

ALEXANDRIA AGE-FRIENDLY PLAN FOR A LIVABLE COMMUNITY 2026 – 2029

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Alexandria—The Place

Alexandria is a medium-sized city located in the midst of a major metropolitan area with multiple jurisdictions and nearly six million residents. The City, located across the Potomac River from Washington, D.C. and the State of Maryland, is a member of the Metropolitan Washington Council of Governments (COG), an independent nonprofit association where area leaders address issues of regional significance such as transportation, planning, housing, environment, public safety and health. Although Alexandria has a land area of roughly 15 square miles, with more than 157,000 residents, it is one of the most densely populated areas in the country – with 10,478 people per square mile. Alexandria’s proximity to the seat of the federal government has a direct impact on the socio-economic fabric of the city.

Located in the Commonwealth of Virginia, Alexandria (and its neighboring Northern Virginia jurisdictions) is politically distinct from much of the rest of the State. In the [most recent national](#)¹ and statewide elections, Alexandria and Arlington voted over 70% Democratic, which is in stark contrast to much of the rest of the State.

This distinction is important because it directly relates to what Alexandria can do and control. Virginia is a “Dillon Rule” state. The Dillon Rule is a legal principle in which local governments have limited authority and can pass ordinances only in areas for which the General Assembly has granted clear authority. The Dillon Rule figures prominently in limiting what Alexandria can do on affordable housing, landlord-tenant rules, and many other areas where the General Assembly has chosen to restrict the rights of local governments. It can be a challenge for local Virginia jurisdictions to respond to the needs of their communities and stay within the requirements of the Dillon Rule.²

¹ <https://censusreporter.org/profiles/06000US5151090020-alexandria-city-alexandria-city-va/>

² <http://virginiaplaces.org/government/dillon.html>

While the Dillon Rule imposes significant limitations, Alexandria City government tends to be progressive, as is clear in the City's Strategic Plan and its Housing Master Plan. Among the City's [priorities](#)³ is to enable all Alexandrians to thrive:

- Increase use of accessible, affordable, culturally sensitive, preventive and early treatment health services and health promotion opportunities through multi-sector collaborations.
- Coordinate seamless cross-agency support services for the physical, social, and emotional well-being of youth and their families, with a specific focus on families who disproportionately experience disparate health and economic outcomes.
- Increase stability, mobility, and pathways to prosperity for Alexandrians living with low incomes.

Alexandria is a city of contrasts. Median household income for the City is currently [\\$113,638](#)⁴ (2025), while the national average is about \$60,000. But the poverty rate is 8.4%, with the federal poverty level currently \$32,150 (2025) for a family of four. Poverty among older residents remains a problem and is a focus of City services. More than [seven percent](#)⁵ of householders 65 years or older have incomes below the federal poverty level. As the cost of housing has increased so significantly, as have other costs, the federal poverty level does not reflect the stark reality of typical costs of living for those with lower and moderate incomes in Alexandria.

More than 17,000 individuals in Alexandria receive Social Security benefits, of whom more than 14,000 are retired workers, and 15,000+ are 65 or older. Their combined payments inject \$444.5 million into the City's economy, demonstrating older Alexandrians' substantial support for Alexandria's economy.⁶

This Age-Friendly Plan will give significant attention to the needs of lower-income, aging African American and immigrant residents along with the large population group of white residents (particularly women living alone) with low incomes.

³ <https://www.alexandriava.gov/city-council/city-council-priorities>

⁴ <https://censusreporter.org/profiles/06000US5151090020-alexandria-city-alexandria-city-va/>

⁵ <https://censusreporter.org/profiles/06000US5151090020-alexandria-city-alexandria-city-va/>

⁶ [OASDI Beneficiaries by State and County, 2023. Social Security Administration. https://www.ssa.gov/policy/docs/statcomps/oasdi_sc/].

ALEXANDRIA HISTORY

Exploring the Chesapeake Bay in 1608, Captain John Smith of Jamestown sailed up the Potomac River, where he met many people living along the riverbanks, including Native Americans known as the Conoy chiefdom. This group represented a small percentage of the thousands of Native Americans who inhabited the region and enjoyed its rich resources of fish and game. After Smith's visit, it would be many years before European settlements would expand into this part of Tidewater, Virginia.

During the late 17th and early 18th centuries, plantations were established along both sides of the Potomac River and settlements began to spread further into northern Virginia. By 1732, Hugh West established a tobacco warehouse at the foot of Oronoco Street in what is now Alexandria. To facilitate shipping, Scottish and English merchants who owned local real estate petitioned the Virginia General Assembly to establish the town of Alexandria, named after Scotsman John Alexander, who owned much of the land around Alexandria. Along with John West, a Fairfax County Surveyor, much of the 60-acre area was surveyed by 17-year-old George Washington. Lots were auctioned in July 1749.

During the mid-1750s the town was a staging area for British troops involved in the French and Indian War. Incorporated in 1779, Alexandria became a port of entry for foreign vessels and a major export center. By the end of the 18th century, Alexandria was among the ten busiest ports in America and had been designated an official port of entry, allowing foreign shipping to land and unload without registering somewhere else first. In 1789, Alexandria and a portion of Fairfax County were ceded by the Commonwealth of Virginia to become part of the new 10-mile square District of Columbia. Alexandria remained under the aegis of the new federal government until it was retroceded to Virginia in 1847.

Alexandria was also a center of the slave trade during the early 19th century, when thousands of Africans were transported to America to satisfy the labor requirements of the cotton industry. To this day, many of the families who are descendants of those slaves have remained in Alexandria and make up one of the oldest established communities within the city, providing leadership on the City Council and in the business community over many decades, City government, and non-government organizations.

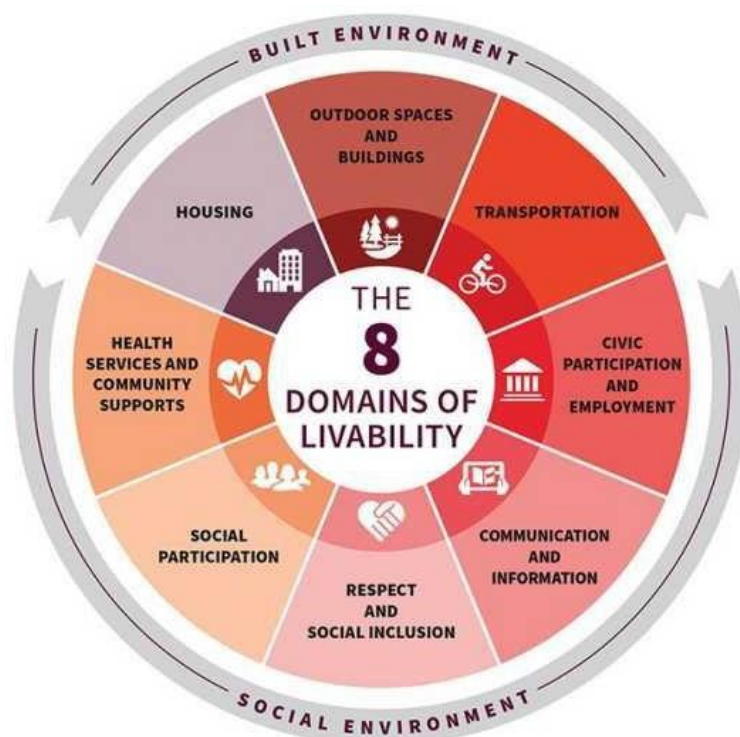
During the period of the 1850s, many new homes were constructed and infrastructure was developed, and Alexandria's population almost doubled. The Civil War impacted Alexandria in major ways. Within days of Virginia's secession from the Union in the spring of 1861, federal troops arrived in Alexandria to take possession of the City. It became a supply center for the federal army and troops, and supplies were transported to Alexandria via the port and the railroad. Hospitals and temporary medical facilities sprung up around the town and several forts were constructed as part of the defense of the City of Washington. By the end of the Civil War, Alexandria's economy was in

shambles, but the city itself had been spared the destruction experienced by many other places in Virginia. Alexandrians struggled to rebuild their city's commerce and prosperity.

Electricity and telephone service arrived in the 1880's and new neighborhoods arose around the outskirts of the City by the turn of the century. The U.S. Naval Torpedo Station, now the Torpedo Factory Art Center, was built during World War I and expanded during World War II, with large industrial buildings dominating Alexandria's waterfront (including a Ford Motor Company warehouse). World War II brought tremendous growth and change to northern Virginia. National Airport was constructed. Thousands of people from all over the country poured into the region as the government expanded and Alexandria became one of many "bedroom communities" serving the Nation's Capital.

