

## Caring for You, Caring for Me

Age Requirements

No Age Requirement

Available 24/7

No

Family

Yes

Intake Process

Call for information. Some programs offer registration on the website.

Intake Contact Telephone

(703) 324-7577

Provider Refer

Yes

Report Problems

Call the Agency

,  
Send a Letter

Self Refer

Yes

ElderLink, Inova Health System

<https://www.inova.org/about-inova/inova-your-community/community-access-care/el...>

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Main

(703) 324-7948

TTY/TTD

(703) 449-1186

12011 Government Center Parkway Suite 708

22035 VA

United States

Monday: 8:30 am-4:30 pm

Tuesday: 8:30 am-4:30 pm

Wednesday: 8:30 am-4:30 pm

Thursday: 8:30 am-4:30 pm

Friday: 8:30 am-4:30 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Evening hours are available by appointment.

Fee Structure

No Fee

Languages Spoken

English

ElderLink, a program of the Inova Health System, provides free caregiver training. The Caring for You, Caring for Me, a free five week program, offers support and education to caregivers of older adults. The program is licensed by the Rosalynn Carter Institute for Caregiving and teaches advocacy and care for both the caregiver and care recipient. Participants meet for two hours each week with a different topic for each session. Register for upcoming classes on the website.

Service Area(s)

Fairfax City

,

Fairfax County

,

Falls Church City