



# News Release

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## Oct. 1-7 Designated Long Term Care Awareness Week

The Fairfax County Board of Supervisors has designated the week of Oct. 1-7, 2002, as Long Term Care Awareness Week in Fairfax County. The recognition coincides with both the first national commemoration of Long Term Care Awareness Week and the premiere of a two-hour PBS special entitled "And Thou Shalt Honor" on Wednesday, Oct. 9. The program will air locally on PBS affiliate WETA TV-26 at 10 p.m. on Oct. 9 and then again on Saturday, Oct. 12 at noon.

"And Thou Shalt Honor" chronicles the frustrations and rewards of family caregiving and is designed as a warm and caring look at how families, volunteers and health care workers struggle to provide loving care to the chronically ill despite the enormous financial, emotional and physical strains they encounter. According to the show's Web site, millions of American families are now choosing to care for their ailing parents, spouses and friends at home.

Long term care involves medical care as well as the many support services and related care issues needed for senior adults. Often referred to as custodial care, long term care involves providing the necessary assistance for one's daily activities of life, such as bathing, toileting and eating a meal. Long term care is often full-time, and can be provided in several ways, either through nursing home or assisted living placement, an adult day care program or at home.

According to the 2002 Strategic Plan for Long Term Care prepared by the Fairfax County Citizens Task Force for Long Term care, in 2000 there were an estimated 104,818 persons who were 65 years and over or who were under age 65 with disabilities. In 2010, it is estimated that there will be 187,378 persons in this group, representing 16.8 percent of the Fairfax area population, a 78 percent increase over the 10-year period.

According to the report, demographic trends suggest that most residents of Fairfax County will be facing long term care issues for themselves, their relatives or their friends some time during the next decade. The extent to which they are aware and equipped to deal with these issues will have a great bearing on the Fairfax community's ability to avoid a crisis of care.

More information on the PBS special can be found at [www.pbs.org/thoushalthonor](http://www.pbs.org/thoushalthonor). For more on long term care issues in Fairfax County, contact the Area Agency on Aging at 703-324-5411, TTY 703-449-1186, or visit them online at [www.fairfaxcounty.gov/service/aaa/homepage.html](http://www.fairfaxcounty.gov/service/aaa/homepage.html).

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Fairfax County is committed to a policy of nondiscrimination in all county programs, services, and activities and will provide reasonable accommodations upon request. To request special accommodations, call 703-324-3187 or TTY-703-324-2935. Please allow five working days in advance of events in order to make the necessary arrangements.