

## 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 or disabled adult.”

Kay Vanags, LifeLong Links Director  
Aging Resources of Central Iowa

## General Resource Information\*

Aging Resources of Central Iowa - 515-255-1310 or 800-747-5352

[www.agingresources.com](http://www.agingresources.com)

Information and Assistance about Services available for those who are  
60 years of age and older or Adults with Disabilities  
Case Management  
Elder Abuse Prevention and Awareness Program  
Family Caregiver Support Program  
LifeLong Links Local Coordination Center  
Mediation/Family Meetings  
Nutrition and Healthy Living Programs  
Older Workers Employment Program  
Options Counseling  
Respite Options/Equipment  
Wellness and Safety Programs

State of Iowa - Department on Aging – 515-725-3333

[www.iowaaging.gov](http://www.iowaaging.gov)

General Information  
Long Term Care Ombudsman - Nursing Home & Assisted Living Complaints  
Elder Abuse Information

State of Iowa - Department of Human Services – 515-286-3555

<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

Polk County Senior Services – 515-286-3679

<http://www.polkcountyiowa.gov/CFYS/pages/seniorAboutUs.aspx>

Congregate Meal Sites/Senior Centers

PEER Advocate Program

Well-Elderly Health Clinics

Emergency Transportation

First Call for Help - 211

[www4.irissoft.com/IFTWSQL4prod/iowa/public.aspx](http://www4.irissoft.com/IFTWSQL4prod/iowa/public.aspx)

General Resources for Multiple Situations

## **Specific Services and Resources\***

Alzheimer's Association – 515-440-2722 or 800-272-3900

[www.alz.org](http://www.alz.org)

Information about Memory Loss

Support Groups

WesleyLife

Home-Delivered Meals – 515-699-3243

Homemaking Services – 515-978-2777

Volunteer Program – 515-271-6789

Transportation

Des Moines Metro Transit Authority - Paratransit – 515-283-8136

West Des Moines Human Services – 515-222-3661

Senior Services of Polk County – Senior Transportation – 515-286-3679

## **Specific Services and Resources\***

### **Adult Day Centers**

W.T. and Edna Dahl Adult Day Center - 515-271-6701

New Horizons Adult Day Center - 515-965-1602

Lutheran Services of Iowa - 515-271-7408

### **Chore/Minor Home Repair**

Rebuilding Together – 515-284-7403

West Des Moines Human Services – 515-222-3660

### **Legal Assistance**

Drake Legal Clinic – 515-271-3851

Legal Aid Society – 515-243-1193

Legal Hotline for Older Iowans – 1-800-992-8161

### **Insurance Assistance**

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

### **Housing Information**

Des Moines Public Housing Authority – 515-323-8950

Contact Aging Resources for Current Listing of all Types of Housing or go to

[www.agingresources.com](http://www.agingresources.com) – 515-255-1310

### **Nursing, Home Health Care and Hospice Services**

Contact Aging Resources for Current Listing of Providers or go to

[www.agingresources.com](http://www.agingresources.com) – 515-255-1310

### **Mental Health Counseling**

Eyerly Ball Mental Health Center – Senior Outreach Counseling – 515-243-5181

\*This is only a sampling of services available to people over 60, adults with disabilities and their caregivers. 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.agingresources.com](http://www.agingresources.com) .

## **Additional Web Sites/Resources**

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

Information on Aging Issues and Caregiving

**Administration on Aging** <http://aoa.gov/>

Access information about the Administration on Aging its mission, budget, and organizational structure. Learn more about the Older Americans Act, which authorizes a range of services and opportunities for older Americans and their caregivers.

**Social Security Administration** <http://www.ssa.gov/>

Official website of the U.S. Social Security Administration

**Medicare** [www.medicare.gov](http://www.medicare.gov)

Official government website for individuals with Medicare.

**Family Caregiver Alliance** [www.caregiver.org](http://www.caregiver.org)

FCA is a public voice for caregivers. This site offers information, education, services, research and advocacy.

**Caregiving.com** [www.caregiving.org](http://www.caregiving.org)

Information for caregivers.

**The National Family Caregivers Association (NFCA)** [www.thefamilycaregiver.org](http://www.thefamilycaregiver.org)

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.

**Iowa Geriatric Education Center** [www.igec.uiowa.edu/register](http://www.igec.uiowa.edu/register)

The “Family Involvement in Care” (10 part free series) is designed to help family caregivers develop skills and confidence to work with care providers as partners in care of those with dementia. Register once and access all other resources on their site.

**healthfinder®** [www.healthfinder.gov](http://www.healthfinder.gov)

An award-winning federal website for consumers, developed by the U.S. Department of Health and Human Services together with other federal agencies

**BenefitsCheckUp** [www.benefitscheckup.org](http://www.benefitscheckup.org)

BenefitsCheckUp helps thousands every day find programs for those who are 55 years of age or older. These programs may pay for some costs of prescription drugs, health care, utilities, and other essential items or services. Updated 4-19