

Elder Services, Inc.  
1556 S. First Ave., Ste. A  
Iowa City, Iowa 52240-6007  
319-338-0515  
www.elderservicesiowa.com

Updated February 2007

## **COMMUNITY SERVICES AVAILABLE TO OLDER ADULTS**

### **Elder Services, Inc.: 319-338-0515**

This resource sheet lists many agencies providing services to older adults. Some will be listed more than once under different categories of services.

Your telephone call to Elder Services, Inc. regarding a particular problem an older adult is experiencing will be handled through our Social Work program designed to relate the needs, rights and benefits of the older adult to the services available.

### **Adult Day Health Services**

Pathways Adult Day Health Center: 319-339-6162

817 Pepperwood Lane, Iowa City, IA 52240, [www.abbefamily.org](http://www.abbefamily.org)

Day services for anyone over 18 who is physically impaired or mentally confused and may require supervision, increased social opportunities, nursing care, assistance with personal cares, (bathing, hair care, nail care) nutrition and special diets or other daily living activities.

Sliding fee schedule.

Systems Unlimited: 319-338-9212

2533 Scott Blvd. SE, Iowa City, IA 52240

### **Advocacy**

Heritage Area Agency Advocacy Services: 319-398-5559; 1-800-332-5934

6301 Kirkwood Blvd. SW, PO Box 2068, Cedar Rapids, IA 52406, [www.heritageaaa.org](http://www.heritageaaa.org)

Long Term Care information; Nursing Home Guide; Home Care Guide; Housing Guide; Medicare/Insurance Counselors (SHIP); Caregiver assistance program; Nutrition and Health Education; Speakers and Workshops. Must be 60 years old for service.

American Association of Retired Persons (AARP): 319-356-5219

Helps with tax returns, rent rebates, information on insurance, national issues.

### **Assisted Living Facilities**

Elder Services, Inc.: 319-338-0515

1556 S. First Ave., Ste. A, Iowa City, IA 52240-6007

Provide information on area Assisted Living facilities and procedures for placement.

Iowa Department of Inspections and Appeals, Health Facilities Division: 515-281-6325

Request an application packet for certification of an Assisted Living Program. Request location and contact information of certified Assisted Living Programs. Check on the status of

recertification of an Assisted Living Program. Check on the status of a complaint about an Assisted Living Program. To file a complaint about an Assisted Living Program, please call the Department of Inspections and Appeals complaint hotline at 1-877-686-0027.

## **Caregiver Support**

Elder Services, Inc.: 319-338-0515

Counseling specialist provides direct counseling/education services to family or friend caregivers of older adults. Caregiver respite referrals.

## **Chore Services**

Comfort Keepers 319-354-0285

Caring Hands and More: 319-337-8922

Elder Services, Inc.: 319-338-0043

Home Instead: 319-358-2340

Systems Unlimited: 319-338-9212

## **Counseling (see also Support Groups)**

Alzheimer's Association of East Central Iowa: 319-294-9699 or 1-888-397-9635

1642 42<sup>nd</sup> Street NE, Cedar Rapids, IA 52402

Family support services, respite, support groups, education, and nursing home placement assistance.

Crisis Center: 319-351-0140

1121 Gilbert Court, Iowa City, IA 52240

24 hour phone counseling. Walk-in service 11:00am – 11:00pm. Suicide intervention. Suicide survivors support group.

Mid-Eastern Iowa Community Mental Health: 319-338-7884

507 East College Street, Iowa City, IA 52240

Professional counseling available on a sliding fee scale.

Res Care: 319-653-6571

A wide variety of support services for individuals with mental illness or persons needing a companion to talk to.

University of Iowa Integrated Employee Assistance Program: 319-335-2085

Available to University of Iowa faculty and staff who have a permanent full- or part-time appointment, and to their family members. Brief counseling (up to 4 sessions at no charge) for assistance with personal, family or work-related problems. Assessment helps those involved define the nature and extent of the issues. A counselor will help identify the concerns and discuss possible solutions.

University of Iowa Department of Psychology Seashore Clinic: 319-335-2467  
Psychological assessments, individual psychotherapy, marital/couples therapy, stress and pain management, and assistance in dealing with various medical problems

Veterans Medical Center: 319-338-0581  
601 Highway 6 West, Iowa City, IA 52246  
Post traumatic stress disorder counseling. Individual counseling, marital and family therapy. Counseling specific to female veterans.

