



ELDERBRIDGE

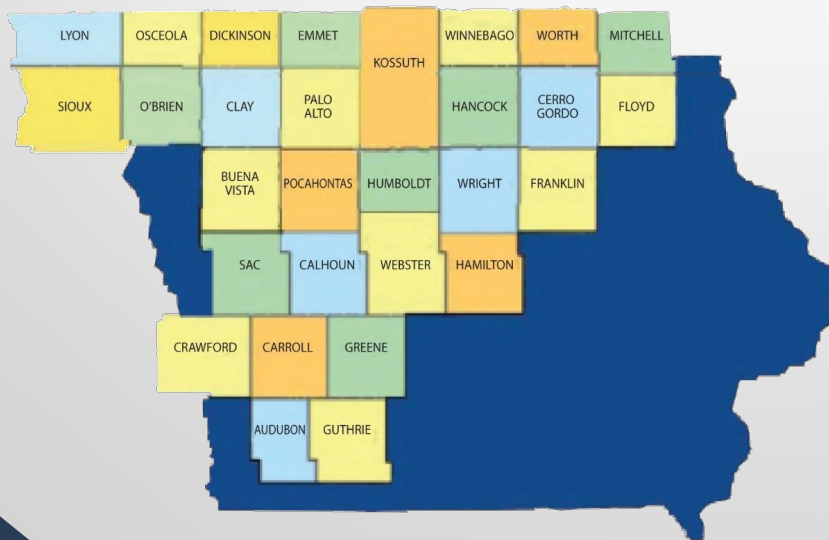
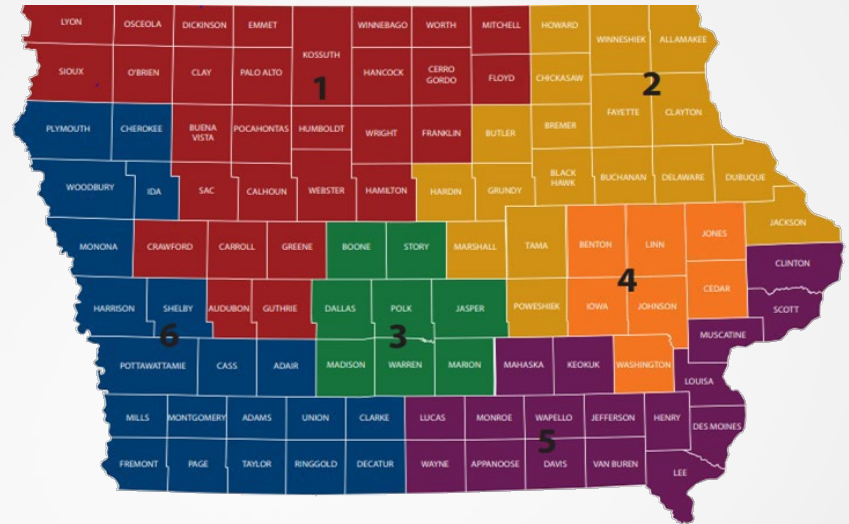
Agency on Aging

Choices Today • Options Tomorrow

What is an Area Agency on Aging?

Under the Older American Act, Iowa's Department on Aging has designated Elderbridge as one of the six Area Agencies on Aging to provide information and referrals to older adults, adults with disabilities, veterans and their caregivers.

Iowa Area Agencies on Aging Territories by County



Elderbridge 29 County Service Area



Elderbridge Mission

To advocate for and empower older adults, caregivers and individuals with disabilities to pursue independent healthy lives.

SUPPORTIVE SERVICES

- LifeLong Links provides you with information, counseling, and assistance with local home and community-based services to meet your immediate and future needs.
- Case Management provides long-term service coordination to help you continue living safely at home.

Benefits to Older Iowans

LifeLong Links provides unbiased, reliable information and counseling to a wide range of consumers – including older Iowans – to help them obtain long-term supports and services in the most desirable and appropriate setting available.

