

# Information Session Mount Vernon At Home

Villages – Grassroots Models  
for Aging in the Community

# Mount Vernon *At Home*



Historic Mount Vernon Estate

## Our Mission Statement

A village of caring friends and volunteers offering solutions that enhance the independence of our members, allowing them to age in place and stay connected to their community for as long as possible.

# Village Movement

- The “village” movement started 12 years ago in Boston with a group of neighbors who formed a nonprofit organization that would allow them to live safely, comfortably and confidently in their homes for as long as possible.
- Mount Vernon At Home began in 2007 with a small group of homeowners in the Hollin Hills section of Fairfax County. Years of committee work, research, organization and long range planning resulted in the opening of the first Virginia village.
- The Goal: with one phone call, members have access to vetted volunteers who provide everything from transportation to home repair and technology support. Members also have access to professional providers when the service may be more than a volunteer can provide.
- Multiple Village Models: Membership fee based, hub and spoke, provider sponsored or volunteer only.

# What Villages Do



- Help members stay socially connected in their community
- Provide member driven services and support
- Facilitate the resources of “Aging in Place”
- Build community support through volunteers and neighbor helping neighbor
- Connect and leverage community resources and assets that benefit both providers and member/consumers

# Our "Village" Community

Mount Vernon   
*At Home*



# Member Benefits



Mount Vernon At Home services are available to our members with one convenient call to our office to arrange staff/volunteer assistance, request preferred provider recommendations or sign up for a wide variety of activities. We are here to help!

Through a network of screened, neighborhood volunteers, MVAH offers member assistance with:

- transportation to local medical appointments, hair, grocery, pharmacy, shopping and errands
- simple household repairs and handyman jobs, house hold chores, (light bulbs, smoke detector batteries, organize closets)
- computer and home technology support
- paperwork, medical billing, bank reconciliation and bill paying
- companionship visits and rise and shine calls
- educational, cultural and social activities organized by members and volunteers
- preferred provider list, including home health agencies when more care is needed

# Partnerships

- 2011: established Advisory Council of local officials, business leaders and health consultants to continue vested interest of community partners
- Professional vendors and preferred providers
  - discounts and negotiated rates for members
  - over 240 preferred providers that have been vetted/checked
- Collaborative educational and social events with community partners: senior center, library, retirement community, hospital, and County aging agency
- Member of VIC (Ventures In Community): organization of area church ministries and other nonprofits serving the community
- Internship through George Mason University MBA program
- Member of Washington Area Village Exchange: organization to promote village movement in the metropolitan area

# Volunteers

- Transportation to medical appointments, shopping, errands
- Carpools to exercise classes, educational seminars, social and cultural events
- Service for home chores, technical and handyman
  - simple repairs, organizing closets
  - help with filing, bill payment
  - MVAH office and organizational needs
  - help with computers, TVs, cell phones
  - errands for the household
  - light yard maintenance
  - advise on contractor repairs
- Referrals to specialized vetted contractors & preferred providers including home health care
- County support services



# 2011

A volunteer first organization with volunteers who are retirees, members, young adults, and community neighbors. Last year volunteers provided:

- 921 request for transportation, medical appointments, personal errands, social commitments, home technology and maintenance requests
- Sponsored over 90 educational and social events attended by over 725 participants this year
- 135 referrals to vetted professional providers
- Over 2,500 volunteer hours in from January 1 – December 31, 2011