



HEALTHY
GENERATIONS
AREA AGENCY ON AGING

Formerly Rappahannock Area Agency on Aging

**MISSION:
TO ENHANCE THE
QUALITY OF LIFE
FOR ALL OLDER CITIZENS**

VISION:

**TO PROMOTE AND ASSURE THE HIGHEST LEVEL OF
SERVICE ATTAINABLE FOR EVERY OLDER PERSON IN**

PLANNING DISTRICT 16,

**WHICH WILL PROVIDE THE OPPORTUNITY TO LIVE A
MORE DIGNIFIED AND MEANINGFUL LIFE.**

Private Non-Profit
established
in 1976
to fulfill the
requirements
of the
Older Americans Act

Governed By:

An appointed member of the City Council and Board of Supervisors from each locality served;

A citizen appointee from each locality served;

The Chairperson of the Advisory Council and;

2 At-Large members if appointed.

City of Fredericksburg
and the Counties of
Caroline,
King George,
Spotsylvania, and
Stafford

Older Americans Act of 1965 as Reauthorized 2020


Provides essential services
to our most vulnerable seniors
age 60 and older.


SUPPORT THE OLDER AMERICANS ACT

WHAT THE OAA DOES

- Preventing and detecting elder abuse
- Assisting family caregivers with information and referral, counseling and respite care
- Supporting nutrition programs, including Meals-on-Wheels
- Providing part-time community service training and employment, including programs to help older workers re-enter the work force
- Providing home and community-based services, including preventive health services and transportation assistance
- Providing transportation assistance

WHY WE NEED THE OAA

It saves taxpayers money  OAA's assistance makes common sense in fiscal terms, too — it helps save precious federal and state tax dollars by keeping seniors out of nursing homes and preventing unnecessary hospital readmissions.

It keeps seniors in their homes **85%**  More than 85 percent of recipients of OAA-funded services say that this assistance helped them to remain in their home, where the majority of Americans want to live as they age.



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Caregiver Services

Communication, Referral, Information & Assistance

Disease Prevention & Health Promotion

Elder Abuse Prevention & Intervention

Emergency Service-Financial Assistance

Food Bank Referrals/Commodity Supplemental Food Program

Home Delivered Meals

Homemaker Services

Information & Referral Services

Legal Assistance (Referral)

