



*A Plan for Supporting
the Older Residents of
Virginia's Rappahannock
Rapidan Region:
Culpeper, Fauquier,
Madison, Orange and
Rappahannock Counties*

2006-2010

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Aging Together is an integral part of Community Partnerships for Older Adults, a program of the Robert Wood Johnson Foundation.

Our Vision for Aging

Our vision for aging is that citizens living in the Rappahannock Rapidan area retain their sense of place and community, serve and contribute to that community, and are assured of help when needed from family, friends, neighbors, and places of worship, as well as from helping organizations and a responsive government. All seniors are valued and are able to move smoothly through a continuum of care in a manner reflective of their individual needs and preferences.

Many months of data collection and “Community Conversations on Aging” in each of the five counties produced a vision of the lives we would like to see for our loved ones and ourselves as we grow old in our own communities. The future we envision retains the characteristics that define the quality of life in our region: scenic beauty; neighbors helping neighbors; and a place and role for every individual.

This vision includes offering more choices in a broad array of quality services and resources, which enable seniors to stay in their homes as long as they are able. More choices will also provide individuals with the option of staying in their own county, even if they are no longer in their own homes.

In this future, every senior has dignity, freedom of choice, and the knowledge that there are adequate resources available to care for them when they can no longer care for themselves.



Letter from the Chair

The five counties that comprise Virginia's Rappahannock Rapidan Region—Culpeper, Fauquier, Madison, Orange and Rappahannock—are experiencing an unprecedented growth of their retirement-age population. As baby boomers in the region begin to turn 60, and large numbers of retirees move into the area, older adults account for an ever-increasing portion of local residents. **By the year 2020, the number of persons age 60 and over in the region is expected to double; more than one in four residents will be an older adult.**

Aging Together, a regional partnership of over one hundred organizations and individuals, is a collaborative effort to help our five counties prepare for this age wave. Known originally as the Rappahannock Rapidan Eldercare Coalition, the partnership has adopted the name Aging Together to reflect the reality that aging affects everyone and that the only way to improve supports for older adults and families is to work collaboratively.

The Aging Together partnership collected information about older persons living in the region through an extensive Elder Needs

Assessment in 2002. We then asked for input from seniors, caregivers, service providers, and decision-makers through a series of "Community Conversations on Aging" held in each county in 2005. The voices we heard in those Conversations,



and the data from the needs assessment, echo similar themes, questions and concerns:

- *My mother has Alzheimer's disease. Is there a safe and affordable place she can go during the day to give us both a break?*
- *My biggest fear is being lonely and isolated. How can I stay connected?*
- *How will I get to the store or the doctor if I can't drive?*
- *I don't want to go to a nursing home; can I get affordable care in my home?*
- *Is there any affordable housing designed for older people in this area?*
- *My husband seems so depressed. How can I get help for him?*
- *How can I find out what services are available here in my community?*

The many individuals who have joined forces under the Aging Together banner have been working through teams in each county, as well as nine regional workgroups, to figure out what our communities can do to provide better answers to questions like these.

In 2004, the partnership was one of eleven grantees nationwide to receive a highly competitive grant from the Robert Wood Johnson Foundation's Community Partnerships for Older Adults program. The grant has provided funding and technical assistance to engage the entire community in creating a plan for long-term and supportive services development in the region. The resulting plan is presented in this document.

On the pages that follow, you will read about the challenges our communities face, the solutions Aging Together is proposing, and the ways we will monitor progress in these areas. We hope you will join with us to help put this plan into action and to make each of our communities a great place to grow older.

Sallie Morgan, Chair
Aging Together



*Sallie Morgan,
Chair of Aging Together
and Senior Manager
with the Rappahannock
Rapidan Community
Services Board/Area
Agency on Aging, has
provided leadership in
local aging services
development since 1976.*

Critical Challenges and Planned Solutions

Aging Together has identified six strategic issues, or critical challenges, that will have a serious and long-term impact on aging services if not addressed. A work plan has been developed to address these challenges and guide our region toward its vision for aging. This plan builds on the existing strengths and resources of our communities and takes into account the distinct character of the five counties, as well as the regional priorities that bring us together. The six critical challenge areas—Expansion of Services, Workforce, Wellness, Information, County/Regional Collaboration, and Financial Support—are examined in this section.

