



FAIRFAX COUNTY DEPARTMENT OF  
**FAMILY SERVICES**

# Aging Well!

A resource guide for  
older adults, people with  
disabilities, and family caregivers



For information on services,  
recreation and community  
engagement opportunities, call  
**703-324-7948, TTY 711**

Monday–Friday,  
8 a.m. to 4:30 p.m.





FAIRFAX COUNTY DEPARTMENT OF  
**FAMILY SERVICES**

**Fairfax County Department of Family Services**

# **Aging Well!**

**Resource Guide**



## Fairfax County Department of Family Services

# Aging Well!

## Resource Guide

**Welcome to the Aging Well! Resource Guide.** This book provides information on services, programs, recreational activities, educational opportunities, and community engagement activities for older adults, people with disabilities and caregivers.

We encourage you to contact us for assistance:

### ***Aging, Disability and Caregiver Resources Line***

**703-324-7948**, TTY 711

Monday-Friday, 8 a.m. to 4:30 p.m.

Experienced social workers answer calls, listen to your questions and concerns, and then help you find appropriate resources.

Interpretation services are available.

### **Finding Information on the Fairfax County Website:**

Detailed information about county services and other resources is available on the website, [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults). Scroll down to **A-Z Services**.

Many resources are listed on the left-hand side of the web page under **Department Resources**.

Check out **Hot Topics** on the website for up-to-date information on wellness and engagement events.

These include programs on Medicare 101, falls prevention, caregiver support, avoiding scams and much more.

Translation of the Fairfax County website is available. Go to the upper right-hand corner of the website and click on the flags and/or word **"Translate."**

### **Request Presentation and Information**

If your organization would like a presentation about services for older adults, people with disabilities, or caregivers or you would like us to participate in a services fair, go to [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Speakers' Bureau. We will make every effort to accommodate your request.

## **Get the Latest News and Information**

Sign up to receive our newsletters, follow us on social media, and watch Mature Living on Channel 16 for coverage of news, issues, events and opportunities:

**Subscribe to the Golden Gazette**, a free monthly community newsletter that covers a variety of topics and community news concerning older adults and caregivers in Fairfax County.

*[www.fairfaxcounty.gov/familyservices/older-adults/golden-gazette](http://www.fairfaxcounty.gov/familyservices/older-adults/golden-gazette)*

**Sign up to receive Access Fairfax**, an e-newsletter for news and resources for people with disabilities.

**Subscribe to The Update**, an e-newsletter for news from the Long-Term Care Ombudsman Program.

**Follow us on Facebook Fairfax 50+** to hear about events, webinars, and resources for older adults.

*[www.facebook.com/FairfaxCounty50](http://www.facebook.com/FairfaxCounty50)*

**Follow Volunteer Solutions on Facebook** to find opportunities to improve the lives of older adults, adults with disabilities, and family caregivers in our community.

*[www.facebook.com/fairfaxcountyvolunteersolutions](http://www.facebook.com/fairfaxcountyvolunteersolutions)*

**Check out the Fairfax 50+ Podcasts Library** for casual conversation with county residents and staff on a wide range of issues. Past shows have explored local theater, Parkinson's Support groups, Medicare 101, downsizing, falls prevention, senior softball, memoir writing, yoga and genealogy.

*[www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults)—select *Fairfax 50+Podcasts Library**

**Watch Fairfax Channel 16** which provides live streaming of Fairfax County government meetings as well as award winning programs about the community, including **Mature Living**, a program of special interest to mature residents. Past programs have focused on older adult involvement in the arts, competitive sports, and volunteering. Programs also provide in-depth coverage of issues such as falls prevention, mindfulness and downsizing. For broadcast times or to watch online, go to:

*[www.fairfaxcounty.gov/cableconsumer/channel-16/fairfax-county-government-television](http://www.fairfaxcounty.gov/cableconsumer/channel-16/fairfax-county-government-television)*

# Fairfax County Department of Family Services

## Aging Well! Resource Guide

### CONTENTS

---

Adult Protective Services and Domestic and Sexual Violence Services . . . . .	6
Community Engagement and Advocacy. . . . .	6
Consumer Protection and Fraud. . . . .	8
Disability Rights and Resources . . . . .	9
Education and Recreation . . . . .	10
Emergencies and Emergency Preparedness. . . . .	13
Employment and Financial Assistance . . . . .	13
Family Caregiver Resources. . . . .	15
Health Resources . . . . .	17
Housing and Home Repair . . . . .	19
Transportation . . . . .	20
Volunteer Opportunities . . . . .	22

# ADULT PROTECTIVE SERVICES AND DOMESTIC AND SEXUAL VIOLENCE SERVICES

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*Fairfax County receives and investigates reports of abuse, neglect or exploitation of adults and children, including reports of adults “at risk” of abuse, neglect or exploitation. The resources listed are available to you, your family members, and friends who need help.*

## **Fairfax County Adult Protective Services**

Investigates reports of abuse, neglect and exploitation of adults 60+ and younger, incapacitated adults.

[www.fairfaxcounty.gov/familyservices/older-adults/adult-protective-services](http://www.fairfaxcounty.gov/familyservices/older-adults/adult-protective-services)

**703-324-7450**, TTY 711 (24-hour reporting line)

## **Fairfax County Domestic and Sexual Violence Services**

Provides crisis support, information and referral, options counseling and planning.

[www.fairfaxcounty.gov/familyservices/domestic-sexual-violence](http://www.fairfaxcounty.gov/familyservices/domestic-sexual-violence)

**703-360-7273**, TTY 711 (24-hour hotline/helpline)

# COMMUNITY ENGAGEMENT AND ADVOCACY

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*There are many ways to be engaged and advocate on behalf of older adults, family caregivers and people with disabilities.*

## **Fairfax Area Commission on Aging**

Twelve volunteers appointed by elected officials of Fairfax County, City of Falls Church and the City of Fairfax advocate for the needs of older adults and to enrich the community.

[www.fairfaxcounty.gov/familyservices/older-adults/fairfax-area-commission-on-aging](http://www.fairfaxcounty.gov/familyservices/older-adults/fairfax-area-commission-on-aging)

**703-324-5403**, TTY 711

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## **Fairfax County Boards, Authorities and Commissions**

Fairfax County believes that resident participation in local government is essential and provides opportunities to participate on a wide variety of boards, authorities and commissions.