THE EIGHT AGE FRIENDLY DOMAINS

THE COMMISSION ON AGING'S GUIDE FOR THE AGE FRIENDLY PLAN



The Alexandria Age Friendly Plan focuses on seven of the eight AARP/WHO Domains of Livability: Social Participation; Respect and Social Inclusion; Housing; Transportation; Communications and Information; Health Services and Community Supports; and Civic Participation and Employment. The COA created five committees to develop and implement the goals and objectives under each of the seven domains: (1) Housing; (2) Civic Engagement and Economic Security; (3) Outreach; (4) Transportation; and (5) Health and Dementia Friendly

These five committees ultimately agreed on six final domains of focus for the Age Friendly Plan. Below is a summary of these six final domains. Eight AARP/WHO Domains of Livability are aligned to Alexandria's Age Friendly Plan Domains:

City of Alexandria Age Friendly Plan Domains	Alignment to AARP/WHO Domains of Livability (Pictured Above)
Housing	Housing
Civic Engagement and Economic Security	Civic Participation and Employment
Outreach	Respect and Social Inclusion
	Social Participation
Communication and Collaboration	Communication and Information
Transportation	Transportation
Health	Health Services and Community Supports

SUMMARY OF AGE FRIENDLY PLAN GOALS AND OBJECTIVES

Housing Goals and Objectives	
GOALS	OBJECTIVES
Goal 1: Advocate for mixed income affordable assisted living facility as approved in the COA Concept Plan for such a facility	Objective 1.1: Build support for mixed income affordable assisted living facility Objective 1.2: Advocate for amending Section 7-700 to address the unique aspects of independent and assisted living developments
Goal 2: Enhance Housing affordability for older Alexandrians	Objective 2.1: Advocate for increased funding for City Rent Relief Fund for Older Adults Objective 2.2: Promote eviction protections Objective 2.3: Promote the use of Accessory Dwelling Units
Goal 3: Prevent the unnecessary or unwanted institutionalization of older adults who are able and would prefer to remain in their homes or in the community	Objective 3.1: Increase Alexandrians' awareness and access to programs and services supportive of older adults and adults with disabilities as well as their caregivers Objective 3.2: Advocate for viable budget proposals that would increase and expand funding for affordable programs providing personal assistance with activities of daily living Objective 3.3: Collaborate with the Outreach Committee and community partners, to sponsor/conduct public education programs on home modifications and home sharing

Civic Engagement & Economic Security Goals & Objectives

GOALS	OBJECTIVES
Goal 1: Expand support for Workforce Development Center 50+ program	Objectives 1.1 and 1.2: Continue funding for the full-time Workforce Development Center (WDC)+ Employment and Training Specialist and Reestablish funding for the 50+ Work-Based Learning Program
Goal 2: Expand Employment Opportunities for Older Alexandrians	Objective 2.1: Develop entrepreneurial opportunities for Older Alexandrians and increase awareness of potential older employees among Alexandria businesses
Goal 3: Increase Access to Food Assistance Services	Objective 3.1: Increase SNAP enrollment from current levels to a minimum of 1,200 up to 1,500 older adults Objective 3.2: Advocate for an Increase in the minimum federal SNAP benefit of \$26 Objective 3.3: Increase knowledge of and access to food assistance services Objective 3.4: Promote Fresh Produce (Farmer's Markets) Outlets for Alexandrians Objective 3.5: Increase Access to Food Assistance Services Objective 3.6: Develop a Schematic Identifying all Public and Private agencies, entities, churches and NGOs that Support Food Security for Older Alexandrians
Goal 4: Advocate for additional resources to fill any gaps created by potential cuts in the federal low-income Home Energy Assistance Program (LIHEAP)⁷ and Virginia Energy Assistance (EAP)⁸	Objective 4.1: Advocate for local and state funding
Goal 5: Increase Awareness of Companion and Other Socially Valuable Services Available for Alexandria Seniors	Objective 5.1: Promote awareness of services available to seniors through city agencies and nonprofit organizations

⁷ <https://www.usa.gov/help-with-energy-bills>

⁸ <https://www.dss.virginia.gov/benefit/ea/>

Outreach Goals and Objectives

GOALS	OBJECTIVES
Goal 1: People of diverse cultures, race, color, nationality, gender, age, sexual orientation, gender identity, and persons with disabilities in Alexandria have information about and access to the range of services available in the City and are engaged in civic life	Objective 1.1: Minority Communities have increased knowledge about and access to City Department of Recreation, Parks and Cultural (RPCA) services and are involved to a greater extent in physical and cultural programs Objective 1.2: People of diverse culture, race, color, nationality, gender, age, sexual orientation, gender identity, and persons with disabilities in Alexandria have increased knowledge of and access to the City's social net programs Objective 1.3: Encourage older adults to sign up for ENews and other City Social media.
Goal 2: Increase older LGBTQ+ community representation and programing, as well as training for organizations working with this population	Objective 2.1: Develop Outreach and Training Plan to LGBTQ+ Community

Communication and Collaboration Goals and Objectives

GOALS	OBJECTIVES
Goal 1: Expand and support Senior Ambassador program	Objective 1.1: Recruit and Train up to 50 new Senior Ambassadors
Goal 2: Support other COA committees by providing outreach support and communicating related information from other Commissions and Boards on their goals and objectives	Objective 2.1: At monthly COA meetings, remind other committees and attendees that they may request support with outreach and we welcome them to our committee meetings with their requests

Transportation Goals and Objectives

GOALS	OBJECTIVES
Goal 1: Assist the City to attain its Vision Zero goal of Eliminating all Traffic Deaths and Serious Injuries by 2028 through the Attainment of Interim Year Benchmarks	Objective 1.1: Apply the Complete Design Guidelines to roadway projects through FY28 in locations where safety issues for vulnerable populations have been identified Objective 1.2: Develop strategies for traffic calming through the combination of mainly physical measures that reduce the negative effects of motor vehicle use, alter driver behavior and improve conditions for non-motorized street users
Goal 2: Promote frequent, reliable, and accessible transportation for the older adult community in Alexandria	Objective 2.1: Collaborate with City agencies to develop a unified city-wide approach to human services transportation

Health Goals and Objectives

GOALS	OBJECTIVES
Goal 1: Protect Medicaid Eligibility for all Older Adults	Objective 1.1: Monitor changes to Medicaid for opportunities to support advocacy, outreach, other activities Objective 1.2: Strengthen outreach and education to ensure older adults are aware of available Medicaid resources
Goal 2: Promote Wellness and Dementia-Friendly Supports	Objective 2.1: Expand mental wellness supports and resources for older adults Objective 2.2: Advocate for dementia-friendly education and community outreach partners Objective 2.3: Coordinate and expand caregiver resources, education and support pathways Objective 2.4: Develop communication strategies to raise awareness of mental wellness, dementia supports, and caregiver needs
Goal 3: Support and Increase Access to Dental Services for Older Adults	Objective 3.1: Identify pathways to increase accessibility of existing dental programs and resources Objective 3.2: Increase awareness and education to support dental hygiene and self-care Objective 3.3: Define communication pathways to disseminate dental health resources and services

WHAT WE HEARD

On January 17, 2025, the Commission and the Division on Aging and Adult Services (DAAS) held a kick-off meeting at the Lee Center for City residents. The three top concerns expressed by the participants were affordable housing generally, affordable assisted living, and healthy homes – free of mold, pests, and other issues. The DAAS conducted meetings for residents at Claridge House, Southern Towers, Charles Houston Community Center and the Ladrey Senior Facility, and on July 2, 2025, held a virtual city-wide meeting. Similar concerns were raised, such as affordability, excess rent increases, poor maintenance, and pest issues.

In its community engagement survey of approximately 300 respondents (95% of which were 55+ years of age, and 82% were 65+ years of age), affordability was a major concern.

Topics with Relatively More Positive Responses

Topic	Positive Responses	Negative Responses
Accessibility of Grocery Stores, Pharmacies, and Essential Services	86% reported being very or somewhat satisfied	9% reported being very or somewhat dissatisfied
Safety of Walking Around Neighborhood during Daytime	79% reported being very or somewhat satisfied	12% reported being very or somewhat dissatisfied
Safety of Current Housing	70% reported very or somewhat satisfied	18% reported being very or somewhat dissatisfied
Accessibility of Public Parks, Sidewalks, & Recreational Spaces	68% reported being very or somewhat satisfied	19% reported being very or somewhat dissatisfied
Quality of Local Healthcare Resources	64% reported being very or somewhat satisfied	15% reported being very or somewhat dissatisfied

Source: Community Survey organized by DAAS and Commission on Aging, Spring 2025. 95% of respondents were 55+ years of age.

Topics with Relatively More Negative Responses

Topic	Positive Responses	Negative Responses
Participation in Social/Recreational Activities Organized by the Community	49% reported “monthly” or “weekly or more”	51% reported “never” or “rarely”
Safety of Walking Around Neighborhood During Nighttime	52% reported feeling very or somewhat safe	36% reported feeling very or somewhat unsafe
Affordability of Housing	52% reported being very or somewhat satisfied	30% reported being very or somewhat dissatisfied with housing affordability
Sufficient Opportunity for Paid Work or Volunteer Opportunities for Older adults	42% reported there being “some options” or “many options”	40% reported “not sure” about opportunities, and 17% reported there being “few options” or “no options” for paid/volunteer work for older adults
Ease of Finding Information on Community Resources	54% reported it being “very easy” or “somewhat easy” to find information	23% reported it being “extremely difficult” or “somewhat difficult” to find information

Source: Community Survey organized by DAAS and Commission on Aging, Spring 2025. 95% of respondents were 55+ years of age.

