

OLDER ADULTS RESOURCES

2017

Name & Location	Phone Number	Days/Hours	Services Provided
OLDER ADULT INFORMATION, REFERRAL, ASSISTANCE, AND CASE MANAGEMENT			
Aging Services, Inc. Aging Connection Care Coordination 317 7 th Ave SE Suite 302B Cedar Rapids, Iowa 52401	398-3644	Monday through Friday from 8:00 AM to 4:30 PM.	Provides healthy aging programing, case management, chore services and home repairs, respite program, transportation for medical appointments, grocery store and food markets, elder abuse intervention, adult day health services, day habilitation services, and community education and outreach. Private pay service available to assist in determining needed services and recommend appropriate service providers in the area. A comprehensive assessment is completed to assist care coordinator in the development of an individualized care plan. Care Coordinator can assist with implementation of care plan along with monitoring and reassessment of services. www.agingervicesia.org
Heritage Area Agency on Aging Aging & Disability Resource Center Kirkwood Community College 6301 Kirkwood Blvd SW Cedar Rapids, IA 52404	398-5559 or 800-332-5934	Monday through Friday from 8:00 AM to 5:00 PM.	The Heritage Agency on Aging helps to support independent living for older adults and persons living with a disability, ages 18 and over. Heritage is an Aging and Disability Resource Center that is connected to Iowa’s LifeLong Links Program and provides information and referral, options counseling for long term care support, and family caregiver support. Additional services Heritage offers includes adult protective services, older worker employment program, older adult nutrition programs, scheduling SHIIP Counseling assistance, and case management. www.heritageaaa.org
Linn County Department of Human Services – State Elderly Waiver Program 411 3 rd Street SE, Suite 300 Cedar Rapids, IA 52401	892-6700	Monday through Friday from 8:00 AM to 4:30 PM.	Processes applications for Title 19 Medicaid Home Community Based Elderly Waiver, food assistance, In-Home Health Care, Medically Needy, Title 19 Medicaid Insurance and other services. Eligibility based on income/resources. www.dhs.state.ia.us
OLDER ADULT DAY HEALTH SERVICES			
Milestones Adult Day Health Center 1725 O Avenue NW Cedar Rapids, IA 52405	398-3647	Monday through Friday from 6:45 AM to 5:45 PM.	Day services for anyone over 18 who is physically or mentally challenged and may require supervision, increased social opportunities, nursing care, assistance with personal cares (bathing, hair care, nail care) nutrition and special diets or other daily living activities. Sliding fee schedule. Waiver provider. www.agingervicesia.org
Milestones In Marion 1080 Cardinal Drive Marion, IA 52302	373-3494	Monday through Friday from 7:00 AM to 5:00 PM.	Day services that promote community integration for anyone over 18 who is physically or mentally challenged and may require supervision, increased social opportunities, nursing care, assistance with personal cares (bathing, hair care, nail care) nutrition and special diets or other daily living activities. Sliding fee schedule. Waiver provider. www.agingervicesia.org

For more information regarding community resources, contact United Way 2-1-1 by phone at 2-1-1, 319-739-4211, or 1-866-469-2211.

You may also choose to search the new United Way 2-1-1 website for resources at www.firstcallforhelpiowa.org.

To obtain a copy of the Resource Charts, go to www.linncounty.org/communityservices or contact Linn County Community Services at 892-5600.

