

October 2024

ElderLink

Options for Caregiving

ElderLink is a non-profit partnership program between Inova and the
Fairfax Area Agency on Aging.



Our Mission

- To coordinate the care of older adults maximizing independence and safety in the home.
- To support family caregivers in their caregiving role and assist them in maintaining their own health and well-being.



Program Highlights

Caregiver Support

- Support/guidance in problem solving

Care Coordination

- Individual in home assessment & service coordination

Bathing and Respite Program

- Temporary relief for family caregivers, assistance with personal care

Health & Wellness Program

- Education/care coordination promoting self advocacy & independence

Caregiver Support Services

Caregiver Consultations

- Provides support and guidance for caregivers of older adults
- Up to 1-hour Caregiver Consultation
- Consultations provided via phone or in-person
- Free/No income requirements

ElderLink Intake Line: 703-324-5374



Virtual Support Call for Caregivers of Older Adults

- Provides a convenient, safe space for caregivers to learn, share, and connect with one another
 - Focuses on a different topic of interest each month
- Scheduled 2nd Tuesday of each month from 7:00-8:00PM
 - Free/offered via Microsoft Teams
 - Registration required: www.tinyurl.com/CaregiverTSG or (703) 324-5374



ElderLink Virtual Support Call for Family Caregivers of Older Adults

Are you caring for an older adult (60+) (such as a parent or spouse), or a person over the age of 18 with a disability? These free caregiver support calls provide a convenient, safe space for caregivers to learn, discuss, and connect with one another.

Location: Your Computer or Phone
Sessions will be held via Microsoft Teams.

TO REGISTER, CALL THE ELDERLINK INTAKE LINE, **703-324-5374** OR VISIT www.tinyurl.com/CaregiverTSG.

The flyer features a teal header with the title, a white body with a wavy orange border, and a teal footer with registration information. A background image shows an older person's hands being held by a caregiver.

Caregiver Training – Caring for You, Caring for Me

- 5-week workshop series for caregivers
- Structured curriculum offers education and support
 - Focused on advocacy and care for caregiver and care receiver
 - Not disease/condition specific
 - Improves caregiver's confidence and competence in caregiving role and increased knowledge of resources
- Workshops offered in-person and virtually
- Free/No income requirements
- To register: www.tinyurl.com/CFYCFM4U



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CARTER CAREGIVERS
INSTITUTE 

Care Coordination Services

Care Coordination/Case Management

- Provides a comprehensive assessment, evaluating the various aspects of the individual's living situation
- Development of an individualized Plan of Care
 - Assistance with acquiring services, as needed
 - Monitoring of services and changes in the care needs of the client
 - Offers consultation/support to family caregivers, as needed
- Rates/Co-Pays
 - Affordable fee for service, monthly charge

Bathing & Respite Services

Bathing Program

- **Provides task based personal care support**
- **Functional and Financial Requirements apply**
- **Max Authorization of Services**
 - 2 baths per week
 - If no able-bodied caregiver, possibility for light housekeeping and laundry support
- **Fee for Service Based on Sliding Fee Scale**

Respite Program

Respite Program Mission:

- Provides a **temporary break** to the **primary caregiver** whose **loved one who would be considered unsafe if left alone** due to:
 - Confusion
 - Memory loss
- and/or
- High degree of physical dependency.

Traditional Respite

- **Functional and Financial Requirements apply**
- **Caregiver Requirements:**
 - Client must have a full-time, unemployed caregiver
- **Max Authorizations:** 6 hours per week (additional grant hours based on availability of funding)
- **Fee for Service based on Sliding Fee Scale**

Volunteer Respite

- **Functional Requirements apply**
- **Caregiver Requirements:**
 - Client must have caregiver in the home, but may be working
- **Max Authorizations:** 6 hours per month (companionship and supervision only, no personal care support)
- **No Fee for Service**

Health & Wellness Workshops

Chronic Disease Self-Management – *Education*

“You Can! Live Well, Virginia!”

- A 6-week workshop series promoting action planning for healthy well-being and self-management of one's chronic disease
- Class Offerings:
 - Chronic Disease Self-Management: <https://tinyurl.com/CDSMP123>
 - Diabetes Self-Management: www.tinyurl.com/DSMP123
 - Chronic Pain Self-Management: www.tinyurl.com/CPSMP123
- Evidence-based model developed by Stanford University
- Compliments medical education for managing a chronic condition(s)
- Free/No income requirements
- Workshops offered in-person and virtually

