

Community Health Resource Guide



UVA Health is proud to be part of the Coalition for Quality Transitions team as part of our ongoing commitment to quality care. The goal of the Coalition for Quality Transitions is to improve transitions of care for at risk individuals and to provide a resource guide for community health resources that are available in our community.

Members of the Coalition for Quality Transitions are committed to encouraging patient and person-centered models of care, by collaborating and encouraging efforts of the organization, to advance and shape public policies, to identify and address education needs of our community and to sharing best practices for the benefit of the community. The Coalition membership is open to any individual or organization interested in fostering this mission.

The resources listed in this guide are accurate listings to the information available at the time of printing. This is not an inclusive list of all possible resources or providers. If you need additional information regarding providers you are encouraged to utilize www.medicare.gov; www.pwcgov.org/aging or www.vhca.org

UVA Health Prince William Medical Center and UVA Health Haymarket Medical Centers are recruiting volunteers to assist with the hospital gift shop, thrift shop, various departments within the hospitals and in fundraising. Many volunteer opportunities are available. If you enjoy interacting with people and serving others, please consider volunteering. Our volunteers know the rewards of helping others and making a difference in someone else's life. For more information, please contact Volunteer Services at 703-369-8173.

Prince William Area Agency on Aging
 5 County Complex Court Ste., 240 Woodbridge, VA 22192
 703-792-6374 www.pwcgov.org/aging

The responsibilities of the Prince William Area Agency on Aging include: maintaining the independence and quality of life for adults and their families by advocating, educating, coordinating and implementing programs and services for older adults. The Agency serves older adults, their families and caregivers in the tri-jurisdictional areas of Prince William County, the City of Manassas and the City of Manassas Park. Programs are open to residents aged 60 and over, and others aged 55 and over with a disability. Please contact our agency at 703-792-6374 for eligibility requirements. Need information about programs outside of the Prince William Area? Visit the [Virginia Navigator database](#) for information about community programs and services across Virginia or the [Eldercare Locator database](#) to search across the United States. There is a monthly newsletter for the senior centers and a virtual center for active adults <https://www.fairfaxcounty.gov/neighborhood-community-services/virtual-center-active-adults>

Home and Community-Based Services	Information and Referral Assistance
Services Assessment (Includes Options Counseling by Supportive Services Specialist Staff)	Transportation (resource list of transportation services in the PWC area)
Meals on Wheels (Weekday delivered meals to individuals who are 60+ and unable to cook for themselves)	Home Repair and Renovation (resources such as Project Mend-A-House, serving older adults, vets, low-income, disabled)
Personal Care Program (In-home assistance with activities of daily living)	Housing Options (listings senior housing aged 55 and over)
Woodbridge Adult Day Healthcare Center (licensed adult day healthcare program)	Legal Services of Northern Virginia
Medicare Virginia Health Insurance Counseling and Assistance Program (VICAP)	Manassas Senior Center 9320 Mosby Street Manassas, VA 20110 (703) 792-6405
Care Transitions (reducing readmissions by empowering individuals to take charge of their own healthcare)	Woodbridge Senior Center 13850 Church Hill Woodbridge, VA 22191 (703) 792-5081
Companion Aide Registry for the Elderly (A resource of self-employed individuals offering in-home care and /or housekeeping assistance)	Veterans Enhanced Transportation Service (volunteers who transport vets and their spouses 55 over with doctor office visits or to pharmacy)

Some program services require that an assessment be completed. Additionally, some services may involve a cost to the individual.

Mental Health Resources

Emergency Services staff is available to address crisis needs by calling (703) 792-7800 Manassas or (703) 792-4900 Woodbridge. The county has multiple programs available and intake is available by appointment. Call the number listed above for intake appointments. NAMI Prince William (National Alliance on Mental Illness) can be reached at 703-659-9983, or info@nami-pw.org. Their website is <https://nami-pw.org>. One call assistance 988

Veteran's Resources

The Virginia Department of Veterans Services (VDVS) operates 32 benefit offices throughout the state that assist military veterans and their families in filing claims for federal veterans benefits; two long-term care facilities offering in-patient skilled nursing, Alzheimer's/memory care, and short-term rehabilitation for veterans; and three cemeteries that provide an honored final resting place for veterans and their families. VDVS provides veterans and family members with direct linkages to services including behavioral healthcare, housing, employment, education and other programs. The Department also operates the Virginia War Memorial, the Commonwealth's monument to honor the memory and sacrifice of Virginia's men and women who served and fought to defend our way of life from World War II to the present. For more information, please visit www.dvs.virginia.gov or call 211 to find the DVS office closest to you.

