

# RESOURCES

ORGANIZATION	PHONE	WEB
<b>ADULT DAY CARE PROGRAMS</b>		
Arlington Adult Day Program	703.228.5340	<a href="http://aging-disability.arlingtonva.us/programs/adult-day/">aging-disability.arlingtonva.us/programs/adult-day/</a>
Fairfax Adult Day Health Care Program	703.246.8743	<a href="http://fairfaxcounty.gov/health/adult-day-health-care">fairfaxcounty.gov/health/adult-day-health-care</a>
Lincolnia Adult Day Health Care Center – Fairfax County	703.914.1372	<a href="http://fairfaxcounty.gov/health/adult-day-health-care/lincolnia">fairfaxcounty.gov/health/adult-day-health-care/lincolnia</a>

<b>ADVOCACY</b>		
Arlington County Commission on Aging	703.228.1700	<a href="http://commissions.arlingtonva.us/coa/">commissions.arlingtonva.us/coa/</a>
National Association of Area Agencies on Aging	202.872.0888	<a href="http://n4a.org">n4a.org</a>
National Council on Aging	571.527.3900	<a href="http://ncoa.org">ncoa.org</a>
Northern Virginia Long-Term Care Ombudsman	703.324.5861	<a href="http://fairfaxcounty.gov/dfs/olderadultservices/ltombudsman">fairfaxcounty.gov/dfs/olderadultservices/ltombudsman</a>

<b>AGING, DISABILITY AND CAREGIVER INFORMATION</b>		
Alexandria Aging and Adult Services	703.746.5999	<a href="http://alexandriava.gov/Aging">alexandriava.gov/Aging</a>
Arlington Aging and Disability Services	703.228.1700	<a href="http://aging-disability.arlingtonva.us">aging-disability.arlingtonva.us</a>
Brain Injury Services	703.451.8881	<a href="http://braininjurysvcs.org">braininjurysvcs.org</a>
DC Office on Aging	202.724.5622	<a href="http://dcoa.dc.gov">dcoa.dc.gov</a>
Eldercare Locator	800.677.1116	<a href="http://eldercare.acl.gov">eldercare.acl.gov</a>
Endeppendence Center	703.525.3626	<a href="http://ecnv.org">ecnv.org</a>
Fairfax County Services for Older Adults	703.324.7948 TTY 711	<a href="http://fairfaxcounty.gov/familyservices/older-adults">fairfaxcounty.gov/familyservices/older-adults</a>
IONA Senior Services	202.895.9448	<a href="http://iona.org">iona.org</a>
Jewish Council for the Aging (JCA)	703.425.0999	<a href="http://accessjca.org">accessjca.org</a>
Prince William County Area Agency on Aging	703.792.6400	<a href="http://pwcgov.org/government/dept/aaa/pages/default.aspx">pwcgov.org/government/dept/aaa/pages/default.aspx</a>
Senior Services of Alexandria	703.836.4414	<a href="http://seniorservicesalex.org">seniorservicesalex.org</a>

<b>ALZHEIMER'S AND MEMORY CARE SUPPORT</b>		
Alzheimer's Association, National Capital Area Chapter	703.359.4440	<a href="http://alz.org/nca/">alz.org/nca/</a>
Alzheimer's Foundation of America	866.232.8484	<a href="http://alzfdn.org">alzfdn.org</a>
Nat'l Institute on Aging, Alzheimer's Disease & Dementia Resources	800.438.4380	<a href="http://nia.nih.gov/alzheimers">nia.nih.gov/alzheimers</a>
Project Lifesaver – Alexandria	703.746.5151	<a href="http://www.alexandriava.gov/sheriff/info/default.aspx?id=65892">www.alexandriava.gov/sheriff/info/default.aspx?id=65892</a>
Project Lifesaver – Arlington	571.388.6886	<a href="http://police.arlingtonva.us/prevention-safety/project-lifesaver/">police.arlingtonva.us/prevention-safety/project-lifesaver/</a>
Project Lifesaver - Fairfax	703.246.2805	<a href="http://fairfaxcounty.gov/sheriff/lifesaver.htm">fairfaxcounty.gov/sheriff/lifesaver.htm</a>
VHC Alzheimer & Dementia Caregiver Support Group	703.558.6859	<a href="mailto:seniorhealth@virginiahospitalcenter.com">seniorhealth@virginiahospitalcenter.com</a>