WHAT WE KNOW

Age

The age of Alexandrians is, on average, increasing. The greatest growth is among older residents. In contrast, younger adults are experiencing the largest decline.

Age	2010	2023
0-19	18%	20%
20-34	30%	25%
35-49	25%	26%
50-64	18%	18%
65+	9%	13%

Source: American Community Survey 5-year Estimates, most recently for 2019-2023

In 2010, the median age was 35.7 years; in 2023, it was 37.5 – an increase of nearly two years.

Community Health

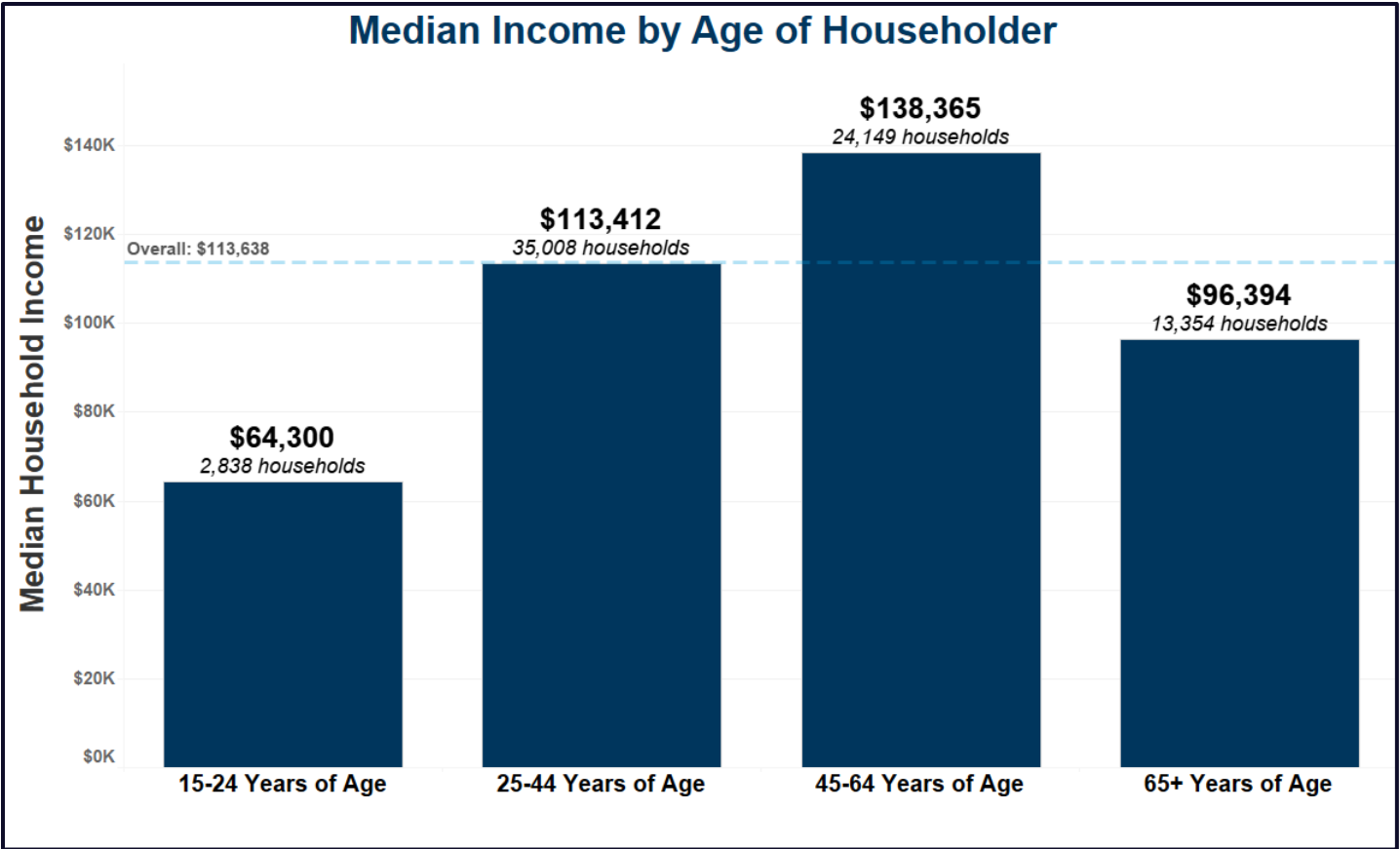
According to the 2025 [Community Health Assessment](#), older Alexandrians said that “safe, healthy, affordable housing” was an area that could improve their community’s health:

What would improve your community’s health?

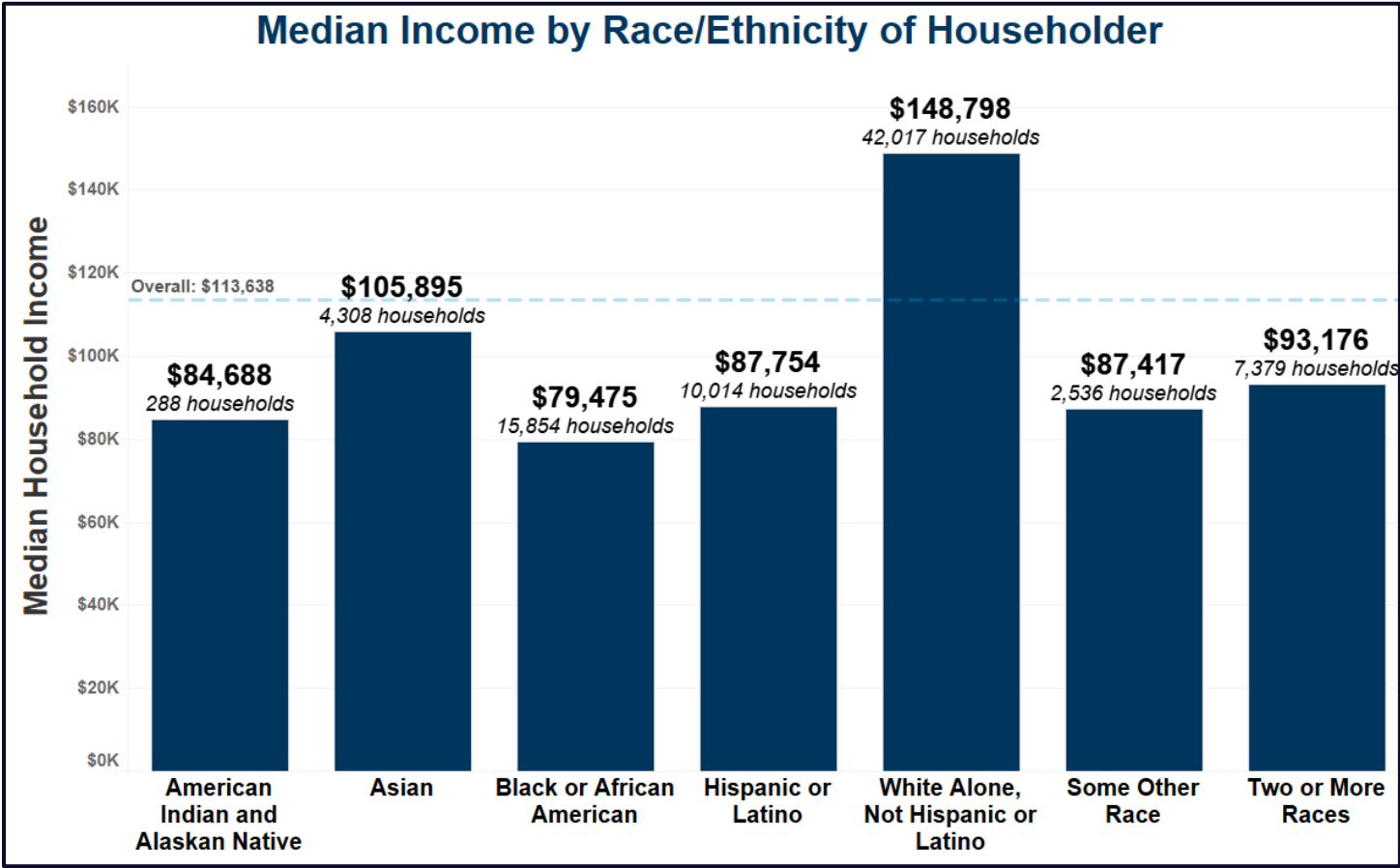
60-69 years (N=184 respondents)	70-79 years (N=137 respondents)	80-90 years (N=37 respondents)
Safe, healthy, affordable housing	Safe, healthy, affordable housing	Access to mental health and substance use services
Support for older adults	Support for older adults	Opportunities to be involved in the community
Access to mental health and substance use services	Access to mental health and substance use services	Safe, healthy, affordable housing

Household Income by Select Groups (Age and Race/Ethnicity)

Alexandria median household income in 2010 was \$108,506; in 2023, it was \$113,638, an increase of 4.3%. As seen below, household income varies greatly when disaggregated by age and by race/ethnicity. Notably, Alexandrian households aged 65 or older have a median household income of \$96,394, \$17K (15%) lower than the overall median for Alexandria.