Alzheimer's Association

The Alzheimer's Association is a not for profit organization that provides education and resources for patients and families who are dealing with Alzheimer's and dementias. Their mission is to eliminate Alzheimer's Disease through the advancement of research; to provide and enhance care and support for all affected and to reduce the risk of Dementia through promotion of brain health. Their 24 hour a day number is 800-272-3900. The website is www.alz.org

Project Lifesaver

Project Lifesaver International is a non-profit organization that bridges the technology gap for "at risk" populations and public safety agencies. Their comprehensive program includes equipment and training used to locate and rescue "at risk" individuals with cognitive disorders who are at constant risk to the life threatening behavior of wandering including those with Alzheimer's disease or other dementias, Autism and Down Syndrome. Their website is www.projectlifesaver.org The Prince William County Sheriff's office participates in this program and information can be found at www.pwcgov.org/sheriff this services Prince William County and the cities of Manassas and Manassas Park

Free Clinics

Free clinics are healthcare organizations who utilize a volunteer staff model to provide medical services to individuals who are economically challenged. Free clinics can have a variety of services to include primary and specialty care, dental, pharmacy, vision and/or behavioral health. Most free clinics see clients who are uninsured/underinsured, who are under 150% - 200% of the Federal Poverty Guidelines and live in a specific geographical area. If you are in need of follow up care after your hospitalization and fall within the guidelines above, please contact one of the free clinics below to obtain continued services for your care and a medical home.

Free Clinic	Address	Phone Number	Website
Mother of Mercy Free Medical Clinic	9380 Forestwood Lane, Unit B Manassas, VA 20110 13900 Church Hill Drive Woodbridge, VA 22191	703-335-2779	www.ccda.net/Need-Help/Medical-and-Counseling/Free-Medical-Clinic/
Mason and Partners (MAP)	99 Tremont Street Manassas, VA 20111	703-993-5880	https://chhs.gmu.edu/mapclinics
Sentara Family Health Connection Mobile Clinic		703-523-0998	https://www.sentara.com/woodbridge-virginia/medicalservices/services/family-

Assistive Devices

Technology and medical equipment to help individuals maintain their safety and independence in the home. This includes electronic equipment and assistance with medical equipment. Some services may have a fee.

	Address	Phone Number	Website
Electronic Caregiver-Emergency Alert System	14540 John Marshall Hwy Suite 208 Gainesville, VA 20155	571-222-5050	www.electroniccaregiverofnorthernvirginia.com
Planning for Seniors Life	7350 E Lockport Place Lorton, VA 22079	571-438-8790	www.planningforseniorslife.org

Home Care (Non-Skilled)

Home Care, often referred to as Non-Skilled Private Duty, consists of a caregiver that performs Activities of Daily Living (ADL's) or Instrumental Activities of Daily Living (IADL's). ADL's include Bathing, Dressing, Grooming, Toileting, Transferring, Assistance Walking, Eating, Ascending/ Descending Stairs. IADL's include shopping, cooking, laundry, light housekeeping and some limited transportation. These services are primarily privately paid services, but can be covered/reimbursed through Long Term Care Insurance (LTCI), Medicaid (if qualified), or VA benefits. Services are scheduled through a Licensed Home Care Organization, but may be scheduled with a non-licensed agency or obtained privately. This service can work in tandem with Skilled Care or Hospice. * accepts Medicaid Waivers

Home Care Agencies	Address	Phone Number	Website
Care Advantage *	8705 Stonewall Rd. Manassas,VA 20110	703-659-9640	www.careadvantageinc.com
BrightStar Care	9315 Center St Ste 203 Manassas,VA 20110	703-496-4616	http://www.brightstarcare.com/gainesville-woodbridge/Contact-Us
Capital City Nurses*	13Pidgeon Hill Dr #310 Sterling, VA 20165	703-539-6029	www.capitalcitynurses.com
Caring Senior Services of Northern Virginia	14540 John Marshall Hwy Ste 208 Gainesville, VA 20155	571-222-5050	www.NovaSeniorCare.com
Caregivers for Less	10611 Balls Ford Rd # 104 Manassas, VA 20109	703-273-2393	
Comfort Keepers of Greater Prince William	9720 Capital Court #100 Room 2 Manassas, VA 20110	703-686-4820	www.CKGPWC.com
Griswold Home Care	5723-A Centre Square Dr. Centreville, VA 20120	703-570-6812	www.griswoldhomecare.com/northern-virginia-west
Home Health Options Group, Inc.	10611 Balls Ford Rd # 104 Manassas,Va 20109	703-622-3343	www.hhogroup.com
LivinRite Home Health	10550 Linden Lake Plaza, #100 Manassas, VA 20109	703-369-6677	www.LivinRite.com
Young's Health Care, Inc *	7018-5A Evergreen Ct. Annandale,VA 22003	703-649-4271	https://youngshc.com/

Home Health (Skilled)

Home Health, often referred to as Skilled Home Health, consists of Medicare covered services such as skilled nursing care, physical therapy, occupational therapy, speech language pathology, medical social services and specific home health aide services. Some agencies also offer psychiatric nursing & registered dietitians. These services are primarily paid through Medicare; however, some services may be covered under private insurance, Medicaid or can be paid for privately. Medicare does not cover stand-alone Home Care, custodial or personal care (help bathing, dressing, and using the bathroom), if it is the only care needed. Medicare also does not cover Home Care for multiple hours per day or every day per week. Additionally, Home Maker services or other activities including shopping, laundry, and light cleaning are **not** included in Home Health .