As a first step in reaching our long-term vision, we have established measurable goals and objectives for the next four years. These goals and strategies address all six of the critical issues. Specific short-term strategies have also been detailed and are already underway.

Expansion of Services – Challenge

How can we create and expand the services needed to complete a continuum of care that will offer quality choices for all seniors—now and in the future?

As we age, the range of care options should include in-home assistance with housekeeping and personal care; availability of affordable, accessible housing; transportation choices; assistance with activities of daily living; adult daycare; health and social supports; assisted living facilities; and skilled nursing homes.

Today there are gaps in this continuum of care and inadequate resources to serve everyone who requests them. As the aging population grows, this shortage will become more acute, unless something is done to address the problem. In some cases, these shortages will place heavy burdens on family members or may force



Interest in Future Services

Home nursing	72.0%
Housekeeping	65.5%
Personal care	61.5%
Transportation	60.8%
Meals	56.0%
Counseling	40.8%
Short-term out-of-home care	50.0%
Long-term out-of-home care	40.8%

Source: Regional Elder Needs Assessment

seniors to move out of their homes or away from their communities before they are ready. In other cases, our most vulnerable citizens may face health or safety threats. Quality of care for many will suffer when demand exceeds supply.

Expansion of Services – Planned Solutions

Goal: Facilitate expansion of long-term care and supportive services.

Aging Together’s role in this effort is to encourage, coordinate, and facilitate cooperative efforts that will result in an expansion of quality long-term care and supportive services, creating more choices for our seniors. This will be accomplished through the work of county partnerships and regional workgroups, which are focusing on the issues of adult daycare, caregiver support, housing, transportation, prescription drug assistance, and wellness. These workgroups depend on the active participation of interested seniors, service providers, caregivers, and concerned private citizens.

Aging Together will support specific efforts to expand or develop new programs and services by helping identify funding sources, linking efforts with volunteer networks, facilitating communication among partners and workgroups, and providing publicity and media support to get information to the public. Aging Together will also ensure that the voices of our frail, low-income, minority, and isolated seniors are included in all planning for future services.

Long-term solutions for affordable housing and transportation are being addressed as part of the larger community planning for these needs, which is being led by the Rappahannock Rapidan Regional Commission. As our local governments search for comprehensive solutions for these growing problems, Aging Together will represent the interests of all seniors.



Current Support Needs

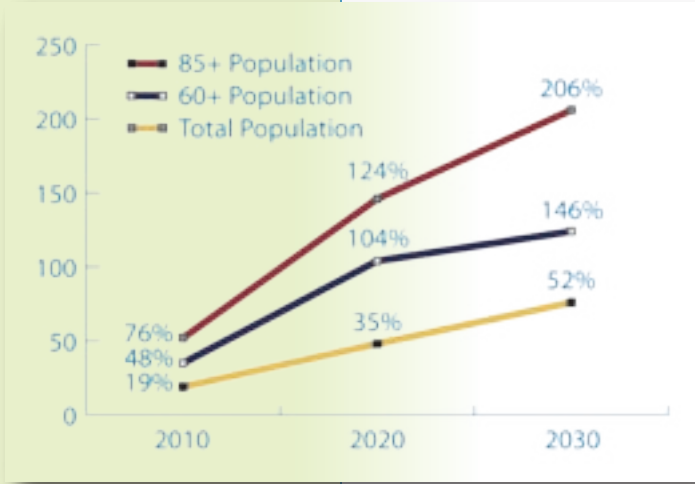
26.7% over 60 need some help with routine activities

9.6% over 60 suffer from Alzheimer’s Disease

24% live alone

13.6% cannot drive

Source: Regional Elder Needs Assessment



Source: United States Census Projections

Workforce – Challenge

Who will provide care for our seniors when they are no longer able to care for themselves?