Source: American Community Survey, 2019-2023 5-Year Estimates



Source: American Community Survey, 2019-2023 5-Year Estimates

HOUSING GOALS AND OBJECTIVES



1

Assisted Living Facility



2

Affordable Housing



3

Older Adults Remain in Home

Assisted Living and Older Adult Housing

Approximately 2,100 units are age-restricted and or provide housing with integrated care; of these, over 900 are licensed for assisted living and approximately one quarter involve memory services and over fifty percent of these units are for assisted living.

Approximately 130 individuals were served by the City's Older Adults and Persons with Disability Rent Relief Program. The average cost of assisted living in the Washington Metro area is over \$6,000 a month, making it unaffordable for most older adults needing these services.

Average Rents

The Area Median Income for the Washington DC Metro is \$114,800 for a single person household. This represents a 6% rise from 2024. Fifty-seven households in Alexandria rent – approximately 43,000 individuals. Forty-four percent of renters are cost burdened (i.e., spending more than a third of their income on housing costs) – about 19,000 individuals. Eighty-two percent of renters make less than \$75,000 a year and are cost burdened – approximately 15,500 households.

Unit Type	Average Rent Adjusted for Utilities	Average Level of Affordability
Studio	\$2,257	61-80% AMI
One Bedroom	\$2,742	81-100% AMI
Two Bedroom	\$3,674	101-120% AMI
Three Bedroom	\$4,887	120% + AMI

Eviction Trends

Year	Summons Issued	Writs of Eviction Issued	Average Unpaid Rent
2019	4,206	1,504	\$3,383
2023	4,458	2,046	\$6,357
2024	4,126	1,788	\$5,947
2025 (12/01/25)	4,440	1,523	\$5,276

Source: Alexandria Office of Housing, [Eviction Trends](#), 2025.

Average unpaid rent amounts have increased since 2019, reflecting the increase in rental costs and fees. The eviction filing rates have reverted to pre-pandemic levels and continue to be concentrated in the West End.

The Office of Housing conducted a survey as part of its community engagement for Housing 2040 Master Plan. Some of their results were similar to those of the Commission's.

- 71% of survey respondents were concerned about annual rent increases
- 77% were concerned or very concerned about the cost of rent
- 65% were concerned about building conditions
- 54% were concerned about housing discriminations
- 67% were concerned about aging in place

DOMAIN: HOUSING

Goal 1: Advocate for mixed income affordable assisted living facility as approved in the Commission on Aging Concept Plan for such a facility

Objective 1.1: Build support for mixed income affordable assisted living facility

Action: Convene group of stakeholders to develop a White Paper on MIAALF	Deadline: First Quarter of 2026 Tasks: • DAAS will establish organizing group to prepare for meetings and White Paper • Collect information, such as Bill Harris' concept paper and agency reports to City Council on AG and committed affordable units in City Accountable for Task Completion: COA, Housing Committee, DAAS Current or Potential Partners & Support: Office of Housing, NVAHA Expected Measurable Results: • White Paper Written • MIAALF Incorporated into Housing 2040 Plan Expected Outcome: • More affordable assisted living units for residents below 80% of AMI
Action: Encourage, facilitate, and plan for mixed income affordable assisted living facility with various public and private partners to include resources for funding	Deadline: 2026-2028 Tasks: • Research what other states are doing • Explore ways that Section 7-700 can be adapted for new affordable independent and assist living facilities. Accountable for Task Completion: COA
Action: Advocate for state legislation allowing localities to enact ordinances permitting negotiated affordable assisted living set asides in newly licensed ALFs	Deadline: 2026-2027 Tasks: • Attend NVAN legislative meetings • Schedule meetings with GA representatives and non-profits, such as Lending Age Virginia to gain support for negotiated set asides • Submit proposals for City Legislative Package Accountable for Task Completion: COA Current or Potential Partners & Support: NVAN, AARP Virginia, Assistant City Manager for Legislation Expected Measurable Results: • Enacted Legislation Expected Outcome: • Increased number of affordable assisted living units

DOMAIN: HOUSING

Goal 1: Advocate for mixed income affordable assisted living facility as approved in the Commission on Aging Concept Plan for such a facility

Objective 1.2: Advocate for amending Section 7-700 to address the unique aspects of independent and assisted living developments

Action: Participate in public meetings on Housing 2040 Master Plan

Deadline: First Quarter of 2026

Tasks:

- COA members will prepare comments appropriate to the meeting
- COA attendees will brief full COA on Housing 2040 meetings and developments

Accountable for Task Completion: [Office of Housing](#), Department of Planning and Zoning, [DAAS](#), COA

Current or Potential Partners & Support: Affordable Housing non-profit Developers

Expected Measurable Results:

- Section 7-700 is amended

Expected Outcome:

- Increased number of affordable units created

Action: Participate in meetings of new independent and assisted living facilities

Deadline: Ongoing

Tasks:

- COA members will prepare comments as a follow-up to meetings

Expected Outcome:

- Increased use of Section 7-700 for independent and assisted living developments

DOMAIN: HOUSING

Goal 2: Enhance Housing affordability for older Alexandrians

Objective 2.1: Advocate for increased funding for City Rent Relief Fund for Older Adults

Action: Participate in meetings of the Eviction Prevention Task Force (EPTF)

Deadline: Ongoing

Tasks:

- COA will share [NVAN](#) and AARP Virginia legislative priorities and activities with EPTF

Accountable for Task Completion: COA Housing Committee

Current or Potential Partners & Support: DCHS, [Office of Housing](#)

Expected Measurable Results:

- Increased budget

Expected Outcome:

- Increased number of beneficiaries

Action: Testify in City Council for additional rental relief funds

Deadline: Every March

Tasks:

- COA Chair will prepare public comments

Accountable for Task Completion: COA Chair

Action: Advocate at the state level for additional rent relief funding

Deadline: During General Assembly Session

Tasks:

- Attend [NVAN](#) legislative meetings

Accountable for Task Completion: NVAN participants from COA

Current or Potential Partners & Support: [NVAN](#), [AARP Virginia](#)

Measurable Results:

- Addition to state budget

Expected Outcome:

- Increased funds for Alexandria City residents

DOMAIN: HOUSING

Goal 2: Enhance Housing affordability for older Alexandrians

Objective 2.2: Promote eviction protections

Action: Participate in meetings of the Eviction Prevention Task Force (EPTF)	Deadline: Quarterly Tasks: • Attend meetings Accountable for Task Completion: COA, Housing Committee Current or Potential Partners & Support: DCHS, Office of Housing
Action: Advocate for state eviction protections	Deadline: Ongoing – 2026-2028 Tasks: • COA/NVAN members will meet with Northern Virginia GA legislative representatives Accountable for Task Completion: NVAN, AARP Virginia, COA Current or Potential Partners & Support: NVAN, AARP Virginia Measurable Results: • Legislation enacted Expected Outcome: • Fewer eviction filings in court
Action: Monitor the relocation of Ladrey residents	Deadline: 2025-2026 Tasks: • Meet periodically with ARHA CEO and staff to discuss updates and make suggestions on relocation Accountable for Task Completion: COA, DAAS Current or Potential Partners & Support: ARHA, Office of Housing Measurable Results: • All Ladrey residents safely relocated Expected Outcome: • Ladrey residents permanently relocated in safe and appropriate environments

DOMAIN: HOUSING

Goal 2: Enhance Housing affordability for older Alexandrians

Objective 2.3: Promote the use of Accessory Dwelling Units

Action: Monitor any changes to the Accessory Dwelling Units (ADUs) Ordinance, [Section 7-203](#)
Testify as needed before public bodies

Deadline: Ongoing

Tasks:

- COA will meet periodically with Planning and Zoning staff
- Research current ADU landscape
- Check Alex311 for complaints about ADUs

Accountable for Task Completion: COA, [DAAS](#)

Current or Potential Partners & Support: Department of Planning and Zoning

Measurable Results:

- Application process is streamlined

Expected Outcome:

- Increased number of ADUs are built

Action: Advocate for state law for ADUs by right

Deadline: March 2026

Tasks:

- Attend NVAN meetings to advocate

Accountable for Task Completion: NVAN Participants from the COA

Current or Potential Partners & Support: NVAN, AARP Virginia

Measurable Results:

- Increased number of jurisdictions that enact ADU by right ordinances

Expected Outcome:

- Increased awareness of ADUs and the process for applying for one

DOMAIN: HOUSING

Goal 3: Prevent the unnecessary or unwanted institutionalization of older adults who are able and would prefer to remain in their homes or in the community

Objective 3.1: Increase Alexandrians' awareness and access to programs and services supportive of older adults and adults with disabilities as well as their caregivers