[www.fairfaxcounty.gov/bacs](http://www.fairfaxcounty.gov/bacs)

**703-324-3151**, TTY 711

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## **Fairfax Area Disability Services Board**

Fifteen volunteers appointed by elected officials of Fairfax County, City of Falls Church, and the City of Fairfax represent and advocate for people with physical and sensory disabilities.

[www.fairfaxcounty.gov/familyservices/disabilities/fairfax-area-disability-services-board](http://www.fairfaxcounty.gov/familyservices/disabilities/fairfax-area-disability-services-board)

**703-324-7948**, TTY 711

## **Fairfax County 50+ Community Ambassadors**

Ambassadors meet quarterly to learn about resources for older adults and share with people in their existing social circles (friends, family, neighbors, faith communities, home-owner associations, neighborhood networks, clubs, etc.).

[www.fairfaxcounty.gov](http://www.fairfaxcounty.gov) and search “Volunteer Solutions”

**703-324-5406**, TTY 711



### **Fairfax County Long Term Care Coordinating Council**

Works to provide a foundation for Fairfax area residents to remain in their own community as they age or live with their disability and participate in community life to the fullest.

[www.fairfaxcounty.gov/neighborhood-community-services/long-term-care](http://www.fairfaxcounty.gov/neighborhood-community-services/long-term-care)

**703-246-8456**, TTY 711

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### **Fairfax County Office of Elections**

Find information on upcoming elections, voter registration, absentee voting, polling places, disability access, and working at the polls.

[www.fairfaxcounty.gov/elections](http://www.fairfaxcounty.gov/elections)

**703-222-0776**, TTY 711

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### **Fairfax County Senior Center Advisory Councils**

The councils represent the centers and the community in planning programs, activities and events that fulfill the needs and interests of the Senior Center membership.

[www.fairfaxcounty.gov/neighborhood-community-services/senior-centers/advisory-councils](http://www.fairfaxcounty.gov/neighborhood-community-services/senior-centers/advisory-councils)

**703-324-4600**, TTY 711

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### **American Association of Retired Persons (AARP)**

AARP offers news and information that address the needs and interests of older adults.

[www.aarp.org](http://www.aarp.org)

**888-687-2277**

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### **Boat People SOS**

Provides leadership, direct services, wellness activities, and emergency services to the Vietnamese community.

[www.bpsos.org](http://www.bpsos.org)

**703-538-2190**

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### **Fairfax Bar Lawyer Referral and Information Service**

Helps clients find and obtain legal representation.

[www.fairfaxbar.org](http://www.fairfaxbar.org)

**703-246-2740**

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### **Jewish Social Services Agency of Northern Virginia**

Provides senior services, care coordination and workshops.

[www.jssa.org](http://www.jssa.org)

**703-896-7918**

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### **Korean Community Service Center**

Provides service information and social services to the community.

[www.kcscgw.org](http://www.kcscgw.org)

**703-354-6345**

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### **Legal Services of Northern Virginia**

Offers legal services to people 60+. Targets those with the greatest economic or social need.

[www.lsnv.org](http://www.lsnv.org)

**703-778-6800**

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### **Northern Virginia Family Service**

Provides social services to help individuals achieve self-sufficiency.

[www.nvfs.org](http://www.nvfs.org)

**571-748-2500**

**571-748-2800** Multicultural Services in Falls Church

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### **Northern Virginia Long-Term Care Ombudsman Program**

Provides information and education about long-term care issues. Assists residents and consumers to advocate for their rights to ensure quality of care and quality of life in both assisted living and nursing facilities in the following jurisdictions: Arlington County, City of Alexandria, Fairfax County, and Loudoun County.

[www.fairfaxcounty.gov/ltcOmbudsman](http://www.fairfaxcounty.gov/ltcOmbudsman)  
**703-324-5861**, TTY 711

### **Northern Virginia Mediation Service**

Offers conflict management and mediation service as an alternative for resolving business, family, legal and interpersonal disputes.

[www.nvms.us](http://www.nvms.us)  
**703-865-7272**

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### **Statewide Senior Legal Helpline**

Toll-free line offers legal assistance and advice to Virginians 60+. Topics include long-term care, public benefits, guardianship and alternatives, age discrimination, financial exploitation, abuse and neglect, and limited consumer issues.

[www.valegalaid.org/issues/elder-law](http://www.valegalaid.org/issues/elder-law)  
**844-802-5910**

## **CONSUMER PROTECTION AND FRAUD**

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*Learn more about how to avoid becoming a victim of a scam or fraud.*

### **Fairfax County Department of Cable and Consumer Services, Consumer Affairs Branch**

Provides consumer information and seminars as well as advice on avoiding scams. Mediates and investigates consumer complaints against Fairfax businesses.

[www.fairfaxcounty.gov/cableconsumer](http://www.fairfaxcounty.gov/cableconsumer)  
**703-222-8435**, TTY 711

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### **Fairfax County's Virginia Insurance Counseling & Assistance Program-VICAP**

Provides individual counseling on Medicare and other health insurance issues. Also provides Medicare 101 presentations county-wide. Find the schedule on the web page.

[www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults)—select Insurance Counseling-VICAP  
**703-324-5851**, TTY 711

### **Fairfax County's Silver Shield Anti-Scam Campaign**

Shares critical information to help older adults avoid being scammed and provides community presentations upon request.

[www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults)—select Scams—Silver Shield Anti-Scam Campaign  
Email: [silvershield@fairfaxcounty.gov](mailto:silvershield@fairfaxcounty.gov)

**703-691-2131**, TTY 711 to report a scam to Fairfax County Police Non-Emergency

# DISABILITY RIGHTS AND RESOURCES

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*Fairfax County is committed to promoting the inclusion and independence of people with disabilities so that people of all abilities can fully participate in our community. We collaborate with local non-profits on initiatives that improve the lives and working conditions of individuals with disabilities. We provide support to the Fairfax Area-Disability Services Board who represent and advocate for people with physical and sensory disabilities.*

## **Fairfax County Disability Rights and Resources**

Provides technical and referral assistance to programs and services and technical guidance on various disability-related laws, such as the Americans with Disabilities Act (ADA) and the Federal Fair Housing Act (FHA).

[www.fairfaxcounty.gov/familyservices/disabilities](http://www.fairfaxcounty.gov/familyservices/disabilities)

**703-324-7948**, TTY 711

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## **Fairfax-Falls Church Community Services Board (CSB)**

Provides services for people with mental illness, substance use disorders and intellectual/developmental disabilities.