Home Health Agencies	Address	Phone Number	Website
Healing Home Health	7000 Infantry Ridge Rd Suite 110 Manassas, VA 20109	703-650- 0576	www.healinghomehc.com
LivinRite Home Health	10550 Linden Lake Plaza, #100 Manassas, VA 20109	703-369- 6677	www.livinrite.com
National Home Health	459 Herndon Parkway #17 Herndon, VA 20170	703-787- 3060	www.nationalhhc.com

Additional Resources

These resources provide additional information and resources to assist with planning care

Resource	Website
Senior Navigator	www.seniornavigator.org
Aging Life Care Association	www.midatlanticalca.org
Planning for Senior Life	www.planningforseniorlife.com
Virginia Independence Center	www.ecnv.org/services

Assisted Living Facilities

Assisted living residences are aimed at helping residents remain as self-sufficient as possible with the assurance of assistance when needed. A combination of housing, meals, personal care and support, social activities, 24-hour supervision and, in some residences, health-related services are usually provided. As needs change, these facilities offer different levels of care at different costs. Most assisted living facilities are paid for with private funds or long-term care policies. There are a limited number of beds available at **some** facilities under Medicaid but there is often a long waiting list for these beds. Medicare does NOT cover any of the cost of

Assisted Living Facilities	Address	Phone Number	Website
Arbor Terrace Sudley Manor	7750 Garner Drive Manassas, VA 20109	703-392- 9797	www.arborcompany.com
Commonwealth Senior Living at Manassas	9201 Portner Ave. Manassas, VA 20110	703-335- 8400	https:// www.commonwealthsl.com/ community/commonwealth-senior-
Arbor Terrace Prince William Commons	14080 Central Loop Woodbridge,VA 22193	703-721- 8801	http:// www.ArborPrinceWilliam.com
The Wellington at Lake Manassas	7820 Baltusrol Blvd. Gainesville, VA 20155	703-468- 2750	www.rui.net/the-wellington
White Springs Senior Living	349 Legion Drive Warrenton, VA 20186	540-216- 8449	Www.SpringArborLiving.com
English Meadows Manassas Campus	9735 Liberia Ave. Manassas,VA 20110	571-621- 6060	https:// Englishmeadowslc.com/ senior-living/va/manassas/liberia- ave
The Villas at Suf- field Meadows	6735 Suffield Lane Warrenton,VA 20187	540-316- 3800	www.virginiavilla.org

Skilled Nursing Facilities

Skilled Nursing facilities provide nursing care & rehabilitation services, 24 hour a day, under the direction of physician and licensed nursing personnel. These facilities provide services such as wound care, IV therapy, and assessments and monitoring of acute conditions, physical therapy, occupational therapy, speech language pathology therapy as well as other physician ordered services. These services can be covered under Medicare Part A and often private insurances. Under Medicare guidelines, these services are required to be provided by a licensed clinician and strict criteria must be met by the facility to bill for their services. Some facilities may be able to provide long term care services under a variety of payment arrangements. Additionally, some facilities also have specialized memory care units and services.

Skilled Nursing Facilities	Address	Phone Number	Website
Gainesville Health and Rehab	7501 Heritage Village Plaza Gainesville, VA 20155	571-248-6100	http://gainesville-rehab.com
Lake Manassas Nursing and	14935 Holly Knoll Lane Gainesville, VA 20155	703-743-3999	www.mfa.net

Certified Senior Move Managers

A "Transition" no matter what type can be stressful and with many types of transitions there can be physical consequences. Now hospitals and insurance companies across the country are taking it seriously as well. The National Association of Senior Move Managers' goal is to eliminate as much stress as possible from any transition by helping family members in crises. In most cases, an in-home consultation is free of charge. Services include but are not limited to: Aging in Place, Packing and Unpacking Services, De-cluttering and Organizing, Moving, Estate Liquidation, Home Clean Outs.

