia Department for Aging and Rehabilitative Services

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phone: (804) 662-7093

email: charlotte.arbogast@dars.virginia.gov



VIRGINIA DEPARTMENT FOR AGING
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Thank you for joining us today!



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College of Health Professions



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