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OLDER ADULT CHORE SERVICES, HOME CARE AIDE AND RESPITE SERVICES			
Aging Services, Inc. Agging Connection Care Coordination 317 7 th Ave SE Suite 302B Cedar Rapids, Iowa 52401	398-3644	Monday through Friday from 8:00 AM to 4:30 PM.	Provides healthy aging programming, case management, chore services and home repairs, respite program, transportation for medical appointments, grocery store and food markets, elder abuse intervention, adult day health services, day habilitation services, and community education and outreach. Private pay service available to assist in determining needed services and recommend appropriate service providers in the area. A comprehensive assessment is completed to assist care coordinator in the development of an individualized care plan. Care Coordinator can assist with implementation of care plan along with monitoring and reassessment of services. www.agingservicesia.org
All Heart Home Health 4403 1 st Avenue SE, Ste 310 Cedar Rapids, IA 52402	241-7560	Call for assistance. Office hours: Monday through Friday 8:00 AM to 5:00 PM. Services provided 24/7 based on appointments.	Providing homemaker, personal care assistance, skilled nursing, companion and respite care services. Private pay only. www.allheartstaffing.com
CarePro Health Services 1014 5th Avenue SE Cedar Rapids, IA 52403	363-4554	Monday through Friday, 8:00 AM to 5:00 PM.	Home Health: in-home nursing, home infusion nursing and pharmacy services, and home health aides and homemakers www.careprohs.com
CarePro Home Infusion 402 10 th Street SE, Ste 700 Cedar Rapids, IA 52403	363-1284	Office hours: Monday through Friday, 8:30 AM to 5:15 PM. Services provided 24/7 based on appointments.	Provides care outside the hospital to patients who have acute and chronic conditions. Combines a high quality home infusion with specialty pharmacy services, to manage a range of complex conditions in the patient's home, physician's office, skilled nursing facility or at one of their ambulatory treatment centers. Therapy is supported by their team of specialized nurses and pharmacists. www.careprohs.com
Comfort Care Medicare Inc 4027 Glass Rd NE Cedar Rapids, IA 52402	294-3527	Call for assistance. Office hours: Monday through Friday 8:30 AM to 4:30 PM. Services provided 24/7 based on appointments.	Provides services such as bath and shower assistance, light housekeeping, laundry, meal prep, transportation, errands, as well as skilled needs such as physical therapy, rehabilitation, and IV therapy. www.comfortcareia.com
HomeChoice Senior Care 5340 N. Park Place NE, Suite 202 Cedar Rapids, IA 52402	363-2721	Emergency line 24 hours per day, seven days per week. Office hours Monday through Friday from 8:00 AM to 4:00 PM.	Providing homemaker services, transportation services, personal care assistance, and companion and respite care services. Non-medical CDAC Elderly Waiver approved. RN on staff. www.homechoiceseniorcare.com
Home Instead Senior Care 373 Collins Road NE, Suite 101 Cedar Rapids, IA 52402	247-0400	Monday through Friday from 8:00 AM to 4:00 PM. After hours 24-hour emergency line.	Provides temporary relief of caregiving and provides assistance in meal preparation, companionship, medication reminders, light housekeeping and personal care. Overnight and 24-hour care available. Hourly rates available. www.homeinstead.com/468