[www.fairfaxcounty.gov/community-services-board](http://www.fairfaxcounty.gov/community-services-board)

**703-383-8500**, TTY 711

**703-324-4400**, TTY 711 For intellectual/disabilities services

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## **Fairfax County Human Rights and Equity Programs**

Investigates discrimination on the basis of race, color, religion, sex, sexual orientation, gender identity, marital status, pregnancy, childbirth or related medical conditions including lactation, age, disability, status as a veteran, or national origin in employment, housing, public accommodations, private education or credit.

[www.fairfaxcounty.gov/humanrights](http://www.fairfaxcounty.gov/humanrights)

**703-324-2953**, TTY 711

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## **Fairfax County Police**

Enforces the law that prohibits unauthorized parking in public spaces reserved for people with disabilities.

[www.fairfaxcounty.gov/police](http://www.fairfaxcounty.gov/police)

**703-691-2131**, TTY 711 (Non-Emergency)

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## **Fairfax County Public Library Access Services**

Provides opportunities to learn about assistive technology and equipment and books in alternative formats to people with vision impairments. Includes the Talking Books Program. Delivers books to readers who cannot visit a local library.

[www.fairfaxcounty.gov/library/branches/access-services](http://www.fairfaxcounty.gov/library/branches/access-services)

**703-324-8380**, TTY 703-324-8365

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## **Brain Injury Services**

Helps children and adults with brain injuries build skills and the confidence they need to lead fulfilling and productive lives.

[www.braininjurysvcs.org](http://www.braininjurysvcs.org)

**703-451-8881**

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## **Department of Motor Vehicles**

Provides parking tags for people with disabilities.

[www.dmv.virginia.gov](http://www.dmv.virginia.gov)

**804-497-7100**, TTY 1-800-828-1120

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### **disAbilityNavigator**

Provides a web resource directory specifically for adults with disabilities and their families.

[www.disabilitynavigator.org](http://www.disabilitynavigator.org)

**866-393-0957**

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### **ENDependence Center of Northern Virginia**

Advocates and provides resources for people with disabilities.

[www.ecnv.org](http://www.ecnv.org)

**703-525-3268**, TTY 703-525-3553

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### **National Library Service for the Blind and Print Disabled**

A free library of braille and audio materials.

[www.loc.gov/nls](http://www.loc.gov/nls)

**202-707-5100**

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### **Northern Virginia Resource Center for Deaf and Hard of Hearing Persons**

Empowers deaf and hard of hearing persons and their families through education, advocacy and community involvement. Provides services to businesses as well.

[www.nvrc.org](http://www.nvrc.org)

**703-352-9055**, office videophone 571-350-8656, TTY 703-352-9056

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### **VeteransNavigator**

Statewide search engine of resources for veterans.

[www.veteransnavigator.org](http://www.veteransnavigator.org)

**866-393-0957**

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### **Virginia Assistive Technology System**

State program that increases awareness of assistive technology products, funding options and resources.

[www.vats.org](http://www.vats.org)

**804-662-9990**, TTY 800-464-9950

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### **Virginia Department for the Blind and Vision Impaired**

Provides assistive technology consultation.

[www.vdbvi.org](http://www.vdbvi.org)

**1-800-622-2155** or **804-371-3140**

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### **Virginia Department for Aging and Rehabilitative Services**

State agency that provides employment services for people with disabilities, community-based services and assistive technology services. Also processes claims for Social Security Disability.

[www.vadars.org](http://www.vadars.org)

**1-800-552-5019** or **804-662-7000**, videophone 804-325-1316

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## **EDUCATION AND RECREATION**

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*Take advantage of the wide variety of learning and recreational opportunities available in the Fairfax area. Each program has its own registration process and schedule.*

### **Fairfax County Park Authority**

Participate in performing arts, fitness, wellness, fine arts, crafts, dance, floral design, trips and more.

[www.fairfaxcounty.gov/parks](http://www.fairfaxcounty.gov/parks)

**703-324-8700**, TTY 711

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### **Fairfax County Senior Centers and Center without Walls**

Centers offer classes and recreational activities in the arts such as music, dance, drawing, painting, woodworking, poetry, crocheting, quilting and more. Congregate meals are available.

[www.fairfaxcounty.gov/neighborhood-community-services/senior-centers](http://www.fairfaxcounty.gov/neighborhood-community-services/senior-centers)

**703-324-4600**

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### **Fairfax County Public Library**

Events and classes on a wide range of subjects offered both in person and virtually. Use your library card to access online resources including Consumer Reports, Mango Languages and LinkedIn Learning for courses on computer programs, photography, design and more.

[www.fairfaxcounty.gov/library/](http://www.fairfaxcounty.gov/library/)

**703-324-3100, TTY 711**

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### **Fairfax County Virtual Center for Active Adults**

Live interactive virtual classes and programs offered 5 days a week to help older adults and adults with disabilities in Northern Virginia connect with peers, engage in a variety of activities and discover useful resources all without needing to leave the house. Pre-recorded fitness classes and other activities are also available. Visit website for the weekly schedule of classes and activities.

[www.fairfaxcounty.gov/neighborhood-community-services/virtual-center-active-adults](http://www.fairfaxcounty.gov/neighborhood-community-services/virtual-center-active-adults)

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### **Fairfax County Public Schools Adult & Community Education**

Classes on career readiness, adult English for Speakers of Other Languages (ESOL), computers, languages, photography, culinary arts, caregiving, fine arts, and crafts and more.

[aceclasses.fcps.edu](http://aceclasses.fcps.edu)

**703-658-1201**

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### **ARTSFAIRFAX**

ARTSFAIRFAX is the voice of the arts, dedicated to fostering and promoting arts in the Fairfax County community.

[www.artsfairfax.org](http://www.artsfairfax.org)

**703-642-0862**

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### **AAA Safe Driving Program**

Offers refresher courses and information on reducing driving risks.

[cluballiance.aaa.com/traffic-safety/senior-driving](http://cluballiance.aaa.com/traffic-safety/senior-driving)

**1-877-476-1254**

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### **AARP Driver Safety Program**

Teaches a refresher course in driving skills.

[www.aarp.org/driversafety](http://www.aarp.org/driversafety)

Toll free **888-227-7669**

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### **CarFit**

Program helps drivers ensure their vehicle “fits” for maximum comfort and safety. This includes adjustments to mirrors, head rests, seat position, etc.

