

Caregiver Resource Sheet

“Often people begin their caregiving role without even considering that they may face challenges they have never had before. As people age, needing assistance with the activities of their lives is a common situation. Knowing where to go for information and appropriate services can become a time consuming and frustrating experience for both the care receiver and the caregiver. This is information that you have never needed to know before, so relax and use this sheet to guide you in finding the many agencies that are available to help you care for your aging family member.”

Kay Vanags, Family Caregiver Specialist
Aging Resources of Central Iowa

General Resource Information*

Aging Resources of Central Iowa - 515-255-1310

<http://agingresources.com/>

Information and Assistance on All Services for People over Age 60

Case Management for the Frail Elderly Program

Iowa Family Caregiver Support Program- www.iowafamilycaregiver.org

Respite Options

State of Iowa - Department on Aging – 725-3333

www.state.ia.us/elderaffairs/

General Information

Long Term Care Ombudsman - nursing home complaints

Elder Abuse Information

Polk County Senior Services - 286-3679

Congregate Meal Sites/Senior Centers

PEER Advocate Program

Well-elderly Health Clinics

Emergency Transportation

State of Iowa - Department of Human Services - 286-3555

<http://www.dhs.state.ia.us>

Low-Income Programs for Older Iowans/ General Relief/Food Stamps/Title 19

Adult Service Workers

Elder Abuse Hotline: 800-362-2178

Home & Community Based Waivers

Social Security Administration - 1-800-772-1213 or 515-284-4734

<http://www.ssa.gov/>

The official website of the U.S. Social Security Administration.

AARP - 282-2987

<http://www.aarp.com/>

Information on many aging issues

First Call for Help - 211

General Resources for Multiple Situations

*This is only a sampling of services available to people over 60 and their families.

Please contact Aging Resources of Central Iowa at 255-1310 or 1-800-747-5352 for specific needs or requests, or search the website for services at www.iowafamilycaregiver.org.

Specific Services and Resources*

Alzheimer's Association – 440-2722

www.alz.org

Information about memory loss

Support Groups

Wesley Community Services (formerly Generations, Inc.) - 288-3334

Home Delivered Meals

Homemaking Services

Volunteer Visitor Program

Transportation

Des Moines Metro Transit Authority - Paratransit - 283-8136

West Des Moines Transportation - 222-3660 www.dmmta.com

Polk County Emergency Transportation - 286-2112

Adult Day Care

Wesley Adult Day Services - 271-6701

New Horizons Adult Day Center - 964-9933

Chore/Minor Home Repair

Community Housing Development Corp. (CHDC) - 557-1928

West Des Moines Human Services - 222-3660

Legal Assistance

Drake Legal Clinic - 271-3851

Legal Aid Society - 243-1193

Legal Hotline for Older Iowans - 243-1193

Insurance Assistance

Senior Health Insurance Information Program (SHIIP) - 1-800-351-4664

Medigap Insurance Hotline - 1-800-638-6833

Housing Information

Des Moines Public Housing Authority - 288-2201

Aging Resources for current listing of all types of housing - 255-1310

Nursing and Home Health Care Services

Call Aging Resources for current listing of agencies providing nursing, home health care aids and homemaking - 255-1310

Mental Health Counseling

Eyerly-Ball Mental Health Center – Senior Outreach Counseling- 277-0630

Hospice Services

Hospice of Central Iowa - 274-3400

Mercy Hospice - 643-8400

In-Trust Hospice - 557-3100

Iowa Hospice – 276-6696

SouthernCare Hospice – 727-8011

Additional Web Sites/Resources

Administration on Aging www.aoa.gov/ - On the AoA website you can access information about the agency, its mission, budget, and organizational structure. In addition, you can learn more about the Older Americans Act, the federal legislation establishing the AoA and authorizing a range of programs that offer services and opportunities for older Americans and their caregivers.

Medicare www.medicare.gov - Official government website for individuals with Medicare.

Family Caregiver Alliance www.caregiver.org - FCA is a public voice for caregivers. This site offers information, education, services, research and advocacy.

Caregiving.com www.caregiving.com - Information for caregivers.

The National Family Caregivers Association (NFCA) www.nfcacares.org NFCA is a grass roots organization created to educate, support, empower and speak up for the millions of Americans who care for chronically ill, aged or disabled loved ones.

healthfinder® www.healthfinder.gov - **healthfinder®** is an award-winning Federal Web site for consumers, developed by the U.S. Department of Health and Human Services together with other Federal agencies. Since 1997, **healthfinder®** has been recognized as a key resource for finding the best government and nonprofit health and human services information on the Internet. **healthfinder®** links to carefully selected information and Web sites from over 1,700 health-related organizations.

BenefitsCheckUp www.benefitscheckup.org - BenefitsCheckUp helps thousands every day to find programs for people ages 55 and over that may pay for some of their costs of prescription drugs, health care, utilities, and other essential items or services. Please fill out our simple questionnaire to find programs that can assist you or your loved ones.

AGS Foundation for Health in Aging (FHA) www.healthinaging.org - FHA is a national non-profit organization established in 1999 by [The American Geriatrics Society](#). We aim to build a bridge between the research and practice of [Geriatrics](#) and the Public, and to advocate on behalf of older adults and their special health care needs.

www.elderhostel.com - **Elder Hostel** – A not-for-profit organization is the nations first and the world's largest educational and travel organization for older adults.

Publications:

Another Country - Navigating the emotional terrain of our elders, Mary Pipher, Ph.D.

Retire In Style - 50 Affordable Places Across America, Warren R Bland, Ph.D.

Senior Resource Guide of Central Iowa - published semi-annually by Heartland Publishing Co. Inc. Guide to area independent retirement, assisted living, skilled nursing facilities, and national help-lines and information – Toll free 1-877-229-6238 or local – 515-224-0524