

GENERAL SERVICES

- Autism Spectrum Disorders
 - Assessment and diagnostics
 - Counseling, social skills therapy, support groups, workshops, and camps
 - Socialization and Recreation Programs
 - Life skills and transitional services
 - Career assessments and job coaching
- Children Adults and Family
 - Counseling and mental health
 - Developmental delay and learning disabilities
 - Adoption services
 - Couples and family counseling
 - Separation and Divorce support
 - Parenting Programs
 - Suicide grief support programs
- Counseling and Therapy
 - Children, Teens, Adults, and Seniors
- Holocaust Survivors
 - Claims assistance
 - Counseling/mental health
 - Meals on Wheels
 - Escorted transportation
 - Personal care assistance
- JSSA Hospice
 - Services in private homes, senior living, assisted living, and nursing homes
 - 24 hour access to hospice nurse
 - Pain and symptom management
 - Emotional and pastoral counseling
 - Small patient caseload for nurses
- Jewish Community Outreach
 - Partner with area congregations
 - Spiritual support
 - Assisting refugees
- Premier Homecare
 - Non-profit subsidiary of JSSA
 - Hundreds of families served in the Washington metropolitan area
 - Comprehensive care to allow older adults to live independently in their own homes
 - ADL assessments and services
 - Home Safety Assessments
 - Care Management
 - In-home mental health therapy
- Seniors
 - Services to allow seniors to be independent longer
 - Housekeeping
 - Personal care
 - Transportation
 - Volunteer Visitors
 - Meals on Wheels
 - Hospice Care
 - Holocaust Survivor Support
 - Counseling
- Special Needs
 - Deaf and Hard of Hearing
 - Life Skills Training
 - Parenting Programs
 - Supported Employment

OPTIMAL AGING¹


“Thriving independently later in life can mean different things to different people. For some, it may mean adding some logistical supports – perhaps some light housekeeping, transportation to medical appointments, shoppers, etc. to make every day life more manageable. For others, homecare, counseling and nursing services might be needed to ensure a safer, healthier living experience.”

– Beth Shapiro, LCSW-C, JSSA Senior Services

SERVING OLDER ADULTS

- Services
 - Services to allow seniors to be independent longer
 - Housekeeping
 - Personal care
 - Transportation
 - Friendly Visitors
 - Meals on Wheels
 - Hospice Care
 - Holocaust Survivor Support
 - Counseling
 - Care Coordination
 - In-home support
 - Professional staff includes
 - Social Workers
 - Counselors
 - Psychologists
 - Career Counselors
 - Life Coaches
 - Loss and Grief Specialists
 - Psychiatrists
 - Nurses
 - Case Managers
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FRIENDLY VISITORS

- Volunteers visit elders too frail to go out of home by themselves
 - Volunteers provide a social visit which may involve going to lunch or a movie, or just chatting
 - Provide companionship, conversation, and contact with the community
 - The volunteer and senior decide how they will spend their time
 - 1-2 hours at least 2 times per month
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PARTICIPANTS

- Individuals of all denominations are welcome to volunteer
- Individuals of all denominations can use their services
- JSSA accepts Medicare and Medicaid
- JSSA provides financial assistance on a sliding fee scale as needed
- Northern Virginia Client Intake 703-896-7918 at 3018 Javier Rd, Fairfax, VA 22031




PT ADVOCACY


- When to advocate for a friendly visitor
 - Patient needs help with transportation to PT
 - Patient needs help performing HEP
 - Patient seems isolated or lonely
 - Depression affects 14-30% of older adults²
 - Associated with feelings of hopelessness, sadness, anger, and decreased cognitive and physical health²
- How to advocate for a friendly visitor
 - Give patient brochures
 - Give patient contact information (phone number or website)
 - Tell patient about local services like JSSA



REFERRAL TO JSSA

- When patient wants to remain in their home
 - Patient needs help due to cognitive issues or physical disability
 - Patient feels lonely or isolated from the community
 - Recent death of spouse
 - Self-referral
 - Family referral
 - Home health agency referrals (PT)
 - Caretaker Referrals
- 

