

# Arlington County Resources for Caregivers

Arlington County Aging and Disability Services

2100 Washington Blvd. 4<sup>th</sup> Floor

Main: 703-228-1700

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

<b>Helpful Websites for Caregivers</b>	
Senior Navigator <a href="http://www.seniornavigator.com">www.seniornavigator.com</a>	Guide to Retirement Living, 1-(800)-394-9990 <a href="http://www.retirement-living.com">www.retirement-living.com</a>
Veterans Affairs Caregiver Support <a href="http://www.caregiver.va.gov/">http://www.caregiver.va.gov/</a>	Eldercare Locator <a href="http://www.Eldercare.gov">www.Eldercare.gov</a>
White House Conference on Aging Caregiver Resources, <a href="http://www.whitehouse.gov/aging">White House Conference on Aging</a>	National Alliance for Caregiving <a href="http://www.caregiving.org">www.caregiving.org</a>
National Council on Aging, Benefits Check-Up <a href="https://www.benefitscheckup.org/#/">https://www.benefitscheckup.org/#/</a>	National Association of Area Agencies on Aging <a href="https://www.n4a.org/caregivers">https://www.n4a.org/caregivers</a>
<b>Caregiver Training and Education</b>	
Programs that provide training and resources for home-based caregivers focused on care-related activities.	
<a href="http://www.alz.org/nca">Alzheimer's Association   Caregiver Training</a> 3701 Pender Drive, Suite 400 Fairfax, VA 22030 Main: (703) 359-4440 24/7 Helpline: (800) 272-3900 <a href="http://www.alz.org/nca">www.alz.org/nca</a>	<a href="http://www.boomer3.com">Caregiver Preparation</a> Boomer3 Solutions, LLC P O Box 9013 Richmond, VA 23225 Main: (804) 314-9988
<a href="http://www.aarp.org/caregiving">AARP Caregiving Resources</a> 1-877-333-5885 or (1-888-971-2013 for Spanish)	<a href="http://www.familycaregiveralliance.org">Family Caregiver Alliance</a> Main: 800-445-8106
<a href="http://www.kapok.org">Caregiver Training</a> Kapok Multicultural Senior Care Services 1501 North Highview Lane, #309 Alexandria 22311 Toll-Free: (800) 470-8170	<a href="http://www.carepeople.com">Family Caregiver Training, Medicaid Waiver</a> CarePeople Home Health, Inc. 7620 Little River Turnpike #500 Annandale 22003 Main: (571) 297-4747
<b>Caregiver Support</b>	
Support groups, services and programs that alleviate caregiver burden.	
<a href="http://www.alz.org/support">Alzheimer's Association Support Groups</a> St. Andrew's 4000 Lorcom Lane Arlington 22207 1 <sup>st</sup> and 3 <sup>rd</sup> Thursday at 10:00am Main: (202) 723-6320	<a href="http://www.vhcc.org">Virginia Hospital Center Support Groups</a> Alzheimer's and Dementia Support Group Third Wednesday from 10:30 – 11:30 Main: (703) 558-6859
<a href="http://www.familycare.org">Caregiver Support   Elder Care Consultation</a> Family Care of Northern Virginia, 10836 Broadwater Drive, Fairfax, VA 22032 Main: (703) 591-0689	<a href="http://www.cherrydale.org">This is Who We Are – Understanding Palliative Care and Hospice Care</a> Cherrydale Health and Rehab, 3710 Lee Highway Last Wednesday of the month from 5:30 – 6:30pm
<a href="http://www.caregiveractionnetwork.org">Caregiver Support   Advocacy and Resources</a> Caregiver Action Network (CAN), 10400 Connecticut Avenue, #500 Kensington, MD 20895 Main: (301) 942-6430	<a href="http://www.lona.org">Caregiver Support Group for Adult Children</a> Iona Senior Services 4125 Albemarle Street, NW Washington, DC 20016 Main: (202) 895-9448
<a href="http://www.nami.org">National Alliance on Mental Illness</a> NAMI Northern Virginia Local classes and groups for individuals with mental health conditions and their supports	

## 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.

### [Virginia Lifespan Respite Voucher Program](#)

Department for Aging and Rehabilitative Services,  
Virginia Division for Aging (DARS)  
1610 Forest Avenue, Suite 100  
Richmond, VA 23229  
**Main:** [\(804\) 662-9333](tel:8046629333)  
**Toll-Free:** [\(800\) 552-3402](tel:8005523402)

### [Respite Care Program, MS](#)

National Multiple Sclerosis Society  
1800 M Street NW, Suite B50N  
Washington, DC 20036  
**Main:** [\(202\) 296-5363](tel:2022965363)  
**Toll-Free:** [\(800\) 344-4867](tel:8003444867)

## 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.

### [Arlington Adult Day Health Program](#)

Day program to support adults who need a safe and supervised environment.  
2909 16<sup>th</sup> Street South Arlington VA 22204  
**Main:** (703) 228-5340

### [Insight Memory Care](#)

3953 Pender Dr. #100  
Fairfax, VA 22030  
**Main:** (703) 204-4664

### [Fairfax County Home Care Registry](#)

Fairfax County staff interviews private independent providers, conducts reference and background checks and updates the list each month  
**Main:** (703) 324-7948

### [Medicare Home Health Compare](#)

Compare home health agencies using the patient survey star ratings.

## 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>



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