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<b>CARE MANAGEMENT</b>		
ElderLink	703.324.5374 TTY 711	<a href="http://fairfaxcounty.gov/familyservices/older-adults/elderlink">fairfaxcounty.gov/familyservices/older-adults/elderlink</a>
JSSA (Jewish Social Services Agency)	703.204.9100	<a href="http://jssa.org">jssa.org</a>
Nat'l Assoc. of Geriatric Care Managers to Aging Life Care Assoc.	520.881.8008	<a href="http://aginglifecare.org">aginglifecare.org</a>
Seabury Resources for Aging	202.364.0020	<a href="http://seaburycaremanagement.org">seaburycaremanagement.org</a>

<b>CLINICS</b>		
Arlington Free Clinic	703.979.1425	<a href="http://arlingtonfreeclinic.org">arlingtonfreeclinic.org</a>
Virginia Hospital Center Outpatient Clinic	703.558.6144	<a href="http://virginiahospitalcenter.com/medical-services/community-health-clinics/outpatient-clinic/">virginiahospitalcenter.com/medical-services/community-health-clinics/outpatient-clinic/</a>

<b>COUNSELING</b>		
Crisis Link	800.273.8255	<a href="http://prsinc.org/crisislink">prsinc.org/crisislink</a>
Haven of Northern Virginia	703.941.7000	<a href="http://havenofnova.org">havenofnova.org</a>
JSSA (Jewish Social Services Agency)	703.204.9100	<a href="http://Jssa.org">Jssa.org</a>

<b>FINANCIAL SERVICES</b>		
Signature Estate & Investment Advisors, LLC	703.940.3000	<a href="http://seia.com">seia.com</a>

<b>HEARING AND SPEECH RESOURCES</b>		
Alexander Graham Bell Assoc. for the Deaf and Hard of Hearing	202.337.5220	<a href="http://agbell.org">agbell.org</a>
Northern Virginia Resource Ctr. for Deaf & Hard of Hearing Persons	703.352.9055 • 703.352.9056 TTM	<a href="http://nvr.org">nvr.org</a>
Washington Ear	301.681.6636	<a href="http://washear.org">washear.org</a>

<b>HOSPICE AND PALLIATIVE CARE</b>		
Heartland Hospice	703.273.8693	<a href="http://heartlandhospice.com">heartlandhospice.com</a>
The Medical Team	703.390.2300	<a href="http://medicalteam.com">medicalteam.com</a>
Virginia Hospital Center Palliative Care	703.558.8501	<a href="http://virginiahospitalcenter.com/medical/palliative_care.aspx">virginiahospitalcenter.com/medical/palliative_care.aspx</a>

<b>INSURANCE</b>		
Centers for Medicare and Medicaid		<a href="http://cms.gov">cms.gov</a>
Medicare	800.633.4227	<a href="http://www.medicare.gov">www.medicare.gov</a>
Virginia Insurance Counseling and Assistance Program	800.552.3402	<a href="http://vda.virginia.gov/vicap.htm">vda.virginia.gov/vicap.htm</a>

<b>LEGAL SERVICES/ELDER LAW</b>		
Farr Law Firm	703.691.1888	<a href="http://farrlawfirm.com">farrlawfirm.com</a>

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ORGANIZATION	PHONE	WEB
<b>LIBRARY</b>		
Alexandria Public Library Accessibility Services	703.746.1702	<a href="http://alexlibraryva.org/accessibility-services">alexlibraryva.org/accessibility-services</a>
Arlington Public Library Accessibility Services	703.228.6333	<a href="http://library.arlingtonva.us/services/accessibility-services">library.arlingtonva.us/services/accessibility-services</a>
Fairfax County Public Library Access Services	703.324.8380	<a href="http://fairfaxcounty.gov/library/branches/as/">fairfaxcounty.gov/library/branches/as/</a>
Prince William Public Library	703.792.6100	<a href="http://pwcgov.org/government/dept/library/pages/contact.aspx">pwcgov.org/government/dept/library/pages/contact.aspx</a>

