

# Navigating Aging Together

## More than 45 Years of Serving Older Adults

VPAS provides adults 60 years and older with the resources and opportunities they need to lead engaged lives.

We serve older adults in five counties and the cities within: Augusta, Bath, Highland, Rockbridge, and Rockingham. **In FY 2020-2021, we served 3,971 people.**



### MIND AND BODY

We provided **26,436** hours of health classes, confident aging education, and senior recreation, **2,796** safety checks and **153,061** healthy meals.



### TRANSPORTATION

We provided **5,344** safe, one-way van rides.



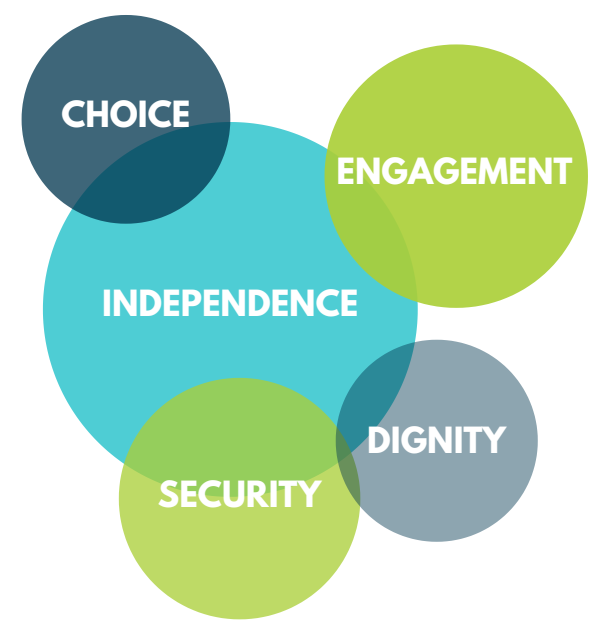
### MEDICARE CONSULTATION

Our certified counselors served **1,528** older adults and helped them save **\$689,297** on medication.



### HOME AND CAREGIVER SUPPORT

We made **4,304** contacts for information and assistance, provided **8,323** hours of homemaking and Caregivers Community Network engagement and **648** caregiver support sessions.

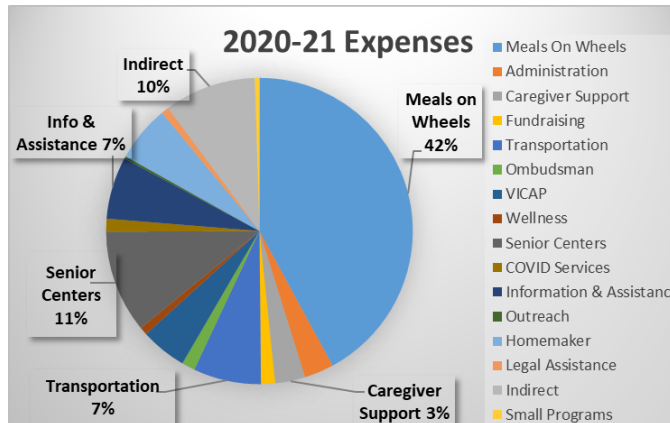
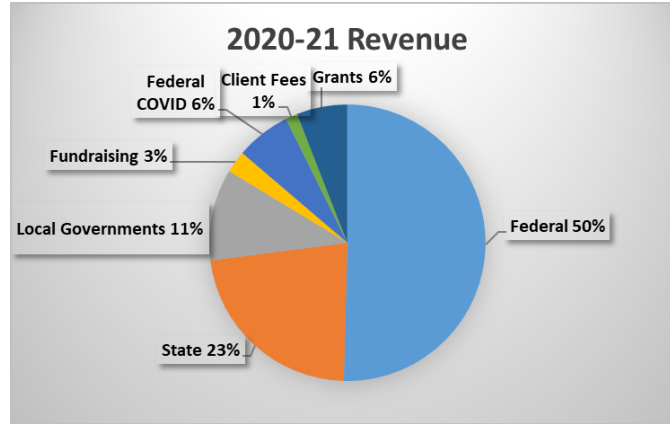


# VPAS Trends and Highlights

- Continued roll-out of our Dementia Friendly Community Initiative, *making life easier for those living with dementia and their caregivers*
- Increased demand for *Meals on Wheels, Senior Transportation, homemaker services and caregiver support*
- New and better ways to reduce social isolation and provide *mental stimulation* - activity packets, Caregivers Community Network wellness kits, phone check-ins, online classes and concerts
- Successfully launched outdoor VPAS Cafes featuring *educational programming, exercise and socialization*



## 2020-21 Revenue and Expenses



# VPAS Impact Report 2020-21



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