



The first step in making the right decisions for you and your family is having the information you need.

LifeLong Links is a free resource that helps older Iowans, individuals with disabilities, veterans and their caregivers think about and plan for long-term independent living.

- ➔ Easy to access
- ➔ Helps you think through your current or future needs
- ➔ Designed as a decision tree to lead you to the right resources
- ➔ Helps you identify service options in your area



866.468.7887
www.lifelonglinks.org

Iowa is one of 43 states that receives funding through the Aging and Disability Resource Center (ADRC) grant program, an initiative of the U.S. Department of Health and Human Services, which is jointly administered by the Administration on Aging and the Centers for Medicare and Medicaid Services.

Iowa's ADRC project is administered by the Iowa Department on Aging.

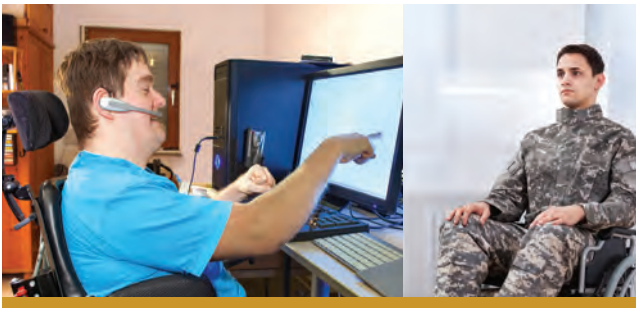
Funds provided by Iowa Medicaid Enterprise, a division of the Iowa Department of Human Services, were used for the creation and distribution of this brochure.



MAINTAINING ➔ YOUR INDEPENDENCE

AT HOME OR IN THE COMMUNITY OF YOUR CHOICE





WHAT IS LIFELONG LINKS?

LifeLong Links is Iowa's Aging and Disability Resource Center, whose purpose is to expand and enhance the state's information and referral resources for older Iowans, individuals with disabilities, veterans and their caregivers as they begin to think about and plan for long-term independent living.

Administered by the Iowa Department on Aging, LifeLong Links is modeled on the "no wrong door" approach, meaning it is available to all Iowans who need home and community-based services, and is accessible through physical locations across Iowa, a toll-free call center and a website.



Visit www.lifelonglinks.org, call 866.468.7887 or stop by a local coordination center to get started today!

HOW CAN LIFELONG LINKS CONNECT ME TO RESOURCES?

Whether you're an older Iowan, an individual with a disability, a veteran, the caregiver of someone who is aging and/or disabled or a professional who works with aging and/or disabled individuals, LifeLong Links can connect you to many of the state's information and referral resources, including Iowa COMPASS, the Iowa Association of Area Agencies on Aging, the Iowa Family Caregiver Support Program and Iowa 2-1-1.

No matter how you choose to access LifeLong Links, information and referral specialists will help you identify which home and community-based services are available in your area and help you determine which programs best fit your individual situation.

Depending on your needs, you also may be referred to a trained options counselor, who can begin a person-centered, interactive planning process to help you identify long-term support preferences and develop an individual action plan.



WHAT SERVICES WILL I BE ABLE TO ACCESS THROUGH LIFELONG LINKS?

LifeLong Links works to give you access to a variety of local services and resources:

- ➔ HOUSING
- ➔ HEALTH CARE
- ➔ TRANSPORTATION
- ➔ EMPLOYMENT
- ➔ MENTAL HEALTH
- ➔ RESPITE
- ➔ FOOD/NUTRITION
- ➔ EDUCATION
- ➔ FINANCIAL ASSISTANCE
- ➔ ADAPTIVE EQUIPMENT

... and more!

How can LifeLong Links help YOU or your loved one?



CALL 866.468.7887 or go to www.lifelonglinks.org

TO BEGIN PLANNING NOW