[www.car-fit.org/](http://www.car-fit.org/)

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### **Central Senior Center, Centreville**

Provides healthy and active aging programs for older Korean speakers residing in Northern Virginia. Programs include classes, art, music, exercise and culturally supportive services. Korean Congregate meal provided for lunch to participants.

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

**703-303-4556**

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**City of Fairfax Parks and Recreation Department**

Offers recreation, special events and cultural arts, in addition to The Young at Heart Senior Center.

[www.fairfaxva.gov/parksrec](http://www.fairfaxva.gov/parksrec)

**703-385-7858**

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**City of Falls Church Recreation & Parks Department**

Offers activities, classes and special events throughout the year.

[www.fallschurchva.gov](http://www.fallschurchva.gov)

**703-248-5077**

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**Encore Creativity - Chorale and Encore Rock**

Provides adults 55+ with the opportunity to sing, receive voice instruction and perform at local concerts.

[www.encorecreativity.org](http://www.encorecreativity.org)

**301-261-5747**

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**Jewish Community Center of Northern Virginia/Adult Learning Institute**

Classes on arts and entertainment, history, literature, Israel, Jewish history and culture, and more.

[www.jccnv.org/adult-services/adult-learning-institute-ali/](http://www.jccnv.org/adult-services/adult-learning-institute-ali/)

**703-323-0880 or 703-537-3068**

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**Lifetime Learning Institute of Northern Virginia**

Provides classes and workshops, informal special interest groups, regional day and overnight trips, U.S. and overseas study-travel program, monthly speaker forums, social events and the opportunity to make new friendships.

[www.llinova.org/](http://www.llinova.org/)

**703-323-3746**

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**McLean Community Center**

Offers a wide range of classes, lectures, study tours, camps, art exhibits, theatre performances and specialty events. Check out the special 50+ program.

[www.mcleancenter.org/](http://www.mcleancenter.org/)

**703-790-0123, TTY 711**

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**MyCarDoesWhat Driver Safety Program**

Program helps educate drivers on new vehicle safety technologies designed to help prevent crashes.

[www.mycardoeswhat.org/](http://www.mycardoeswhat.org/)

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**Osher Lifelong Learning Institute at George Mason University (OLLI/GMU)**

Offers hundreds of stimulating educational, social and cultural courses and events each year on topics of interest to adults 50+. Members participate in program organization. One fee pays for a full-year membership. Classes take place in Fairfax, Reston and Sterling and virtually.

[www.lli.gmu.edu/](http://www.lli.gmu.edu/)

**703-503-3384**

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**Reston Community Center**

Offers a wide range of classes, theatre, art exhibits, trips, and events. Check out the 55+ programming.

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

**703-476-4500**

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**Road Scholar**

Offers educational tours in 50 states and 150 countries.

[www.roadscholar.org](http://www.roadscholar.org)

Toll free: **1-800-454-5768**

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## Shepherd's Centers

These Shepherd's Centers provide learning opportunities in addition to services:

### Fairfax-Burke

[www.scfbva.org](http://www.scfbva.org)

**703-323-4788**

### Northern Virginia: Oakton-Vienna-Reston-Herndon-Great Falls

[www.scnova.org/](http://www.scnova.org/)

**703-281-0538**

## Virginia GrandDriver

Find safety tips for older drivers, signs that your ability or a family member's ability to drive safely is changing, and an online test to help assess your driving ability.

[www.granddriver.net/](http://www.granddriver.net/)

**1-800-552-3402**

## EMERGENCIES AND EMERGENCY PREPAREDNESS

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*Be prepared in case of an emergency. Know who to call, where to go, and what to do.*

### Fairfax County Department of Emergency Management and Security

Find out how to prepare for emergencies and what to do in case of an emergency.

[www.fairfaxcounty.gov/emergencymanagement](http://www.fairfaxcounty.gov/emergencymanagement)

Police, Fire, Ambulance, **9-1-1**, TTY 911 or Text to 9-1-1.

Public Safety Non-Emergency, **703-691-2131** (this number is also the TTY)

Fairfax County Emergency Information Line, **703-817-7771**

Poison Control, **1-800-222-1222**

Roads, VDOT (Virginia Department of Transportation), **1-800-367-7623**

Fairfax County Main Phone Number, **703-FAIRFAX (703-324-7329)**

Weather—National Weather Service update: [www.weather.gov](http://www.weather.gov)

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### Fairfax Alerts

Sign up for public safety, transportation and other county alerts.

[www.fairfaxcounty.gov/alerts](http://www.fairfaxcounty.gov/alerts)

## EMPLOYMENT AND FINANCIAL ASSISTANCE

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*Employment, training, and financial assistance resources for older adults and people with disabilities.*

### Fairfax County Department of Family Services Public Assistance and Employment Services

Food stamps (SNAP), Medicaid, emergency assistance, fuel assistance and employment assistance for individuals and families. Apply online:

[www.fairfaxcounty.gov/familyservices/financial-and-medical](http://www.fairfaxcounty.gov/familyservices/financial-and-medical)

**703-324-7500**, TTY 711

### Fairfax County Department of Tax Administration

Provides information on taxes and tax relief for older adults and people with disabilities.

[www.fairfaxcounty.gov/taxes](http://www.fairfaxcounty.gov/taxes)

**703-222-8234**, TTY 711



### **Fairfax County Government Employment**

Apply for a job with Fairfax County Government. Serve your community as a public servant in many ways.

[www.fairfaxcounty.gov/topics/jobs](http://www.fairfaxcounty.gov/topics/jobs)

**703-324-3311**, TTY 703-222-7314

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### **Fairfax County Employment Resource Centers**

Known locally as Virginia Career Works, these sites offer free job training and resources.

[www.fairfaxcounty.gov/familyservices/employment-and-training](http://www.fairfaxcounty.gov/familyservices/employment-and-training)

Alexandria, **571-327-2206**

Annandale, **703-533-5400**

Fairfax, **703-324-7280**

(for public assistance recipients only—VIEW/TANF)

Reston County, **703-787-4974**

South County, **703-704-6286**

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### **Fairfax County Volunteer Income Tax Assistance Program (VITA)**

Helps county residents file their income tax. January through April only.