<b>MEAL AND FOOD DELIVERY</b>		
Instacart Grocery Delivery	888.246.7822	<a href="http://instacart.com">instacart.com</a>
Meals on Wheels	888.998.6325	<a href="http://mealsonwheelsamerica.org">mealsonwheelsamerica.org</a>
Meals on Wheels – Senior Services of Alexandria	703.836-4414	<a href="http://seniorservicesalex.org/programs/meals-on-wheels/">seniorservicesalex.org/programs/meals-on-wheels/</a>
Meals on Wheels – Arlington County	703.522.0811	<a href="http://mealsonwheelsarlington.com/">mealsonwheelsarlington.com/</a>
Meals on Wheels – Fairfax County	703.324.5409	<a href="http://fairfaxcounty.gov/familyservices/older-adults/fairfax-area-meals-on-wheels">fairfaxcounty.gov/familyservices/older-adults/fairfax-area-meals-on-wheels</a>
Mom's Meals	1.877.508.6667	<a href="http://momsmeals.com">momsmeals.com</a>
Peapod by Giant Grocery Delivery		<a href="http://peapod.com">peapod.com</a>
Silver Cuisine by bistroMD	844.404.3663	<a href="http://silver.bistromd.com">silver.bistromd.com</a>

<b>MOVING COORDINATION, DOWNSIZING &amp; DESIGN</b>		
Overwhelmed How Can I Help	703.508.3056	<a href="http://overwhelmedhowcanihelp.com">overwhelmedhowcanihelp.com</a>

<b>PATIENT ADVOCACY SERVICES</b>		
Northern Virginia Long-Term Care Ombudsman Program	703.324.5861	<a href="http://fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/">fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/</a>

<b>PERSONAL EMERGENCY RESPONSE SYSTEM</b>		
CareRing	703.516.6769	<a href="http://prsinc.org/careering">prsinc.org/careering</a>
Philips Lifeline through Virginia Hospital Center	703.558.6859	<a href="http://virginiahospitalcenter.com/classes-events/healthy-aging/personal-emergency-response-system/">virginiahospitalcenter.com/classes-events/healthy-aging/personal-emergency-response-system/</a>

<b>REAL ESTATE SERVICES</b>		
Cathi Coridan, Keller Williams McLean	703.971.7237	<a href="http://soldbycathi.com">soldbycathi.com</a>

<b>REVERSE MORTGAGES</b>		
Senior Lifestyle Mortgage	703.777.6840	<a href="http://seniorlifestylemortgage.com">seniorlifestylemortgage.com</a>

<b>SENIOR HOUSING AND CARE CONSULTANTS</b>		
CarePatrol Virginia	703.853.1843	<a href="http://carepatrol.com">carepatrol.com</a>

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ORGANIZATION	PHONE	WEB
<b>SENIOR MOVE MANAGEMENT</b>		
Atlas Services LLC	703.372.1543	atlasservicesll.com

<b>STATE &amp; NATIONAL RESOURCES</b>		
Disability Navigator	866.393.0957	disabilitynavigator.org
Eldercare Locator	800.677.1116	eldercare.gov
Senior Navigator	866.393.0957	seniornavigator.org

<b>TRANSPORTATION</b>		
Arlington County Aging Transportation Services	703.228.1700	aging-disability.arlingtonva.us/resources/transportation
Endeppence Center of Northern Virginia	703.525.3268	ecnv.org
Fairfax County: Seniors on the Go	703.877.5800	fairfaxcounty.gov/neighborhood-community-services/transportation/taxi-voucher-program/
Falls Church Transportation – Fare Wheels Program	703.248.5005	fallschurchva.gov/700/transportation-assistance
Metro Travel Training	202.962.2703	wmata.com/accessibility/advocacy-policy/metro_accessible.cfm
NVRides	703.537.3071	nvrider.org
Shepherd Center: Annandale/Springfield	703.941.1419	shepherdscenter-annandale.org
Shepherd Center: McLean/Arlington/Falls Church	703.506.2199	scmaf.org
Shepherd Center: Fairfax/Burke	703.323.4788	scfbva.org
Shepherd Center: Vienna/Oakton	703.281.0538	scov.org

<b>VILLAGE RELATED ORGANIZATIONS</b>		
Arlington Neighborhood Village	703.509.8057	arlnvil.org
At Home Alexandria	703.231.0824	athomeinalexandria.org
Mt. Vernon At Home	703.303.4060	mountvernonathome.org
Village to Village Network	617.299.9638	vtvnetwork.org
Washington Area Villages Exchange		wavevillages.org

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