With acute labor shortages already making it difficult to staff nursing homes and home-care agencies, the need for home-health aides is expected to increase by at least 54% over a six year period.

As the aging population grows, the working-age population is becoming a smaller percentage of the total. This means there will be fewer potential caregivers—paid and

unpaid—than there are today. This demographic shift will worsen the current shortage of healthcare workers. If the problem is not addressed, it will be difficult to implement any new or expanded programs or services. Quality of care will suffer.

Workforce – Planned Solutions

Goal: Establish an effective and sustainable Volunteer Network.

A strong volunteer network is our best short-term solution for expanding the long-term care and support workforce. Volunteers make possible transportation, home-improvement, respite care, nutrition programs, and other services that otherwise would not exist. Expanding these programs with volunteers also makes the services more affordable for low-income seniors. Plans are already underway in several counties to incorporate youth service programs into the “Volunteer Network,” creating opportunities for intergenerational involvement.

The Volunteer Network will be a collaborative effort of the Piedmont Volunteer Center (PVC), which is operated by the Piedmont United Way; the Retired Senior Volunteer Program (RSVP), which is operated by the Rappahannock Rapidan Community Services Board and Area Agency on Aging (RRCSB/AAA); and Aging Together, primarily through the Communications Regional Workgroup and county partnerships. The network will tap into a rich source of potential volunteers created by the expanding over-60 population. County partnerships will play an essential role in the network by helping recruit volunteers and identifying partners and other organizations that wish to establish or expand long-term care services through the use of volunteers.

Another component of the Volunteer Network will be establishing partnerships with schools, youth groups, and faith-based ministries in order to promote intergenerational opportunities and consolidate information about existing volunteer services. These collaborations will be aided by county partnerships and by other workgroups, such as the Workforce Development Regional Workgroup, which have already established relationships with schools and the faith community.

Goal: Increase capacity of the local paid and informal long-term care workforce.

With the number of older adults rising and the need for long-term care expanding, both now and in the future, the needs of our seniors cannot be met without increasing the number of qualified personal care and healthcare workers entering and remaining in the workforce. Aging Together's Workforce Development Regional Workgroup is developing approaches to address this strategic issue. The workgroup includes directors and human resource managers from long-term care facilities and hospitals, in-home service providers, representatives of local high schools, the Virginia Employment Commission, and our community colleges.



Who Will Provide Care?

80% of care now provided by families

Number of family caregivers is decreasing (by 2020, 51% of region's population will be under 20 or over 60)

40% of workers will be caring for a parent by 2010

One in every ten elders is a primary caregiver

Source: Regional Elder Needs Assessment



Overall Health Status and Care Received

Health good to excellent	73%
Health fair to poor	27%
Have ≥ 1 chronic illnesses	81%
Have ≥ 4 chronic illnesses	20%
Suffer from chronic pain*	31%
Experience depression	11%
Visit doctor min. 6x year	56%
Hospitalized in past year	14%
Take ≥ 3 prescribed meds	46%
Take ≥ 7 prescribed meds	10%

* Half limited in ability to do routine activities

Source: Regional Elder Needs Assessment

Strategies for attracting new workers include developing formal partnerships with high schools to promote healthcare as an attractive career choice and instituting a publicity campaign to promote long-term care careers among adults and seniors. Aging Together will also expand partnerships with community colleges to ensure that students are given broader choices in relevant course offerings. Such offerings should address the needs of those seeking continuing education and meet the long-term care needs of the community and its potential new workers.

The issue of employee retention in the healthcare community will continue to be addressed by working with employers to improve the workplace experience. This involves promoting the team concept of care and facilitating shared training opportunities for managers, supervisors, and direct care staff.

Since we know that the majority of personal care in our area is provided by family members and other informal caregivers, the Caregiver Support Regional Workgroup will offer on-going training and support for these important caregivers.