[www.fairfaxcounty.gov/](http://www.fairfaxcounty.gov/) and search "Tax Assistance"

**703-533-5702** (leave a message) or 703-533-5400, TTY 711

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### **AARP Tax-Aide Program**

Helps low- to middle-income taxpayers with special attention to those age 60 and over.

[www.aarp.org/money/taxaide](http://www.aarp.org/money/taxaide)

**888-227-7669**

### **National Council on Aging Benefits Check-Up**

Webpage helps determine eligibility for government benefits.

[www.benefitscheckup.org](http://www.benefitscheckup.org)

**1-888-268-6706** (Benefits Check-Up)

**571-527-3900** (National Council on Aging)

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### **Older Workers Program/ National Council on Aging**

Provides training and a path to work for eligible 55+ older adults.

[www.ncoa.org](http://www.ncoa.org)

**571-527-3900**

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### **Social Security Administration**

Helps you plan for your retirement, manage your benefits and view your Social Security statement.

[www.ssa.gov](http://www.ssa.gov)

**1-800-772-1213**, TTY 1-800-325-0778

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### **Virginia Employment Commission**

Provides information on jobs, training and unemployment benefits.

[www.vec.virginia.gov](http://www.vec.virginia.gov)

**703-813-1300**



## FAMILY CAREGIVER RESOURCES

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*A family caregiver can be a spouse, a partner, an adult child, any relative, friend, or neighbor who provides care and assistance to a loved one due to aging, chronic illness, or a disability. They are usually not paid for what they do. Many support and respite programs are available for caregivers.*

### **Fairfax County Adult and Aging Services**

[www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults)

Aging, Disability and Caregiver Resources Line

**703-324-7948**, TTY 711

#### **Caregiver Program**

The Caregiver Program offers educational programs including free and virtual, caregiver webinars, panels, and health and wellness workshops that can be accessed from a computer or telephone.

#### **Nutrition Program**

The Meals on Wheels program delivers nutritious meals to Fairfax area residents aged 60 and over and adults with disabilities who cannot shop or prepare their own meals or who have no one available to prepare meals. Recipients also receive case management by a county social worker.

#### **Nursing Homes and Assisted Living**

Staff can assist you or your loved one if they need to be screened to apply for Medicaid or an Auxiliary Grant, or if you have a concern about a specific long-term care resident who you believe may be the subject of abuse, neglect or exploitation.

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### **Fairfax County Adult Day Health Care Centers**

Provides a safe, affordable, active, and engaging environment for adults with disabilities (over 18) and older adults with physical and/or cognitive impairments (such as dementia) who need supervision during the day.

[www.fairfaxcounty.gov/neighborhood-community-services/adult-day-health-care](http://www.fairfaxcounty.gov/neighborhood-community-services/adult-day-health-care)

**703-435-8729**, TTY 711

### **Fairfax County Adult Services**

Offers case management and prevention services to older and vulnerable adults who require assessment and services to promote independence, wellbeing, and institutionalized placement when appropriate.

[www.fairfaxcounty.gov/familyservices/older-adults](http://www.fairfaxcounty.gov/familyservices/older-adults)

**703-324-7948**, TTY 711

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### **Fairfax Caregiver Alert Notifications**

Family caregivers can receive weekly emails, text messages, and voice communication to learn about the latest news on caregiving supportive services including workshops, webinars, case management, in-home respite, and more. Subscribe and select Area Agency on Aging/Caregiving.

[www.fairfaxcounty.gov/alerts](http://www.fairfaxcounty.gov/alerts)

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### **Fairfax County Department of Family Services Kinship Resources**

Resources for those raising a child for a relative or friend.

[www.fairfaxcounty.gov/familyservices/children-youth/kinship](http://www.fairfaxcounty.gov/familyservices/children-youth/kinship)

Kinship Resource Line **703-324-4534**, TTY 711

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### **Fairfax County Child Protective Services**

If you suspect child abuse or neglect, or want advice, counseling, resources or help, call to speak to someone.

[www.fairfaxcounty.gov/familyservices/children-youth/report-child-abuse](http://www.fairfaxcounty.gov/familyservices/children-youth/report-child-abuse)

**Hotline 703-324-7400**, TTY 711

### **Fairfax County ElderLink**

A partnership of Fairfax Area Agency on Aging and Inova Health System. Provides affordable case management services, to include assessment, care plan development and care monitoring. Respite care for eligible caregivers based on sliding fee scale. Functional and income eligibility requirements apply. Also offers options for caregiver support and health and wellness classes.

[www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) – scroll to Services, select ElderLink  
**703-324-5374**, TTY 711

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### **Fairfax County Health Department Stroke Club**

Supportive community of stroke survivors and caregivers. Group speech therapy is also offered.

[www.fairfaxcounty.gov/health/speech-hearing](http://www.fairfaxcounty.gov/health/speech-hearing)  
**703-246-7120**, TTY 711

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### **Fairfax County Home Care Registry**

Lists of private providers who have been screened for references, criminal history and tuberculosis test results.

[www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) – scroll to Services – In-Home Care, Home Care Registry  
**703-324-7948**, TTY 711

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### **CareRing**

Provides free daily calls to adults age 60+, including medication reminders, safety checks and friendly chats.

[prsinc.org/caring](http://prsinc.org/caring)  
**703-516-6769**

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### **disAbilityNavigator**

A web-based resource directory specifically for adults with disabilities and their families.

[www.disabilitynavigator.org](http://www.disabilitynavigator.org)  
**866-393-0957**

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### **Eldercare Locator**

Nation-wide resource for older adult services.

[www.eldercare.acl.gov](http://www.eldercare.acl.gov)  
**1-800-677-1116**

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### **Haven of Northern Virginia**

Emotional support for people who are bereaved, seriously ill or dying, and their families and friends. Provides education to the community about the needs of those who are grieving.

[www.havenofnova.org](http://www.havenofnova.org)  
**703-941-7000**

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### **Insight Memory Care Center**

Provides activities and services to people with Alzheimer's disease or other memory impairment as well as support and education for families, caregivers, and the community.

[www.insightmcc.org/](http://www.insightmcc.org/)  
**703-204-4664**, TTY 711

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### **SeniorNavigator**

Statewide search engine of resources for older adults and caregivers.

[www.seniornavigator.org](http://www.seniornavigator.org)  
**866-393-0957**

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### **VeteransNavigator**

Statewide search engine of resources for veterans.

