AGING TOGETHER RESPONSE TO COVID-19

Local and Regional Resources for Older Adults in Planning District 9
-Culpeper, Fauquier, Madison, Orange, Rappahannock-

This information is intended for the sole purpose of providing resource materials and does not in any way endorse the businesses provided herein. We have done our best to keep information up to date. Updated March, 2020.

AARP - www.aarp.org - for information on COVID-19 and legislative alerts

Aging Together 540-829-6405**, www.agingtogether.org** (provides resource information only. No direct services)

Alzheimer's Association 800-272-3900 www.alz.org - for caregiver support and information on dementia

Community Services / "Area Agency on Aging" Rappahannock Rapidan Community Services 540-825-3100 **or www.rrcsb.org** **For information on meals programs, Senior Centers, Transportation and other services for Older Adults:*

Culpeper: Hannah Botocario ext. 3467
Fauquier: Poppy Foddrell ext. 3427 (Poppy is also the Medicare expert)
Madison: Toni Browning ext. 3471
Orange: Jennifer Zamora ext. 3450
Rappahannock: Kathi Walker ext. 3416 (Kathi is also the long term care ombudsman)

COVID-19 (Coronavirus) Information Vriginia Gov. https://www.virginia.gov/coronavirus-updates/ Centers for Disease Control (CDC) https://www.cdc.gov/coronavirus/2019-ncov/index.html World Health Organization (WHO) https://www.who.int/health-topics/coronavirus#tab=tab_1

Departments of Social Services (*information on benefits, Adult Protective Services, meals, housing, & more)*

540-727-0372 (Culpeper)
**** Culpeper First Call For Help*** 540-229-3816 (provides emergency food assistance & resources for Culpeper residents, M - F, 9 - 5pm
**** Sam's Place*** *540-727-1055, press 0 (food closet and firewood)*
540-422-8400 (Fauquier)
540-948-5521 (Madison)
540-672-1155 (Orange)
540-675-3313 (Rappahannock)

DisAbility Resource Center 540-373-2559 www.cildrc.org (provides durable medical equipment)

FRAUD AND SCAMS REGARDING COVID-19 INFORMATION FROM FEDERAL GOVERNMENT: https://www.consumer.ftc.gov/features/coronavirus-scams-what-ftc-doing

Health Department - Rappahannock Rapidan Health District; 540-316-6280
http://www.vdh.virginia.gov/rappahannock-rapidan/

Hospitals:

Culpeper Regional Health System 540-829-4100
Fauquier Health Hospital 540-316-5000

Hotlines:

2-1-1-Virginia – **DIAL** the number **2 1 1** (for state information on community services and resources www.211virginia.org

FRAUD/SCAM Hotline: 833-FRAUD (37283)-11 * *full number = 833-372-8311*

PATH Community link - 855-495-LINK (5465) - free information & referral call center; available to Fauquier, Culpeper & Rappahannock residents. Phone line is open M - F, 9- 5pm (translator available) or online at: https://pathforyou.org/community-link/

Peer2Peer Mental Health hotline – 833-626-1490 (connects you to a "peer specialist" who is on call)

Veterans Crisis Hotline at 1-800-273-8255 (press 1) or **Veterans Services,** 703-630-2810

Housing:

Foothills Housing Network: 540-724-6630 (emergency shelter & housing issues)

Legal Aid Works, 540-371-1105 or www.LegalAidWorks.org (free legal assistance on eviction & housing issues)

Online Resource Guides:

Google: Culpeper Community Resource Guide
Google: Madison Resource Guide
Google: Fauquier Community Resource Guide
Google: A Guide to Senior Services in Rappahannock County

Rappahannock Co. Support for older adults: Rapp-At-Home (help with deliveries, meals, transportation) info@rappathome.org or 540-937-HOME(4663)

Transportation **FAMS 'ONE CALL CENTER'** (central hub for all local transportation): 540-829-5300

Volunteer Opportunities:

AARP - www.aarp.org

PATH VOLUNTEER HUB **https://www.LetsVolunteer.org/** if you are looking for ways to help during the COVID-19 pandemic. For example, reaching out to isolated older adults through technology; letter writing, etc. Or, sewing masks; making phone calls or more.

Websites for caregivers: (educational information, resources, services)

www.alz.org/cwva
www.caregiver.com
www.caregiving.org
www.seniornavigator.org
www.caregiverstress.com
www.medicare.gov

Updated 3/26/2020