

Information & Assistance

Information, Assistance and Referrals	Connecting individuals who are 55+, have a disability, or are caregivers to services provided by the County and private organizations.	703-792-6374
Medicare Counseling	Assistance understanding Medicare.	703-792-4156
Volunteering	Providing a variety of volunteer opportunities.	703-792-4583

Senior Centers | Open Monday-Friday, 9:00 a.m. - 4:30 p.m.

Community focal points for active adults 55+ | Annual membership of \$25 in County (\$35 out of County) or daily drop-in-fee

Offering fitness and evidence-based classes, educational and recreational programs, arts and crafts, a weekday/noon lunch and much more!

Manassas Senior Center	9320 Mosby Street Manassas, VA 20110	703-792-6405
Woodbridge Senior Center	13850 Church Hill Woodbridge, VA 22191	703-792-5081

Additional Services

Legal Assistance	Paralegals are available monthly at the Senior Centers to provide free legal assistance, to those who qualify, appointment only.	703-778-6800
Bluebird Tour Program	Day and overnight tours.	703-339-0333

Home and Community-Based Services

Supportive Services	Consumer-directed assistance to identify needs, initiate service plans, make referrals, arrange, and coordinate services.	703-792-6374
----------------------------	---	--------------

- Persons 60+ or those who are over 18 years old and have a disability
- Veteran's services for all ages
- Caregiver in-home assistance
- Transition of care assistance from the hospital to the next place of residence
- Options Counseling

Meals on Wheels	Meals delivered to homebound adults 60+ who are unable to cook for themselves, who live alone or have no one home to prepare a noon meal for them. Monetary donations are accepted.	703-792-6374
------------------------	---	--------------

Care Registry	A list of self-employed individuals available for hire, offering in-home care, light housekeeping, meal preparation and companion care.	703-792-6374
----------------------	---	--------------

Prince William Adult Day Healthcare Center	A State licensed Adult Day Healthcare program based on social model for cognitively impaired adults in need of constant supervision 18+ with primary focus on Dementia. Adult Day Healthcare offers person centered individual and group based cognitive, physical, social activities, meal, personal care assistance, and health monitoring for overall well-being.	703-792-4990
---	--	--------------

Telephone Reassurance by Senior Link	Provides scheduled telephone calls to those who need reminders or wellness checks.	703-368-4141
---	--	--------------

Project Mend-A-House	Arranges for minor residential repair, renovation and/or modifications to those who qualify.	703-792-7663
-----------------------------	--	--------------

Prince William Long-Term Care Ombudsman – 703-792-7662

Advocacy and assistance to uphold residents' rights in nursing homes and assisted living facilities

Report Adult Abuse		
Prince William County - 703-792-4200	Manassas City - 703-361-8277	Manassas Park - 703-335-8880
Virginia Adult Protective Services Hotline 1-888-832-3858		

Appointed Advisor Boards:
Prince William Area Commission on Aging & Prince William County Disability Services Board