[www.veteransnavigator.org](http://www.veteransnavigator.org)  
**866-393-0957**

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## Villages Network:

Program supported by neighbors volunteering to help neighbors. Volunteers provide support and access to services such as drive sharing, home repair, home care and more.

[www.fairfaxcounty.gov/neighborhood-community-services/villages](http://www.fairfaxcounty.gov/neighborhood-community-services/villages)

**703-246-8962**, TTY 711

### Fairfax Village in the City

[village@fairfaxva.gov](mailto:village@fairfaxva.gov)

**703-385-5738**

### Herndon Village Network

[www.herndonvillagenetwork.org](http://www.herndonvillagenetwork.org)

**703-375-9439**

### Lake Barcroft Village

[www.lakebarcroftvillage.org](http://www.lakebarcroftvillage.org)

**703-354-0652**

### Mount Vernon at Home Village

[www.mountvernonathome.org](http://www.mountvernonathome.org)

**703-303-4060**

### Reston for a Lifetime

[www.restonforalifetime.org](http://www.restonforalifetime.org)

### Reston Useful Services Exchange

[www.restonuse.org](http://www.restonuse.org)

**703-873-7578**

### Spring Hill Community (Lorton)

[www.springhillseniorcampus.org/](http://www.springhillseniorcampus.org/)

**703-843-7073**

### Village Drive Village

[www.villagedrivevillage.org](http://www.villagedrivevillage.org)

**571-274-5349**

## HEALTH RESOURCES

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*Health and medical organizations that provide programs and services for older adults.*

### Fairfax County Health Department

Provides clinics and Community Health Care Network for low-income residents as well as prevention information.

[www.fairfaxcounty.gov/health](http://www.fairfaxcounty.gov/health)

**703-246-2411**, TTY 711

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### Fairfax County's Virginia Insurance Counseling & Assistance Program -VICAP

Provides individual counseling on Medicare and other health insurance issues. Also provides Medicare 101 presentations county-wide. Find the schedule on the web page.

[www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults)– select Insurance Counseling-VICAP

**703-324-5851**, TTY 711

### Fairfax-Falls Church Community Services Board (CSB)

Provides services for people with mental illness, substance use disorders and intellectual/developmental disabilities.

[www.fairfaxcounty.gov/community-services-board](http://www.fairfaxcounty.gov/community-services-board)

Entry & Referral, **703-383-8500**, TTY 711

**703-324-4400**, TTY 711 For intellectual/ disabilities services

Emergency Services (answered 24/7), **703-573-5679**

Detoxification (answered 24/7), **703-502-7000**

*Note: Call 911 for a life-threatening emergency*

**Alzheimer’s Association, National Capital Area Chapter**

Provides counseling, information, education, support groups, training and government advocacy.

[www.alz.org/nca](http://www.alz.org/nca)

**1-800-272-3900** helpline

**American Cancer Society**

Provides information on cancer and support groups.

[www.cancer.org](http://www.cancer.org)

**1-800-227-2345**

**American Diabetes Association**

Provides information on preventing diabetes and supportive services for people with the disease.

[www.diabetes.org](http://www.diabetes.org)

**1-800-342-2383**

**American Heart Association**

Offers advice on building healthier lives, free of cardiovascular diseases and stroke.

[www.americanheart.org](http://www.americanheart.org)

**703-248-1700**

**American Lung Association of Northern VA**

Offers information on improving lung health and preventing lung disease.

[www.lung.org](http://www.lung.org)

**1-800-586-4872**

**Arthritis Foundation**

Offers information and tools for living with arthritis.

[www.arthritis.org](http://www.arthritis.org)

**1-800-283-7800**

**Capital Caring Health**

Provides hospice care to adults and children as well as bereavement counseling to families. Provides Primary Care at Home services to elderly individuals who are not hospice patients.

[www.capitalcaring.org](http://www.capitalcaring.org)

**1-800-869-2136** (24-hours)

**CrisisLink**

Provides immediate help to people facing serious life challenges, suicidal thoughts and emotional problems.

[prsinc.org/crisislink-hotline-textline/](http://prsinc.org/crisislink-hotline-textline/)

**1-800-273-8255**, Text “Connect” to 85511

**Inova Medical House Calls**

Program brings primary care to homebound patients age 65+.

[www.inova.org/our-services/senior-services-inova/after-your-hospital-stay/medical-house-calls](http://www.inova.org/our-services/senior-services-inova/after-your-hospital-stay/medical-house-calls)

**703-698-2431**

**Life with Cancer, Inova Fairfax**

Offers education, information and support, free of charge, to anyone affected by cancer.

[www.lifewithcancer.org](http://www.lifewithcancer.org)

**703-206-5433**

**Medicare**

[www.medicare.gov](http://www.medicare.gov)

**1-800-633-4227**, TTY 1-877-486-2048

**Parkinson’s Disease Foundation**

Supports people with Parkinson’s through educational programs, services and research.

[www.parkinson.org/](http://www.parkinson.org/)

**1-800-473-4636**

### **Parkinson Social Network**

Provides education, support and advocacy for lives touched by Parkinson's disease. Hosts Parkinson Cafes throughout the area.

[www.parkinsonsocialnetwork.org](http://www.parkinsonsocialnetwork.org)

**571-286-5000**

### **Women's Center**

Provides counseling for personal, professional, legal and financial concerns of women and their families, including domestic violence advocacy.

[www.thewomenscenter.org](http://www.thewomenscenter.org)

**703-281-2657**

## **HOUSING AND HOME REPAIR**

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*Resources to help older adults and adults with disabilities find safe and affordable housing.*

### **Fairfax County Code Enforcement Hoarding Task Force**

Provides information on addressing hoarding issues in the county and responds to resident complaints.

[www.fairfaxcounty.gov/code/hoarding](http://www.fairfaxcounty.gov/code/hoarding)

**703-324-1300**, TTY 711

### **Fairfax County Universal Design Permitting**

Assists with permitting for Universal Design modifications to your home. Universal Design can make your home fit your life at every stage and situation.

[www.fairfaxcounty.gov/familyservices/universal-design](http://www.fairfaxcounty.gov/familyservices/universal-design)

**703-324-1528**, TTY 711

### **Fairfax County Department of Housing & Community Development**

Offers safe, affordable homes for the residents of Fairfax County.

[www.fairfaxcounty.gov/housing](http://www.fairfaxcounty.gov/housing)

**703-246-5000**, TTY 711

### **City of Falls Church Department of Housing & Human Services**

Offers a range of comprehensive services that address the needs of city residents.