Fall Prevention – *Education*

A Matter of Balance

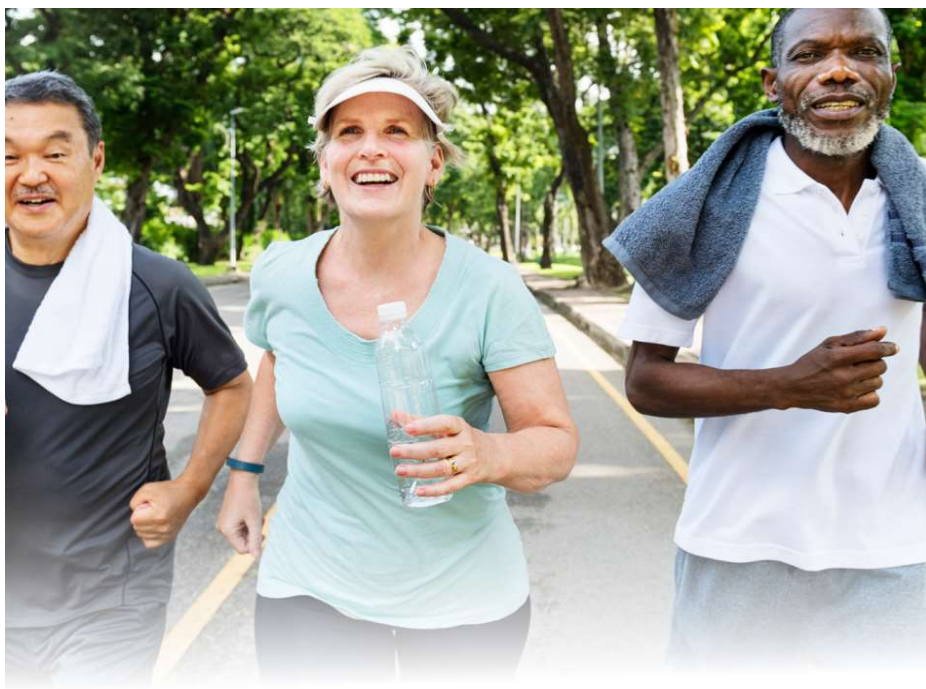
- Evidence-based fall prevention intervention
- 8 weeks of interactive programming designed to:
 - Reduce fear of falling
 - Increase activity level for individuals who have concerns about falling
- Workshops offer:
 - Evaluation of risks to independence
 - Exercise to increase strength and balance
- Workshops offered in-person and virtually
- Free/No income requirements



To register: <https://tinyurl.com/AMOB123>

Fall Prevention – *Education*

A Walk with Ease (WWE)



- Evidence-based fall prevention program developed by the Arthritis Foundation
- 6 weeks of interactive programming designed to:
 - Teach program participants how to safely make physical activity part of daily life
- While walking is the central activity, WWE is a multi-component program that includes:
 - Health education
 - Stretching
 - Strengthening exercises
 - Motivational strategies
- Self-paced program
- Free/No income requirements
- Sessions held virtually

To register: <https://tinyurl.com/ElderLinkWWE>

Fall Prevention – *Education*

Bingocize

- Evidence-based fall prevention program developed by Western Kentucky University
- 10 weeks of interactive programming designed to:
 - Improve and/or maintain mobility and independence
 - Learn and use health information focused on falls reduction
 - Enjoy social engagement
- Sessions are 1-hour in length, held 2x/week
- Workshops offered in-person
- Free/No income requirements



Bingo + Gentle Exercises = BINGOCIZE®


To register: <https://tinyurl.com/Bingocize123>

Exploring the Dimensions of Aging

Caregiver Training – Exploring the Dimensions of Aging

- *NEW* Pilot Project serving Professional & Family Caregivers
- An immersive training platform allows participants to “see through the eyes” of those facing challenges to their well-being
- 75-min virtual sessions facilitated by ElderLink on the following topics:
 - Social Isolation
 - Elder Safety & Well-Being
 - Parkinson’s Disease & Lewy Body Dementia
- Program Goal:
 - Gaining increased insight and empathy to caring for older adults
- Provision of license to engage in additional self-paced learning opportunities

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Exploring the Dimensions of Aging

Join us for a Virtual Training Session for Professional and Family Caregivers.

Through use of an immersive training platform, Embodied Labs, you will **“see through the eyes” of older adults who are facing real-life challenges to their well-being.** Engage in a unique experience to gain greater perspective and insight into working with older adults and caregivers, and help to promote greater empathy, inclusivity, and equity to all. Following the training, participants will receive a license to access the Embodied Labs platform on-demand, providing the opportunity for continued learning.

THE DIMA LAB Lewy Body Dementia & Parkinson's Disease	ELDER SAFETY & WELL-BEING LAB Preserving Physical & Psychological Health	THE FRANK LAB Social Isolation
Participants will learn about the early signs and progression of Lewy Body Dementia and important considerations for promoting independence, preserving dignity, and offering culturally competent care.	Participants will learn to effectively navigate challenges related to Caregiver Burnout, Intervention and De-escalation, and Trauma-Informed Care.	Participants will learn the negative consequences that social isolation may have on an older adult and the importance of community connection that supports engagement and independence.

Thank you!

Contact Us!

To inquire about ElderLink programs please contact:

ElderLink's Intake Line: 703-324-5374

To learn more about ElderLink and for online class registration please visit:

ElderLink's Websites:

<https://www.inova.org/about-inova/inova-your-community/community-access-care/elderlink>

<https://www.fairfaxcounty.gov/familyservices/older-adults/elderlink>

