

LOCAL

Community Resources in Prince William County

A practical directory of local services, programs, and support available to caregivers and older adults in Prince William County, Manassas, and Manassas Park.

Start Here: Prince William Area Agency on Aging

Information & Assistance: 703-792-6374

Ask for a services assessment if you are unsure what help may be available. Staff can help families navigate local aging, caregiving, in-home support, transportation, nutrition, and benefits resources.

Caregiver Assistance & Respite

Caregiver support may include local support groups, information sessions, in-home assistance referrals, and respite options. Ask specifically about current respite voucher availability and eligibility.

Adult Day Healthcare

The Prince William Area Agency on Aging offers adult day healthcare for eligible residents of Prince William County, Manassas, and Manassas Park. Services may include supervised daytime care, social activities, meals, health monitoring, and support for adults living with dementia or other impairments.

Meals, In-Home Help & Safety

Meals on Wheels: Meal delivery for eligible homebound adults.

Personal Care Services: Assistance with daily activities for eligible residents.

Telephone Reassurance: Scheduled safety contacts, reminders, and friendly check-ins.

Care Registry: A list of screened, self-employed in-home care providers.

Transportation

The Area Agency on Aging maintains information about transportation services and senior fare or discount options. Availability and eligibility may vary, so call before making plans.

Big Sis Tip: You do not have to know the name of the exact program you need. Start by describing what is becoming difficult - meals, bathing, transportation, supervision, finances, or getting a break - and ask the agency to help you identify the right service.

Senior Centers & Social Connection

Senior centers in Manassas and Woodbridge offer weekday programs, activities, classes, and opportunities for social connection. Ask about current schedules, membership requirements, transportation, and caregiver-friendly activities.

Legal & Benefits Assistance

Legal Assistance: The Area Agency on Aging coordinates appointments with Legal Services of Northern Virginia at local senior centers.

Medicare & Medicaid: Ask about counseling, eligibility information, and application support.

Financial Assistance: Resources may include insurance counseling, tax relief, disability-related assistance, and other benefit programs.

Veterans Resources

Veterans and their families may qualify for additional caregiving, health, financial, transportation, or in-home support. Ask the Area Agency on Aging for local veterans assistance contacts and also check with the U.S. Department of Veterans Affairs.

Housing, Home Repair & Long-Term Care

Local resource listings include senior housing options, home repair and renovation assistance, long-term care ombudsman support, and services that help older adults remain safely at home.

Dementia Caregiver Support Program

Phone: 703-997-4921

Email: info@mynaturalme.info

The Dementia Caregiver Support Program provides education, wellness resources, advocacy, community connection, caregiver initiatives, and workplace-focused support through the Northern Virginia Dementia Support & Workplace Alliance.

Emergency & Safety Contacts

Immediate danger: Call 911.

Adult abuse, neglect, or exploitation: Contact Prince William County Adult Protective Services through the county's reporting resources.

Mental health crisis: Call or text 988 for the Suicide & Crisis Lifeline.

Before You Call

Have the person's address, age, insurance information, monthly income, current needs, diagnoses, and your questions nearby. Eligibility rules and program availability can change, so confirm details directly with the provider.

Visit dementiacaregiversupport.org/programs for resource links and updated program information.