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Homewatch Caregivers 3037 Center Point Rd NE, Ste 200 Cedar Rapids, IA 52402	364-2823	Services provided 24 hours per day, seven days per week. Office hours Monday through Friday from 8:00 AM to 4:30 PM.	Provides temporary relief of the care giving and provides assistance in meal preparation, companionship, medication reminders, light housekeeping and personal care. Hourly rates available. www.homewatchcaregivers.com
Kindred At Home 1067 N. Center Point Road Hiawatha, IA 52233	393-4742	Call for assistance. Office hours: Monday through Friday 8:00 AM to 5:00 PM. Services provided 24/7 based on appointments.	Provides home health aide, nursing care, physical therapy, occupational therapy and speech therapy. Does not accept private pay. www.kindredathome.com
Linn County Home Health 1240 26 th Avenue Ct. SW Cedar Rapids, IA 52404	892-5780	Monday through Friday from 8:00 AM to 4:30 PM.	Provides services including personal care, light housekeeping, grocery shopping and laundry to help older adults and persons with disabilities remain in their own home. Services provided on a sliding fee scale or through Medicaid (T-19) Waiver.
Mercy Home Care 2740 1 st Ave NE Cedar Rapids, IA 52402	398-6034	Nurse on-call 24 hours per day, seven days per week. Office hours Monday through Friday, 8:00 AM to 4:30 PM.	Mercy Home Care Services assists in the transition from the hospital to the patient's home and communicates with the patient's physician about progress. Helps frail, ill or disabled persons be self-sufficient. Provides rehabilitation services and provides respite care. www.mercycare.org/services/home-care/
Recover Health 700 1 st Avenue NE, Suite 101 Cedar Rapids, IA 52401	373-6294	Call for assistance. Office hours: Monday through Friday 8:00 AM to 5:00 PM. Services provided 24/7 based on appointments.	A licensed Medicare-certified home health agency. Provides the following services: Skilled Nursing Services, Mental Health Services, Personal Care Services, Homemaker Services, Companion Services. www.recoverhealth.com
SYNERGY HomeCare of Cedar Rapids 1239 1 st Avenue SE, Suite D Cedar Rapids, IA 52402	775-2920	Call for assistance. Services provided 24 hours per day, seven days per week.	Provide both short-term and long-term care assistance. Provide companionship, light housekeeping, meal planning and preparation, running errands, technology assistance, medication reminder & pickup, personal care, and more. Provide services in the home, hospital, long-term care facilities, and other places of residence. http://www.synergyhomecare.com/agencies/ia/cedar-rapids/ia01/
Therapy Solutions 3315 First Ave SE Cedar Rapids, IA 52401	861-3322	Call for assistance. Office hours: Monday through Friday 8:00 AM to 5:00 PM. Services provided 24/7 based on appointments.	Provides Homemaker, Personal Care Assistance, Skilled Nursing, Respite in Home, Assisted Transportation and Friendly Visiting in the home, therapy, OT, PT and speech. www.therapysolutionscr.com
To the Rescue 139 40 th Street NE Cedar Rapids, IA 52402	550-1890	Call for assistance. Office hours: Monday through Friday 8:00 AM to 5:00 PM.	Offers a wide variety of Personal, Home and Business services. In Home Medical Care, Non-Medical Personal Care, Specialty Care Repairs, Maintenance, Transportation, Remodeling and Construction, Landscaping and Yard Care, Cleaning Services. www.totherescue.net

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UnityPoint At Home – Home Care 600 Boyson Road NE Ste 2 Cedar Rapids, IA 52402	369-7990	Call for assistance. Office hours: Monday through Friday 8:00 AM to 4:30 PM. Services provided 24/7 based on appointments.	A comprehensive home care service providing nursing care, physical therapy, occupational therapy, speech therapy, personal care and medical social services. Certified by Medicare, and is a Medicare and Medicaid provider. www.unitypoint.org
OLDER ADULT CONGREGATE MEALS, HOME DELIVERED MEALS & OTHER OLDER ADULT FOOD ASSISTANCE			
Central City Senior Dining/Falcon Civic Center 137 4 th St North Central City, IA 52214	438-6691	Monday through Friday at 12:00 PM.	Provides a hot nutritious meal to seniors. Reservations required 24 hours in advance. Provides other senior activities. Congregate and home delivered.
Ely Community Center 1570 Rowley St. Ely, IA 52227	848-4140	Tuesday and Friday at 11:30 AM.	Nutritious meals and socializing for seniors. Congregate and home delivered.
Healthy Horizons Center/Oak Hill Jackson Community Church 1202 10 th Street SE Cedar Rapids, IA 52403	398-3574	Monday through Friday at 11:30 AM.	Senior dining. Hot nutritious meals for seniors. Reservations required in advance.
Heritage Area Agency on Aging 6301 Kirkwood Blvd SW Cedar Rapids, IA 52404	398-5559 or 800-332-5934	Monday through Friday from 8:00 AM to 5:00 PM.	Heritage funds and provides oversight to more than 15 meal sites in our seven county region. Call for nearest location. Nutritious senior dining and home delivered meals, and socialization for persons 60+ years and their spouses. Hot home delivered meals to homebound persons. Elderly Waiver meals provided for those who qualify. Contribution based for those 60+ years. Those under 60 pay full cost of meal. Prices may vary per location. Senior Farmer’s Market Nutrition Program for Linn County eligible seniors available from June 1-August 1. www.heritageaaa.org
Horizons Meals on Wheels 819 5 th St SE Cedar Rapids, IA 52401	398-3574	Open Monday through Friday from 8:00 AM to 5:00 PM. Home Delivered Meals only – 7 days a week.	Hot noon meals, frozen meals, breakfast bags, and liquid supplements delivered to homes 7 days a week. Customized nutritional plans, freezable/microwavable containers and reliable delivery. Contribution-based for seniors age 60+. www.horizonsfamily.org
Mom’s Meals 3210 SE Corporate Woods Drive Ankeny, IA 50021	866-204-6111	Open Monday through Friday from 8:00 AM to 6:00 PM.	Provides a large choice of fresh, never frozen home delivered meals for persons through the Elderly Waiver, Ill & Handicapped Waiver and the AIDS/HIV Waiver. Menu includes culturally diverse meals and diabetic friendly meals. (Per meal cost charged.) www.momsmeals.com

