

MEMORANDUM

TO: Mayor and Fairfax City Council

FROM: Jocelyn Rappaport, City of Fairfax Representative to Fairfax Area Long Term Care Coordinating Council (LTCCC)

SUBJECT: Long Term Care Coordinating Council Report

DATE: July 2019

The Long Term Care Coordinating Council's (LTCCC) vision: Inclusive, supportive community of all ages and abilities in the Fairfax area. Our mission: To identify needs and promote solutions that enhance the lives of older adults, adults with disabilities, and caregivers so all can participate fully in the community.

Presentations of interest at recent LTCCC meetings include both paid and volunteer opportunities for older adults and for those wanting to help older adults:

- **ReServe:** Dawn Mastoridis, National Director of ReServe, provided an overview of the program. Reserve is a nonprofit organization that matches retired or semi-retired professionals who are fifty years of age or older with organizations that need their expertise. These professionals are known as ReServists. Through ReServists, non-profits and public agencies tap into a lifetime of experience to fill critical, staffing gaps.

ReServist opportunities usually require ten to twenty hours per week, for which ReServists are compensated at the region's minimum wage. ReServe believes the stipend is important as it validates the ReServists roles and experiences, and demonstrates the community partner's commitment. The program began in New York City, and is now looking to expand into the greater Washington DC area, including Northern Virginia.

Reservists have come from professional backgrounds, many speaking multiple languages. Areas that have benefited to date include administrative, human resources, event assistance, information technology support, capacity building, education, healthcare, and fighting poverty. ReServe is recruiting retired and or semi-retired professionals to serve as ReServists, and concurrently seeking nonprofit and public agencies with staffing needs. More information can be found at their website, www.reserveinc.org, or email to info@reserveinc.org or phone 877-290-6145.

- **Volunteer Solutions:** Carolyn Thomas provided an overview of the Fairfax County Volunteer Solutions Program which is charged with connecting and mobilizing volunteers to serve qualified adults, especially adults with disabilities and older adults. The program manages 3,909 unduplicated, active volunteers who fill needs such as grocery shopping, transporting individuals to medical appointments, delivering meals, friendly visiting, and providing individual or group assistance in county-operated adult day health care or senior centers. Fairfax Pets on Wheels provides services in nursing and assisted living communities.

Total volunteer service hours contributed in fiscal year 2018 was 121,202 reaching approximately 1,588 individuals. The value of these volunteer contributions to Fairfax County's programs for older adults and adults with disabilities is calculated to be

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approximately \$3.2 million. It has been gratifying for those volunteering, with 95% of volunteers expressing satisfaction with their volunteer opportunity placements, and 98% feeling that their volunteering has made a positive impact on the people and programs they serve.

The Volunteer Solutions Program has partnered with Insight Memory Care to offer a free Alzheimer's Awareness Training, has offered First Aid and Mental Health trainings in partnership with the Fairfax Community Services Board, and trainings through the OSHER Life-Long Learning Program at George Mason University. Fairfax County Volunteer Solutions can be contacted at 703-324-5406, or online at <https://www.fairfaxcounty.gov/familyservices/older-adults/volunteer-solutions>

Upcoming or Ongoing Events:

- **September 12, 2019, 8:00am to 3:30pm:** Care Wise: A Community Resource Conference (presented in cooperation with the Fairfax Area LTCCC). Includes presentations, panel discussions, and exhibitor topics designed to enhance awareness of:
 - Resources for older adults, individuals with disabilities, and veterans
 - Mental health connections
 - Continuum of care information
 - Aging in place strategies

Recommended for care professionals, case managers, social workers, clinicians, residential staff, students, and other community advocates. Will be held at Fairfax County Government Center. No charge for attendance; complimentary lunch provided. Space is limited. Register at <https://www.surveymonkey.com/r/CarewiseConf2019>

For questions about this conference, please email carewiseconference@gmail.com

MEMORANDUM

To: City of Fairfax Council and Human Services Committee
From: Dorothy Sorrell
Date: July 22, 2019
Subject: Homelessness and Affordable Housing

The Fairfax-Falls Church community has the second largest number of people who are homeless in the Metro Washington region. Only Washington, D.C. has more people without homes.

Low incomes and expensive housing are the main reasons for homelessness in our community. It is impossible to pay for an apartment when earning minimum wage — even if you work 24 hours per day, 7 days a week:

- The average monthly rent as of January 2017 for a two-bedroom apartment was \$1,746.
- A family must earn \$33.58 an hour to afford a two-bedroom apartment.
- A family must earn an annual income of \$69,840 to afford a two-bedroom apartment.
(Source: National Low Income Housing Coalition)

Fairfax–Falls Church Community 2019 Point-in-Time Count

The Metro DC region’s 2019 Point-in-Time Count was conducted on January 23, 2019. This annual count, conducted in accordance with U.S. Department of Housing and Urban Development guidelines, includes people who are “literally homeless”. Literally homeless is defined as individuals who are in shelters, in time-limited transitional housing programs, as well as those who are unsheltered and living on the street.

