If you are providing care to parents...

spouses...

grandparents as parents...

special caregivers...

or friends...

We can help!

AGING RESOURCES of Central Iowa

The Experts on Aging

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Des Moines, IA 50312-1444

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Fax (515) 255-9442

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Local Coordination Center for

Your Community. Your Connection. Your Choice.

LIFELONG LINKS™

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.

Caregiving?

Let us help you find the answers

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Caregiving is a role that impacts your life...

Whether caregiving for a person 60 years of age or older, a person with disabilities, or a grandparent caring for a grandchild, the tasks provided as a caregiver can be enriching for all involved.

The more you do as a caregiver, whether you handle the majority of the care responsibilities or occasionally provide support, the more it will impact your life.

Our knowledgeable and compassionate Family Caregiver Specialists can:

- Discuss your Situation
- Explore Options
- Educate Regarding Caregiving and Memory Loss
- Assist in Locating Service Providers
- Provide Support and Relief for Caregivers

Finding a balance in caring for yourself as well as someone else can be a challenge.

We're here to listen and to help.

You are a caregiver if...

You help a little by...

- Paying bills
- Checking in on someone regularly
- Doing frequent chores
- Providing a ride to appointments
- Shopping for groceries
- Identifying care options

You help a lot by...

- Organizing medication
- Assisting with bathing and dressing
- Making educated decisions
- Assisting with legal & financial issues
- Living with your care recipient
- Providing supervision due to memory loss

Even from a distance, you can be a caregiver by...

- Locating and coordinating services
- Assisting with legal & financial issues
- Providing emotional support by phone
- Monitoring health changes

Grandparents as Parents are also important caregivers...

- Supervising educational needs
- Furnishing financial assistance
- Providing emotional support
- Enriching their grandchildren's lives

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

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