

Arlington County Resources for Caregivers

Arlington County Aging and Disability Services

2100 Washington Blvd. 4th Floor

Office: 703-228-1700

<https://aging-disability.arlingtonva.us/>



Helpful Websites for Caregivers	
Senior Navigator http://www.seniornavigator.org/	Guide to Retirement Living, 1-(800)-394-9990, www.retirement-living.com
Veterans Affairs Caregiver Support http://www.caregiver.va.gov/	Eldercare Locator www.Eldercare.gov
White House Conference on Aging, Caregivers White House Conference on Aging	National Alliance for Caregiving www.caregiving.org
Benefits Check-Up, National Council on Aging https://www.benefitscheckup.org/#/	National Association of Area Agencies on Aging https://www.n4a.org/caregivers
Caregiver Training and Education	
Programs that provide training and resources for home-based caregivers focused on care-related activities.	
Alzheimer's Association Caregiver Training 3701 Pender Drive, Suite 400 Fairfax, VA 22030 Main: (703) 359-4440 24/7 Helpline: (800) 272-3900 www.alz.org/nca	Caregiver Preparation Boomer3 Solutions, LLC P O Box 9013, Richmond, VA 23225 Main: (804) 314-9988
AARP Caregiving Resources 1-877-333-5885 (1-888-971-2013 for Spanish)	Family Caregiver Alliance 235 Montgomery St. Suite 950 San Francisco, CA 94104 Main: 800-445-8106
Caregiver Support	
Support groups, services and programs that alleviate caregiver burden.	
Alzheimer's Association Support Groups St. Andrew's 4000 Lorcom Lane, Arlington 1 st and 3 rd Thursday at 10:00am Main: (202) 723-6320	Virginia Hospital Center Support Groups Main: (703) 558-6859
Understanding Palliative Care and Hospice Care Cherrydale Nursing Home and Rehab 3710 Lee Highway Last Wednesday of the month from 5:30-6:30 Office: 703-509-9763	ALS Caregivers Only Resource Support Group George Mason Regional Library, 7001 Little River Turnpike, Annandale, VA 22003 Main: (703) 645-0084
Caregiver Support Advocacy and Resources Caregiver Action Network (CAN) 10400 Connecticut Avenue, #500 Kensington, MD 20895 Main: (301) 942-6430	Caregiver Support Elder Care Consultation Family Care of Northern Virginia 10836 Broadwater Drive, Fairfax, VA 22032 Main: (703) 591-0689

<p><u>Caregiver Support Group for Adult Children</u> Iona Senior Services 4125 Albemarle Street, NW Washington, DC 20016 Main: (202) 895-9448</p>	<p><u>National Alliance on Mental Illness</u> NAMI Northern Virginia Local classes and groups for individuals with mental health condition and their supports</p>
<p>Respite Vouchers Respite Vouchers provide financial assistance to home-based caregivers for the cost of temporary respite care. Programs may have limitations and specific eligibility requirements.</p>	
<p><u>Virginia Lifespan Respite Voucher Program</u> Department for Aging and Rehabilitative Services, Virginia Division for Aging (DARS) 1610 Forest Avenue, Suite 100 Richmond, VA 23229 Main: (804) 662-9333 Toll-Free: (800) 552-3402</p>	<p><u>Respite Care Program, MS</u> National Multiple Sclerosis Society 1800 M Street NW, Suite B50N Washington, DC 20036 Main: (202) 296-5363 Toll-Free: (800) 344-4867</p>
<p>Respite Care Temporary care provided in the home or at another location for someone needing assistance with daily living activities to allow a break for the usual care provider.</p>	
<p><u>Walter Reed Adult Day Health Program</u> Day program to support adults who need a safe and supervised environment. 2909 16th Street South Arlington VA 22204 Main: (703) 228-5340</p>	<p><u>Insight Memory Care</u> 3953 Pender Dr. #100 Fairfax, VA 22030 Main: (703) 204-4664</p>
<p><u>PACE Program</u> Coordinated healthcare program and adult day health service through Inova. 4027-B Olley Lane Fairfax, VA 22032 Main: (703) 239-5888</p>	<p><u>Medicare Home Health Compare</u> Compare home health agencies using the patient survey star ratings.</p>
<p><u>Fairfax County Home Care Registry</u> Fairfax County staff interviews private independent providers, conducts reference and background checks and updates the list each month Main: (703) 324-7948</p>	
<p>Medicaid Waiver Elderly or Disabled with Consumer Direction (EDCD) Waiver help for individuals to remain in their own home or community instead of a nursing home. Financial eligibility criteria. http://easyaccess.virginia.gov/waiver-consumerdirection.shtml</p>	

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