[www.fallschurchva.gov](http://www.fallschurchva.gov)

**703-248-5004**, TTY 711

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**Affordable Rental Properties and Programs**  
**703-246-5000** (option 2)

**Home Repair for the Elderly and Disabled  
Program**  
**703-246-5179**, TTY 711

**Fairfax County Affordable Homeownership  
Programs**  
**703-246-5087**, TTY 711

**Affordable Senior Housing**  
**703-246-5063**, TTY 711

### **Community Housing Partners**

Helps with heating and cooling weatherization problems.

[www.communityhousingpartners.org](http://www.communityhousingpartners.org)

**540-665-0200**

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### **Rebuilding Together/Arlington, Fairfax, Falls Church**

Volunteer-based program provides home repair and accessibility modifications to those in need.

[www.rebuildingtogether-aff.org](http://www.rebuildingtogether-aff.org)

**703-528-1999**

# TRANSPORTATION

*Programs and organizations that provide transportation options for older adults and adults with disabilities.*

## **Fairfax County Transportation for Older Adults**

[www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults)  
**703-324-7948**, TTY 711

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## **Fairfax County Human Services Transportation**

Fairfax County's Department of Neighborhood and Community Services provides transportation services and resources for older adults, individuals with limited income, individuals with disabilities and individuals accessing Fairfax County Human Services who need transportation assistance.

[www.fairfaxcounty.gov/neighborhood-community-services/transportation](http://www.fairfaxcounty.gov/neighborhood-community-services/transportation)  
**703-222-9764**, TTY 703-324-7079

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## **TRANSIT SYSTEMS:**

### **Fairfax Connector**

[www.fairfaxcounty.gov/connector](http://www.fairfaxcounty.gov/connector)  
**703-339-7200**, TTY 711

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### **Fairfax County Disability Paratransit Transportation: Fastran Critical Medical Care**

Fastran offers specialized transportation services for residents of Fairfax County and the Cities of Fairfax and Falls Church participating in human services agency programs.

[www.fairfaxcounty.gov/neighborhood-community-services/transportation/fastran](http://www.fairfaxcounty.gov/neighborhood-community-services/transportation/fastran)  
**703-222-9764**, TTY 703-324-7079

### **City of Fairfax Transportation - Cue Bus**

[www.fairfaxva.gov/cuebus](http://www.fairfaxva.gov/cuebus). Free to ride!  
**703-385-7859**, TTY 711

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### **MetroAccess**

[www.wmata.com/service/accessibility/metro-access](http://www.wmata.com/service/accessibility/metro-access)  
**202-637-0128** General Information  
**202-962-2700** to determine eligibility, option 5; via email at [Eligibility@wmata.com](mailto:Eligibility@wmata.com)  
**301-562-5360** to book ride. TTY 301-588-7535

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### **Metrobus/Metrorail**

[www.wmata.com](http://www.wmata.com)  
**202-637-7000**, TTY 202-962-2033

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### **Virginia Non-Emergency Medicaid Transportation**

[www.transportation.dmas.virginia.gov/](http://www.transportation.dmas.virginia.gov/)  
**1-866-386-8331** Ride Assist: 1-866-246-9979

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## **DISCOUNT TRANSPORTATION:**

### **Fairfax County Transportation Options, Programs & Services (TOPS)**

TOPS provides subsidized transportation funds on a debit card for eligible older adults, persons with disabilities, and those with limited income who are residents of Fairfax County, the City of Fairfax, or the City of Falls Church

[www.fairfaxcounty.gov/neighborhood-community-services/transportation/tops](http://www.fairfaxcounty.gov/neighborhood-community-services/transportation/tops)  
**703-222-9764**, TTY 711



**TAXI CABS:  
Information on Taxi-Cab Licensing and Regulation**

[www.fairfaxcounty.gov/cableconsumer/csd/regulation-licensing/taxicab-services](http://www.fairfaxcounty.gov/cableconsumer/csd/regulation-licensing/taxicab-services)

Four taxicab companies are authorized to operate taxicabs in Fairfax County. These are:

**Fairfax Red Top Cab**  
[www.fairfaxredtopcab.com](http://www.fairfaxredtopcab.com)  
**703-333-3333**

**Fairfax Yellow Cab**  
[www.fairfaxyellowcab.com](http://www.fairfaxyellowcab.com)  
**703-534-1111**

**Springfield Yellow Cab**  
[www.springfielddyellowcab.com](http://www.springfielddyellowcab.com)  
**703-451-2255**

**White Top Cab**  
[www.whitetopcab.com](http://www.whitetopcab.com)  
**703-644-4500**

**RIDE-SHARING SERVICES:**

**Uber**  
[Uber.com](http://Uber.com)

**Lyft**  
[Lyft.com/rider](http://Lyft.com/rider) (mobile app required)

**TRAVEL TRAINING:**

**Mobile Accessible Travel Training Bus**  
Free training to older adults on using Fairfax Connector and Metro.  
[www.fairfaxcounty.gov/neighborhood-community-services/transportation/travel-training](http://www.fairfaxcounty.gov/neighborhood-community-services/transportation/travel-training)  
**703-222-9763**, TTY 711

**Metro System Travel Training**  
Free training to people with disabilities and older adults on using Metro.  
[www.wmata.com/service/accessibility](http://www.wmata.com/service/accessibility)  
**202-962-2700** option 9, TTY 202-962-2033

**VOLUNTEER-PROVIDED RIDES TO MEDICAL APPOINTMENTS:**

**NV Rides**  
NV Rides supports a network of local nonprofit organizations that administer volunteer programs providing free or low-cost transportation to older adults.  
[www.nvrides.org](http://www.nvrides.org)  
**703-537-3071**

**Shepherd's Centers:**  
Offer free transportation for medical appointments and companion trips for adults 50 and older who live in center's service area and are ambulatory. Must apply for service.

