

How can my local Area Agency on Aging (AAA) help me?

In Virginia, there are 25 local AAAs. Each AAA offers services to assist seniors and their caregivers. Some examples of the types of services offered are:

- Housekeeping and home repairs;
- Meals (congregate or home-delivered);
- Transportation to places like a grocery store or a doctor's office;
- Home health services;
- Heating and cooling assistance;
- Employment services;
- Support for individuals taking care of an elderly person;
- Free insurance counseling (provided through the Virginia Insurance Counseling and Assistance Program (VICAP)) ; and
- Referrals to other service providers in the community.

Services offered by one AAA may differ from those offered in other areas. To find out what services are offered in your community, you can use a map on VDA's web site at:
www.vda.virginia.gov/findservicesintro.htm

Contact VDA using the information shown on the back panel of this brochure for a referral to

Have Questions? Contact VDA!

Virginia Department for the Aging
1610 Forest Avenue, Suite 100
Richmond, Virginia 23229

Toll-Free: 1-800-552-3402
(Nationwide
Voice/TTY)

Phone: (804) 662-9333
Fax: (804) 662-9354
E-mail: aging@vda.virginia.gov
Web site: www.vda.virginia.gov



Virginia Department for the Aging

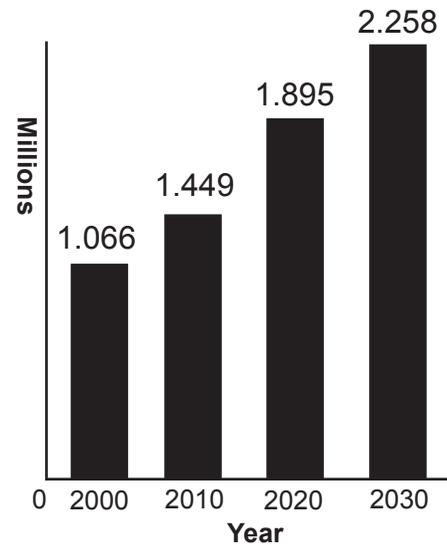


***Making Virginia a
better place to
grow older***

Who is an “older person”?

Section 2.2-703 of the Code of Virginia defines **older person** as “someone **age 60** or older.”

How many older persons are there in Virginia? How many will there be in the future?



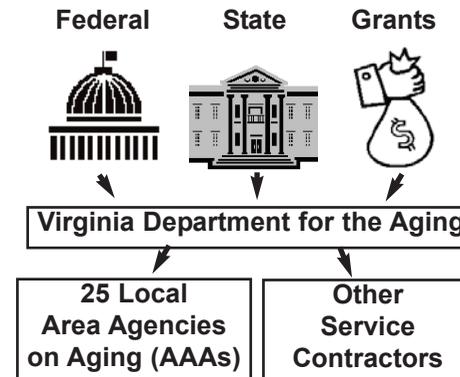
In **2000**, there were 7,078,494 Virginians. Of these, **1,065,642** were **age 60 or older**. They made up approximately **15%** of the population, or **1 out of every 6 people**.¹

In **2030**, Virginia’s population will increase to approximately 9,275,101 people. Of these, an estimated **2,258,425** will be **age 60 or older**, making up almost **25%** of the population, or **1 out of every 4 people**.¹

The number of Virginians age **85 and older** will **increase dramatically**, with a projected growth rate **5 times faster** than the state’s total population rate. This age group is also the most likely to need aging-related services.¹

¹ - Figures taken from “Revisions to the 2000 Census based on Count Question Resolution (CQR) Program” by the Virginia Employment Commission.

Where do funds for aging programs come from? Where do they go?



The federal government has designated the Virginia Department for the Aging (VDA) as the “state unit on aging”. As such, it receives and distributes funds received under the Older Americans Act from the **federal government**. It also receives funds from **Virginia’s General Fund**, as well as monies from various **grants**. VDA then distributes the funds to 25 local Area Agencies on Aging (AAAs) and other service contractors.

How can VDA help me?

Local AAAs and other service contractors actually provide services to seniors and their caregivers in Virginia. However, VDA staff members provide **information and referral services** for those who **call, write or e-mail** with questions. VDA also publishes or makes available online **free publications** that are helpful to seniors and their families. The publications and other useful information can be obtained by visiting VDA’s **web site**, which is located on the back panel of this brochure.

Information (in the form of publications as well as presentations by VDA staff) is available on topics such as:

- Legal issues;
- Legislation (state and federal) which might affect seniors or their caregivers;
- Long-term care options;
- Medicare and Medicaid;
- Medicare supplemental insurance;
- Prescription assistance programs;
- Resolution of complaints involving long-term care (through the Long-Term Care Ombudsman Program);
- Senior fraud and abuse prevention; and
- Technical assistance with senior issues that involve other state or federal agencies.