



Our goal is to help provide a lifestyle that is...



Independent



Dignified



Meaningful



Active



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Local Coordination Center for



Aging Resources of Central Iowa does not discriminate based on age, race, gender, national origin, color, creed, religion, political affiliation, or physical or mental disabilities in its employment practices or in the provision of services except where it is a requirement of law.

Answers on Aging and Disability



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Partners in Service To Older Adults for Over 45 Years

Aging Resources of Central Iowa is part of a national network of Area Agencies on Aging established through the Older Americans Act and supported by federal, state, and local funds. Aging Resources uses these funds to support local providers in making services available to older adults.

As of 2014, Aging Resources of Central Iowa has become the local connection to LifeLong Links, which serves older adults as well as individuals 18 years of age and older who have a disability.

Our services enable or strengthen supports for those striving to live independent and dignified lives.

***Serving Boone, Dallas, Jasper,
Madison, Marion, Polk, Story,
and Warren Counties Since 1973.***

LifeLong Links

Connecting the Aging and Disability Communities with:

- Information and Assistance
- Consultation and Assessment
- Services and Benefits
- Options Counseling
- Older Adult Employment Services

Family Caregiver Support

- Phone / In-Home Assessments
- Caregiver Options Counseling and Case Management
- Service Options for Older and Disabled Adults
- Education on Caregiving and Memory Loss
- Family Meetings/Mediation
- Relief and Support for Caregivers and Grandparents as Parents

Elder Abuse Prevention and Awareness

- Confidential Assessment of Situation
- Discuss Legal / Non-Legal Options
- Review Iowa's Civil No-Contact Order Law (235F) if Appropriate
- Assist in Filing a 235F
- Provide Advocate in Court, if Desired
- Offer Connections to Services and Supports

Case Management

- Coordinate Community Services
- Help Older Adults Remain Independent in Their Own Homes

Evidence-Based Programs

- Matter of Balance – Fall Prevention
- Referrals Given for Stepping On, Tai Chi, and Better Choices / Better Health

Nutrition Services

- Iowa Senior Farmers Market Program
- Nutrition Education and Counseling
- Holiday Meals-on-Wheels

Fund Local Service Providers

- Congregate Meals
- Home-Delivered Meals
- Adult Day Care
- Health Promotion
- Homemaking / Personal Care
- Home Repair and Chore Services
- Legal Assistance
- Mental Health Outreach
- Personal Care
- Respite Care
- Transportation