There were 1,034 people identified that met the definition of literally homeless in the Fairfax-Falls Church community as part of the 2019 Point-in-Time Count. ***This represents a 5% overall increase (47 more people) since January 24, 2018.***

Notable statistics from the 2019 Point-In-Time Count include:

- Single adult individuals accounted for 49% (508 individuals) of all homeless persons counted. ***Total single individuals increased by 2% (499) from 2018.***
- People in families accounted for 51% of all homeless persons counted, consisting of 150 families (526 people). This includes 197 adults and 329 children under the age of 18. ***Total persons in families increased by 8% (488) from 2018. 32% (329) of total persons counted were children under the age of 18, an increase of 10% (298) from 2018.***
- 52% (103) of adults in families were employed, an increase of 11% (93) from 2018.

MEMORANDUM

TO: Mayor and City Council Members

FROM: Suzanne Levy

RE: Library Board Report

DATE: July 2019

1. Summer activities are going strong at the library with programs for children and adults. Again this summer we are doing an Adult Summer Reading Program. Feel free to come and sign up to participate. There will be a party at the end of summer (August 31) for all those who finish reading four books and doing one activity.
2. The door count at City of Fairfax Library has been consistently the highest in the county system. That means more people walk into our branch than any other.
3. **Adult Fall Book sale will be September 27-29.** The “regular” Fairfax Friends sale will be on the first floor and Friends of the Virginia Room will hold theirs on the second floor. The previous weekend (September 21-22) will be the Children’s book sale. The Friends decided a separate sale for children’s books was more family friendly.
4. As always, citizens can utilize the library web site to find out about upcoming programs and activities. Programs and activities are also included in “This Month” at the branch. If you use the parking garage look for posters in the stairwells and the TV screen in the front hallway entrance to see what is coming up next.

MEMORANDUM

TO: Mayor and Fairfax City Council
FROM: Judith C. Turcott,
City of Fairfax Representative to Fairfax Area Disability Services Board
SUBJECT: Fairfax Area Disability Services Board Report
DATE: July 2019

The Fairfax Area Disability Services Board (FA-DSB) vision; to include people with disabilities into mainstream community life by identifying, communicating, and advocating their diverse capabilities and needs to state and local governments and the private sector; and to help and provide resources to meet the needs of persons with physical and sensory disabilities.

June 2019- Sharon Bulova along with ARC of Northern Virginia hosted the first *Disability Inclusion Conference*, it hosted to 300+ persons in a variety of breakout sessions and with booths from a variety of service providers throughout the county. It included booths, networking, a panel discussion and breakout sessions for parents, families, the business community, law enforcement, non-profits and individuals with disabilities who want to learn more about the ways Fairfax County welcomes and includes residents with developmental disabilities in community life. For a re-cap of this conference, see this link:

<https://www.youtube.com/watch?v=nBatUTfVjg8&list=PL9D0cdqzRCqAuJIRq1unZGiFBNE42RFt3&index=1>

Pre-notification 911: A member of our Board is meeting with the Office of Emergency Management to make a clear distinction between the Functional Needs Registry (FNR) and Pre-Notification 911. The FNR is a planning tool while Pre-Notification 911 is designed to help people in an emergency.

The FA-DSB supported the Fairfax County Board of Supervisors \$5 million allocation to the County's affordable housing trust fund in FY2020 and the budget guidance that made a significant investment of approximately \$25 million for housing and \$12 million for preservation in FY2021. There was special emphasis on the One University Project.

<https://www.fairfaxcounty.gov/planning-development/plan-amendments/one-university>

Fairfax City Information: As part of the Fairfax 4th of July Parade festivities, five portable bathrooms were placed on the two handicapped parking spaces of the upper parking lot at Old Lee Highway and North Street. It was reported to the Disabilities Board was that the portable bathrooms were not immediately removed after the parade, resulting in a person with physical disabilities being unable to access the splash pad.

The City's Parks and Rec Department was contacted about the concern. According to a City representative, the City contracted for the portable bathrooms for this event. The contractor received instructions from City staff where to place the portable bathrooms but there appears to have been miscommunication with the contractor's staff. Additionally, due to the holiday, the contractor did not pick up the bathrooms until July 9. The City representative stated that she would "relay the message to our staff to not move the units to the handicap spaces if this situation occurs again." There has been no further communication regarding this issue.

