

Aging & Disability Services
Arlington Department of Human Services
2100 Washington Blvd., 4th Floor Arlington, VA 22204
703-228-1700 TTY: 703-228-1788
<http://aging-disability.arlingtonva.us/>



HIDDEN TREASURES FOR OLDER ADULTS

- The **Arlington County Library** provides **Books by Mail** for Homebound persons unable to visit a local library, 703-228-5960. Regular and large print books are available. The **Talking Books** program provides recorded books & playback equipment, 703-228-6333 or talkingbooks@arlingtonva.us.
- **Arlington Food Assistance Center (AFAC)**: offers free supplemental groceries to any Arlington resident who cannot afford to purchase enough food for themselves or their families. To apply, contact the Department of Human Services (DHS), 703-228-1350, or for adults age 60 and over, 703-228-1700.
- **Arlington Neighborhood Village**: 703-509-8057, supports older residents of Arlington so that they may live in their own homes. Services include transportation, shopping assistance, health and wellness programs, social activities and simple home repairs, <http://arlnvil.org/>.
- **Advanced Directives**: Free one-on-one assistance with filling out advanced directives. Assistance is provided by volunteers certified as *Respecting Choices Advanced Care Planning Facilitators*. To learn more and request assistance visit <http://ciacarlington.org/what-we-do/advance-directives/>.
- **Caregiver Resources** for helpful information about benefits, caregiver training, Support Groups and Respite email arlaaa@arlingtonva.us.
- **CareRing Daily Phone Check-in Service** volunteers make calls to older or homebound persons who live alone or are temporarily alone in the local area to check on their well-being and offer companionship, 703-516-6769.
- **Emergency Pet Care**: **The Animal Welfare League of Arlington** provides emergency pet care, such as visiting the veterinarian, feeding or walking a dog. Call 703-931-9241 x200.
- **Fire Department: Home Safety Checks** offers free home safety checks to residents of Arlington and the City of Falls Church. To request a home safety check, contact your [local fire station](#), 703-228-4644 or TTY 703-228-4610.
- **Operation "FireSafe" Program**: The Arlington Fire Department provides and installs free smoke alarms to Arlington residents, contact your [local fire station](#), 703-228-4644 or TTY 703-228-4610.

- **Home Repair/Barrier Removal Programs: Rebuilding Together**, 703-528-1999, provides certain repairs and renovations, install accessibility features such ramps and wider doorways for income-eligible homeowners.
- **Home Safety to Age in Place: Rebuilding Together Express**, 703-528-1999, conducts home safety checks that emphasize fall safety, fire safety and simply energy efficiency upgrades, info@rebuildingtogether-aff.org.
- **Housing Grant**: Rental assistance for low income residents age 65 and over, working families, and persons with permanent disabilities, 703-228-1350 or TTY 703-228-1398.
- **Non-Driver Picture Identification Cards**: Picture ID Cards may be purchased at the Department of Motor Vehicles, 4150 S. Four Mile Run Dr., 1-866-368-5463.
- **Northern Virginia Resource Center for Deaf and Hard of Hearing Persons**: Provides information, education, free workshops and advocacy services. Assistive devices demonstration room on site (in Fairfax County), 703-352-9055 or TTY 703-352-9056.
- **Metropolitan Washington Ear**: Free services for persons who are blind, visually impaired and physically disabled and cannot effectively read print, 301-681-6636 or visit <http://www.washear.org/>.
- **Personal Response Services – Lifeline**: Immediate 24-hour access to community medical and social services at the press of a button. Managed by Virginia Hospital Center, 703-558-6859.
- **Project Lifesaver**: Program designed to protect and locate persons missing due to wandering. Participants wear a personal locator unit wristband that emits a unique tracking signal. To enroll, call LoJack at their toll free number, 877-434-6384.
- **Real Estate Tax Relief**: Provides an exemption and/or deferral of real estate taxes for qualified Arlington homeowners age 65 and older and eligible permanently disabled homeowners. Applicants must have title to the property and meet income, asset and all eligibility requirements, 703-228-1350 or TTY 703-228-1398.
- **Snow Removal**: Arlington County partners with civic associations and other community groups to assist older adults and persons with disabilities with snow clearing efforts, [contact your civic association](#) directly. To volunteer, [Register through Volunteer Arlington](#).
- **Trash Pickup, Back Door**: Single-family home backdoor pickups can be arranged for residents who are unable to take their refuse and/or recyclables to the curb. Call 703-228-6570 or TTY 703-288-4611.
- **Your Exercise Buddy**: A strength training program shown only on Arlington cable, Channel 74. Follow along with seated chair exercise classes taped at senior centers through Arlington. Check Channel 74 listing for days and times or call 703-228-4744.
- **Virginia Hospital Center** hosts a free **mall walking program** on Tuesday and Thursday from 8:30 AM- 9:30 AM at the **Fashion Center at Pentagon City Mall**. A staff-led stretch is offered starting at 9:15 AM. Free blood pressure screening is provided on the first and third Thursday of the month. Call 703-558-6859 for more information.

