

ADULT DAY CARE -

FOX TOWNE ADULT CARE CENTER..... 775-5502
HUGHES ADULT DAY CARE..... 373-4100
NEW BEGINNINGS..... 657-9833
OPEN ARMS..... 891-9111

ADULT PROTECTIVE SERVICES -

REFER TO YOUR LOCAL DEPARTMENT OF SOCIAL SERVICES, LISTED HERE UNDER "OTHER COMMUNITY NUMBERS"

ASSISTANCE PROGRAMS - THESE SERVICES MAY

PROVIDE REPAIR SERVICES, AND/OR SERVICES THAT HELP PROVIDE MEDICATION AND AMENITIES BASED ON FINANCIAL NEED.

REBUILDING TOGETHER WITH CHRISTMAS IN APRIL..... 373-9807
RAPPAHANNOCK AREA AGENCY..... 371-3375
ON AGING..... OR 1-800-262-4012
SALVATION ARMY..... 373-3431
S.E.R.V.E., INC..... 288-9598
USDA RURAL DEVELOPMENT..... 899-9492

CONTACT YOUR LOCAL DEPARTMENT OF SOCIAL SERVICES FOR OTHER SERVICES WHICH MAY BE AVAILABLE OR REQUIRE REFERRAL.

CAREGIVER AND FAMILY RESOURCES -

ALZHEIMER'S ASSOCIATION..... 370-0835
CAREGIVERS SUPPORT GROUP..... 741-1667
HEALTH LINK, MWH..... 741-1404
SENIOR VISITOR PROGRAM, MHAFF..... 371-2704
PROJECT LIFESAVER
SPOTSYLVANIA COUNTY..... 582-7200 X284
STAFFORD COUNTY..... 658-4450

EMPLOYMENT OPPORTUNITIES -

RAPPAHANNOCK AREA AGENCY ON AGING (55+ YEARS OLD)..... 371-3375
VIRGINIA EMPLOYMENT COMMISSION..... 898-3806
RAPPAHANNOCK GOODWILL INDUSTRIES, INC..... 371-3070

FOR ADDITIONAL RESOURCES LOOK UNDER "EMPLOYMENT" IN THE PHONE BOOK YELLOW PAGES OR AT WWW.SENIORNAVIGATOR.COM

HOME HEALTH/CARE AGENCIES - THESE SERVICES PROVIDE IN-HOME CARE FOR THOSE WISHING TO MAINTAIN AN INDEPENDENT LIFESTYLE WITH SOME PRIVATE CARE.

MEDICAL HOME HEALTH -
CAPITAL HOME HEALTH CARE..... 785-8132
COMMUNITY HOME HEALTH AND HOSPICE... 361-7696
INTERIM HEALTH CARE..... 372-3890
MARY WASHINGTON HOME HEALTH AND HOSPICE..... 741-1667

NON-MEDICAL HOME CARE -

COMFORT KEEPERS..... 370-0008
GRISWOLD SPECIAL CARE..... 288-1300
PERSONAL TOUCH CARE..... 891-1516

FOR ADDITIONAL RESOURCES LOOK UNDER "HOME HEALTH" IN THE PHONE BOOK YELLOW PAGES OR AT WWW.SENIORNAVIGATOR.COM

HOUSING - THESE SERVICES MAY PROVIDE SUBSIDIZED HOUSING, ASSISTANCE WITH RENT PAYMENTS OR LEGAL ADVICE PERTAINING TO HOUSING.

CENTRAL VIRGINIA HOUSING COALITION..... 373-2842
RAPPAHANNOCK LEGAL SERVICES..... 371-1105
QUINN RIVERS..... 368-2700

MEDICAL SERVICES -

HEALTH LINK PHYSICIANS REFERRAL SERVICE..... 741-1404
LLOYD MOSS FREE CLINIC (UNINSURED ONLY).... OR 1-800-722-2788
MARY WASHINGTON HOSPITAL..... 741-1061
MWH AUXILIARY REGIONAL MOBILE HEALTH PROGRAM..... 741-1100
POTOMAC HOSPITAL..... 1-888-487-7742
SENIOR CARE SERVICES OF MARY WASHINGTON HOSPITAL..... 659-1800
741-3560

FOR ADDITIONAL RESOURCES LOOK UNDER "PHYSICIANS" IN THE PHONE BOOK YELLOW PAGES OR AT WWW.SENIORNAVIGATOR.COM

MENTAL HEALTH -

FREDERICKSBURG COUNSELING SERVICE..... 373-2320
MENTAL HEALTH ASSOCIATION..... 371-2704
RAPPAHANNOCK AREA COMMUNITY SERVICES BOARD..... 373-3223
24 HOUR EMERGENCY NUMBER..... 373-6876
SNOWDEN AT FREDERICKSBURG..... 741-3900

NUTRITION SERVICES - THESE SERVICES PROVIDE EITHER FOOD FOR THOSE THAT CAN'T AFFORD IT OR DELIVER MEALS TO YOUR HOME.
FREDERICKSBURG AREA FOOD BANK..... 371-7666
HOME DELIVERED MEALS (RAPPAHANNOCK AREA AGENCY ON AGING)..... 371-3375
MEALS ON WHEELS..... 371-2567
SALVATION ARMY..... 373-3431

PRESCRIPTION ASSISTANCE - THESE

SERVICES PROVIDE ASSISTANCE IN FINDING RESOURCES TO HELP WITH PRESCRIPTION MEDICATION PURCHASES.
MEDICARE..... 1-800-MEDICARE
MEDICATION ACCESS PROGRAM, MWH (PHYSICIAN REFERRAL NEEDED)..... 741-3108
RAPPAHANNOCK AREA AGENCY ON AGING... 371-3375
S.E.R.V.E., INC. - STAFFORD..... 288-9598

REASSURANCE SERVICES - THESE SERVICES PROVIDE A DAILY "CHECK-UP" CALL TO SENIORS OR A "PUSH BUTTON" EMERGENCY NOTIFICATION SYSTEM.