HEALTH, PREVENTION & WELLNESS

Health, prevention and wellness programs are critical to ensuring that older lowans are informed about and have access to services and evidence-based activities that can significantly improve their health, function and quality of life and reduce the need for more costly medical interventions.

- Congregate Meals are hot, nutritious meals served to you in a community setting.
- Home Delivered Meals are hot, nutritious meals served to you at home if unable to visit the congregate meal site.
- Falls Prevention Workshops teach you how to prevent falls and improve your overall health and well-being.

Benefits to Older lowans

Studies have found that the Older Americans Act Nutrition Program promotes good health, improves nutritional status and increases socialization among participants.

FAMILY CAREGIVER SUPPORT

- Caregiver Support Groups provide you with an opportunity to connect with other family caregivers.
- Training & Education provides information that will assist you in your caregiving role.
- Respite Care offers temporary, substitute supports for your care recipient in order to provide you with a break.

Benefits to Older Iowans

The Family Caregiver Program works to provide family caregivers with the resources they need to enhance and extend their ability to care for a loved one.

OLDER WORKER EMPLOYMENT PROGRAM

- Gain employment in the 29-county area.
- Vocational Assessments
- Job-Seeking Skills
- Orientation to a New Job
- Job Retention

Benefits of the Older Worker Employment Program to Older Iowans

People who work into the latter half of their 60s (or beyond) benefit from a number of things, including a more secure financial future, improved access to insurance options and increased socialization.

ELDER JUSTICE & ADULT PROTECTIVE SERVICES

- Elder Abuse Prevention & Awareness provides support to you if you are at-risk of or experiencing abuse, neglect, or financial exploitation.
- Legal Assistance can offer you legal advice, counseling, or representation on elder rights issues.

Benefits to Older Iowans

This program works to provide education and develop programs and policies that can prevent elder abuse in any of its forms, including physical abuse, emotional abuse, sexual abuse or exploitation, financial exploitation, denial of critical care and self-neglect.

IOWA RETURN TO COMMUNITY

Sometimes it's hard to return home from a hospital or nursing home stay. Elderbridge's Return to Community program can help you make a transition back home easier. Elderbridge can provide you a coach to advocate for and support your return home through coordination of services such as:

- Home-delivered meals
- Transportation to a congregate meal site to eat with others
- Make phone calls to ensure that medications are available to you
- Schedule doctor appointments and transportation
- Arrange for home cleaning, chore services, or personal care in your home
- Arrange installation of safety bars, a lifeline, ramps, and more
- Help you run errands, shop, attend doctor appointments with you or anything else necessary for you to return and stay safe in your home

IOWA RETURN TO COMMUNITY

Regular Visits: Your coach will check in on you within 2-5 days of your return back home and will contact you regularly for up to 90 days. They will see how you're feeling and if you have any concerns with your care plan.

- Resident of Iowa
- Must be 60 years old or older
- Live within 50 miles of Spencer
- Being discharged from hospital to the community or a long term care facility skilled rehab stay
- Have Medicare or Private Pay
- Not a recipient of Medicaid services

*There is no cost for a Return to Community program screen.

BENEFITS ENROLLMENT CENTER

The Center for Benefits Access focuses on connecting Medicare beneficiaries with limited incomes access to core benefits and much more:

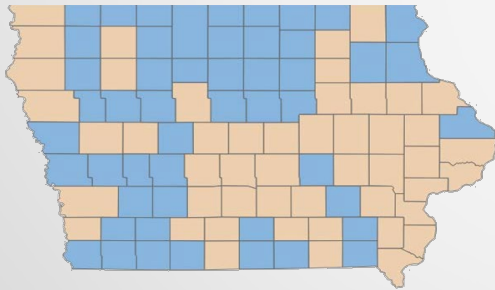
Core benefits for people with Medicare

- Medicare Part D Extra Help/Low-Income Subsidy
- Medicare Savings Program
- Medicaid
- Supplemental Nutrition Assistance Program (SNAP formerly Food Stamps)
- Low-Income Home Energy Assistance Program

