

Arlington County Resources for Caregivers

Arlington County Aging and Disability Services

2100 Washington Blvd. 4th Floor

Main: 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
National Association of Area Agencies on Aging https://www.n4a.org/caregivers	National Alliance for Caregiving www.caregiving.org
National Council on Aging, Benefits Check-Up https://www.benefitscheckup.org	National Institute on Aging https://www.nia.nih.gov/health/caregiving
AARP, Family Caregiving https://www.aarp.org/caregiving/ AARP Caregiver's Planning Guide	Family Caregiver Alliance https://www.caregiver.org/
National Alliance on Mental Illness (NAMI) Caregiver Resources https://www.nami.org/Find-Support/Family-Members-and-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 Main: (703) 359-4440 24/7 Helpline: (800) 272-3900	AARP Caregiving Resources 1-877-333-5885 or (1-888-971-2013 for Spanish)
Insight Memory Care 3953 Pender Dr. #100 Fairfax, VA 22030 Main: (703) 204-4664	Family Caregiver Alliance 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 22207 1 st and 3 rd Thursday at 10:00am Main: (202) 723-6320	Virginia Hospital Center Support Groups Alzheimer's and Dementia Support Group Third Wednesday from 10:30 – 11:30 Main: (703) 558-6859
Caregiver Support Elder Care Consultation Family Care of Northern Virginia, 10836 Broadwater Drive, Fairfax, VA 22032 Main: (703) 591-0689	Insight Memory Care 3953 Pender Dr. #100 Fairfax, VA 22030 Main: (703) 204-4664

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 16th 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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