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TO: Mayor and City Council Members

FROM: Diane Tuininga, Fairfax City Representative
Fairfax-Falls Church Community Services Board (CSB)

RE: Update of Fairfax-Falls Church CSB Programs and Services

DATE: July 2019

The following are programs, activities, and events since the last update to the Human Services Committee.

Program Updates

- STEP-VA (System Transformation, Excellence and Performance in Virginia):
 - Goals: To improve access, quality, consistency and accountability of services in the Commonwealth. To achieve the triple aim of improving population health, the healthcare experience, and reducing costs. To move the focus of care away from institutional care and towards community based care. (Virginia is presently 35th in funding and only 41% is spent in the community. Nationally, 75% of funding is spent in the community.)
 - Same Day Access: Capacity to screen an individual's behavioral health needs face to face or telephonically. If screening indicates urgent care needs, assessment will be started within one business day of the screening. If routine care needs are identified, the assessment will be started within 10 business days of screening.
 - Outpatient Services: (including MAT—medication assisted treatment). CSB's will directly provide outpatient mental and substance use disorder services.
 - Core Services: CSB's will develop policies and protocols for a crisis services continuum of care. Mobile crisis teams available 24 hours a day, 7 days a week.
 - Targeted Case Management: The CSB is responsible for high quality targeted case management services that will assist individuals in sustaining recovery, and gaining access to needed medical, social, legal, educational, and other services and supports.
 - Care Coordination: Organize consumer care activities and sharing information among all individuals concerned with the consumer's care to achieve safer & more effective care.
 - Peer and Family Support: The CSB is responsible for providing peer specialist and recovery coaches, peer counseling, and family/caregiver supports.
 - Psychosocial: The CSB is responsible for evidence-based and other psychiatric rehabilitation services.
 - Veterans' Services: The CSB is responsible for intensive, community-based behavioral health care for certain members of the U.S. Armed Forces and veterans, particularly those Armed Forces members located 50 miles or more from a Military Treatment Facility.
 - ***Full implementation is targeted for July 1, 2021.***

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- Medicaid Expansion: CSB staff have already exceeded their initial goal of getting 600 individuals signed up for Medicaid. However, as part of Medicaid expansion, CSBs throughout the state are dealing with a reduction in state funding. For our CSB, this reduction is \$1.69 million for the current fiscal year and \$4.36 million for FY 2020. These reductions assumed that the CSB would receive increased revenue because of newly-eligible Medicaid participants. The CSB cannot make up this reduction through additional billings resulting from newly-eligible participants.
- Peer Recovery: Specialists help inmates help themselves. Sheriff Stacey Kincaid spearheaded the jail-based recovery program in November 2018 as a therapeutic peer-led model.
- The CSB Crisis Care facility will be relocated to the recently vacated “Boy’s Probation and Parole” facility following permitting and renovations. This project is anticipated for completion in fall 2020.
- Human Services Issue Paper is on the CSB website and open for review and comments.

Activities/Events

- Welcoming Inclusion Network (WIN): **Purpose:** Growing opportunities for individuals with Developmental Disabilities. **Goals:** NETWORK: Build opportunities for increased information and resource sharing. DESIGN: Ensure service equity and efficiency through community-designed services. EMPLOYMENT: Boost employment opportunities through existing and new service models. INCLUSION: Identify and address other challenges to full community inclusion. This so far has become a very successful endeavor coordinating all stake holders.

WIN membership includes individuals from the community, various organizations, including the CSB, and elected officials. Meetings are monthly; check the CSB website for more information and dates of meetings: www.fairfaxcounty.gov/csb/win.

- The Wellness and Recovery Committee announced the annual Pathways to Wellness Conference in October, 2019. It is scheduled for Friday, October 18, 2019 from 8:30 until 2:30 in the Fairfax County Government Center. Its title is “Becoming Your Best Self: Putting the Pieces Together”. A keynote speaker, other speakers, and workshops will be provided as well as a continental breakfast and full lunch. Information on registration will be forthcoming.

MEMORANDUM

TO: Mayor and City Council

FROM: Carolyn Sutterfield

SUBJECT: Commission on Aging (COA)

DATE: July 2019

Commission on Aging Chair: On July 17, Commission members re-elected me to serve as chair of the COA through August 2020.

• **Older Americans Month (May 2019)**

The Fairfax County Board of Supervisors and our own City Council observed the nationwide celebration in Fairfax with proclamations. On May 10, I delivered a short address and handed out awards at the annual Senior Citizens Council volunteer recognition event (our city's awardee was Sandy Moshos). A month long Creative Aging arts festival featured interactive events in libraries, senior centers, and other locations.

