

LGBTQ+ Resources for Older Adults

Mental Health, Wellness, Nutrition and Fitness Resources

Transportation Resources

Care Management Resources

Memory Resources

Other Relevant Information

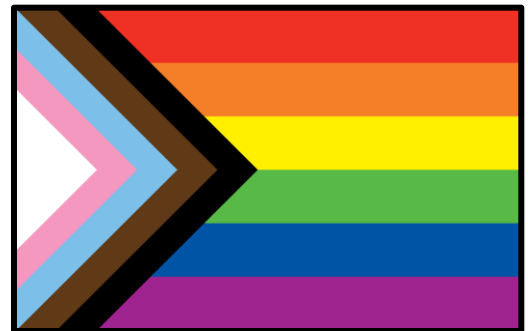
Legal Services for Older Adults

Other Aging Links

LGBTQ+ Resources for Older Adults

[DC Center](#)

The DC Center provides social and educational opportunities for LGBTQ Seniors, including weekly conversation groups, monthly lunches with programmatic elements, outings, and other community-building opportunities to create a safe space for DC's LGBTQ Older Adults.



Contact: <mailto:justin@thedccenter.org>, (202) 682-2245

[Capitol Hill Village LGBTQ Intergenerational Programs](#)

Capitol Hill Village serves DC's LGBT older adult residents and LGBT residents of all ages through our LGBTQ programming, which has an intergenerational focus. They host support groups and a variety of social and educational events throughout the year.

Contact: Sophia Ross at ross@capitolhillvillage.org or (202) 543-1778 for more information.

[Out and About](#)

Out and About connects DC LGBTQ older adults through wellness programs, cultural events and conversations designed to address the concerns within the community. It is our mission to better understand the growing needs of LGBTQ older adults through listening, creating, and delivering programming with sensitivity, knowledge, and pride.

Contact: Kirstan Fuller at kfuller@seaburyresources.org or call (202) 397-1725.

[Silver Circles](#)

Silver Circles are peer-led support groups for adults age 60+ who identify as LGBTQ that are offered in several locations. Silver Circles provide opportunities to connect with other LGBTQ peers, offer a safe space to talk about issues that impact you, and build support to help navigate challenges! Each group meets for one hour twice a month and are offered by Iona Senior Services and Whitman-Walker Health.

To register contact Michael Mitchell at Whitman-Walker Health at mmitchell@whitman-walker.org or (202) 939-7646.

Mental Health, Wellness, Nutrition and Fitness Resources

[DACL Senior Wellness Centers](#)

DACL's Senior Wellness Centers are designed to help you continue living boldly by taking charge of your health, wellness, and social life. Visit one of our centers to find new hobbies, explore new topics, or connect with new friends.

[Around Town DC](#)

There are many programs and events throughout Northwest DC that bring older adults together to build friendships, learn new skills, enjoy conversation, exercise, and have fun. This simple online directory compiles programs, events, activities, and more happening primarily in Wards 2 and 3 so that you can easily find programs that match your interests or location criteria in one place.

[Mental Health Therapy](#)

Iona's trained psychotherapists understand the challenges of aging, caretaking, and other obstacles of aging and are available for individual sessions to help you address your anxieties or fears, find new sources of enjoyment and meaning in your life, connect to support systems, and learn new ways to communicate your emotions in a healthy and positive way.

[DACL Nutrition](#)

These nutrition programs are designed to serve seniors 60+ and adults with disabilities, whether it's at one of the community dining sites or through home-delivered meals. Individualized nutrition counseling and education programs are also available.

[Benefits Assistance](#)

The Department of Aging and Community Living (DACL) is available to assist low-income seniors, people with disabilities, and social workers with the process of applying for Medicaid and SNAP (Supplemental Nutrition Assistance Program) benefits.

Transportation Resources

[Senior MedExpress](#)

The Senior MedExpress program provides eligible DC residents, age 60+, with a certified medical condition free round-trip transportation to essential medical appointments such as chemotherapy or dialysis, or to health-related public benefits appointments for DDS, Medicaid (DHS ESA sites), or SNAP.

[ConnectorCard Program](#)

The ConnectorCard Program is a cost-share program that provides qualified older adults, age 60 and over, with a debit card that can be used for ground transportation services to the destination of their choice. The amount of subsidy provided through the card is based on a sliding fee scale.

[Washington Metropolitan Area Transit Authority \(WMATA\)](#)

Metro offers reduced fares and paratransit service for seniors and people with disabilities.

[Transport DC](#)

Transport DC provides an alternative to paratransit transportation service for eligible MetroAccess customers who are residents of Washington, DC. Transport DC provides \$5 taxicab rides to and from any location in DC — without location restrictions — from the 1st of month through the 15th. For the remainder of the month, transportation is restricted to employment and medical treatment locations only. Email <mailto:transport.dc@dc.gov> or call 202-645-7300 for more information.

