



JABA Service Guide

You Have Questions
JABA Has Answers

JABA is the Jefferson Area Board for Aging. We have been supporting older and disabled adults, their families and caregivers throughout central Virginia for over 40 years. If you have questions about aging, need resources to maintain your independence or need assistance as you care for a relative, call us. We are here to help you.

This booklet gives you an overview of the services JABA provides. ***Where are you or a loved one in the aging process?*** We have roughly divided our wide array of services into the following categories:

- I am an Independent Senior
- I need Supports & Resources
- I need 24-Hour Assistance
- I am a Caregiver

Please contact JABA or visit our website if you have questions or need additional information:

JABA (Jefferson Area Board for Aging)
674 Hillside Drive, Suite 9
Charlottesville, VA 22901
434.817.5222
www.jabacares.org



I AM AN INDEPENDENT SENIOR



Information & Assistance

Are you or a loved one having difficulty finding the information and resources you need to live a healthy, safe and active life as you age? JABA's Information & Assistance specialists help you connect to services that meet your specific needs. JABA has over 40 years of experience in working on behalf of the aging community. Let us connect you or someone you love to resources that equip you to age well.

JABA Community Senior Centers

Are you looking for a place to meet new friends, get involved in activities, learn about community resources and enjoy day trips? One of JABA's seven Community Senior Centers (in Charlottesville, plus Albemarle, Fluvanna, Greene, Louisa and Nelson counties) may be for you. Each center offers nourishing lunches, health services and connection with your peers. Nourish your body, mind and spirit through exercise, music, crafts and other activities. Membership is free (small suggested donation for lunch).

Health & Wellness Services

Do you attend one of JABA's Community Senior Centers or Adult Care Centers? Do you live in one of our affordable senior housing communities? If so, you can utilize JABA's free health services. Nurses provide regular health screenings, treatment for minor injuries, assistance with medication management, information on health issues and assistance in managing chronic diseases.

Insurance Counseling

Are you about to retire and new to Medicare? Do you want to make sure you are getting the most out of your Part D prescription insurance plan during Medicare's Open

Enrollment each year? JABA offers free unbiased one-on-one counseling that guides older and disabled adults through complicated health insurance questions like these. We also screen individuals for benefit programs and provide information about how you can protect yourself against fraud.

Volunteer Services

Would you like to make a difference in our community?

JABA can connect you to meaningful volunteer opportunities throughout our area. The choices are as varied as each individual. You can play music or help with crafts at one of our many centers, mentor a child through our FISH (Friends In School Helping) program or connect with seniors through our Neighbor-to-Neighbor program. JABA's volunteers find purpose as they offer their talents and compassion to fill vital community needs.

Affordable Senior Housing

Are you looking for an affordable senior living community in our area? JABA offers senior housing in Charlottesville (Timberlake Place, Woods Edge, and Park View Apartments) and in Nelson County (Ryan School Apartments). Maintain an independent and active lifestyle while having opportunities to interact with your peers. Regular health services and screenings are provided by JABA at all locations.

Care Transitions: Hospital to Home

Are you worried about a loved one coming home from a hospital stay? JABA has partnered with area medical facilities to work with individuals making the transition between hospital and home. Our Care Transitions program is based on a nationally-recognized model proven to reduce hospital readmissions and improve health outcomes for patients. A JABA coach helps patients better advocate for themselves as they recover at home.

I NEED SUPPORTS & RESOURCES



Adult Care Centers

Does your loved one need a safe and caring place to stay during the week while you work or attend to other responsibilities? JABA's Adult Care Centers in Charlottesville and Louisa provide a full day of fun, caring staff and intergenerational activities and outings. Transportation may be arranged through outside sources such as JAUNT. We specialize in person-centered care for the aging (including Alzheimer's/dementia), but also welcome disabled adults. Call to learn more about rates/scholarships and to arrange a visit.

Options Counseling

Are you having difficulty sorting through a mountain of details in order to make a decision about your next step as you age? Perhaps it is time to move into a more supportive environment, but you are overwhelmed with information. That's where JABA's options counselors can assist. They work with you through the possibilities, help you develop an action plan to meet your specific needs and offer support as you make your plan a reality. You have a right to decide your future. Our goal is to make this process as smooth as possible.