MEDICORP HEALTH..... 741-1404
WATCH..... OR 1-800-722-2788
RAPPAHANNOCK AREA AGENCY ON AGING TELEPHONE REASSURANCE..... 371-3375

SENIOR ACTIVITIES - THESE SERVICES PROVIDE VARIOUS ACTIVITIES FOR THE COMMUNITY. (MAY REQUIRE A MEMBERSHIP FEE)

AARP..... 1-866-542-8164
CENTRAL RAPPAHANNOCK REGIONAL LIBRARY..... 372-1144
FREDERICKSBURG SENIOR CITIZENS ASSOCIATION..... 371-2429
NARFE..... 1-800-627-3394
RAPPAHANNOCK AREA AGENCY ON AGING... 371-3375
RAPPAHANNOCK AREA YMCA..... 371-9622
STAFFORD SENIOR CITIZENS CENTER..... 373-2229
SPOTSYLVANIA SENIOR CENTER..... 898-7529
TRIAD..... 371-3375
UNIVERSITY OF MARY WASHINGTON ELDER STUDY..... 654-1769

REFER TO YOUR LOCAL DEPARTMENT OF PARKS AND RECREATION, LISTED HERE UNDER "OTHER COMMUNITY NUMBERS"

SUPPORTIVE SERVICES – FREE WEEKLY VISITS TO
HOMEBOUND OLDER ADULTS.
SENIOR VISITOR PROGRAM, MHAF..... 371-2704

TRANSPORTATION -

AMERICAN CANCER SOCIETY (TO CANCER
RELATED MEDICAL APPTS. ONLY)..... 1-888-227-6333
RAPPAHANNOCK AREA AGENCY ON AGING, INC... 371-3375
RAPP. UNITED WAY, INC. VOLUNTEER WHEELS..... 373-0041
SPOTSYLVANIA AMERICAN LEGION POST
(TO RICHMOND VA HOSPITAL ONLY)..... 582-5929

OTHER COMMUNITY NUMBERS –

CENTRAL RAPPAHANNOCK REGIONAL LIBRARY 372-1144

DEPARTMENT OF SOCIAL SERVICES

FREDERICKSBURG..... 372-1032
CAROLINE..... 1-804-633-5071
KING GEORGE..... 775-3644
SPOTSYLVANIA..... 582-7134
STAFFORD..... 658-8720

DEPARTMENT OF PARKS AND RECREATION

FREDERICKSBURG..... 372-1086
CAROLINE..... 1-804-633-7277
KING GEORGE 775-4386
SPOTSYLVANIA..... 898-7529
STAFFORD..... 658-4871

DISABILITY RESOURCE CENTER..... 373-2559
OR TTY: 373-5890

ELDERCARE LOCATOR (FIND AGING SERVICES IN ANY

STATE)..... 1-800-677-1116

‘FIRST CALL FOR HELP’ INFORMATION & REFERRAL -

RAPPAHANNOCK UNITED WAY..... 1-877-435-7510

EQUIPMENT LOAN PROGRAM (LOAN OF..... 373-2559
USED MOBILITY EQUIPMENT) OR TTY: 373-5890

RAPPAHANNOCK SELF-HELP FOR HARD OF

HEARING PEOPLE..... 373-2559
OR TTY: 373-5890

SOCIAL SECURITY ADMINISTRATION..... 898-1314
OR 1-800-772-1213

THE FREDERICKSBURG AREA
SENIOR ADVISORY
COUNCIL

PRESENTS:

“CARING FOR OUR
SENIORS”

A ‘TIPSHEET’ TO ACCESS
COMMUNITY RESOURCES
FOR OLDER ADULTS

“CARING FOR OUR SENIORS”
IS PROVIDED
THROUGH A GRANT
FROM THE
MENTAL HEALTH ASSOCIATION
IN FREDERICKSBURG
AND
THE RAPPAHANNOCK AREA
AGENCY ON AGING, INC.

MENTAL HEALTH ASSOCIATION IN FREDERICKSBURG
2217 Princess Anne Street, Suite 219-1
Fredericksburg, VA 22401
(540) 371-2704 or toll free: 1-800-684-6423
email: mhafred@bigplanet.com

RAPPAHANNOCK AREA AGENCY ON AGING

171 Warrenton Road
Fredericksburg, VA 22405
(540) 371-3375 or toll free: 1-800-262-4012
email: info@raaa16.org
web site: www.raaa16.org

SENIORNAVIGATOR

600 East Main Street
Richmond, VA 23219
1-866-393-0957
web site: www.seniornavigator.com

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INDEPENDENT, HEALTHY
LIVING FOR OUR SENIORS.



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