Action: Support information and outreach efforts by SSA Senior Ambassadors, AHA, Goodwin Living, as well as other public, not-for-profit, religious, and private providers in their efforts to reach vulnerable adults and their caregivers about services and resources about aging in place or moving to an affordable local assisted living facility	Deadline: Ongoing Tasks: - Attend Senior Ambassador and other meetings to discuss aging in place strategies Accountable for Task Completion: DAAS, COA Current or Potential Partners & Support: SSA, AHA, Goodwin Living, other non-profits, COA Outreach Committee Expected Outcome: - Increased awareness of programs
Action: Identify and meet with property managers of Naturally Occurring Retirement Communities to identify creative ways and barriers to: age in place in a NORC setting; and to transition to assisted living	Deadline: Ongoing Tasks: - Schedule meetings with NORCs residents to learn about their needs, concerns, and current activities - Share information with managers of NORCs Accountable for Task Completion: COA and DAAS Current or Potential Partners & Support: NORCs
Action: Identify single family zoning areas with the largest percentage of older adults. Meet with residents to identify creative ways and barriers to: age in place in their current home setting; and to transition to assisted living	Deadline: Ongoing Tasks: Research zoning maps and the Office of Performance Analytics data to find information Accountable for Task Completion: COA and DAAS Current or Potential Partners & Support: Office of Performance Analytics

DOMAIN: HOUSING

Goal 3: Prevent the unnecessary or unwanted institutionalization of older adults who are able and would prefer to remain in their homes or in the community

Objective 3.2: Advocate for viable budget proposals that would increase and expand funding for affordable programs providing personal assistance with activities of daily living

Action: Participate in Division and Department budget meetings

Deadline: Annually

Tasks:

- Participate in Division and Department budget meetings

Accountable for Task Completion: COA and DAAS

Current or Potential Partners & Support: DCHS

Expected Outcome:

- Increased awareness of available personal assistance programs

Action: Testify in City Council on behalf of budget proposals

Deadline: Annually

Tasks:

- Prepare and research written testimony for City Council meetings

Accountable for Task Completion: COA and DAAS

Measurable Results:

- Increase in funding and the number of persons served

DOMAIN: HOUSING

Goal 3: Prevent the unnecessary or unwanted institutionalization of older adults who are able and would prefer to remain in their homes or in the community

Objective 3.3: Collaborate with the Outreach Committee and community partners, to sponsor/conduct public education programs on home modifications and home sharing

Action: Recruit and train volunteers to conduct education programs

Tasks:

- Research materials for training programs from [Office of Housing](#) and AARP

Current or Potential Partners & Support: [AARP Virginia](#), Habitat for Humanity, [Building Together](#)

Action: Distribute education materials on home modification, home sharing, etc.

Tasks:

- Distribute education materials on home modification, home sharing, etc.

Accountable for Task Completion: SSA, COA Outreach Committee, DAAS

Current or Potential Partners & Support:

- AARP Virginia, Habitat for Humanity, Building Together

Measurable Results:

- Increased number of education sessions

Expected Outcome:

- Increased awareness of home modification and home sharing programs

CIVIC ENGAGEMENT AND ECONOMIC SECURITY GOALS AND OBJECTIVES

What We Know

Affecting older workers disproportionately, the District of Columbia, Maryland and Virginia (DMV) have lost federal jobs at a significantly higher pace than the nation has. More than 50 percent of federal workers are over the age of 45.

Households in the region are showing signs of financial distress. The number of homes for sale has increased by 64 percent and unemployment threatens food security, payment for housing, energy usage, and other vital services. Exacerbating the consequences of job loss, the traditional federal supports have been seriously diminished. Funding for the Low-Income Home Energy Assistance Program (LIHEAP) has been reduced by four billion dollars. Turmoil at the Federal level threatens support for food assistance through the federal SNAP (Supplemental Nutrition Assistance Program).

Prior to the federal shutdown, approximately 9.4 million Virginians received SNAP benefits. It is inconceivable that allowing millions of the Commonwealth's residents to go hungry should be tolerated. Therefore, the City of Alexandria must step up if the federal or state governments fail in support of its residents. The City's Division of Aging and Adult Services has received a grant to facilitate applications by its older, low-income residents to apply for SNAP benefits, to the extent benefits remain available.

Expanding support for Alexandria's Workforce Development Center's 50 Plus Program and re-funding the Work-Based Learning Program could also help to address the severity of job loss currently occurring to the City's residents. It is essential that the City continue its support for the 50-Plus Employment Specialist and seek a means of reinstating the Work-Based Learning Program, which previously offered a stipend for participants.

Under previous funding, nine older adults were enrolled in the WDC's Work-Based Learning Program (WBL), earning on average over \$18 per hour; six of the nine participants were placed in permanent jobs following their work experience, earning an average wage of \$25.56 an hour. This funding has ended. Older adults continue to contact the WDC, seeking to enroll in this program.

The City Council approved a Full-Time Employee (FTE) to support older job seekers in obtaining employment. The full-time Work Force Development Center (WDC) program administrator organizes various Career Readiness Workshops weekly. The WDC offered services to approximately 200 individuals of which twenty older adults received intensive case management, job search support and/or training and permanent job placement.

The Virginia Energy Assistance Program - [EAP](#) - funds can help households stay safe and warm in the winter by providing:

- Assistance with home heating bills
- Preventing energy shutoffs
- Reconnecting services, making homes more energy efficient
- Repairing or replacing heating equipment
- Weatherization support
- Energy education and training
- Disaster assistance

Federal funds are available for this program through 2025. However, U.S. Health and Human Services staff responsible for administering [LIHEAP](#) funds have been dismissed, creating uncertainty about the future of federal support for low-income energy assistance.

DOMAIN: CIVIC ENGAGEMENT AND ECONOMIC SECURITY	
Goal 1: Expand support for Workforce Center 50+ programs	
Objectives 1.1 and 1.2: Continue funding for the full-time Workforce Development Center (WDC)+ Employment and Training Specialist and Reestablish funding for the 50+ Work-Based Learning Program	
Action: Advocate to maintain funding for 50+ Employment Training Specialist	Deadline: First Quarter of 2026 Tasks: • Convene meeting with DCHS and DAAS staff Accountable for Task Completion: Economic Security Committee, DAAS Current or Potential Partners & Support: DCHS leadership, WDC, SSA Expected Measurable Results: • Full funding maintained and/or restored; • Increased number of older workers entering the workforce Expected Outcome: • Increased awareness of WDC 50+ programs; increased 50+ employment
Action: Advocate to restore funding for Work-Based Learning Program	Deadline: March 2026-2028 Tasks: • Schedule meeting with OMB director and budget analyst Accountable for Task Completion: COA Chair Current or Potential Partners & Support: DCHS leadership, WDC, SSA Expected Measurable Results: • Full funding is restored, increased number of older workers entering the workforce Expected Outcome: • Increased awareness of WDC 50+ programs, increased 50+ employment
Action: Meet with OMB director and analysts to discuss City Proposed FY 27 – 29 Budgets	Deadline: March 2026 – March 2028 Tasks: • Schedule meeting with OMB director and budget analyst Accountable for Task Completion: COA Chair

Action: Meet with City Council members to discuss funding	Deadline: March 2026 - March 2028 Tasks: • Schedule meetings with Council members Accountable for Task Completion: COA Chair
Action: Testify in City Council for additional funding	Deadline: May 2026 - May 2028

DOMAIN: CIVIC ENGAGEMENT AND ECONOMIC SECURITY

Goal 2: Expand Employment Opportunities for Older Alexandrians

Objective 2.1: Develop entrepreneurial opportunities for Older Alexandrians and increase awareness of potential older employees among Alexandria businesses

Action: Develop a project designed to promote entrepreneurship among older Alexandrians	Deadline: Ongoing Accountable for Task Completion: COA Current or Potential Partners & Support: COA Economic Security Committee, WDC Measurable Results: • Creation of local business by self-employed older workers Expected Outcome: • Increased older worker opportunities
Action: Organize and host a roundtable for local businesses to identify senior employment opportunities in private sector	Deadline: August 2027 Accountable for Task Completion: COA Current or Potential Partners & Support: WDC, Alexandria Economic Development Partnership (AEDP), Alexandria Chamber of Commerce Measurable Results: • Increase awareness of older worker employability in private sector Expected Outcome: • Increased senior employment opportunities

DOMAIN: CIVIC ENGAGEMENT AND ECONOMIC SECURITY**Goal 2: Expand Employment Opportunities for Older Alexandrians****Objective 2.2: Increase awareness of potential older workers among Alexandria businesses**

Action: Organize and host a business roundtable for local employers to seek input on age-appropriate employment

Deadline: August 2027

Accountable for Task Completion: COA

Current or Potential Partners & Support: WDC, AEDP, Alexandria Chamber of Commerce

Measurable Results:

- Increase in employment opportunities for older Alexandrians

Expected Outcome:

- Increased older worker employment opportunities

DOMAIN: CIVIC ENGAGEMENT AND ECONOMIC SECURITY**Goal 3: Increase Access to Food Assistance Services****Objective 3.1: Increase SNAP enrollment from current levels to a minimum of 1,200 up to 1,500 older adults**

Action: Maintain SNAP enrollment among older adults

Deadline: August 2026

Tasks:

- Participate in NVAN platform committee on SNAP

Accountable for Task Completion: DAAS

Current or Potential Partners & Support: VPLC, ALIVE!, SSA, DCHS Food Security Coordinator

Measurable Results:

- Maintain current enrollment of SNAP

Expected Outcome:

- Maintain current enrollment of SNAP

DOMAIN: CIVIC ENGAGEMENT AND ECONOMIC SECURITY

Goal 3: Increase Access to Food Assistance Services

Objective 3.2: Advocate for an Increase in the minimum federal SNAP benefit of \$25