**Annandale-Springfield**  
[www.shepherdscenter-annandale.org](http://www.shepherdscenter-annandale.org)  
**703-941-1419**

**Fairfax-Burke**  
[www.scfbva.org](http://www.scfbva.org)  
**703-323-4788**

**McLean-Arlington-Falls Church**  
[www.scmafc.org](http://www.scmafc.org)  
**703-506-2199**

**Northern Virginia, serving: Oakton-Vienna-Reston-Herndon-Great Falls**  
[www.scnova.org](http://www.scnova.org)  
**703-281-0538**

**South County**  
[www.scfbva.org/South-County-Office](http://www.scfbva.org/South-County-Office)  
Email: [scsc-transport@verizon.net](mailto:scsc-transport@verizon.net)  
**703-799-0505**

**Western Fairfax County**  
[www.scwfc.org](http://www.scwfc.org)  
**703-246-5920**

**Spring Hill Community (Lorton)**  
[www.springhillseniorcampus.org/](http://www.springhillseniorcampus.org/)  
**703-843-7073**

**Village Network:**

*(Rides for members who reside within village network only)*

**Fairfax Village in the City**  
[village@fairfaxva.gov](mailto:village@fairfaxva.gov)  
**703-385-5738**

**Herndon Village Network**  
[www.herndonvillagenetwork.org](http://www.herndonvillagenetwork.org)  
**703-375-9439**

**Lake Barcroft Village**  
[www.lakebarcroftvillage.org](http://www.lakebarcroftvillage.org)  
**703-354-0652**

**Mount Vernon at Home Village**  
[www.mountvernonathome.org](http://www.mountvernonathome.org)  
**703-303-4060**

**Reston Useful Services Exchange**  
[www.restonuse.org](http://www.restonuse.org)  
**703-873-7578**

**FOR GENERAL TRANSPORTATION INFORMATION, INCLUDING PROJECTS AND PROGRAMS:**

**Fairfax County Department of Transportation (FCDOT)**

Projects and studies; programs including bicycling and pedestrian concerns, Capital Bikeshare, commuting and ridesharing, parking, neighborhood questions.

[www.fairfaxcounty.gov/transportation](http://www.fairfaxcounty.gov/transportation)

Email: [DOTinfo@fairfaxcounty.gov](mailto:DOTinfo@fairfaxcounty.gov)

**703-877-5600**, TTY 711

**Virginia Department of Transportation (VDOT)**

Roads including pothole repair, debris removal, repaving; snow removal; signs; signals

[www.virginiadot.org](http://www.virginiadot.org);

[my.vdot.virginia.gov](http://my.vdot.virginia.gov)—Report a road problem

**1-800-FOR-ROAD** (1-800-367-7623)

## VOLUNTEER OPPORTUNITIES

*Are you looking for ways to serve your community as a volunteer? Here are local organizations and groups who would welcome your assistance.*

**Fairfax County Volunteer Solutions**

Mobilizes and connects volunteers with a variety of meaningful opportunities to improve the lives of older adults, adults with disabilities, and family caregivers. It's a program in the Adult and Aging Division of the Department of Family Services, in partnership with Neighborhood and Community Services.

[www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and select "Volunteer Solutions"

Email: [VolunteerSolutions@FairfaxCounty.gov](mailto:VolunteerSolutions@FairfaxCounty.gov)

**703-324-5406**, TTY 711

**Fairfax County Community Emergency Response Team (CERT)**

Educates people about disaster preparedness for hazards that may impact the area and trains them in basic disaster skills so that they will know what to do until help arrives. Provides free training for neighbors helping neighbors. Administered through the county fire and rescue department.

[www.fairfaxcountycert.org](http://www.fairfaxcountycert.org)

**703-246-3926**, TTY 711



### **ElderLink Respite Care Volunteers**

Volunteers give family caregivers a well-deserved break by visiting and overseeing the safety of an older adult for a few hours each month. Support and training are provided.

[www.fairfaxcounty.gov/familyservices/older-adults](http://www.fairfaxcounty.gov/familyservices/older-adults) and scroll to Services, select ElderLink

**703-324-5374**, TTY 711

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### **Northern Virginia Long-Term Care Ombudsman Program**

Volunteers make regular visits to local assisted living and nursing facilities to advocate for residents.

[www.fairfaxcounty.gov/ltombudsman](http://www.fairfaxcounty.gov/ltombudsman)

**703-324-5861**, TTY 711

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### **Fairfax Pets on Wheels**

Volunteers and their pets visit and connect with people living in nursing homes and assisted living facilities in Fairfax County.

[www.fpow.org](http://www.fpow.org)

**703-324-5424**

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### **GrandInvolve**

Recruits older adults to serve as volunteer mentors, tutors, and class assistants. Volunteers help empower elementary students and strengthen their literacy and math skills.

[www.grandinvolve.org](http://www.grandinvolve.org)

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### **Rebuilding Together/Arlington, Fairfax and Falls Church**

Volunteers make critical repairs at no charge for low-income homeowners and nonprofit organizations.

[www.rebuildingtogether-aff.org](http://www.rebuildingtogether-aff.org)

**703-528-1999**

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### **Retired Senior Volunteer Program of Northern Virginia (RSVP)**

Connects volunteers age 55+ to non-profits across the community. A program under Volunteer Fairfax.

[www.rsvpnova.org](http://www.rsvpnova.org)

**703-403-5360**

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### **Shepherd's Centers**

Volunteers help older adults continue to live independently in their own homes. They help as companion drivers, office or special event helpers, friendly callers and visitors, hand helpers, and more. See page 21 for the full list of centers.

[www.scfbva.org/](http://www.scfbva.org/)

**703-323-4788**

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### **Village Programs**

Neighbors joining together to form a volunteer group that offers support and access to services for their older neighbors.

[www.fairfaxcounty.gov/health/neighbor](http://www.fairfaxcounty.gov/health/neighbor)

**703-246-8962**, TTY 711

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### **Fairfax Village in the City**

Supports healthy aging by sharing useful information, strengthening personal connections among neighbors, and providing opportunities for social interaction.

Email: [village@fairfaxva.gov](mailto:village@fairfaxva.gov)

**703-385-5738**

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## Volunteer Opportunities in Fairfax County

Engaged residents enhance our community life as volunteers, providing one-time or ongoing service in our parks, libraries, community and senior centers, and fire stations. Volunteers serve in many roles including mentoring children and transporting/assisting older adults; preparing for and responding to natural disasters and health emergencies; keeping the environment healthy through stream and litter cleanup; and supporting democracy through election volunteering.

Find opportunities to volunteer at [volunteer.fairfaxcounty.gov](http://volunteer.fairfaxcounty.gov) or scan the QR code:



FAIRFAX COUNTY DEPARTMENT OF  
**FAMILY SERVICES**







FAIRFAX COUNTY DEPARTMENT OF  
**FAMILY SERVICES**



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