Care Management Resources

[Iona Care Management](#)

Iona's licensed social workers and clinical nurse care managers have decades of experience dealing with the challenges of aging — from navigating the complex healthcare system to addressing social isolation and other issues around quality of life for yourself or your aging parents.

[Adult Day Health Services](#)

Iona's adult day health services provide older adults with individualized therapeutic, social, and health services during the day. They offer compassionate care and a friendly community at two locations: the Wellness & Arts Center in Tenleytown (northwest DC) and The Iona Washington Home Center in Congress Heights (southeast DC).

[Adult Protective Services](#)

If you believe that an adult you know is being mistreated, exploited, or abused, Adult Protective Services (APS) can help assess and provide support.

Memory Resources

Savvy Caregiver Program: Empowering DC Caregivers

DACL's Savvy Caregiver Program empowers caregivers to develop the knowledge, skills, and attitudes to care for your family member with Alzheimer's disease or other dementia. The Savvy Caregiver Program is a series of six (6) classes for caregivers in DC who provide care for older adults, age 60 and over, and adults with disabilities, age 18 and older, living with Alzheimer's disease or related dementias.

Contact the DC Caregivers Institute at (202)-464-1513.

[CityWide Money Management](#)

Iona's Money Management Program (MMP) assists older adults experiencing memory loss with managing their monthly bills. The MMP offers two levels of assistance: hands-on assistance for those seeking support and representative payee services for those in need.

[Club Memory](#)

Sibley's Club Memory is a stigma-free social club for people with early-stage Alzheimer's, Mild Cognitive Impairment or other forms of dementia, and their spouses, partners, and caregivers. Sessions and community outreach activities are offered at diverse facilities—Senior wellness centers and faith-based organizations.

[Dementia Navigators](#)

Iona's Dementia Navigators support older adults with dementia and their family care partners by linking them to community resources, providing education on dementia, and managing the behavioral symptoms of dementia.

Other Relevant Information

[DC Law on Volunteer Liability](#)

Free Smoke Detectors

The DC Fire and EMS Department says...

The A'sia Sutton Smoke Alarm Giveaway and Installation Program is a DC Fire and EMS Department District-wide initiative to ensure that all District of Columbia homes have working smoke alarms. We are convinced that working smoke alarms are the single most important appliance in the home because they have been proven to save lives.

Statistics show that most fire fatalities occur in homes where either no smoke alarms were present or those that were present, did not operate properly. In 2009 alone, the District lost 19 residents due to home fires. Statistics show that working smoke alarms in homes can substantially reduce the risk of fire death in residential fires.

The requirements for receiving a smoke alarm are:

- You must live in the District of Columbia and show proof of residency.
- You must be a homeowner and living in that home (not rental property).
- The Department will install Smoke Alarm.

Smoke alarms may be requested by submitting a [service request online](#). Use the plus sign to search for and complete a Smoke Alarm Request form or make any other Fire and EMS service request. Please allow a minimum of 24 hours for your request to be processed. For questions or concerns, call (202) 727-1614 or (202) 673-3331.

Please Note: The DC Fire & EMS Department will make every effort to meet the requested date and time. The units assigned to install your smoke alarms will call 30 minutes to an hour prior to your requested time to insure that the resident is home. However, if the unit scheduled to install the alarm receives an emergency call, they must respond to the emergency first. This means that they may run late or not make the scheduled time. Once the emergency is over they will call to reschedule.

Security Camera Rebates

Rebate Program Description

The Private Security Camera Rebate Program, administered by the Office of Victim Services and Justice Grants (OVSJG), creates a rebate for residents, businesses, nonprofits, and religious institutions to purchase and install security camera systems on their property and

register them with the Metropolitan Police Department (MPD). The program provides a rebate of up to \$200 per camera, with a maximum rebate of up to \$500 per residential address (e.g., home offices, condo buildings, and apartments) and \$750 for all other addresses. The rebate is exclusively for the cost of the camera(s) including any applicable tax. The rebate does not include installation, additional storage, accessories, or any cameras that are purchased but not installed on the exterior of the property. Rebates will be given only for the cameras that are installed on the exterior of the property (i.e., if you purchase four cameras for \$500 but install only three on outside, you are eligible to receive \$375 (\$125 per camera). Additionally, if you have purchased your camera system on an installment plan, submit your application when it is paid in full.

This program is intended to help deter crime and assist law enforcement with investigations. Please review the following information and if you have additional questions, please contact the program at <mailto:security.cameras@dc.gov> or 202-727-5124.