## **Emergency Assistance**

American Red Cross: 319-337-2119  
328 South Clinton Street, Suite 6, Iowa City, IA 52240

Crisis Center: 319-351-0140  
1121 Gilbert Court, Iowa City, IA 52240  
Food bank. 24-hour phone counseling. Walk-in service 11:00am – 11:00pm. Suicide intervention.

Domestic Violence Intervention Program: 319-351-1043  
Phone answered 24 hours/day

H.A.C.A.P.: 319-337-5765  
2007 Waterfront Drive, Iowa City, IA 52240  
For people eligible for energy assistance, (LIHEAP), homes winterized and insulated.

Rape Victim Advocacy Program: 319-335-6000 or 1-800-284-7821  
Phone answered 24 hours/day

Shelter House: 319-351-0326  
321 N. Gilbert Street, Iowa City, IA 52245

University of Iowa Hospitals & Clinics, Social Patient and Family Services:  
Call 356-1616 & ask for social worker on-call.

## **Emergency Food and Hot Meal Sites (See also Nutrition)**

Crisis Center: 319-351-0140

Department of Human Services General Assistance: 319-356-6050  
Food vouchers.

Free Lunch Program: 319-337-6283 or 319-338-1179  
Wesley House, 120 N. Dubuque Street, Iowa City, IA 52245  
Monday through Saturday 12:00 – 1:00pm

Salvation Army: 319-337-3725  
1116 Gilbert Court, Iowa City, IA 52240  
Monday through Saturday 5:00 – 6:10pm and Sunday 12:00pm

Veterans Medical Center: 319-338-0581

Food vouchers.

## **Emergency Response Systems**

Small device worn by elderly that enables them to send a distress signal if needed.

Healthwatch – Visiting Nurses Association: 319-337-9686

Lifeline - Mercy Hospital: 319-339-3649

## **Finances**

Department of Human Services: 319-339-6171

Eastdale Plaza, 1700 S. First Avenue, Iowa City, IA 52240

Food Stamps - eligibility determined on basis of income, assets, and expenses.  
Medicaid/MedicallyNeedy, ElderlyWaiver, In-Home Health program - eligibility determined on basis of income and assets. Some programs will pay for in-home services.

General Assistance: 319-356-6050

911 North Governor Street, Iowa City, IA 52245

Emergency or temporary financial aid for eligible persons. Rent, utilities, medical services, transportation, burial, etc. Johnson County residents only.

HACAP: 319-337-5765

2007 Waterfront Drive, Iowa City, IA 52240

Monetary assistance with payment of fuel bills for eligible persons.

Johnson County Commission of Veterans Affairs: 319-356-6049

800 South Dubuque Street, Iowa City, IA 52245

The Veteran Affairs Office provides assistance to county residents who have served in the armed services. Office Hours: 10:00 am - 3:30 pm, Monday through Friday.

Salvation Army: 319-337-3725

1116 Gilbert Court, Iowa City, IA 52240

Social Security Office: 319-338-9461

400 South Clinton Street, Iowa City, IA 52245

Assist with inquiries on Social Security checks and benefits. Medicare and Supplemental Income (S.S.I.). The aim of the S.S.I. program is to provide monthly checks so that anyone who is 65 or older or blind or disabled can have a basic income. An individual must have less than \$2,000.00 in resources such as savings, etc. and a couple must have less than \$3,000.00 in saving, etc.

## **Health Clinics & Information**

Free Medical Clinic: 319-337-4459

General Care Clinic: Monday and Thursday evenings.

Call 337-7909 at noon on clinic days for an evening appointment

Chronic Care Clinic: Tuesday 9:00am – 3:00pm; Thursday 9:00am – 11:00am.  
Call 337-4459 for an appointment.

Mercy Hospital: 319-339-0300  
500 East Market Street, Iowa City, IA 52245  
Mercy On Call: 319-358-2767 or 1-800-358-2767

University Hospitals & Clinics: 319-356-1616  
200 Hawkins Drive, Iowa City, IA 52246  
UI Health Access: 319-384-8442 or 1-800-777-8442

UIHC Geriatric Assessment Clinic: 319-384-7999

Veterans Administration Medical Center: 319-338-0581 ext. 6061  
601 Hwy 6 East, Iowa City, IA 52240

## **Home Health Care Agencies**

Not all home health care agencies are certified providers under the Medicare (waiver) system. We have separated our listing into those that are certified Medicare providers and those that are private agencies.