Wellness – Challenge

How can we help local residents plan for and manage their own health as they age?

Enjoying retirement years, maintaining self-sufficiency, and being able to take advantage of long-term care choices, often depend on the state of a person’s physical and mental health and the ability to manage chronic illness. As a community, our long-term care and support resources will go further as the overall health of our aging population improves.

It is never too early to start thinking about life-long health, but it becomes especially critical in the pre-retirement and retirement years. If aging citizens don't take care of their health, their quality of life may be in jeopardy and the community may find it more difficult to meet the needs of all of its low-income, frail, and ill senior citizens.

Wellness – Planned Solutions

Goal: Increase awareness of the importance of healthy lifestyles among seniors.

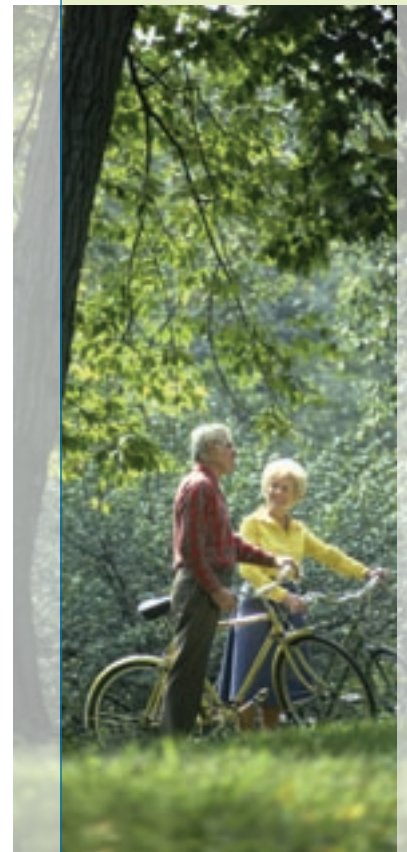
Aging Together's Wellness and Prevention Regional Workgroup is spearheading efforts in this area by focusing on three themes: nutrition, physical and mental activity, and medication management.

In order to help seniors and all citizens manage their own health, the workgroup will identify existing resources and develop strategies to communicate this information to the public. Special attention will be focused on assisting homebound and low-income seniors to access these supports.

Identified needs include affordable, comprehensive physical and mental health screenings, medication management, and chronic disease management. Aging Together will work with partners to develop and promote wellness and health management programs to address these identified needs.

“Small lifestyle changes at any age can increase longevity and quality of life.”

*– Dr. Richard Lindsay
Geriatrician*



Information – Challenge

How will we ensure that seniors and their caregivers have the information they need to make informed decisions about their care?

Even where resources exist, it can be difficult or impossible for those in need to identify and secure them. Collecting and consolidating this information is time-consuming and requires on-going effort and cooperation. Many case managers and social workers have no way of knowing what programs and services are provided by other organizations. Failure to address this problem effectively results in the inefficiency of service delivery and allocation of resources. It also may result in a failure to provide support for those who need it.

Information – Planned Solutions

Goal: Increase knowledge among older adults and caregivers about long-term care options.

Aging Together will build on the success of Senior Navigator, a web-based information system, to create and maintain a central source of information about long-term care and aging services in our five-county region. In addition to allowing online searching, the information in the database will be used to produce printed information guides in a variety of formats, including complete regional guides for partner agencies, county guides, and quick reference guides for individual counties and the region.

Senior Navigator sites have been established in each county in locations where the public has easy access to the online system. Several of these sites are located in public libraries, others are in partner offices. Aging Together will maintain a current list of



locations where Senior Navigator can be accessed and post the information on its website (www.agingtogether.org), as well as work with staff at these locations to help them gain familiarity with the system. County teams will take the lead in collecting initial information for inclusion in Senior Navigator and for reviewing the data quarterly for completeness and accuracy.

