

THE  
**SPAN**  
CENTER



## The Capital Area Agency on Aging

Your State sanctioned Area Agency on Aging. A Non-Profit providing services, information, referrals, and advocacy for older adults, caregivers, and persons with disabilities.

# ABOUT US

The Span Center is the state designated Area Agency on Aging for Planning District 15 which covers the City of Richmond and the counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent, and Powhatan.

We provide services, information, advocacy, and referrals for older adults, persons with disabilities, and caregivers. Most of our services are able to be provided at no cost (or little cost) to recipients thanks to Federal, State, and Local funding along with donations received from individuals, businesses, and community organizations.



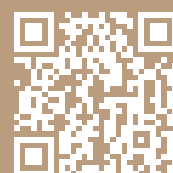
## How Can I Help?

The **Empty Plate Campaign** is our annual fundraiser. It helps raise money to provide expensive and essential services such as **Food, in Home Care, Emergency Services, Transportation, & Activities to Reduce Social Isolation**. With your help, we are able to provide these services at no cost to eligible older adults & people with disabilities. Your vital contributions and advocacy truly make a huge impact in the lives of **Virginia's older adults and people with disabilities**.

You can help by making a donation today. Any amount you are able to give will genuinely have a tremendous impact.



Scan QR Code to  
Learn More About Donations  
Or Visit:  
[seniorconnections-va.org/emptyplate](https://seniorconnections-va.org/emptyplate)





## OUR PROGRAMS

The Span Center offers a wide breadth of services for older adults, persons with disabilities, and caregivers. Our staff and trained volunteers collaborate to provide services and refer our clients to appropriate resources to meet their needs. Most of our services are able to be provided at no cost (or little cost) to recipients.

### How to apply for a program

Read over our program descriptions. If you feel like you or someone you know may qualify, call our main number at **804-343-3000**

Our intake coordinators will be happy to discuss our programs with you. You can also visit our website for more information: **[spancenter.org](https://spancenter.org)**

**CALL OR VISIT US ONLINE TO  
LEARN MORE OR APPLY**

**804-343-3000**

**[spancenter.org](https://spancenter.org)**



# OUR PROGRAMS



## Care Coordination

Care Coordinators are your liaison for addressing the needs of older adults. Care Coordinators answer questions, coordinate resources, help apply for benefits, and more. A Care Coordinator will complete an assessment of your unique situation and develop a written plan to help you obtain the services you need. This can all be done in the comfort of your own home.



## Home Delivered Meals

The Home Delivered Meals Program is a nutritional support program in partnership with FeedMore. Nutritious meals are delivered to the homes of older adults who are not able to prepare meals themselves. Must be 60+, unable to leave the house for social activities, and have no one to help regularly prepare nutritious meals. Spouses & dependents may also qualify.



## Benefits Enrollment Center - BEC

The Benefits Enrollment Center helps Medicare Beneficiaries enroll in benefit programs for which they are eligible. Our trained staff assist individuals in determining eligibility and applying for benefits such as Medicare, Medicaid, SNAP (Supplemental Nutrition Assistance Program), energy assistance, and other programs. There is no fee for this service.



## Friendship Cafés

Friendship Cafés are neighborhood gathering places for older adults. Participants receive a nutritious midday meal while interacting with good friends and participating in diverse activities. Friendship Cafés help fight social isolation in older adults by keeping them active and connected to their community. Must be 60+, mobile, physically & mentally independent.



## TeleBridges - Telephone Checking

The Telebridges program helps people stay connected to their community by connecting older adults with volunteers who stay in touch by calling them two to five times a week. Each phone call provides participants with a listening ear, an encouraging word, and reassurance that someone cares about them and will be checking on them on a regular basis.



## Public Guardian

Public Guardians are advocates for the most vulnerable adults. They are a strong voice for those who cannot advocate for themselves. They respond to the critical unmet needs of adults with intellectual disabilities, mental illness, & cognitive impairments. Our duty is to ensure people are treated with dignity & respect while maintaining the highest quality of life possible.



## Ride Connection - Transportation

Ride Connection helps older adults and persons with disabilities have knowledge & access to transportation to help them age safely at home & live a healthy, connected life. Ride counselors offer transportation education, travel training, & referrals to local transportation providers. Must be 60+ and/or receiving SSI or SSDI.



## Volunteer Money Management

The Volunteer Money Management Program provides older adults, age 60+, support with their monthly bill-paying chores. Trained volunteers visit participants in their homes each month and assist with budgeting and bill-paying tasks. The program helps older adults live independently so they can remain in their homes and stay protected against exploitation.



## Respite Support for Caregivers

Senior Connections contracts with community-based service agencies to provide services such as homemaker or personal care services. PERSONAL CARE - Assistance with daily living activities such as bathing/ grooming, meals, toileting and mobility/ transferring. HOME MAKER- Assistance with housekeeping such as dishes, laundry, and light housework.

# OUR PROGRAMS



## Insurance Counseling - VICAP

VICAP trained volunteer counselors assist Medicare beneficiaries, their families, and caregivers in understanding Medicare coverage options and other related health insurance benefits. VICAP counselors do not sell insurance and are not associated with any insurance company. Counseling is always free, unbiased and confidential. We help you navigate Medicare.



## Long-Term Care Ombudsmen

Ombudsmen are resident's rights advocates for residents of Long-Term Care facilities. We provide residents and family members with information about patient's rights, government benefits, and other assistance. We protect & advocate for the rights of persons living in nursing homes, assisted living facilities, home health, as well as adult daycare.



## Employment for Older Adults

The Span Center offers two Employment Assistance Programs for individuals interested in re-entering the workforce. SCSEP provides short-term work experience to upgrade old skills or learn new ones which can help those 55+ find permanent employment and The Job Referral File helps match those age 60+ with employers looking for qualified applicants.



## Health and Wellness Classes

The Span Center offers Free health and wellness programs. Classes are in-person or self directed. Some programs include: Tai Chi for Health, Mental Health First Aid Class, A Matter of Balance (Reduce fear of falling and encourage activity), Walk With Ease, Chronic Disease Self-Management, Diabetes Self-Management, and Chronic Pain Self-Management.

# VOLUNTEER OPPORTUNITIES



## Volunteer Programs

Volunteers make a huge difference in the lives of older adults in our community! Our Volunteer Programs offer both personal rewards & fulfill needed public services. Volunteers provide dependable and dedicated service to residents of our service area. If you are interested in volunteering with us, call today and find out where your skills may be most effective.



## Retired & Senior Volunteer Program - RSVP

In the RSVP you can use the skills and talents you've learned over the years, while serving in a variety of volunteer activities within your community. Many of our service activities around the greater Richmond area are focused on reducing social isolation for older adults. Must be 55+



AmeriCorps

## Foster Grandparents - FGP

Foster Grandparents are role models and mentors to children who need additional support. The program provides a way for volunteers age 55+ to stay active by serving children and youth in their communities. A modest tax-free stipend may be provided for qualifying volunteers. Foster Grandparents volunteer at non-profit or faith-based child care centers.



# Your Resource for Aging Well

The Span Center offers a comprehensive range of Home and Community-Based Services for older adults, caregivers, and persons with disabilities in the City of Richmond and the counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent, and Powhatan.



**EMPOWERING OLDER ADULTS AND  
PEOPLE WITH DISABILITIES TO LIVE  
WITH DIGNITY AND AGENCY**

**CONTACT US** 

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**804-343-3000**

**[spancenter.org](http://spancenter.org)**

**OUR OFFICE** 

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**The Span Center**  
The Capital Area Agency on Aging

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