



News Release

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COUNCIL ON AGING HONORS SIX PROGRAMS FOR BEST PRACTICES

(RICHMOND, Va.)—A partnership in Arlington County that provides cost-effective assisted living services for elderly residents of a low-income apartment complex won the top 2011 “Best Practices” award from the Commonwealth Council on Aging.

The council, which advises the Governor on issues affecting older Virginians, annually acknowledges organizations whose model programs can be replicated across the Commonwealth. The Rotondaro Family Foundation, based in Alexandria, provided \$10,000 for a top award, two second-place awards and three honorable mentions.

“With these awards, the Council and the Virginia Department for the Aging honor creativity in services that foster livable communities for older adults through home- and community-based supports such as transportation, housing, caregiver support and intergenerational programming,” said VDA Commissioner Jim Rothrock.

The year’s top award honors the partnership between [Arlington County’s Aging and Disability Services division](#) and [Culpepper Garden](#), which provides affordable services normally found in assisted living facilities to older residents of the low-income apartment complex in Arlington. The program will receive a \$5,000 donation in recognition of its efforts to assist older Virginians age in their community.

Through the program, Culpepper Garden residents can receive assisted living services such as transportation, personal care, adult day health care and nursing case management. Culpepper Garden provides federally-financed housing for older Virginians. Two service coordinators and the Arlington County Agency on Aging work together to help residents identify their needs and apply for and access services.

About 1 million Virginians are age 65 and older, a number that will increase considerably as Baby Boomers enter their retirement years. By 2030, one in every five Virginians, or almost 2 million people, will be age 65 and older.

“Our hope is that other communities across the Commonwealth will replicate these innovative, cost-effective programs that can do so much to improve the quality of life for older Virginians,” said Robert Blancato, chairman of the Commonwealth Council on Aging.

Two organizations tied for second place and each will receive \$1,750:

- ElderSpirit Community is one of mutual support and late-life spirituality in a mixed-income, co-housing neighborhood in Abingdon, consisting of 29 homes, including 16 low-income rentals, a central “Common House” and a “Spirit Center.” Resident management is one of the principles of co-housing: the residents determine how they will live with and offer support to one another, maintain the lawns and buildings, cook their common meals and live by the stated values.
- The Volunteer Money Management Program, by the Capital Area Agency on Aging in partnership with AARP, provides individualized assistance to seniors age 60 and over who need help with their monthly bill-paying responsibilities. Trained volunteers provide one-on-one check writing and bill paying services in the home. Money Management enables seniors to live independently and with the peace of mind that their bills are paid in a timely manner.

A \$500 award was given to each of three honorable mentions:

- Aging Together, Culpeper, for its “Caregiver Training Series,” which supports family caregivers by providing them affordable and accessible hands-on training in their home communities.
- Rappahannock Rapidan Community Services Board, Culpeper, whose volunteers for the RSVP & Care-A-Van Driving Programs provided 874 trips, 43,077 miles of transport and 3,191 hours of service helping older individuals with vital transportation services in 2010.
- The Virginia Heart and Vascular Institute Heart Failure Clinic, Mary Washington Healthcare, Fredericksburg, whose successful ongoing care has dramatically reduced heart failure and patient readmissions, enabling patients to manage their conditions and resume most daily activities.

For more about the Commonwealth Council on Aging’s Best Practices Awards, visit www.vda.virginia.gov/council.asp.

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