Action: Advocate for an increase in minimum SNAP benefits to be an NVAN Platform Priority, and part of the City's Legislative Package	Deadline: November 2025 Tasks: - Attend NVAN legislative meetings and vote for inclusion of SNAP increases into the NVAN Platform Accountable for Task Completion: COA/NVAN participants Measurable Results: - Increase in the number of older adults participating in SNAP Expected Outcome: - Increase in awareness of the benefits of using SNAP for older adults
Action: Assist in preparing NVAN background paper on SNAP	Deadline: August 2025 Tasks: Participate in NVAN platform committee meetings on SNAP Accountable for Task Completion: NVAN, COA Current or Potential Partners & Support: Virginia Poverty Law Center (VPLC), AARP Virginia , Alexandria Alive
Action: Meet with legislators to promote SNAP benefit increase	Deadline: Ongoing Tasks: Schedule meetings with GA representatives Accountable for Task Completion: COA/NVAN Current or Potential Partners & Support: NVAN, AARP Virginia
Action: Propose that SNAP increase be made a part of the Alexandria City Legislative Package	Deadline: Ongoing Accountable for Task Completion: Chair of COA Current or Potential Partners & Support: Alexandria City Legislative Director Measurable Results: - Alexandria advocates for an increase in General Assembly Expected Outcome: - There will be an increase in the minimum SNAP benefit

DOMAIN: CIVIC ENGAGEMENT AND ECONOMIC SECURITY

Goal 3: Increase Access to Food Assistance Services

Objective 3.3: Increase knowledge of and access to food assistance services

Action: Research DASH bus routes and nearby food outlets	Deadline: March 2026 Tasks: • Meet with DASH staff to discern how to obtain this information Accountable for Task Completion: COA Economic Security Committee Current or Potential Partners & Support: DASH, SSA, and Food Services (ALIVE!, Hunger Free Alexandria) Measurable Results: • Schematic of DASH bus routes
Action: Identify food pantries, hubs, and commercial outlets that take SNAP	Deadline: June 2026 Tasks: • Consult with ALIVE! Director and SSA staff for assistance in identifying participating SNAP outlets, food hubs, and food pantries Accountable for Task Completion: COA Current or Potential Partners & Support: SSA, ALIVE! Measurable Results: • Food outlets loaded onto schematic of DASH bus routes
Action: Develop and make publicly available an interactive DASH bus map showing all identified food support locations	Deadline: August 2026 Tasks: • Confer with non-profit organizations on a distribution plan Accountable for Task Completion: COA, DAAS, SSA Current or Potential Partners & Support: DASH, SSA, and Food Services Measurable Results: • Increase in DASH ridership to and from food outlets Expected Outcome: • Increased information and awareness of accessible food outlets accepting SNAP

Action: Create a brochure handout showing information from the interactive map	Deadline: August 2026 Tasks: - Confer with non-profit organizations on a distribution plan Accountable for Task Completion: COA, DAAS, SSA Current or Potential Partners & Support: DASH, SSA, and Food Services Measurable Results: - Increase in DASH ridership to and from food outlets Expected Outcome: - Increased information and awareness of accessible food outlets accepting SNAP
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DOMAIN: CIVIC ENGAGEMENT AND ECONOMIC SECURITY

Goal 3: Increase Access to Food Assistance Services

Objective 3.4: Promote Fresh Produce (Farmer's Markets) Outlets for Alexandrians

Action: Promote Fresh Produce Outlets for Alexandrians	Deadline: Ongoing Accountable for Task Completion: COA Economic Security Committee
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DOMAIN: CIVIC ENGAGEMENT AND ECONOMIC SECURITY

Goal 3: Increase Access to Food Assistance Services

Objective 3.5: Increase Access to Food Assistance Services

Action: Increase Access to Food Assistance Services	Deadline: Ongoing Accountable for Task Completion: COA Economic Security Committee
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DOMAIN: CIVIC ENGAGEMENT AND ECONOMIC SECURITY

Goal 3: Increase Access to Food Assistance Services

Objective 3.6: Develop a Schematic Identifying all Public and Private agencies, entities, churches and NGOs that Support Food Security for Older Alexandrians

Action: Develop Schematic	Deadline: Ongoing Accountable for Task Completion: COA Economic Security Committee
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DOMAIN: CIVIC ENGAGEMENT AND ECONOMIC SECURITY

Goal 4: Advocate for additional resources to fill any gaps created by potential cuts in the federal low-income Home Energy Assistance Program (LIHEAP) and Virginia Energy Assistance (EAP)

Objective 4.1: Advocate for local and state funding

Action: Meet with DCHS and other city officials to discuss possible funding sources	Deadline: Ongoing Tasks: Set up meetings with and presentations from appropriate City officials Accountable for Task Completion: COA Economic Security Committee, DAAS Current or Potential Partners & Support: SSA, Dominion Energy, Washington Gas
Action: Meet with city council members and state legislators to discuss sources of local and state funding programs	Deadline: Ongoing Tasks: - Schedule meetings with local and state legislators Accountable for Task Completion: COA/NVAN Current or Potential Partners & Support: NVAN Measurable Results: - The number of participants in energy assistance programs is not reduced Expected Outcome: - There will be an increased awareness of, and access to, energy assistance programs
Action: Distribute information of available energy assistance programs to Alexandrians	Deadline: Ongoing Tasks: Coordinate outreach with both DAAS and SSA Accountable for Task Completion: DAAS, SSA

DOMAIN: CIVIC ENGAGEMENT AND ECONOMIC SECURITY

Goal 5: Increase Awareness of Companion and Other Socially Valuable Services Available for Alexandria Seniors

Objective 5.1: Promote awareness of services available to seniors through city agencies and nonprofit organizations

Action: Increase awareness of civic and social services programs

Deadline: August 2028

Tasks:

- Encourage referrals from city agencies
- Promote referrals through use of Alex311

Current or Potential Partners & Support: SSA, Alexandria City Office of Communications, DAAS, AHA and ALIVE!

Measurable Results:

- Increased inquiries regarding social services programs

Expected Outcome:

- Increased participation in social services programs

OUTREACH GOALS AND OBJECTIVES

Overview and Background

Alexandria's Commission on Aging (COA), in collaboration with the Department of Community and Human Services (DCHS), the Department of Recreation, Parks and Cultural Activities (RPCA), Senior Services of Alexandria (SSA), and community partners, is committed to advancing equity, inclusion, and meaningful engagement for older residents. As Alexandria continues to grow more culturally, linguistically, and socially diverse, the City recognizes the need for coordinated outreach strategies that make information accessible, strengthen trust with underserved communities, and ensure that older adults of all backgrounds have equitable access to programs and services.

This Outreach domain of the Age Friendly Plan identifies key strategies to increase awareness of City services, remove access barriers, improve communication across agencies, and support active participation among older residents. The Plan is rooted in an equity framework that acknowledges the unique needs of racial and ethnic minority communities, immigrant communities, LGBTQ+ older adults, people with disabilities, and older residents who may be socially isolated or have limited English proficiency.

The goals and objectives that follow focus on three major areas of effort:

1. Social Participation and Aging Equity

This goal centers on ensuring that all older Alexandrians, regardless of culture, race, language, gender identity, age, or ability, can access information about City services and feel welcomed in civic and community life.

2. LGBTQ+ Inclusion, Representation, and Training

Recognizing the historical marginalization and unique barriers faced by LGBTQ+ older adults, the plan calls for a comprehensive outreach and training initiative that promotes affirming, knowledgeable, and culturally responsive support.

3. Communication and Cross-Agency Collaboration

Effective outreach requires consistent messaging and coordinated communication across City departments, COA committees, and partner organizations. This goal focuses on building an integrated communication framework that boosts outreach capacity and strengthens interagency collaboration.

DOMAIN: OUTREACH

Goal 1: People of diverse culture, race, color, nationality, gender, age, sexual orientation, gender identity, and persons with disabilities in Alexandria have information about and access to the range of services available in the City and are engaged in civic life

Objective 1.1: Minority Communities have increased knowledge about and access to City Department of Recreation, Parks and Cultural (DRPCA) services and are involved to a greater extent in physical and cultural programs

Action: Promote ALEX eNews and Email Alerts (COA CHA Question 15 Data shows 47% of respondents used and preferred ENEWS and Email Alerts)	Deadline: Ongoing Tasks: • Create copy for publication Accountable for Task Completion: SSA Current or Potential Partners & Support: DAAS
Action: Create documents and flyers in English, Spanish, and Amharic to help older adults sign up for alerts from the City	Deadline: Ongoing Tasks: • Translate flyers into target audience languages Accountable for Task Completion: SSA, DAAS Current or Potential Partners & Support: DAAS, Adult Day programs Measurable Results: • Increased number of individuals from underrepresented groups participating in Park and Recreational programs Expected Outcome: • More older adults - especially those who are not proficient in English - become involved in Park and Recreational programs
Action: Promote DRPCA programs for older adults, and the 20% discount for those 60+	Deadline: Ongoing Tasks: • Create flyers, articles and local ads for ALXnow, Alexandria Times, and other local publications Accountable for Task Completion: DRPCA, SSA, DAAS Current or Potential Partners & Support: Senior Ambassadors Measurable Results: • Increased number of older adults participation in DRPCA programs Expected Outcome: • More older adults will be aware of both older adult activities and program discounts