Local Resource: Overwhelmed, How Can I Help? 703-508-3056 Phone

<http://www.overwhelmedhowcanihelp.com>

Palliative Services

Palliative care is specialized care for patients with serious, advanced and/or chronic illnesses offered alongside curative treatment as an extra layer of support. The goal is to focus on relief of symptoms and defining goals of care to provide a quality of life. This service is appropriate for patients of any age and at any stage of a serious illness. This illness can be curable, chronic or life limiting. Costs for this service are often covered by Medicare, Medicaid and many private insurance. Agencies noted with an * in the list below offer Palliative Services.

Hospice Services

If you or a loved one has fallen ill with a life-threatening illness, hospice specialists can help. Your physician will order hospice to provide specialized care, during this time. Improving the quality of life for patients in their last months, weeks or days is at the forefront of the services offered. Hospice is a service that is appropriate for any advanced disease condition that limits life expectancy. Focus is on the patient's comfort and quality of life versus the disease. Services are usually provided in the home with intermittent visits by team members.

Hospice Agencies	Address	Phone Number	Website
Capital Caring Hospice & Palliative *	24419 Millstream Drive Aldie, VA 20105	703-957-1800	www.capitalcaring.org
Promedica Hospice *	3900 Jermantown Rd #460 Fairfax, VA 22030	703-273-8693	www.promedica hospice.org/Fairfax

Blood Type:

Religion:

Living Will on file at:

Health Proxy on file at:

Do you have an EMS-NO CPR Directive or a DNR form?

Yes ___ No ___ Where is it located?

MEDICAL CONDITIONS

Check all that exist

- | | |
|--|--|
| <input type="checkbox"/> No known medical conditions | <input type="checkbox"/> Hemodialysis |
| <input type="checkbox"/> Abnormal EKG | <input type="checkbox"/> Hemolytic Anemia |
| <input type="checkbox"/> Adrenal Insufficiency | <input type="checkbox"/> Hepatitis-Type() |
| <input type="checkbox"/> Angina | <input type="checkbox"/> Hypertension |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Hypoglycemia |
| <input type="checkbox"/> Bleeding Disorder | <input type="checkbox"/> Laryngectomy |
| <input type="checkbox"/> Cardiac Dysrhythmia | <input type="checkbox"/> Lymphomas |
| <input type="checkbox"/> Cataracts | <input type="checkbox"/> Memory Impaired |
| <input type="checkbox"/> Clotting Disorder | <input type="checkbox"/> Myasthenia Gravis |
| <input type="checkbox"/> Coronary Bypass Graft | <input type="checkbox"/> Pacemaker |
| <input type="checkbox"/> Dementia () Alzheimer's | <input type="checkbox"/> Renal Failure |
| <input type="checkbox"/> Diabetes/Insulin Dependent | <input type="checkbox"/> Seizure Disorder |
| <input type="checkbox"/> Eye Surgery | <input type="checkbox"/> Sickle Cell Anemia |
| <input type="checkbox"/> Glaucoma | <input type="checkbox"/> Stroke |
| <input type="checkbox"/> Hearing Impaired | <input type="checkbox"/> Tuberculosis |
| <input type="checkbox"/> Heart Valve Prosthesis | <input type="checkbox"/> Vision Impaired |
| | <input type="checkbox"/> Other: _____ |

ALLERGIES

- | | | |
|--------------------------------------|--|---|
| <input type="checkbox"/> Aspirin | <input type="checkbox"/> Insect Stings | <input type="checkbox"/> Penicillin |
| <input type="checkbox"/> Barbiturate | <input type="checkbox"/> Latex | <input type="checkbox"/> Sulfa |
| <input type="checkbox"/> Codeine | <input type="checkbox"/> Lidocaine | <input type="checkbox"/> Tetracycline |
| <input type="checkbox"/> Demerol | <input type="checkbox"/> Morphine | <input type="checkbox"/> X-Rays Dyes |
| <input type="checkbox"/> Horse Serum | <input type="checkbox"/> Novocain | <input type="checkbox"/> No Known Allergies |
- Environmental: _____
- Other: _____

Soc Sec#:

Date of Birth:

Med Ins Co:

Policy #:

Other Med Ins Co:

Policy #:

Medicaid #:

Medicare #

FILE OF LIFE

KEEP INFORMATION UP TO DATE!!
Review At Least Every Six Months!
MEDICAL DATA REVIEWED AS OF ___ MO. ___ YR

Name: _____ Sex: M F

Address: _____

EMERGENCY CONTACTS

Name: _____ Home Phone #: _____

Address: _____

Name: _____ Home Phone #: _____

Address: _____

MEDICAL DATA

Doctor: _____ Phone #: _____

Doctor: _____ Phone #: _____

Special Conditions/ Remarks

Pharmacy: _____ Phone: _____

Medical Problems	Medication	Dosage	Frequency

Recent Surgery: _____ Date _____