The success of the communications effort depends on an effective media campaign to make the public aware of both Senior Navigator and other key services for seniors. This publicity will include the Aging Together website, printed brochures, radio and cable TV advertising, and newspaper coverage. The *Voice of Experience* newsletter will continue to be a vehicle for distributing information to seniors.

Social workers and case managers will remain the main source of information for the at-risk population, ensuring that older adults have accurate and complete information when needed. To facilitate this effort, a “no wrong door” approach to human services delivery will be supported by regular training and networking meetings of case managers and social workers from the Departments of Social Services, the Rappahannock Rapidan Community Services Board and Area Agency on Aging (RRCSSB/AAA), local hospitals, the Alzheimer’s Association, and other partner agencies. The purpose of these meetings is to keep case managers, social workers, and key service providers informed about the full array of long-term care services available in the region.



“During the planning process, every focus group, Community Conversation, and interview identified the need for complete and accurate information as a top need.”

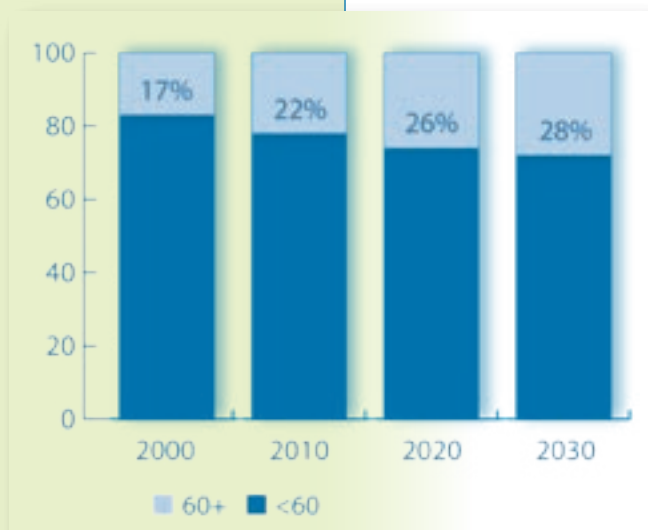
*– Cathy Zielinski, Project Manager
Aging Together*

County/Regional Collaboration – Challenge

What type of collaboration among local government, service providers, businesses, consumers, and others is needed in order to develop effective solutions for aging issues? How will we build and maintain that collaboration?

In our rural communities, the continuum of support needed to care for our aging citizens will not be provided by a single or even a few service providers. The only comprehensive solution will be a community response. Some components will be managed on a county-by-county basis. Others can be supplied most effectively with regional coordination.

60+ as Percent of Total Population



Source: United States Census Projections

Without collaboration among governments, public and private service providers, concerned citizens, families, the faith community, and consumers, we will fail to achieve our stated vision—in which all seniors are valued and are able to move smoothly through a continuum of care reflective of their needs and preferences. As our overall population grows and changes, a lack of communication could result in a duplication of effort, wasted resources, misplaced priorities, and a failure to recognize emerging problems.

County/Regional Collaboration – Planned Solutions

Goal: Assure vitality and sustainability of county/regional partnerships.

In order to achieve our goals over the next four years and continue to address priorities beyond that time, it is important that we not

overlook the importance of nurturing all levels of the Aging Together partnership. Strategies that will support this goal include increasing diversity—expanding both minority and older adult participation at the regional level on the Regional Coordinating Council, in workgroups, and with core leadership—and recruiting more participation from the business community and local governments.

A key to the on-going success of Aging Together is to strengthen county partnerships, which provide community outreach and validity to the regional effort. Support will be offered to the counties to recruit new members, develop written work plans, and collect and maintain information about county resources. Help will be provided to support county-initiated projects, communications, and media relations. County partnership chairs, co-chairs, and other potential leaders will be encouraged to participate in quarterly leadership meetings, which will also include chairs of the regional workgroups. These meetings will serve as a forum for information sharing and leadership development.

