

# VIRGINIA STATE PLAN FOR AGING SERVICES

**1<sup>IN</sup>5**

Virginians care for a friend or family member with a health problem or disability

**21%**

Virginia's population age 60+

**37%**

Virginians age 60+ live alone

**32%**

Virginians age 60+ are in the labor force

**47%**

Virginia's veterans are age 60+

**18%**

Virginians age 65+ live in rural areas



## GOAL 1 HEALTH PROMOTION AND ENGAGEMENT

Strengthen services and supports that encourage healthy, active, and engaged lives

- Support collaborative initiatives that engage in person-centered practices, eliminate ageism, encourage aging in place, and combat social isolation
- Support collaborative initiatives that create, sustain, and grow age-friendly and livable communities for all ages and that foster independence
- Advance Virginia's dementia-capability by providing information and services that support individuals living with Alzheimer's disease and related dementias and their caregivers
- Expand and enhance evidence-based health promotion programs available to older Virginians
- Reduce risk of falls through education, awareness, and outreach
- Increase driver independence and safety through education, screening, awareness, and outreach
- Improve nutritional health and food security for older adults by providing nutritionally adequate meals and nutrition counseling
- Increase the impact of the Senior Community Service Employment Program in Virginia through successful older adult employment placements and host agency engagement

## GOAL 2 INFORMATION, ACCESS, AND COORDINATION SERVICES

Bolster awareness of and increase access to quality, person-centered information, services and supports

- Offer person-centered information, referral, and care coordination services
- Provide a barrier-free, high-quality, sustainable, person-centered, single statewide system of long-term services and supports (LTSS) for individuals of all ages and disabilities
- Provide an array of Title III-B services and home and community-based services that address social determinants of health and allow older adults to remain independent in their communities
- Promote awareness of the Virginia Insurance Counseling and Assistance Program (VICAP) as a trusted resource for information

## GOAL 3 ELDER JUSTICE

Promote systems of protection and safety that facilitate dignity and respect

- Strengthen the adult protective services system to protect the rights and prevent abuse, neglect, and exploitation of older adults
- Encourage older adults to develop advance directives and engage in end-of-life care planning
- Continue an active and supportive role in interagency efforts to increase awareness of elder justice and abuse prevention
- Continue statewide leadership and coordination of available legal resources for older adults
- Improve the quality of LTSS by offering high quality, person-centered advocacy to individuals as well as providing systemic LTSS advocacy
- Maintain the quality and consistency of public guardianship services for older adults
- Increase the number of educated Medicare beneficiaries, caregivers, and consumers who will report suspected healthcare fraud, errors, and abuse in Virginia

## GOAL 4 CAREGIVING

Improve access to resources and services that support family caregivers

- Provide a variety of high-quality caregiver supports and services
- Advance statewide planning and coordination efforts that support Virginia caregivers