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Southeast Linn Community Center 108 S. Washington St Lisbon, IA 52253	455-2844	Open from 8:00 AM to 3:00 PM. Meals served Monday through Friday at noon. Home delivered meals from 10:00 AM to 2:00 PM.	Provides hot nutritious meals to seniors. Reservations required by calling 455-2844 by 1:00 p.m. Contribution based. Call for information about activities every day of the week. Home delivered meals to those age 60 or over. After school program Monday and Wednesday. Free clothing closet, free transportation to appointments.
OLDER ADULT FINANCIAL ASSISTANCE			
Cedar Rapids Water Department 1111 Shaver Road NE Cedar Rapids, IA 52402	286-5900	Monday through Friday from 7:30 AM to 5:30 PM.	Reduced water rates for persons over 62 or totally disabled and living in a single residence (no apartments or duplexes). Total household income \$21,000 or under. Application must be notarized. www.cedar-rapids.org/water
HACAP Hawkeye Area Community Action Program P.O. Box 490 1515 Hawkeye Drive Hiawatha, Iowa 52233	366-7632	Monday through Friday from 8:00 AM to 5:00 PM.	The Weatherization Assistance Program is a federal grant program established to reduce long-term heating and cooling costs for low-income persons, particularly the elderly, disabled, and children, by improving the energy efficiency of their homes. Improved housing stocks, which maintain low utility costs, directly promote sustained self-sufficiency for participants. (LIHEAP) www.hacap.org
Horizons 819 5 th Street SE Cedar Rapids, IA 52401	398-3574	Monday through Friday from 8:00 AM to 5:00 PM.	The money management program offers daily money management services to help low-income seniors who have difficulty budgeting, paying routine bills and keeping track of financial matters because of physical or mental impairments. The program promotes independent living for those who may be at risk of losing their independence due to an inability to manage their financial affairs. Volunteers are screened and reference checks are completed prior to being matched with clients.
Iowa Department of Human Services 411 3 rd Street SE, 3 rd Floor Cedar Rapids, IA 52403	892-6700 Adult Services: 892-6800	Monday through Friday from 8:00 AM to 3:30 PM. Walk-ins: 2:30 PM to 3:30 PM.	Processes applications for Elderly Waiver, food stamps, Medicaid, med-needy, and In-Home Health. Eligibility determined on basis of income and resources. Several programs pay for in-home services.
Linn County Veteran Affairs 1240 26 th Avenue Ct. SW Cedar Rapids, IA 52404	892-5160	Monday through Friday from 7:30 AM to 4:00 PM.	Veteran's Aid and Attendance Special Pension: This is a "pension benefit" and is not depending upon service-related injuries for compensation. Aid and Attendance can help veterans pay for care in the home, nursing home or assisted living facility. Contact Veteran Affairs to apply for benefits. www.linncounty.org/departments
Marion Water Department 1225 6 th Ave, Suite 150 Marion, IA 52302	743-6310	Monday through Friday from 8:00 AM to 5:00 PM.	For persons 65 or older in household, or total disability. Applications available for discounted garbage pick-up. Also, minimum waived for water and sewer if total household resources at \$22,695 or under, and only charge for what is used.