The Core Leadership Group and Regional Coordinating Council will hold regular, directed meetings. Project staff and Core Leadership Group members will attend meetings of regional workgroups and offer assistance where necessary to keep the groups focused on their stated purposes. Minutes and meeting notes will be written and distributed.

Aging Together will report regularly on its progress to county officials through written reports and presentations, and to the public through media activity, annual community conversations, and via the Aging Together website.





Financial Support – Challenge

How can we secure the financial resources needed to create long-term care choices and make them available to all seniors?

Creating and expanding services and programs to provide all components of support and care will be an expensive proposition. A senior's ability to pay will likely continue to be the determining factor in the quality and range of available options. Maintaining Aging Together as the coordinating and planning body for the community also requires financial support.

Some services will be available through public and private providers and others by way of family and volunteers, but unless financial support is available to expand capacity for programs and offer subsidies, shortages will continue to grow and affect the care of all seniors. The social divide based on economic status will widen. And while Medicaid currently pays for almost half of all long-term care, the future of this program is unknown. As federal government subsidies decrease, a greater burden will fall on state and local resources, and ultimately on the individual.

Financial Support – Planned Solutions

Goal: Secure support to sustain Aging Together's efforts on a long-term basis.

Achieving the goals identified in this plan requires an on-going effort to identify and secure the appropriate supports. To do this, Aging Together has begun a concerted effort to identify and obtain appropriate grants, build support from local governments, and seek

financial support from local businesses, civic organizations, and partner agencies.

Data will be collected to chart the trends and needs of seniors in the region. This information will be communicated to the public, including policy makers and consumers, in order to keep all stakeholders informed about funding and planning needs.

A critical factor in planning for successful long-term care and supportive services is making every citizen—young and old—aware of the importance of planning for his or her own financial security, rather than depend on the uncertainty of Medicare, Medicaid and tax-supported services.

Monitoring Progress

After reviewing the critical challenges and proposed solutions highlighted in the prior section, we now have a snapshot of the status of aging trends and long-term care in the region, a detailed look at the priorities of Aging Together, and the plan for action. How will we know if we are making progress toward our goals? How will we recognize when it is time to adjust our strategies or to reorder our priorities?

The Aging Together plan includes several methods for charting progress and evaluating results. Each challenge and corresponding goal includes several benchmarks that will show if the action plan is being followed. Some key benchmarks are:

Service Expansion

- New services started
- Units of low-income housing

Workforce

- Number of volunteer hours for senior services
- Worker turnover rates experienced by partner organizations

Wellness

- Number of health/mental screenings conducted

Information

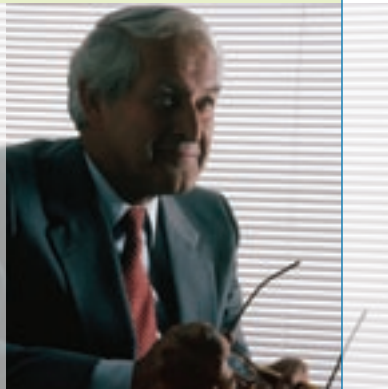
- Number of resource guides distributed

County/Regional Collaboration

- Participation level at workgroups, committees and county meetings

Financial Support

- Level of funds and in-kind support received from governments, grants, and community fundraising



Older Adults: A Community Asset

Bring life experience, skills,
and expertise

Contribute a great deal of
time and money to support
community endeavors

Provide care for others

Serve as creative forces
and agents of change in our
communities

Are a potential workforce
and volunteer resource

In addition, Aging Together will publish an annual “Report Card” on the status of aging in the Rappahannock Rapidan region. The Report Card will use key indicators to show year-to-year progress in addressing the Critical Challenges. When possible, it will also show the status of our region compared with Virginia and the rest of the nation.

Annual “Community Conversations on Aging” will also be held in each of the five partner counties. This will provide a forum for Aging Together to present the Report Card and progress on the work plan. It will also offer an opportunity for policy makers and partners to hear directly from seniors and other interested citizens on continuing needs, ideas for action, and their evaluation of community progress on aging issues.