There is a similar program for eligible seniors administered by the DC Office of Aging that provides vouchers to have cameras installed. For more information on that program, call 202-727-5124.

[Frequently Asked Questions \(FAQs\)](#)

Requirements

The camera system must have been purchased and installed on the property after September 22, 2015 and before all available funds are expended. The camera also must be registered with the Metropolitan Police Department. Only one security camera system per property address is eligible. Security camera systems must be installed on the exterior of a building. Applicants will also be required to verify installation of the system (see application for complete details).

Camera System Specifications

Security camera systems shall meet minimum technical and video quality specifications below, and must retain video footage for at least forty-eight (48) hours. Some systems require the purchase of cloud-based storage plans. The cost of these plans are not reimbursable and you will be required to provide proof of purchase of additional storage if your system

requires it. All cameras must be outdoor, weather proof cameras. We strongly recommend purchasing a camera that is designed for the outdoors as opposed to modifying one designed for indoor use.

DIGITAL CAMERAS	MINIMUM SPECIFICATIONS	RECOMMENDED SPECIFICATIONS
Camera Resolution	1 Magapixel	3 Megapixels
Screen Resolution	1280 x 720	2048 x 1536
Video Quality	Standard	High
Frames per Second	5	15
Storage Requirements	250 GB per camera	2.5 TB per camera
Analog Cameras	Minimum Specifications	Recommended Specifications
Screen Resolution	640 x 480	640 x 480
Frames per Second	5	15
Storage Requirements	125 GB per camera	350 GB per camera

Restrictions

Applicants must be an owner or tenant of a property that is used as a residence, business, nonprofit, or religious institution located in the District of Columbia. Applicants who are tenants must provide documentation from the property owner approving the installation of the security camera system on the property.

By participating in this program, the Applicant acknowledges that he or she will not use the security camera for any unlawful or harassing purposes and will comply with all applicable building and electrical code requirements.

Application

To apply for a rebate complete the following three steps. Step 1: Purchase and install the camera(s) on the exterior of your property.

Step 2: Register your camera system with MPD at

<http://mpdc.dc.gov/securitycameraregistration>. After completing this form you will receive an e-mail confirmation with a log number; please save this email as you will need to submit it as part of your application.

Step 3: Complete the [Private Security Camera Rebate Program Application](#).

a) The PSA of the property address which can be found at:

<http://geospatial.dcgis.dc.gov/PSAFinder>.

b) Proof of purchase of the camera system that includes the number of cameras purchased, cost per camera, and proof that the system has been paid for.

Do not submit your application until the cameras are installed on the property and registered with the Metropolitan Police Department (MPD).

Note: It may take up to 45 working days to issue your rebate provided your application is complete and approved.

[Rebate Program Rulemaking - 177.2 KB \(pdf\)](#)

[RFA for Rebate Program - 338.4 KB \(pdf\)](#)

* From <https://ovsjg.dc.gov/page/private-security-camera-rebate-program>

Senior Citizen Property Tax Relief

The [DC Office of Tax and Revenue](#) reminds us that...

When a property owner turns 65 years of age or older, or when he or she is disabled, he or she may file an application immediately for disabled or senior citizen property tax relief. This benefit reduces a qualified property owner's property tax by 50 percent. If the property

owner lives in a cooperative housing association, the cooperative will supply and collect the applications. The following guidelines apply:

1. The disabled or senior citizen must own 50 percent or more of the property or cooperative unit;
2. The total federal adjusted gross income of everyone living in the property or cooperative unit, excluding tenants, must be less than \$128,950 for the prior calendar year; and
3. The same requirements for application, occupancy, ownership, principal residence (domicile), number of dwelling units, cooperative housing associations and revocable trusts apply as in the homestead deduction.

[The Homestead Deduction, and Senior Citizen or Disabled Property Owner Application \[PDF\]](#)

is available on the [Real Property Tax Forms](#) page.

If a properly completed and approved application is filed from October 1 to March 31, the property will receive the deduction for the entire tax year (and for all tax years in the future).

If a properly completed and approved application is filed from April 1 to September 30, the property will receive one-half of the deduction reflected on the second installment (and full deductions for all tax years in the future).

Legal Services for Older Adults

[AARP Legal Counsel for the Elderly](#)

Legal Counsel for the Elderly provides free legal and social work services to those in need. Their work addresses the most important aspects of an older adult's life, including housing, economic security, self-determination, and health and safety.

DC Office on Aging Notary Public Service

500 K Street, NE

Washington, DC 20002

Phone: (202) 724-5626

Other Aging Links

- [Terrific, Inc.](#)
- [La Clinica del Pueblo](#)
- [Iona Senior Services](#)
- [Vida Senior Centers](#)