Long-Term Care Ombudsman Program

Mobility Options Transportation

Nutrition Education and Counseling

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Options Counseling

Senior Cafes/Congregate Meals

Senior Cool Care

Senior Farmers Market Nutrition Program

Senior Medicare Patrol

Senior Resources Directory

Telephone Reassurance/Checking

Title V – Senior Community Services Employment Training

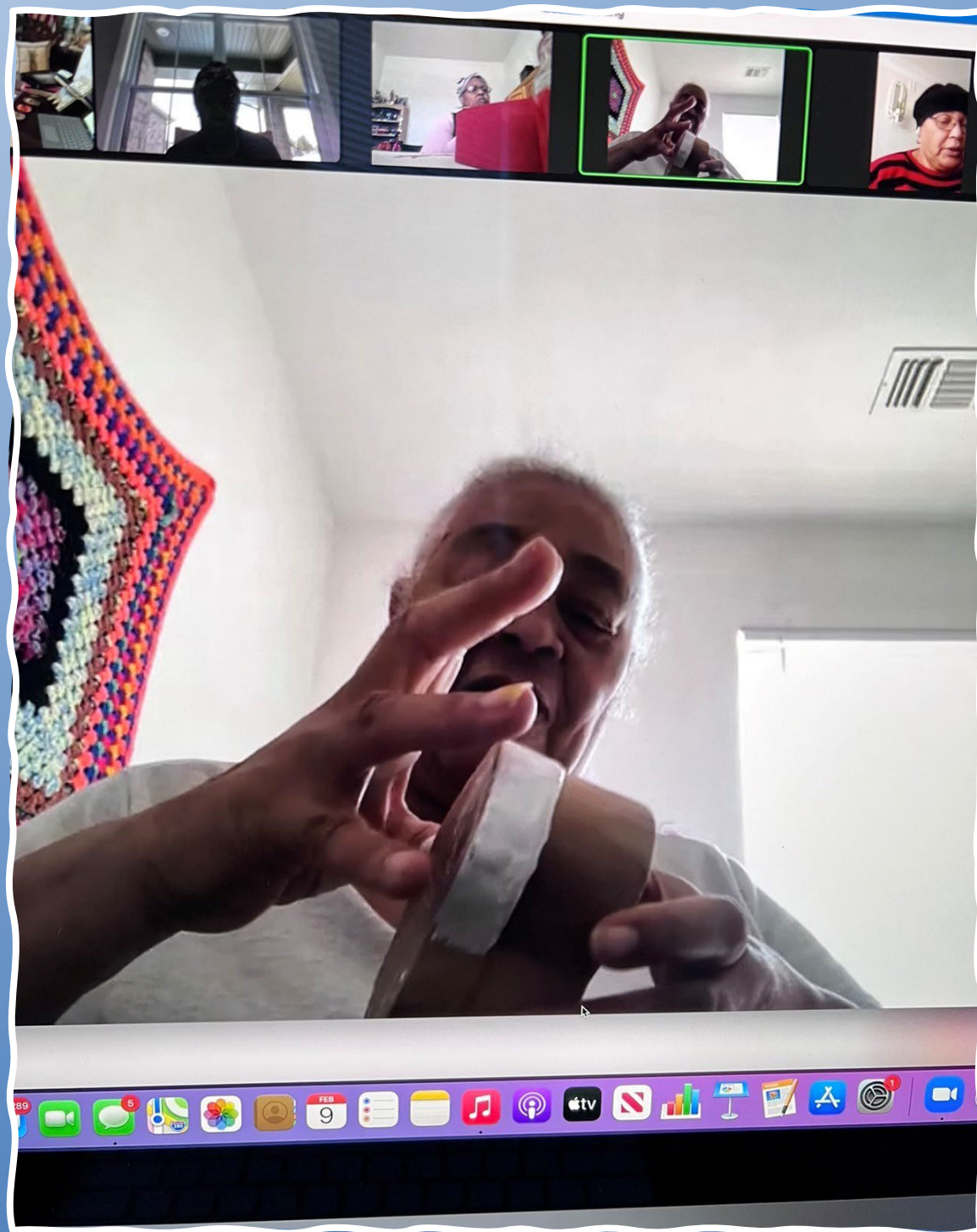
Transportation: Information and Resources

Virginia Insurance Counseling/Advocacy

Wellness Programs

Volunteer Opportunities





What does the future hold?

The number of Americans ages 65 and older is expected to have more than doubled between the years 1980 and 2040, reaching 80 million in 2040.

The number of adults ages 85 and older, the group most often needing help with basic personal care, will nearly quadruple between 2000 and 2040.

HGAAA must be able to provide the necessary services to ensure older adults' ability to age in their home and community.



What can you do?

