

Aging and Disability Services Division
Department of Human Services

The Aging and Disability Services Division (ADSD) emphasizes aging in place through care coordination, and supportive services to ensure older adults and persons with disabilities can live at home and in their community. Services listed below are provided through the County and community partners.

Contact Us: * 2100 Washington Blvd., 4th Floor, Arlington, VA 22204 arlaaa@arlingtonva.us
703-228-1700 TTY: 703-228-1788 <http://aging-disability.arlingtonva.us/>

Aging & Disability Resource Center (ADRC) – The gateway to information, guidance and referral to services for older adults, persons with disabilities, and their caregivers via the phone, in-person and via home visits. Available by calling 703-228-1700.



Adult Social Services – Enables persons to remain safely in their home as long as possible through services and case management.

Adult Protective Services – Social workers in this state-mandated program investigate reports of abuse, neglect, or exploitation and initiate protective services. To make a report, call 703-228-1700 weekdays (8 am–5 pm) or after-hours call the state hotline at 1-888-832-3858.

Area Agency on Aging – Part of a national network of over 670 Area Agencies on Aging established by the federal Older Americans Act to ensure older people live as an integral part of society with dignity and access to programs and services that meet their needs and preferences.

Arlington Adult Day Health Care Center – Services offered include health care monitoring, nursing care and support, personal care, therapeutic recreation, special therapies, nutritional guidance, lunch, snacks, and support for family and caregivers. For more information, contact 703-228-5340.

Culpepper Garden Meal Subsidy – Very low income residents of Culpepper Garden I receive a subsidy of 50% [Supplemental Security Income level] or 25% [between SSI and federal poverty] to help them afford the cost of the meal program.

Developmental Disability Services – Promotes maximum independence of individuals with intellectual or developmental disabilities and assists them and their families in accessing services to enable them to participate and remain safely in the community.

Home Delivered Meals – Provides a hot and cold meal Monday through Friday to older adults who are unable to prepare their own meals. Contact Meals on Wheels at 703-522-0811 or www.mealsonwheelsarlington.com.

In-Home Services – Enables individuals to remain at home safely for as long as possible or return home after a hospitalization or skilled facility stay. Services include bathing, personal care, medication reminders, and meal preparation.

Legal Assistance – Legal assistance is provided by Legal Services of Northern Virginia for older adults who are unable to afford a private attorney. Contact 703-532-3733 or www.lsnv.org.

Long-Term Care Ombudsman Program – Investigates and resolves complaints by residents in long-term care settings (i.e., nursing homes and assisted living) or their families and friends; also provides information that assists with choosing a residence. Contact 703-324-5861 or www.fairfaxcounty.gov/familyservices/older-adults/long-term-care-ombudsman-program.

Mary Marshall Assisted Living Residence – Administered by Volunteers of America, this residence serves low-income individuals age 55 and over who have serious mental health problems or developmental disabilities. All residents have a DHS case manager. Contact 703-310-7200 or www.vo.org/marymarshall.

Medicare Counseling: Virginia Insurance Counseling and Assistance Program (VICAP) provides counseling on Medicare, Medicare Part D, and long-term care insurance for Arlington County residents age 60 and over.

Money Management Service – Assists older adults who are unable to manage or pay for the management of their funds with tracking and paying bills. The service is provided through Northern Virginia Family Services. Contact 703-276-2309 or www.nvfs.org/assistance/money-management-seniors/.

Nursing Case Management – Provides home visits, medication management, and nursing case management. Services are designed to prevent unnecessary emergency room visits, hospitalizations, and premature moves to nursing homes or assisted living residences.

Regional Older Adult Facilities Mental Health Support Team (RAFT) – Serves Northern Virginia individuals 65 and older with serious mental illness who are ready for discharge from a state psychiatric hospital. An interdisciplinary team provides services to maintain their stability in the community and prevent a return to the state hospital. Contact 703-228-1744 or 703-531-2144.



Senior Adult Mental Health Services – Uses a multi-disciplinary approach to psychiatric treatment and includes comprehensive assessments, medication services, psychotherapy, case coordination, outreach, and consultation.

Senior Farmer's Market Nutrition Program – The Senior Farmers' Market program provides coupons for low-income older adults to purchase fresh fruit and vegetables at participating Arlington farmers' markets. Applications are accepted for a limited time each year.

Social 60+ Cafe – Noontime meals are provided to older residents at three of the six senior centers: Arlington Mill, Langston-Brown and Walter Reed. Contributions on a sliding scale are encouraged. Transportation is available. Contact the Office of Senior Adult Programs at 703-228-4747.

Super Senior Taxi – Coupons for a 50% discount on cab fare are available to Arlingtonians age 70 and over. Applications are available online (<https://aging-disability.arlingtonva.us/resources/transportation>), at the senior centers, DHS Aging and Disability Services Division, or any Commuter Store. For more information, call the Aging and Disability Resource Center at 703-228-1700.

Transportation: Arlington Door through Door – Home care aides accompany older adults to and from health care appointments. Services includes help with dressing or preparing for the appointment, attending the appointment, and assisting with returning home. English, Spanish, and Vietnamese speaking aides are available.

Transportation: Grocery Loops – Weekly trips for grocery shopping are available to older adults who live at The Carlin, Claridge House, Culpepper Garden and Woodland Hill or who live in Crystal City, along Columbia Pike, or within a mile and a half of Lee-Harrison shopping center. For more information, contact the STAR Call Center at 703-892-8747.

Transportation: Specialized Transit for Arlington Residents (STAR) – STAR serves Arlington residents who have difficulty using public fixed route transit due to age or a disability. **STAR Assist:** taxi drivers escort older STAR passengers from the door of the passenger's house to the waiting room of the health care provider. **Temporary STAR:** available for older adults who have a temporary disability and need to attend health care appointments. **STAR Vouchers:** Low-income riders age 60 and over may receive limited vouchers for medical appointments. For information, contact the Aging and Disability Resource Center at 703-228-1700.

Volunteer Guardianship Program – Connects volunteer court-appointed guardians or conservators with adults who are endangered by their inability to manage their personal and financial affairs and who have no one else to help.

County Commission on Aging – The Arlington **Commission on Aging** promotes quality of life for all older persons and to ensure their needs are included in County planning and activities. Visit the Commission and apply online at: <https://commissions.arlingtonva.us>.