### **Medicare Certified Providers**

Auxi Health, Inc.: 319-358-8787  
Kennedy Plaza, 702 S. Gilbert St., Suite 101, Iowa City, IA 52240

Comfort Care: 319-248-0270  
1101 5<sup>th</sup> St., Suite 203, Coralville, IA 52241

Gentiva Home Health Services: 319-393-4742  
1241 Park Pl. NE, Cedar Rapids, IA 52402

Mercy Home Health Care: 319-358-2740  
2414 Towncrest Dr., Iowa City, IA 52240

Professional Home Health Services: 319-363-3318  
139 40<sup>th</sup> St. NE, Cedar Rapids, IA 52402-5613

Visiting Nurse Association: 319-337-9686  
2953 Sierra Ct. SW, Iowa City, IA 52240

### **Private Care Providers**

Caring Hands & More: 319-337-8922  
1556 S. First Ave., Ste. B, Iowa City, IA 52240

Comfort Keepers: 319-354-0285  
135 E. Dovetail Dr., Coralville, IA 52241

Elder Services, Inc.: 319-338-0515  
1556 S. First Ave., Suite A, Iowa City, IA 52240-6007

Home Instead: 319-358-2314  
1641 Camelback Rd. NE, Solon, IA 52333

Home Safe: 319-335-7123

Mercy Private Care: 319-358-2755  
2412 Towncrest Dr., Iowa City, IA 52240

Systems Unlimited, Inc.: 319-338-9212  
2533 Scott Blvd. SE, Iowa City, IA 52240

## **Hospice**

Amenity Hospice: 319-341-8400

Iowa City Hospice: 319-351-5665 or 800-897-3052 outside Iowa City

## **Housing**

Contact Elder Services, Inc. for a current listing of senior housing options: 319-338-0515

Housing Assistance: 319-356-5400 ext 10  
Rental assistance for low-income, 62+ elderly & people with disabilities.

USDA Rural Development: 319-354-1074  
Help with repairs related to safety and health for low-income rural homeowners.

## **Legal Services**

Iowa Legal Aid: 319-351-6570  
430 Iowa Avenue, Iowa City, IA 52240  
Legal services for low-income persons in civil cases only.

Iowa Senior Legal Hotline: 1-800-992-8161

Martha Quint: 319-366-7675  
305 2<sup>nd</sup> Street SE, Suite 318 (Paramount Bldg.), Cedar Rapids, IA 52401  
Direct legal services provided to the elderly according to case priority basis. Referrals are made to cooperating attorneys on an as needed basis. Senior advocates available for tax and consumer counseling.

## **Medical Equipment**

American Home Patient: 319-351-9338  
906 2<sup>nd</sup> St., Coralville, IA 52241

Community Medical Supply, Inc: 319-356-0202 or 1-866-956-0202  
2901 Northgate Dr. Ste B, Iowa City, IA 52245

Helget Medical Supply: 319-354-5009  
1721 2<sup>nd</sup> St., Coralville, IA 52241

Info Tech: 319-356-0550

Quality Life Products, LLC: 319-377-0608 (automated medication dispenser – MedReady)

MD2 Automated Medication Dispensing – contact Visiting Nurse Association 319-337-9686

## **Nursing Home Information**

Department of Human Services: 319-339-6171  
1700 S. First Ave., Iowa City, IA 52240  
Assistance with Medicaid applications.

Elder Services, Inc.: 319-338-0515  
1556 S. First Ave., Ste. A, Iowa City, Iowa 52240-6007  
Provide information on area nursing homes and procedures for placement.

Heritage Area Agency on Aging: 319-398-5559  
6301 Kirkwood Blvd. SW, Cedar Rapids, IA 52406  
Care review committees; advocates for nursing home residents. Information on residents rights, long term care and nursing home guide.

Iowa Department of Inspection and Appeals: 515-281-4115  
Investigate nursing homes and provide public survey reports.

Long –Term Care Ombudsman, Iowa Department of Elder Affairs: 1-800-532-3213  
Advocate for residents of long-term care facilities and their families. The office can investigate and resolve complaints and grievances that may affect the health, safety, welfare, or rights of residents.