CONSUMER EDUCATION MATERIALS

- From JSSA
- 

JSSA SENIOR SERVICES FLYER

JSSA Senior Services

For the best
in senior services...
Think JSSA



Rectangular Snip

Jewish Social Service Agency
6123 Mountrose Road
Rockville, Maryland 20852
301-816-2633
email: seniorinfo@jssa.org
website: www.jssa.org

Promoting Independence for Seniors and Their Families

Decisions, Decisions
Assessing needs and connecting to resources
• Where to live, lifestyle choices, growth and learning programs
• Connections to JSSA and community resources

Caring Collaborations
Ongoing care planning and service coordination
• Creating and coordinating customized service plans with individuals and families

Help at Home
Supporting seniors aging in place
• Housekeeping, personal care, transportation, kosher home-delivered meals, volunteer visitors
• In-home end-of-life transition and hospice care

Talking It Through
Individual, couples and family counseling
• Counseling on life issues: caregiving, relationships, losses, decision-making, empowerment during the aging process, support groups and more...
• Medicare, Med-gap and other insurance welcome

Survivor Support
Holocaust survivor services and family support
• Counseling, care coordination, in-home support, groups for adult children, reparation claims filing assistance
• Cafe Europa, social program for survivors

Create a Plan for Independent Living!
Contact JSSA Today - 301-816-2633
seniorinfo@jssa.org - www.jssa.org
Fee assistance available based on need.



http://www.jssa.org/c/document_library/get_file?uuid=7dede754-e8fd-4717-bec5-3228d032385d&groupId=759272



CONSUMER EDUCATION MATERIALS

- For JSSA



BROCHURE ABOUT FRIENDLY VISITORS

Optimal Aging

"Thinking independently later in life can mean different things to different people. For some, it may mean adding some logistical supports – perhaps some light housekeeping, transportation to medical appointments, shoppers, etc. to make everyday life more manageable. For others, homecare, counseling and nursing services might be needed to ensure a safer, healthier living experience." – Beth Shapiro, LCSW-C



P: 703-996-7918
E: contactus@jssa.org

A: 3018 Jaylor Road
Fairfax, VA 22031

W: www.jssa.org


FRIENDLY VISITORS
SERVING THE OLDER ADULT IN
MARYLAND, DC AND NORTHERN
VIRGINIA



Jewish Social Service Agency




BROCHURE CONTINUED



Friendly Visitors

- A volunteer visits you in your home
- How your time is spent is up to you and your volunteer
- Example of visits include helping around the house, going for walks, outside of the home, going to lunch or a movie, or just chatting
- Visits are at least 2 times per month
- Visits last 1-2 hours



FRIENDLY VISITORS

About JSSA


JSSA (Jewish Social Service Agency) has been helping people across the Washington metropolitan area meet emotional, social, and physical challenges for more than 120 years. A nonsectarian provider, we serve people of all religious backgrounds, races and ethnicities, helping the youngest child to the most fragile senior, from individuals to entire families. JSSA provides services and support for more than 37,000 individuals a year through our wide range of counseling, educational, employment, in-home support, hospice and nursing care, and social services.

Participants

All older adults of all denominations can use JSSA's services. JSSA accepts Medicare and Medicaid. JSSA also provides financial assistance on a sliding fee scale as needed. Individuals of all ages and denominations interested in volunteering can also contact JSSA for more information or to sign up.


A Friendly Visitor can provide companionship, conversation, and contact with the community.

Call us today at 703-996-7918 or visit our website at www.jssa.org






TO GET INVOLVED...

- To volunteer call 301-816-2639 or fill out an interest form at <http://www.jssa.org/web/guest/contact-us>
 - JSSA matches your interests with the needs of clients and staff
 - To learn more about JSSA visit their website at www.jssa.org
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BEYOND JSSA

- Best way to find other Friendly Visitor programs
 - Google it
 - County websites
 - Volunteer websites
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REFERENCES

1. Jewish Social Service Agency. About us. Jewish Social Service Agency Web site. www.jssa.org. Published 2013. Updated 2013. Accessed 4/15, 2013.
2. Wilson DM, Marin A, Bhardwaj P, Lichlyter B, Thurston A, Mohankumar D. A hope intervention compared to friendly visitors as a technique to reduce depression among older nursing home residents. *Nurs Res Pract*. 2010;2010:676351. doi: 10.1155/2010/676351; 10.1155/2010/676351.