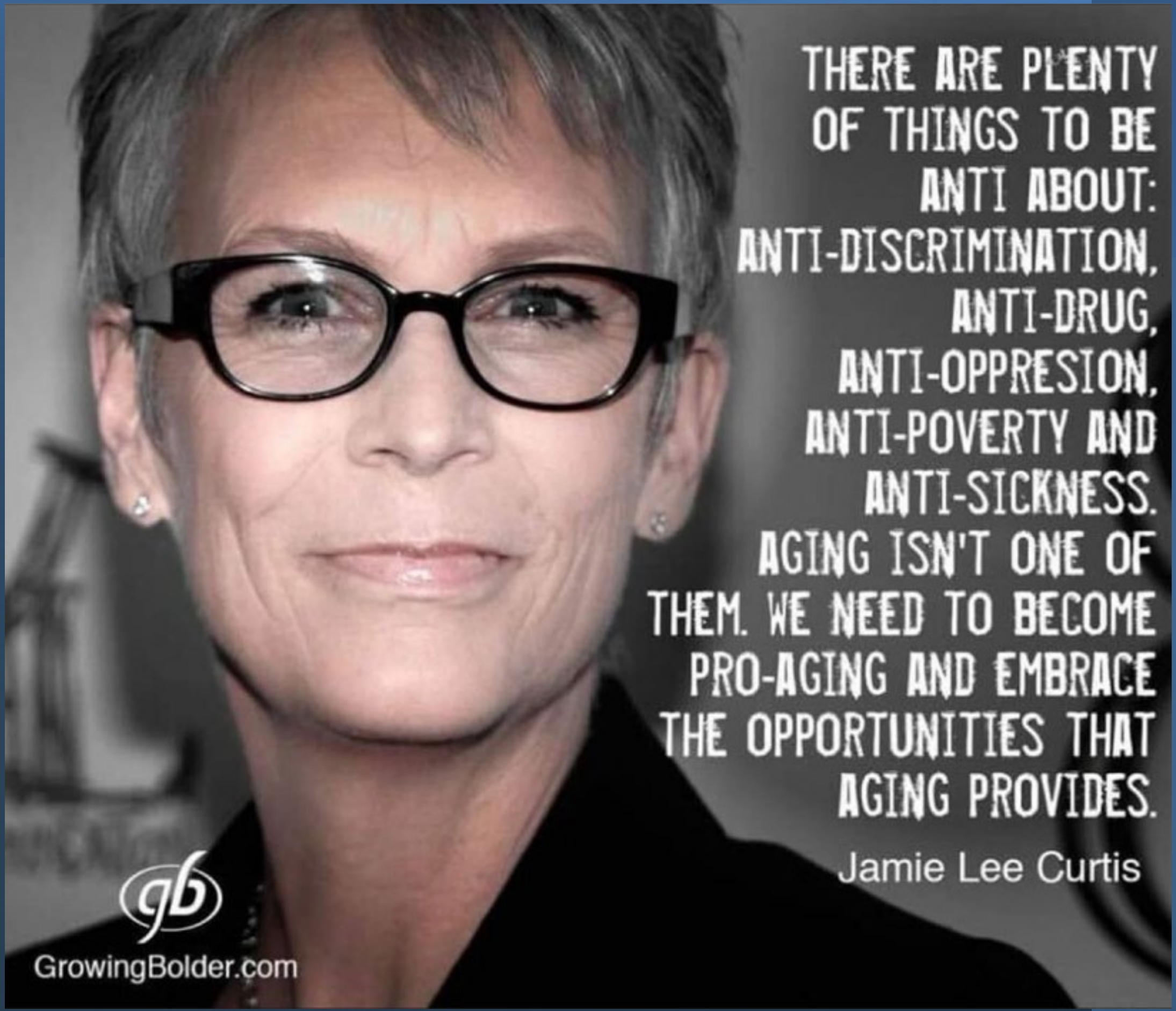


Know that

Healthy Generations Area Agency on Aging
is here to answer questions and assist in
aging in place.

Pass along volunteer opportunities.

Invest in the future of Older Americans
through your contributions and fundraising assistance.



THERE ARE PLENTY
OF THINGS TO BE
ANTI ABOUT:
ANTI-DISCRIMINATION,
ANTI-DRUG,
ANTI-OPPRESION,
ANTI-POVERTY AND
ANTI-SICKNESS.
AGING ISN'T ONE OF
THEM. WE NEED TO BECOME
PRO-AGING AND EMBRACE
THE OPPORTUNITIES THAT
AGING PROVIDES.

Jamie Lee Curtis



GrowingBolder.com