## **Nutrition**

Congregate Meals  
Congregate meals provide a nutritious noon meal and socialization opportunities for persons over 60. Contact Elder Services for a current listing of congregated meal sites: 319-356-5213

Feeding the Heartlands Homebound: 319-356-5412  
Meals delivered 1 time a week to rural Johnson County.

Meals-on-Wheels: 319-356-5213  
Elder Services, Inc.  
A hot meal delivered to the home at noon for persons having difficulty preparing meals. Delivered seven days a week. Special diets prepared when needed. Frozen meals and breakfast bags also available. Suggested donation.

Moms Meals: 515-382-8888  
517 K Ave./ PO Box 297, Nevada, IA. 50201

## **Protection Services**

Elder Services, Inc. Legal Case Management Program: 319-338-0515

Assessment of dependent adults who are at-risk for dependent adult abuse. Funding for services including respite care, legal assistance, chore services, medical assistance or other crucial needs of the at-risk individual.

Johnson County Department of Human Services: 319-892-5055

Report suspected Dependent Adult Abuse in the community during normal business hours.

Iowa Department of Human Services: 1-800-362-2178

Report suspected Dependent Adult Abuse in the community after normal business hours.

Iowa Department of Elder Affairs: 515-281-4077

Report suspected Dependent Adult Abuse in nursing homes

## **Social Recreation**

Involvement Magazine, Heritage Area Agency on Aging: 1-800-414-5506

*Involvement* is published monthly by The Heritage Area Agency on Aging and Marengo Publishing Corporation and serves about 50,000 adults 60 years and older in the Kirkwood Community College area. Contributions to the magazine help support programs benefiting older adults managed by The Heritage Agency.

Iowa City Parks & Recreation Department: 319-356-5100

Please see activity guide for a wealth of City/community sponsored programs and the Parks and Recreation Department's most updated activities.

Iowa City Public Library: 319-356-5200

123 South Linn Street, Iowa City, IA 52240

Homebound service is available to resident of Iowa City and rural Johnson County who are unable to come to the library because of a permanent or temporary physically disabling condition. There is no charge for this service. Patrons may telephone, mail, or e-mail their requests to the Homebound Program and materials are mailed, with a postage-paid return label to the patron's home.

Johnson County Department of Public Health: 319-356-6040

*Successful Aging in Johnson County: a Market Analysis* prepared by the Johnson County Consortium on Successful Aging June 2005.

Retired Senior Volunteer Program, Elder Services, Inc.: 319-356-5218

Program for persons 55 and over who want to be involved in their community through worthwhile and meaningful activities.

The Center (Iowa City / Johnson County Senior Center): 319-356-5220

28 South Linn Street, Iowa City, IA 52240

The Center offers a full array of classes, activities and volunteer opportunities which support independence and encourage involvement in and with the community.

## **Substance Abuse**

MECCA: 319-351-4357

Evaluation and treatment for alcohol/drug abuse.

## **Support Groups**

Alzheimer's Association: 319-398-3550 or 1-888-397-9635

1642 42<sup>nd</sup> Street NE., Cedar Rapids, IA 52402

For information on days and times in East Central Iowa Counties

Caregiver Support Group - Pathways Adult Day Health Center: 319-339-6162

817 Pepperwood Lane, Iowa City, IA 52240

Mercy Medical Center: 319-339-0300

500 East Market Street, Iowa City, IA 52245

For information on groups, days, and times.

University of Iowa Hospitals & Clinics: 319-356-1616

200 Hawkins Drive, Iowa City, IA 52246

For information on groups, days, and times.

## **Transportation**

Johnson County SEATS: 319-339-6128

Iowa City Transit provides paratransit service to Johnson County residents. The service is provided by Johnson County SEATS and serves senior citizens and persons with disabilities who are unable to use regular bus service. If you are an Iowa City resident and wish to apply for SEATS service, please call 356-5151 for an application form. For any other information regarding the SEATS program, call Johnson County SEATS at 339-6128.

Southeast Iowa Ambulance: 319-466-0735, 1-877-466-0735

Available 24 hours per day, 7 days per week. \$30 base rate plus \$1.50 per mile. Transports anywhere in the state of Iowa.

## **Weatherization**

HACAP: 319-337-5765

2007 Waterfront Drive, Iowa City, IA 52240

Provides weatherization services for low-income citizens.