• **Dementia Friendly Fairfax**

At the May COA meeting, representatives from Goodwin House Bailey's Crossroads and Insight Memory Care Center presented a proposal for a Dementia Friendly America (www.dfamerica.org) program in Fairfax. There are already DFA programs in Herndon, Alexandria, and Arlington. Noting the growing incidence of dementia in the 65+ population, the COA voted July 17 to submit a letter of support for Dementia Friendly Fairfax to LeadingAge Virginia (Richmond), the DFA governing body in the state. The first organizational meeting was held at Goodwin House on July 15; the next is scheduled for 1:30 p.m., Tuesday, August 27, at Insight Memory Care Center.

• **Northern Virginia Aging Network (NVAN)**

NVAN consists of the five Commissions on Aging and Area Agencies on Aging from Alexandria, Arlington, Fairfax, Loudoun, and Prince William. Each May NVAN members vote on legislative and budgetary recommendations to present to the General Assembly for the next fiscal year. The 2020 legislative/budgetary priority list includes:

Legislative:

- Require eviction notices (5-day and 21/30) to include contact information for legal assistance.
- Clarify in the Virginia guardianship code that any particular clinical diagnosis alone is not sufficient evidence for a finding of incapacity.
- Direct DARS to identify actions that could improve the health and enhance the quality of life of those who experience loneliness and/or isolation.

Budget:

- Enact a comprehensive Medicaid dental benefit for adults.
- Provide a living wage, paid sick days, overtime pay, training, and a career path for long-term care workers, to build a quality, cost-effective workforce.
- Appropriate \$974,000, 50% of full funding needed (\$1,947,873), toward bringing the state's Long-Term Care Ombudsman Program up to the state and national standard [*i.e., of one ombudsman per 2,000 beds*].

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• Northern Virginia Long-Term Care Ombudsman Program

Based at the Fairfax AAA, the ombudsman program reported at our June 19 meeting that their 7 full-time staff and 59 volunteers cover 94 assisted living facilities and 29 nursing facilities (plus home health-care and adult day care services) in Arlington, Fairfax, and Loudoun counties, and the cities of Alexandria, Fairfax, and Fall Church.

• One Fairfax

In November 2017, the Fairfax County Board of Supervisors and School Board adopted the One Fairfax policy, committing county government and the school system “to intentionally consider equity when making policies and planning and delivering programs and services.” (Search for “One Fairfax” at www.fairfaxcounty.gov.)

At the COA’s June 19 meeting, One Fairfax policy advisor Robin Wilson explained the policy’s goals and singled out five initiatives from the 2014 Fairfax 50+ Community Action Plan. Those priorities include GrandInvolve (volunteering in Title 1 schools), Kaleidoscope 50+ (now 50+ Community Ambassadors), Mobility Management, Latitude in Land Use Cases (the basis for a Zoning Ordinance Amendment adopted in 2018), and Neighborhood-based Older Adult Housing—as good examples of equity-focused strategies.

Wilson suggested the following strategies for incorporating equity as the COA helps plan a new version of the 50+ Action Plan to be adopted by the BOS in 2020:

- Disaggregate data from sources like surveys and criminal exploitation reports to identify problem areas
- Provide information in multiple languages
- Document who is using or not using a program or service
- Identify disparities in access to technologies
- Tailor strategies to specific groups
- Look at root causes and solutions at the community, family, and individual levels.

• 50+ Community Survey results

Just before our July 17 meeting, the COA received a report of results from the Community Assessment for Older Adults (CASOA) survey conducted in Fairfax County and the cities of Fairfax and Falls Church in February by the National Research Center.

The NRC report is posted at www.fairfaxcounty.gov/topics/50-plus-community-survey, along with a letter from County Executive Bryan Hill and a set of “Key Findings” prepared by the Office of Strategic Management, linking the results to topic categories of the current Fairfax 50+ Community Action Plan.

The response rate for the survey was unusually strong, at 22%, and the demographics of respondents closely tracked those of Fairfax area residents in age, race/ethnicity, sex, and household income. However, the benchmarking NRC report focuses on overall results, spanning the full age range of respondents from 50 to 89, and does not go into detail on the needs and concerns of specific groups.

The county purchased the rights to the full data set and, over the next couple of months, will compile disaggregated results by age group, income, and locality. The COA hopes to have much of this information by September 10, when we are to give the BOS 50+ Committee a final report on the 2014 Fairfax 50+ Community Action Plan and obtain their approval for a process leading to a new 50+ Action Plan. The goal is to get a draft plan to the newly seated Board of Supervisors in early 2020.

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