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National Council on Aging (NCOA)	855-899-3778 or 800-373-4906	24 hours per day / 7 days per week	Millions of older Americans are eligible for, but not receiving benefits from existing federal, state and local programs. Ranging from heating and energy assistance to prescription savings programs to income supplements, there are many public programs available to seniors in need if they only knew about them and how to apply for them. Developed and maintained by The <u>National Council on Aging (NCOA)</u> , BenefitsCheckUp is the nation's most comprehensive Web-based service to screen for benefits programs for seniors with limited income and resources. www.ncoa.org www.benefitscheckup.org
Social Security Office 3165 Williams Blvd SW Cedar Rapids, IA 52404	866-495-0088 (Local) TTY – (319) 378-0852	Monday, Tuesday, Thursday, Friday from 9:00 AM to 3:00 PM. Wednesday from 9:00 AM to 12:00 PM.	Assists with inquiries on Social Security checks and benefits. Medicare and Supplemental Income (SSI) SSI benefits assist by providing monthly checks so anyone 65+ or blind or disabled can have a basic income of \$710 per month. A couple may receive \$1,066. Eligibility based on resources. www.ssa.gov
Telecommunications Access Iowa 6925 Hickman Road Des Moines, IA 50322	515-282-5099 or 800-606-5099	Monday through Friday from 8:00 AM to 5:00 PM.	A program of the Iowa Utilities Board administered by Deaf Services Unlimited, Inc. provides assistance to seniors in selecting telephone equipment. Qualified individuals may receive a voucher for 95% off the average cost of standard telephone equipment. Household income guidelines apply. Not a low-income program. One person in household must make less than \$46,000. www.relayiowa.com/tai
OLDER ADULT HEALTH & COUNSELING			
Cedar Rapids Vision in Motion 3235 Williams Parkway SW, Suite 1 Cedar Rapids, IA 52404	364-2311	Monday, Wednesday, Friday from 9:00 AM to 5:00 PM. Tuesday and Thursday from 9:00 AM to 5:00 PM.	Specializing in vision rehabilitation services, Cedar Rapids Vision In Motion offers a variety of vision assistive devices for sale as well as low vision occupational therapy and optometry services-all designed to help the low vision patient live the best life possible. www.crvim.com
Family Caregivers Center of Mercy 901 8 th Avenue SE Cedar Rapids, IA 52403	221-8866	Monday through Friday from 8:00 AM to 4:30 PM.	The Family Caregivers Center of Mercy is a no cost resource for all caregivers caring for adults with chronic conditions like Alzheimer’s, Parkinson’s, diabetes, arthritis, heart, cancer, etc. The Center provides 1 on 1 interviews, access to hourly and overnight respite (with financial assistance for those who qualify), a resource library, task volunteers, educational sessions on a variety of topics including music, art and massage therapy. The goal is reduce the stress of the family caregiver, provide them support and connect them with existing community services. The Center is open to all family caregivers regardless of where they receive their medical care.