Home Delivered Meals

Are you a low income, homebound older adult struggling to prepare your own well-balanced meals, either on a temporary or long-term basis? If so, you may qualify for JABA's Home Delivered Meals program. JABA offers meal options through Mom's Meals and our partnership with Meals on Wheels. All meals are delivered right to your door. Volunteers provide friendly check-in calls as needed. Contact us to find out if you or someone you love qualifies.

Live Well, Virginia!: A Program of Self-Care for Chronic Conditions

Are you an older adult living with high blood pressure, diabetes or arthritis? Did you know that over 90% of seniors have at least one chronic illness? Live Well, Virginia! is a program designed to empower adults to improve their health outcomes and quality of life. During interactive workshops, participants practice skills and coping strategies relating to chronic disease issues such as pain management, nutrition, medication use and communication with doctors. Participants report feeling better and more confident after completing the program.

I NEED 24-HOUR ASSISTANCE



Mountainside Senior Living

Is your loved one still able to get around, but needs more assistance than you can provide at home? Is your family member in the early stages of Alzheimer's or dementia? As the area's most affordable assisted living facility, Mountainside Senior Living may be the answer. Medical staff members are on-site 24/7, assisting residents with medications, special dietary requirements and personal grooming needs. A full-time case manager identifies each resident's individual needs. Our close-knit community of about 100 residents is located in the heart of Crozet, Virginia, and has a thriving activities program that brings residents in contact with our many friends.

Blue Ridge PACE (Program of All-Inclusive Care for the Elderly)

If someone close to you has recently been told that it is time for a nursing home, consider an alternative in Blue Ridge PACE. Frail elders remain living at home, and are transported to PACE during the day to receive comprehensive coordinated care, including onsite therapies, medical clinic, adult day care,

healthy meals and more. PACE's person-centered approach extends to home care services and on-call nurses. JABA has partnered with UVA Health System and Riverside Health System to provide families with this alternative to residential care.

State Long-Term Care Ombudsman Services

Does someone you love live in a long-term care facility such as a nursing home or assisted living? Do they receive community-based care under Medicare? It is important that individuals living in these potentially vulnerable circumstances receive the care they need and are afforded their rights under the law. The State Long-Term Care Ombudsman program advocates for people in these institutional settings or who are receiving long term care at home. The ombudsman works with individuals, families and institutions to favorably resolve care and residents' rights issues.

I AM A CAREGIVER



Respite Care

Do you as a caregiver need a short break or even a vacation, knowing that your loved one is in caring and capable hands? Look no further than Mountainside Senior Living. We offer flexible overnight respite stays that give you the time you need to restore energy. Duration of stay can vary and is based on availability. Services include 24/7 personal and medical care, meals (special diets accommodated), activities, therapies, safety and security, transportation and socialization. For weekday respite, consider JABA's Adult Care Centers in Charlottesville and Louisa.

Caregiver Support Groups

JABA cares for the caregiver. If you have been struggling to care for a loved one, we can help. You may be emotionally,

physically or financially exhausted. Come to our Charlottesville Caregiver Support Group to share your concerns in a safe and confidential setting, and learn about community resources to sustain your commitment to caring for the ones you love. Check our website for support group days and times.

OTHER JABA PROGRAMS & SERVICES

Shining Star Preschool

If you are looking for a preschool that provides a safe, secure and educational environment, you need to know about JABA's Shining Star Preschool in Charlottesville. The preschool is intentionally situated next to JABA's Adult Care Center to promote interaction between children and their elders, resulting in enriching days of intergenerational activities. Join the fun!

In-Home Care

Are you an adult who needs assistance to continue to live independently? Perhaps you need a companion to come in for a few hours each week for conversation and to help with light chores and errands. Or you may need to have a skilled nurse provide more comprehensive services in your home. JABA has partnered with Care Advantage Plus to offer safe and quality assured in-home care services for a variety of needs so that you can maintain your independence and live in the home of your choice for as long as possible.

Care Coordination: Supporting Dementia Care

Coordinators from JABA and UVA's Memory and Aging Care Clinic work across Virginia with individuals who have received a recent diagnosis of mild cognitive impairment or dementia and their families to help improve quality of life and access to services. Assistance includes education and connecting individuals to community resources.



**NEED INFORMATION OR SUPPORT AS YOU AGE?
CONTACT:**

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