

Resources for Arlington County Caregivers

Arlington County Aging and Disability
Services 2100 Washington Blvd. 4th Floor
Main: 703-228-1700

<https://aging-disability.arlingtonva.us/>

Caregiver Resources	
Caregiver support organizations that offer resources and information to improve the quality of life for caregivers and the people who receive their care.	
AARP, Family Caregiving https://www.aarp.org/caregiving/ Download a Caregiving Guide AARP Caregiver's Planning Guide	Eldercare Locator https://eldercare.acl.gov/Public/Index.aspx
Family Caregiver Alliance https://www.caregiver.org/ https://www.caregiver.org/connecting-caregivers/support-groups/	National Alliance for Caregiving www.caregiving.org
National Council on Aging, Benefits Check-Up https://www.benefitscheckup.org	National Institute on Aging https://www.nia.nih.gov/health/caregiving
National Alliance on Mental Illness (NAMI) Caregiver Resources https://www.nami.org/Find-Support/Family-Members-and-Caregivers	Positive Aging Sourcebook 1-(800)-394-9990 www.retirement-living.com
Senior Navigator http://www.seniornavigator.org	US Aging www.usaging.org/caregivers
U.S. Department of Health and Human Services Alzheimers.gov	Veterans Affairs Caregiver Support http://www.caregiver.va.gov/
Virginia Department of Veteran Services: www.dvs.virginia.gov	
Caregiver Training and Education	
Programs that provide training and resources for home-based caregivers focused on care-related activities.	
Alzheimer's Association Caregiver Training Main: (703) 359-4440 24/7 Helpline: (800) 272-3900	AARP Caregiving Resources Toll-Free: 1-877-333-5885 or (1-888-971-2013 for Spanish)
Family Caregiver Alliance Toll-Free: 800-445-8106	Insight Memory Care 3953 Pender Dr. #100 Fairfax, VA 22030 Main: (703) 204-4664

Caregiver Support

Support groups, services and programs that alleviate caregiver burden.

[Arlington Adult Day Program](#)

2909 16th Street South
Arlington, VA 22204
Main: (703) 228-5340

[Alzheimer's Association Support Groups](#)

St. Andrew's 4000 Lorcom Lane
Arlington, VA 22207
1st and 3rd Thursday at 10:00am
Main: (202) 723-6320

[Caregiver Support: ElderLink Telephone Support](#)

Family Care of Northern Virginia
10836 Broadwater Drive, Fairfax, VA 22032
Main: (703) 591-0689

[Cherry Blossom PACE](#)

1901 N. Beauregard Street
Alexandria, VA 22311
Main: (571) 789-0770

[Insight Memory Care](#)

3953 Pender Dr. #100
Fairfax, VA 22030
Main: (703) 204-4664

[Virginia Hospital Center Support Groups](#)

Alzheimer's and Dementia Caregiver Support Group
Third Wednesday from 10:00 – 11:00
Main: (703) 558-6859

Online Support Groups

These are the highest-ranked private Facebook groups offering support and encouragement for caregivers.

[Caregivers Assist Support Group](#)

This group of over 2,000 members provides resources, caregiving practices, workshops and more to a community of caregivers. Led by Aileen Ruess, a Geriatric Care Manager who has 25 years of caregiving experience, she aims to provide a network of support to caregivers at every stage.

[Caring For the Caregiver Support Group](#)

This group of over 4,000 caregivers provides the space for individuals to connect and express their thoughts and feelings. It recently expanded to include the option for members who are available to work as a Caregiver or are in need of one.

[Caring for Elderly Parents](#)

This group of over 22,000 members is geared towards sons and daughters charged with caregiving for their parents. The organizers acknowledge, "helping our elderly loved ones negotiate the world, is the hardest job we've ever undertaken."

[Dementia Caregivers Support Group](#)

This group of over 15,000 members provides support to caregivers taking care of loved ones diagnosed with Alzheimer's and Dementia. It is designed to stimulate conversation and the organizers ensure a judgement free zone when members connect to share learning opportunities and post their personal feelings.

