



**Valley Program for Aging Services (VPAS)
FY26 Area Plan Summary
October 1, 2025 to September 30, 2026**

Who We Are

Valley Program for Aging Services (VPAS) is the designated Area Agency on Aging serving Planning and Service Area (PSA) 06, which includes the cities of Buena Vista, Harrisonburg, Lexington, Staunton, and Waynesboro, and the counties of Augusta, Bath, Highland, Rockbridge, and Rockingham.

Our mission is to empower those 60 years and older with the resources and opportunities they need to lead engaged lives.

Purpose of the Area Plan

The Area Plan is submitted to the Virginia Department for Aging and Rehabilitative Services (DARS) to guide service delivery and funding priorities. It outlines how VPAS will meet the needs of older adults and caregivers over the next year, using funds from the Older Americans Act (OAA) and other sources.

Key Services

VPAS intends to provide a wide range of programs funded by the OAA and other sources, including:

- **Caregiver Support & Dementia Education Programs:** Supporting caregivers through their journey of self and direct care by helping them manage responsibilities, reduce stress, and improve quality of life for both themselves and their care partners.
- **Congregate Meals (Cafe Programs):** Nutritious meals served in group settings to promote socialization and wellbeing.
- **Home Delivered Meals:** Nutritious meals for homebound older adults who cannot prepare meals themselves.
- **Transportation Services:** Access to life essential appointments and services.
- **Legal Assistance:** Support with legal needs such as housing, benefits, and elder rights.
- **Nutrition Counseling & Education:** Guidance from a contracted Registered Dietitian to support healthy nutrition.

- **Care Coordination & Information Assistance:** Helping individuals navigate services and benefits through a comprehensive assessment.
- **Socialization, Recreation, and Outreach:** Programs that promote education, engagement, and opportunities to age well.
- **Evidence-Based Program:** *A Matter of Balance*, a falls prevention program, improves balance and strength to remain active and independent.
- **Emergency Services:** Short-term financial support in crisis situations.
- **Medicare Insurance Counseling:** Helping beneficiaries and their caregivers understand and navigate Medicare and related insurance options.

Our Priorities

VPAS targets services to individuals 60 years and older with **Greatest Economic Need** and **Greatest Social Need**, including:

- Low-income individuals
- People who are socially isolated or homebound
- Individuals with disabilities or chronic conditions
- Rural residents with limited access to services

Community Partnerships

VPAS works with local governments, health systems, universities, nonprofit partners, and volunteers to maximize reach and impact.

How You Can Help

Community input is essential. Public hearings provide a chance for individuals to share concerns, ask questions, and help shape future services. We welcome your feedback and your voice in supporting older adults across our service area.