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Iowa Department for the Blind 524 4 th Street Des Moines, IA 50309	515-281-1333 or 800-362-2587	Monday through Friday from 8:00 AM to 4:30 PM.	Services to the blind include training in techniques of blindness, rehabilitation, talking books, etc. Aids and appliances available either free of charge or at cost, also includes visually impaired.
Memory Disorders Clinic 701 10 th Street SE Cedar Rapids, IA 52403	398-6435	Physician's referral required. Call for appointment, from 8:00 AM to 4:30 PM.	Evaluates and treats persons exhibiting signs of dementia, Alzheimer's disease, and other degenerative brain disorders. Following the evaluation, a conference is held with the patient, family members, clinic team and other referral sources as appropriate. Support group meets on the 4 th Tuesday of each month.
Senior Health Insurance Information Program – SHIP Heritage Area Agency on Aging 6301 Kirkwood Blvd SW Cedar Rapids, IA 52404	398-5559	Monday through Friday from 8:00 AM to 5:00 PM.	Assists seniors who have questions on Medicare, Medicare supplement insurance, Medicare Part D, long-term care insurance, and other health insurance issues. www.involvementonline.org ; www.heritageaaa.org
UnityPoint at Home - Home Medical Equipment 298 Blairs Ferry Road NE Cedar Rapids, IA 52402	369-8686	Office hours: Monday through Friday from 8:00 AM to 5:30 PM, Saturday from 9:00 AM to 12:00 PM. Tech on-call 24/7.	Provides durable medical equipment, including CPAP and BiPAP machines, oxygen, hospital beds, orthotics, nebulizers, ostomy supplies, mobility equipment, and wound supplies. https://www.unitypoint.org/cedarrapids/home-medical-equipment.aspx
UnityPoint at Home Lifeline 298 Blairs Ferry Road NE Cedar Rapids, IA 52402	369-7065	Available 24 hours per day, 7 days per week.	Provides personal emergency response systems. Landline, wireless and mobile devices are available. Also offers automatic fall detection buttons.
OLDER ADULT SUPPORT & ADVOCACY			
Alzheimer's Association of East Central IA 317 7 th Ave SE Ste 402 Cedar Rapids, IA 52401	294-9699 or 24/7 Helpline: 800-272-3900	Local office hours are Monday through Friday from 8:00 AM to 5:00 PM. The Alzheimer's Association 24/7 Helpline operates 24 hours a day, seven days a week, in 140 languages.	Resources and education for Alzheimer's or memory loss, medications, treatment options, caregiver tips, support groups, publications, educational programs and Safe Return program. www.alz.org/eci

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American Association of Retired Persons (National) AARP - Corporate 601 E. Street NW Washington, DC 20049	888-687-2277 TTY 877-434-7598	Monday through Friday from 7:00 AM to 10:00 PM (ET) and Saturday from 7:00 AM to 5:00 PM.	Advocate for the physical, social, economic and political benefit of older persons and become educated on the issues of seniors. www.aarp.org
Iowa Department on Aging Jesse M. Parker Bldg. 510 East 12 th Street, Suite 2 Des Moines, IA 50319	515-725-3333 or 800-532-3313 TTY Accessible Telephone Number: (515) 725-3333	Monday through Friday from 8:00 AM to 4:30 PM.	Provides advocacy, education and prevention services to older Iowans. Resources include health and education, housing and services, long-term care ombudsman and information on Area Agencies on Aging. www.aging.iowa.gov
Iowa Department of Inspections & Appeals Lucas State Office Bldg. 321 East 12 th Street Des Moines, IA 50319	515-281-4115	Monday through Friday from 8:00 AM to 4:30 PM.	Responsible for inspecting, licensing and/or certifying health care providers and suppliers, restaurants and grocery stores, social and charitable gambling operations, hotels and motels, and barber and beauty shops. In addition, DIA staff investigates alleged fraud in the State's public assistance programs and conducts contested case hearings to settle disputes between Iowans and various state government agencies. www.state.ia.us/government/dia
Legal Hotline for Older Iowans	800-992-8161	Monday through Friday from 8:30 AM to 5:00 PM.	The Legal Hotline is a special project of Iowa Legal Aid that provides legal advice on civil issues to Iowans who are 60 or older and meet income and asset guidelines. www.iowalegalaid.org/hotline
Office of the State Long-Term Care Ombudsman Jesse M. Parker Building 603 E 12 th Street, 5 th Floor Des Moines, IA 50139	319-541-0318 or 866-236-1430	Monday through Friday from 8:00 AM to 4:30 PM.	The Office of the State Long-Term Care Ombudsman works to advocate for the rights and wishes of residents and tenants in long-term care, including those living in nursing facilities, residential care facilities, assisted living programs and elder group homes. The Long-Term Care Ombudsman can help answer questions about assisted living and elder group programs, nursing and residential care facilities, as well as the wide variety of issues that arise. In addition, the Long-Term Care Ombudsman supports the choices of residents and tenants and acts as an advocate.

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