DOMAIN: OUTREACH

Goal 1: People of diverse culture, race, color, nationality, gender, age, sexual orientation, gender identity, and persons with disabilities in Alexandria have information about and access to the range of services available in the City and are engaged in civic life

Objective 1.2: People of diverse culture, race, color, nationality, gender, age, sexual orientation, gender identity, and persons with disabilities in Alexandria have increased knowledge of and access to the City's social net programs

Action: Design and approve plan for outreach to underserved communities	Deadline: Third Quarter of 2026 Tasks: • Seek input from all stakeholders Accountable for Task Completion: DAAS, SSA, COA
Action: Implement plan	Deadline: Ongoing Tasks: • Hold webinars on social net programs with underserved groups • Increase availability of informational materials, and Senior Services of Alexandria (SSA) assures that the Senior Corners in libraries and recreation centers are stocked • Collaborate with COA Economic Security Committee on outreach and advocacy efforts on social net programs Accountable for Task Completion: DAAS, SSA, DCHS, COA Current or Potential Partners & Support: LSNV, non-profits Measurable Results: • There will be an increase number of underserved individuals accessing social net programs Expected Outcome: • There will be an increased awareness of social net programs by both underserved individuals and their representatives

DOMAIN: OUTREACH

Goal 1: People of diverse culture, race, color, nationality, gender, age, sexual orientation, gender identity, and persons with disabilities in Alexandria have information about and access to the range of services available in the City and are engaged in civic life

Objective 1.3: Encourage older adults to sign up for eNews and other City Social media

Action: Encourage older adults to sign up for eNews and other City Social media

Deadline: Ongoing

Accountable for Task Completion: COA

DOMAIN: OUTREACH

Goal 2: Increase older LGBTQ+ community representation and programing, as well as training for organizations working with this population

Objective 2.1: Develop Outreach and Training Plan to LGBTQ+ Community

Action: Establish Working group to develop and implement Outreach and Training Plan	Tasks: - Recruit convener for LGBTQ+ Workgroup [e.g., Erika Callaway Kleiner, M.Div. (she/her) Alexandria LGBTQ+ Task Force Violence Prevention Project Manager City of Alexandria, Virginia Community and Human Services, Sexual Assault Center & Domestic Violence Program] Accountable for Task Completion: DCHS, DAAS, COA Outreach Committee Current or Potential Partners & Support: SAGE, Alexandria LGBTQ+ Task Force, Alexandria Welcoming Faith Congregations Expected Outcome: - An increased number of LGBTQ+ individuals will become engage in Alexandria social and civic activities
Action: Organize and deliver Information and training webinars	Tasks: - Develop “LGBTQ+ 101” presentation for outreach efforts Accountable for Task Completion: DAAS, DCHS Current or Potential Partners & Support: Alexandria LGBTQ+ Task Force, SAGE Expected Outcome: - There will be an increased awareness of LGBTQ+ issues for older adults
Action: Participate in Annual Alexandria Pride Day	Deadline: Annually Accountable for Task Completion: DAAS, COA Current or Potential Partners & Support: Alexandria LGBTQ+ Task Force, SAGE Expected Outcome: Older LGBTQ+ individuals will become more aware of aging and adult programs in Alexandria

COMMUNICATION AND COLLABORATION

GOALS AND OBJECTIVES

DOMAIN: COMMUNICATION AND COLLABORATION	
Goal 1: Expand and support Senior Ambassador program	
Objective 1.1: Recruit and Train up to 50 new Senior Ambassadors	
Action: Recruit and Train up to 50 new Senior Ambassadors	Deadline: Ongoing Accountable for Task Completion: COA

DOMAIN: COMMUNICATION AND COLLABORATION	
Goal 2: Support other COA committees by providing outreach support and communicating related information from other Commissions and Boards on their goals and objectives	
Objective 2.1: At monthly COA meetings, remind other committees and attendees that they may request support with outreach and we welcome them to our committee meetings with their requests	
Action: Learn about what other Commissions and organizations are doing	Deadline: June 2026 Tasks: - Review other surveys and plans, such as for CHA, Healthy Homes and Housing 2040 Master Plan - Read Liaison reports submitted for each full COA meeting Accountable for Task Completion: COA, DAAS, COA committee chairs Current or Potential Partners & Support: Office of Housing, AHAC, Alexandria Health Department, Partnership for a Healthier Alexandria , other Commission and Board Chairs
Action: Attend COA Committee meetings	Deadline: Ongoing Tasks: - Communicate to COA Chairs and committees what other Commissions and Boards are doing Accountable for Task Completion: COA, DAAS Expected Outcome: - COA Committees will have increased awareness of the work and overlap with each other, and with other Commissions and Boards

Action: Attend other Commission and Board meetings as appropriate	Deadline: Ongoing Accountable for Task Completion: COA liaisons and others
Action: Attend Quarterly DCHS Boards and Commissions Chairs meetings	Deadline: Ongoing Tasks: • Share information with other Commission Chairs about COA, NVAN, and DAAS activities Accountable for Task Completion: DAAS, COA Co-Chairs Expected Outcome: • There will be greater collaboration among Alexandria Commissions and Boards on outreach, communication and projects • There will be an increased awareness of what other community and human services commissions and boards are doing

TRANSPORTATION GOALS AND OBJECTIVES

DOMAIN: TRANSPORTATION

Goal 1: Assist the City to Attain its Vision Zero goal of Eliminating all Traffic Deaths and Serious Injuries by 2028 through the Attainment of Interim Year Benchmarks

Objective 1.1: Apply the Complete Design Guidelines to roadway projects through FY28 in locations where safety issues for vulnerable populations have been identified

Action: Design strategies to attain zero traffic deaths and serious injuries

Deadline: FY28

Tasks:

- Support Transportation and Environment Services, and Alexandria City Police Department
- Conduct walkability audits
- Develop strategies for informing residents about the need for greater compliance with traffic and safety laws

Accountable for Task Completion: DAAS, COA, T&ES, and ACPD

Current or Potential Partners & Support: Office of the City Manager, Transportation Commission, Traffic and Parking Board, Bicycle and Pedestrian Advisory Committee, Alexandria for Safe Streets, Virginia Department of Motor Vehicles (DMV) , and the Virginia Department of Transportation (VDOT)

Measurable Results: There will be no traffic-related fatalities or serious injuries

Expected Outcome: There will be an increased awareness of traffic laws and safety measures to protect vulnerable individuals and pedestrians

DOMAIN: TRANSPORTATION

Goal 1: Assist the City to Attain its Vision Zero goal of Eliminating all Traffic Deaths and Serious Injuries by 2028 through the Attainment of Interim Year Benchmarks

Objective 1.2: Develop strategies for traffic calming through the combination of mainly physical measures that reduce the negative effects of motor vehicle use, alter driver behavior and improve conditions for non-motorized street users

Action: Create an action plan for traffic calming in heavily used streets and intersections

Deadline: FY28

Tasks:

- Support Transportation and Environment Services,
- Obtain support of local neighborhood for calming measures

Current or Potential Partners & Support: T&ES

Measurable Results: There will be fewer instances of improper and excess speed driving in neighborhoods used by pedestrians and young children

Expected Outcome: There will be an increased awareness of the important of slow and safe driving on streets used extensively by pedestrians

DOMAIN: TRANSPORTATION

Goal 2: Promote frequent, reliable, and accessible transportation for the older adult community in Alexandria

Objective 2.1: Collaborate with City agencies to develop a unified city-wide approach to human services transportation

Action: Meet with other agencies to develop unified approach to human services transportation

Deadline: Third Quarter of 2026

Tasks:

- Coordinate meeting, and draft plan

Accountable for Task Completion: DAAS

Current or Potential Partners & Support: Department of Transportation and Environmental Services, DCHS and DRPCA

Measurable Results: There will be reliable data for planning best use and coordination of available transportation options for older adults in Alexandria

Expected Outcome: There will be a greater awareness of the transportation needs of older riders

Action: Collect data on older adult use of local transportation opportunities

Deadline: Fourth Quarter of 2026

Accountable for Task Completion: DAAS

Action: Implement unified citywide approach to human services transportation

Deadline: 2028

Accountable for Task Completion: DAAS, COA, T&ES, DCHS, DRCP

Current or Potential Partners & Support: SSA, COA

Measurable Results: There will be increased awareness of all free or affordable transportation options in Alexandria

Expected Outcome: Older Alexandrians will easily find and use free or affordable transportation options meeting their needs; there will be a long-term strategic plan for coordination on human services transportation

HEALTH GOALS AND OBJECTIVES

On July 4, 2025, the president signed into law provisions that will result in many older Virginians losing Medicaid coverage. According to the non-partisan [Congressional Budget Office](#), up to 11.8 million people could become uninsured due to the new work requirements, additional verification processes, and other changes in this healthcare program. Additional low-income individuals could lose their Advance Premium Tax Credits (APTC) or subsidies under the affordable Care Act due to similar changes in that program. The Medicaid cuts will begin in January 2027.

