Aging Resources of Central Iowa
Iowa Family Caregiver Support Program Guidelines
Fiscal Year 2026

The Iowa Family Caregiver Support Program (IFCSP) established in November 2000 is intended to assist families in caring for an older or disabled adult, as well as grandparents/relatives caring for a child 18 years or younger.

Iowa Family Caregiver Support Program Assists Families By Providing:

- Information about available resources/services and assistance with referrals as needed.
- Education about disease processes or questions about caregiving role.
- Counseling for emotional support.
- Screening for eligibility for state funded programs such as Medicaid HCBS Waivers and assistance with the application process.
- For eligible caregivers, limited financial support intended to provide caregiver relief.

Families can discuss their caregiving situation either by scheduling a face-to-face meeting or by participating in a telephone consultation with a caregiver specialist. All consultation services are at no cost to the family. Free will donations accepted.

Contact Aging Resources' Family Caregiver Specialists to discuss requests or available options.

- **Sheila Henrichsen: 515-633-9502**
- **Deb Anderson: 515-633-9511**
- **Josalyn Vander Molen: 515-633-9514**
- **Toll Free Number: 1-800-747-5352**

Aging Resources serves family caregivers in Boone, Dallas, Jasper, Madison, Marion, Polk, Story and Warren Counties.

Revised 4-26