



## Information & Assistance

<b>Information, Assistance and Referrals</b>	Connecting individuals who are 55+, have a disability, or are caregivers to services provided by the County and private organizations.	703-792-6374
<b>Medicare Counseling</b>	Assistance understanding Medicare.	703-792-4156
<b>Volunteering</b>	Providing a variety of volunteer opportunities.	703-792-4583

## Senior Centers | Open Monday-Friday, 9:00 a.m. - 4:30 p.m.

Community focal points for active adults 55+ | Annual membership of \$25 in County (\$35 out of County) or daily drop-in-fee

Offering fitness and evidence-based classes, educational and recreational programs, arts and crafts, a weekday/noon lunch and much more!

<b>Manassas Senior Center</b>	9320 Mosby Street Manassas, VA 20110	703-792-6405
<b>Woodbridge Senior Center</b>	13850 Church Hill Woodbridge, VA 22191	703-792-5081

## Additional Services

<b>Legal Assistance</b>	Paralegals are available monthly at the Senior Centers to provide free legal assistance, to those who qualify, appointment only.	703-778-6800
<b>Bluebird Tour Program</b>	Day and overnight tours.	703-339-0333

# Home and Community-Based Services

## Supportive Services

Consumer-directed assistance to identify needs, initiate service plans, make referrals, arrange, and coordinate services.

703-792-6374

- Persons 60+ or those who are over 18 years old and have a disability
- Veteran's services for all ages
- Caregiver in-home assistance
- Transition of care assistance from the hospital to the next place of residence
- Options Counseling

## Meals on Wheels

Meals delivered to homebound adults 60+ who are unable to cook for themselves, who live alone or have no one home to prepare a noon meal for them. Monetary donations are accepted.

703-792-6374

## Care Registry

A list of self-employed individuals available for hire, offering in-home care, light housekeeping, meal preparation and companion care.

703-792-6374

## Prince William Adult Day Healthcare Center

A State licensed Adult Day Healthcare program based on social model for cognitively impaired adults in need of constant supervision 18+ with primary focus on Dementia. Adult Day Healthcare offers person centered individual and group based cognitive, physical, social activities, meals, personal care assistance, and health monitoring for overall well-being.

703-792-4990

## Checking

Checking provides scheduled phone calls to homebound adults 60+. These contacts may provide safety checks, medication reminders, or simply a keeping "in-touch" conversation.

703-792-6374

## Project Mend-A-House

Arranges for minor residential repair, renovation and/or modifications to those who qualify.

703-792-7663

## Prince William Long-Term Care Ombudsman – 703-792-7662

Advocacy and assistance to uphold residents' rights in nursing homes and assisted living facilities

## Report Adult Abuse

Prince William County  
703-792-4200

Manassas City  
703-361-8277

Manassas Park  
703-335-8880

Virginia Adult Protective Services Hotline **1-888-832-3858**

Appointed Advisor Boards:

Prince William Area Commission on Aging & Prince William County Disability Services Board