

Community Connections for Older Adults

Mobile Outreach



encompass
—Community Supports—

Formerly Known As – Rappahannock-Rapidan Community Services

Improving the quality of life for all adults aged 60 and over in the counties of Culpeper, Fauquier, Madison, Orange, and Rappahannock

WHO WE ARE

Community Connections for Older Adults is a division of Encompass Community Supports - your Area Agency on Aging. Mobile Outreach is a program initiative developed to address a variety of needs of older adults (aged 60+) and to provide local resource connections and supports to meet those needs.

WHAT WE DO

- Mobile Outreach assesses for and addresses social, nutritional and health related needs with emphasis on helping older adults who may be socially isolated or experiencing hunger/food insecurities.

HOW WE HELP

- Once needs are determined, available resources and supports are identified, and connections are provided which can include internal Encompass Community Supports' programs/services as well as partner agencies throughout our five-county area.
- Senior Centers, Adult Day Services, Home Delivered Meals, Transportation, and Adult Support Coordination are some examples of services available within our agency.

**FOR MORE INFORMATION ABOUT
HOW MOBILE OUTREACH CAN
HELP YOU OR YOUR LOVED ONE,
PLEASE CONTACT:
KATHLEEN WATSON
(540) 717-3477
KWATSON@ECSVA.ORG**

AT A GLANCE

TWO PRESSING ISSUES

Our Mobile Outreach initiative was created to address Social Determinants of Health (SDOH), also known as Health Related Social Needs (HRSN), and their effect on older adults in our area. SDOH are the conditions and situations where people are born, live and work that can affect their health and quality of life outcomes. The two SDOH of utmost concern locally are:

- **Social Isolation/Loneliness**
- **Food Insecurity/Hunger**

Social Isolation is the lack of social contacts and having few people to interact with regularly.

Studies have shown that social isolation puts older adults at a higher risk for multiple health issues and even premature death.

Food Insecurity is the condition of not having access to sufficient and/or adequate food to meet one's basic needs.

Meals on Wheels America reports that 6.2% of older adults in Virginia experience some type of food insecurity.