[Memory People](#)

This group of over 10,000 members, is geared towards families affected by Alzheimer's, Dementia, and memory impairment to connect, collaborate, share resources and find understanding.

[Working Daughter](#)

This group of over 6,000 members is specifically designed for women who are balancing caring for an aging parent while juggling their career. It provides a community of support, encouragement, questions, and advice and is a project of the WorkingDaughter.com website.

Respite Vouchers

Respite Vouchers provide financial assistance to home-based caregivers for the cost of temporary respite care. Programs may have limitations and specific eligibility requirements.

[Respite Care Program, MS](#)

National Multiple Sclerosis Society 1800 M Street NW, Suite B50N
Washington, DC 20036
Main: (202) 296-5363
Toll-Free: (800) 344-4867

[Virginia Lifespan Respite Voucher Program](#)

Department for Aging and Rehabilitative Services, Virginia Division for Aging (DARS)
1610 Forest Avenue, Suite 100
Richmond, VA 23229
Main: (804) 662-9333
Toll-Free: (800) 552-3402

Respite Care

Temporary care provided in the home or at another location for someone needing assistance with daily living activities to allow a break for the usual care provider.

[Arlington Adult Day Health Care Program](#)

Day program to support adults who need a safe and supervised environment.
2909 16th Street South Arlington VA 22204
Main: (703) 228-5340

[Insight Memory Care](#)

Day health center for adults with memory impairments.
3953 Pender Dr. #100
Fairfax, VA 22030
Main: (703) 204-4664

[Fairfax County Home Care Registry](#)

Fairfax County staff interviews private independent providers, conducts reference and background checks and updates the list each month.
Main: (703) 324-5401

[Medicare Home Health Compare](#)

Compare home health agencies using Medicare's patient survey star ratings.
Toll-Free: (800) 633-4227

[Cherry Blossom PACE](#)

Provides a combination of center-based services and personalized in-home care.
1901 N. Beauregard Street
Alexandria, VA 22311
Main: (571) 789-0770

Medicaid Waiver

CCC Plus Medicaid Waiver offers help to individuals to remain in their own home or community instead of a nursing home. Financial eligibility criteria. [CCC Plus \(virginia.gov\)](https://www.virginia.gov/ccc-plus)

Other Helpful Resources

Arlington County programs that offer short-term or long-term supports and services for older adults and persons with disabilities. Programs may have limitations and eligibility requirements. Inquire within.

[Aging and Disability Resource](#)

[Center](#)

Provides information, resources, counseling and assistance to eligible Arlington older adults and persons with disabilities.
2100 Washington Blvd., 4th Floor
Arlington, VA 22204
Main: (703) 228-1700

[Adult Services Program](#)

Case management and home-based care for eligible Arlington older adults and adults with physical disabilities.
2100 Washington Blvd., 4th Floor
Arlington, VA 22204
Main: (703) 228-1700

[Community Living Program](#)

In-home services for eligible Arlington older adults and adults with physical disabilities.
2100 Washington Blvd., 4th Floor
Arlington, VA 22204
Main: (703) 228-1700

[Meals on Wheels of Arlington](#)

Home delivered meals for Arlington older adults who cannot leave their home safely.
2100 Washington Blvd., 4th Floor
Arlington, VA 22204
Main: (703) 228-1700

[Social 60 Plus Café](#)

Access to affordable meals, transportation, and related nutrition services at the following community centers:

1. Arlington Mills
2. Langston Brown
3. Walter Reed

Main: (703) 228-4747

[Virginia Insurance Counseling and Assistance Program](#)

Confidential health insurance counseling for Arlington Medicare beneficiaries, their caregivers' neighbors, and families.
2100 Washington Blvd., 4th Floor
Arlington, VA 22204
Main: (703) 228-1700



Arlington County Aging and Disability Services

703-228-1700

ArIAAA@arlingtonva.us