

## Ways to Connect in 2017

### Retirement Security

AARP Virginia is fighting to put a secure retirement within reach for people who work hard and plan for their future. Many Virginians have no money in retirement savings accounts nor have any type of employer-sponsored retirement plan. AARP Community Ambassadors and staff can work with your organization to host one of several community conversations and workshops – *AARP Financial Freedom*, *AARP Finances Over 50*, and *AARP Work and Save* provide a unique discussion about better ways for people to save for retirement.

### Long-Term Services and Supports

Many long-term care recipients are medically or emotionally too frail to speak up for themselves. The state Long-Term Care Ombudsman Program, which acts as the voice for these individuals to resolve care problems, has never been fully funded to meet the minimum staffing ratio set by the General Assembly as one Ombudsman to every 2000 nursing home and assisted living beds. AARP Virginia Community Ambassadors and staff can provide an overview about long-term care services.

### Family Caregivers

Over 1 million Virginians are caring for older parents or loved ones, helping them to live independently at home. It's a labor of love, and a huge responsibility. AARP's free Prepare to Care workshop can share more about local resources and steps you can take to make that big responsibility a little easier. Come learn five steps every caregiver should take: How to Start the Conversation; Forming a Team; Making a Family Plan, Finding Support; and the Importance of Caring for Yourself. AARP also has several videos and mini-documentaries that we can show during a community event or caregiving conference

### Getting Your Home Ready for As You Age

The AARP HomeFit Workshop provides information on how to decide what type of home modifications are needed for people to stay in their home as they age. The goal of the presentation is to educate participants on home updates that can make it easier for them to go about their daily activities while staying comfortable, independent, and injury-free in their homes. In an AARP survey, eight out of 10 people age 45 and older say they want to remain in their homes and communities for as long as possible. If you're one of them, consider hosting this free workshop for your community group!

### Fighting Fraud for All Virginians

Every two seconds, someone's identity gets stolen. That's why AARP launched the Fraud Watch Network – to arm people of all ages with the tools they need to spot and avoid scams. AARP began in 1958 because its founder, Dr. Ethel Percy Andrus, found one of her former teachers living in a chicken coop because she'd worked her whole life