Community Report Card on Aging for the Rappahannock Rapidan Region			
Key Indicator	Our Region	How we compare with:	
		The State	The Nation
1. Percent of population over 60			
2. Percent of older population living in poverty			
3. Number of assisted living beds per 1,000 population			
4. Percent of older population with activity limitations			

Appendix A – The Aging Together Partnership

Aging Together began the strategic planning process as the Rappahannock Rapidan Eldercare Coalition, an informal consortium comprised mainly of service providers for the aging population in the five counties of Culpeper, Fauquier, Madison, Orange, and Rappahannock. The partnership has evolved into an impressive and effective alliance of more than one hundred organizations and individuals who actively participate on one or more workgroups and collaborate across agencies, counties, and interest areas. Members include senior citizens, caregivers, local government officials, service providers, schools, representatives of the faith community, and other concerned citizens. The connecting purpose of the partnership is to support the needs and improve the lives of senior citizens and their families.

Each county is represented by its own partnership, which has developed its own vision and priorities. Each participates in the regional partnership and meets monthly to organize local activities and design a variety of initiatives.

Numerous regional workgroups address specific priority issues. These include housing, transportation, adult daycare, caregiver support, prescription drug assistance, communications, quality standards, workforce development, and wellness and prevention. These workgroups monitor trends and needs, and identify and implement strategies to address those needs.

A Core Leadership Group provides leadership and direction for the Aging Together partnership. Membership of the Core Leadership Group includes eleven members designated in the bylaws, and provides for up to four additional at-large members. The designated members are the directors of social services in each of the five counties; representatives from Culpeper Regional Hospital and Fauquier Hospital; the executive directors of the Piedmont United Way, the Rappahannock Rapidan Regional Commission, and the Rappahannock Rapidan Community



Services Board and Area Agency on Aging (RRCSB/AAA); and the director of aging services for RRCSB/AAA.

A larger group of key stakeholders makes up the Regional Coordinating Council, which serves in an advisory role to the Core Leadership Group and holds decision-making authority for key matters. The Council includes representatives from all county teams and regional workgroups, and thus offers a coordinating and communications function as well.

A small staff supports and coordinates the work of the regional and county partnerships according to the established work plan.



Community partners:

- AARP
- Aging Advisory Council
- Aging Together’s County Partnerships
- Alzheimer’s Association
- Assisted Living Facilities
- Businesses
- Caregivers
- Places of Worship
- Civic Organizations
- Community Colleges
- Community Services Board/
Area Agency on Aging
- Cooperative Extension
- County Departments of Social Services
- Culpeper Regional Hospital
- Department of Deaf and
Hard of Hearing
- Dialysis Providers
- Disability Services Boards
- Employment Commission
- Fauquier Hospital
- Health Departments
- High Schools
- Home Health Providers
- Hospice Providers
- Housing Agencies
- Law Enforcement
- Libraries
- Local Governments
- Nursing Homes
- Older Adults
- Older Worker’s Program
- Parks and Recreation
- Pharmacies
- Piedmont United Way
- Regional Commission
- TRIAD

Appendix B – County Visions



While Aging Together has an overarching vision to address the regional issue of aging facing the partnership as a whole, each member county has a specific vision to address the immediate issues facing their respective communities. Those individual county visions follow.

Culpeper

Healthy Culpeper Adult/Senior Committee

“Our vision is to enhance and support quality of life for seniors while retaining the close-knit, friendly atmosphere of the community; to raise awareness and promote solutions to the current needs of seniors; and to plan actively for future needs in order for seniors to age in place.”



Fauquier

Fauquier Senior Care Network

“The vision of the Fauquier Senior Care Network is to provide, expand, and create an ever evolving network of services to our senior citizen population by addressing quality of life issues, including long-term care, short-term care, and rehabilitative services.”



Madison

Madison Elder Coalition

"Our vision for aging is that Madison County will continue as a peaceful, rural setting in which our citizens experience a strong sense of both place and community; serve and contribute to that community in a variety of ways; and are assured of help when needed from family, neighbors and churches as well as from a responsive government."