Moreover, the Virginia Department of Rehabilitative and Aging Services (DARS) has launched a revised Medicaid program, called Cardinal Care, impacting low-income individuals who are dually eligible for Medicare and Medicaid. All these changes will require additional navigation for both older Virginians and Alexandrians.

In July 2025, the Department of Health released its State of Health in Alexandria. The top survey results of the [Community Health Assessment](#) (CHA) for all demographic groups were:

What are the biggest health issues in your community?	
Mental Health	47%
Alcohol, Drug, and Opiate Use	30%
Obesity, physical activity, and nutrition	26%

What would improve your community's health?	
Safe, healthy, and affordable housing	43%
Support for children, youth, and families	25%
Access to mental health and substance use services	25%

What are your community's greatest strengths?	
Diversity in the community	37%
Opportunities to be involved in, and belong to, the community	30%
Educational opportunities	28%

For older Alexandrians, their responses were similar to other demographic groups, with age-related health concerns, mental health, and safe, healthy affordable housing, either significant issues or areas needing improvement:

What are the biggest health issues in your community?		
60-69 Years <i>N=184 respondents</i>	70-79 Years <i>N=137 respondents</i>	80-89 Years <i>N=37 respondents</i>
Mental Health	Age-related health concerns	Age-related health concerns
Chronic health conditions	Mental Health	Mental Health
Age-related health concerns	Chronic health conditions	Chronic health conditions
Violence and crime	Violence and crime	Obesity, physical activity, nutrition
Obesity, physical activity, nutrition	Obesity, physical activity, nutrition	Violence and crime

What would improve your community's health?		
60-69 Years <i>N=184 respondents</i>	70-79 Years <i>N=137 respondents</i>	80-89 Years <i>N=37 respondents</i>
Safe, healthy, affordable housing	Safe, healthy, affordable housing	Access to mental health and substance use services
Support for older adults	Support for older adults	Opportunities to be involved in the community
Access to mental health and substance use services	Access to mental health and substance use services	Safe, healthy, affordable housing

What are your community's greatest strengths?		
60-69 Years <i>N=184 respondents</i>	70-79 Years <i>N=137 respondents</i>	80-89 Years <i>N=37 respondents</i>
Diversity of the community	Diversity of the community	Opportunities to be involved in the community
Public transportation	Opportunities to be involved in the community	Diversity of the community
Opportunities to be involved in the community	Educational opportunities	Access to healthcare
Educational opportunities	A good place for children, youth, and families	Safe place to live
A good place for children, youth, and families	Public parks and green spaces	Public safety

Dental problems were cited as concerns for those under the age of 60, showing that dental care will become a significant healthcare issue as one ages.

DOMAIN: HEALTH

Goal 1: Protect Medicaid Eligibility for all Older Adults

Objective 1.1: Monitor changes to Medicaid for opportunities to support advocacy, outreach, other activities

Objective 1.2: Strengthen outreach and education to ensure older adults are aware of available Medicaid resources

Action: Conduct webinars on Medicaid eligibility criteria and application procedures

Deadline: Ongoing

Tasks:

- Prepare materials publicize webinars, and in person presentations

Accountable for Task Completion: DAAS, DCHS, VICAP

Current or Potential Partners & Support: SSA, COA, INOVA -Alexandria

Measurable Results: No one loses Medicaid for lack of documentation

Expected Outcome: Medicaid applicants and beneficiaries are aware of their legal rights

Action: Develop and distribute educational materials on Medicaid services and application processes

Deadline: Ongoing

Accountable for Task Completion: DCHS, DAAS

Current or Potential Partners & Support: VICAP, INOVA Alexandria and local healthcare providers

Expected Outcome: Beneficiaries will be more informed of their rights under Medicaid and of appeal procedures

DOMAIN: HEALTH

Goal 2: Promote Wellness and Dementia-Friendly Supports

Objective 2.1: Expand mental wellness supports and resources for older adults

Objective 2.2: Advocate for dementia-friendly education and community outreach partners

Objective 2.3: Coordinate and expand caregiver resources, education and support pathways

Objective 2.4: Develop communication strategies to raise awareness of mental wellness, dementia supports, and caregiver needs

Action: Develop outreach plan on mental health services to older adults

Deadline: First quarter 2026

Tasks:

- Complete and distribute plans to community partners

Accountable for Task Completion: DCHS, DAAS, SSA, Department of Public (DPH) Health, senior ambassadors

Measurable Results: There will be an increased number of older adults receiving mental health services

Action: Implement outreach plan, including educational materials

Deadline: Ongoing

Tasks:

- Develop and distribute educational materials

Accountable for Task Completion: DCHS, DAAS, AHD

Current or Potential Partners & Support: INOVA Alexandria and other healthcare providers

Expected Outcome: There will be an increased awareness of available mental health services

DOMAIN: HEALTH

Goal 3: Support and Increase Access to Dental Services for Older Adults

Objective 3.1: Identify pathways to increase accessibility of existing dental programs and resources.

Objective 3.2: Increase awareness and education to support dental hygiene and self-care

Objective 3.3: Define communication pathways to disseminate dental health resources and services

Action: Develop outreach plan on importance and availability of dental care

Deadline: Second quarter 2026

Tasks:

- Develop educational materials on dental care, and list of available resources

Accountable for Task Completion: DAAS, DCHS, DPH CHS, DAAS, SSA, Alexandria Health Department (AHD), senior ambassadors

Current or Potential Partners & Support: Local dental practices that participate in Medicaid and low-income programs, SSA

Measurable Results: The number of older adults receiving regular appointments is increased

Expected Outcome: Older adults and social service agencies will have an increased awareness of how regular dental care contributes to one's overall health

Action: Implement Plan

Deadline: Ongoing

GLOSSARY AND ACRONYMS

AAA – Area Agency on Aging – these agencies are authorized under the federal Older Americans Act (OAA) to receive funds supporting various aging services; the Alexandria Division on Aging and Adult Services (DAAS) acts as Alexandria’s AAA.

ACA – Affordable Care Act or “Obamacare” – Virginia has its own [marketplace](https://www.marketplace.virginia.gov/) at <https://www.marketplace.virginia.gov/>

ACS – American Community Survey

AEDP – Alexandria Economic Development Partnership

AG – Auxiliary Grant (program) – this is the only public program funding affordable assisted living in Virginia.

AH – [Affordable housing](#) – defined generally at 80% or below of AMI

AHA – At Home in Alexandria – this is a non-profit helping members accessing support services, and sponsoring social engagement events.

AHAAC – Alexandria Housing Affordability Advisory Committee – it advises the City Council on affordable housing proposals and programs

ALF – Assisted Living Facility – they are licensed through the [Virginia Department of Social Services](#).

AHD – Alexandria Health Department

AMI- [Area Median Income](#)

APTC – Advance Premium Tax Credit under the Affordable Care Act (ACA)

ARHA – Alexandria Redevelopment and Housing Authority – this authority manages public housing in Alexandria.

BPAC – Bicycle and Pedestrian Advisory Committee

CHA – Community Health Assessment – a survey of health strengths and needs in Alexandria.

CHIP – Community Health Improvement Plan – Alexandria’s community centered and data driven blueprint for better health done every few years.

COA- Alexandria Commission on Aging –the advisory body for DAAS/AAA.

DAAS – Division of Aging and Adult Services, Department of Community and Human Services – it is the AAA for the City of Alexandria

DASH – Alexandria Transit System – DASH offer free rides throughout the City.

DCHS – Department of Community and Human Services

DPH – Alexandria Health Department – also **AHD**

DRPCA – Department of Recreation, Parks and Cultural Activities

EAP – Virginia Energy Assistance Program

EPTF – Eviction Protection Task Force

GA – Virginia General Assembly – The General Assembly consists of 100 delegates and 40 senators, and meets a few months of the year in Richmond, Virginia.

LIHEAP – the federal Low-Income Home Energy Assistance Program

LSNV – Legal Services of Northern Virginia

MIAALF - Mixed Income Affordable Assisted Living Facility – this COA concept is part of the Alexandria Master Housing Plan.

NGOs – Non-Government Organizations

NVAHA – Northern Virginia Affordable Housing Alliance – this organization provides updates on affordable housing in Northern Virginia and provide webinars on affordable housing.

NORC – Naturally Occurring Retirement Community

PACE – Program of All Inclusive Care for the Elderly – Cherry Blossom PACE serves Alexandria and neighboring jurisdictions

SAGE – Advocacy and Services for LGBTQ+ Elders

SNAP – Supplemental Nutrition Assistance Program (formerly Food Stamps)

SSA – Senior Services of Alexandria –SSA is the largest non-profit social services organization in Alexandria.

T&ES – Department of Transportation and Environmental Services

VDMV – Virginia Department of Motor Vehicles

VDOT – Virginia Department of Transportation

VICAP – the Virginia Insurance Counseling and Assistance Program – VICAP provides free counseling on Medicare and other health care plans.

VPLC – Virginia Poverty Law Center – this non-profit organization advocates for low-income individuals in courts, the General Assembly and other forums on affordable housing, public benefits, eviction prevention and other important issues

WDC – Workforce Development Center