



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

About the only thing that comes without effort is old age- Unknown

## Caregiver Tip:

### Better Access to Medicare Counseling

Fifteen percent of residents in Virginia participate in the Medicare program which provides health insurance coverage to elders and disabled adults. Caregivers need to understand this program to effectively advocate for their loved ones.

Virginia Insurance Counseling and Assistance Program (VICAP), now based in the Department of Community and Human Services, Division of Aging and Adult Services, provides free, individual insurance counseling to Medicare beneficiaries, their families and caregivers. The program offers assistance with understanding Medicaid, long-term care insurance, eligibility and applications for low-income assistance programs.

VICAP services include:

- Individual counseling on Medicare Parts A, B, C, Part D prescription plans, and Medigap plans
  - Presentations on Medicare for people new to Medicare or soon to be eligible
  - Help resolving Medicare claims or billing issues and help filing for Medicare-related benefits
- For more information, call 703.746.5999 option 1, and ask for the VICAP counselor

## Resources:

**Annual Senior Health and Fitness Fair: Lee Center –1108 Jefferson Street. Wednesday May 27, 2015. 9:30 a.m.-Noon.** Hear local experts discuss fun ways to staying healthy, maintain good mental health, and demonstrate how to prepare healthy meals.

### Caregiver Support Group

**\*No support group in June**

**Wednesday, July 1, 2015**

**4—5:30 p.m.**

**Alexandria Adult Day  
Services Center**

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