Orange

Orange County Senior Coalition

"Our vision is to enable people to remain independent and in their own homes for as long as they choose. If nursing care becomes necessary, we envision a county which allows people to move smoothly through the continuum of care in a manner reflective of their individual needs and desires."



Rappahannock

Rappahannock Eldercare Coalition

"Our vision is to enable older persons to have the choice of remaining in the County, in their own homes, if they choose to do so. For those older persons who choose not to reside in their own homes due to illness, need for companion-care, or the desire to downsize, our vision is to create viable choices for housing and care within the county so that residents can continue to be a part of our community."



Appendix C – The Planning Process

The Strategic Planning process conducted by Aging Together from 2004 to 2006 was made possible by a grant from Community Partnerships for Older Adults, a program of the Robert Wood Johnson Foundation. This process stemmed from the results of the Elder Needs Assessment conducted by the Rappahannock Rapidan Eldercare Coalition.

All of the county and regional workgroups, in addition to the project staff, participated in the data collection and analysis. Regional groups mapped current resources and developed initial strategies for identified priority topics. County partnerships planned and conducted “Community Conversations on Aging” to collect citizen input on needs, priorities, and potential solutions. More than 500 citizens attended these meetings. The county partnerships also surveyed homebound seniors and others who could not attend the Conversations. Focus groups were conducted



among service providers, case managers, and local physicians. Project staff researched relevant secondary data sources.

Data was analyzed at the county level and at the regional level by the partnership's Core Leadership Group and Regional Coordinating Council. This analysis resulted in vision and priorities statements for the region and for each county partnership. The Core Leadership Group evaluated external and internal influences and developed preliminary outcomes, goals, and strategies. During the planning process, preliminary results were distributed to all participants for review and comment. The final strategic plan content was approved by the Council in September of 2005.

Supporting documentation for this plan, including the Summary of the Elder Needs Assessment, complete work plan, and the "Community Conversations on Aging" results may be obtained by contacting the Aging Together regional office.



Appendix D – Contact Information

Aging Together Regional Office

420 Southridge Parkway, Suite 106

Culpeper, VA 22701

phone: 540-829-6405

fax: 540-829-7452

e-mail: info@agingtogether.org

Other important phone numbers:

Culpeper County Department of Social Services540-727-0372

Fauquier County Department of Social Services.....540-347-2316

Madison County Department of Social Services.....540-948-5521

Orange County Department of Social Services540-672-1155

Piedmont United Way – First Call for Help.....540-825-7569

Piedmont Volunteer Center 540-825-0317

Rappahannock County Department of Social Services540-675-3313

Rappahannock Rapidan Community
Services Board/Area Agency on Aging.....540-825-3100

For online information:

Aging Together – Five Communities
Creating Choices.....www.agingtogether.org

Senior Navigator – Health and Aging
Resources for Virginians.....www.seniornavigator.com

To find out about volunteer
opportunities in your areawww.1-800-volunteer.org



Aging Together is an integral part of Community Partnerships for Older Adults, a program of the Robert Wood Johnson Foundation.

The planning process was made possible by funding from Community Partnerships for Older Adults and the following local contributors:

- Alzheimer's Association
- Culpeper County
- Culpeper County Department of Social Services
- Culpeper Regional Hospital
- Fauquier County
- Fauquier County Department of Social Services
- Fauquier Hospital
- Hospice of the Rapidan
- Madison County
- Madison County Department of Social Services
- Orange County
- Orange County Department of Social Services
- Piedmont United Way
- Rappahannock County
- Rappahannock County Department of Social Services
- Rappahannock National Bank
- Rappahannock Rapidan Community Services Board/Area Agency on Aging
- Rappahannock Rapidan Regional Commission



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420 Southridge Parkway, Suite 106
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For more information,
visit our website at
www.agingtogether.org
or e-mail Aging Together at
info@agingtogether.org