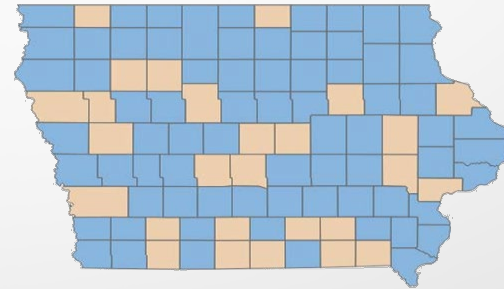
IOWA'S FUTURE

- There are currently over 750,000 baby boomers
- 70% of those 65 and over will need some form of long-term services and supports*
- By 2050, almost 20% of the population will be 65 and older

**(Administration on Aging)*

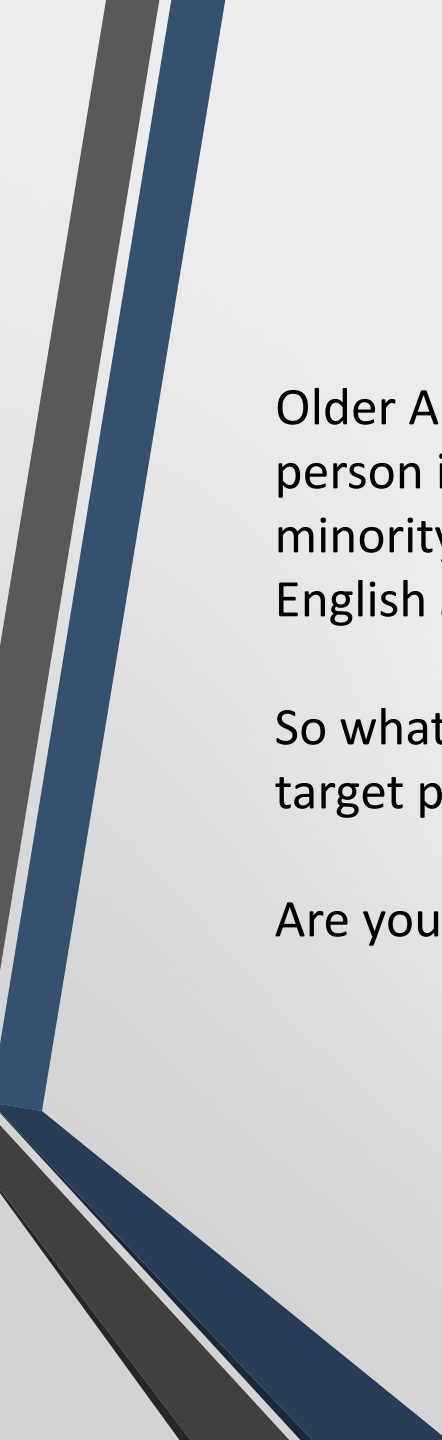


2016



2050

BLUE COUNTIES = almost 20% age 65 or older*



Older Americans Act funding is aimed at (but not limited to) person in greatest economic and social need, low income minority and rural persons, those with severe disabilities, limited English speaking, and those with Alzheimer's disease.

So what happens if you need assistance, but don't meet the target population or criteria of the OAA?

Are you willing or able to pay for services?

PRIVATE PAY FOR SERVICES

Elderbridge has a private pay plan that offers customized assistance and services to any adults ages 18 and above, regardless of disability or income level.

Services offered:

- Home Again Transitional Care
- Care Coordination
- Home Safety Assessment
- HomeMeds Assessment
- Health Care Visit Companion
- Errand Buddy
- Tai Chi for Arthritis
- Other Personalized Services

HOME AGAIN TRANSITIONAL CARE

- Evaluation of needs
- Identification of barriers
- Successful transition back home

HOMEMEDS

- HomeMeds is a software screening program
- Prescriptions, herbals and supplements are entered into the program
- Alerts are triggered by drug to drug interaction or multiple drug therapies
- Alert is sent to a consulting pharmacist
- Pharmacist brings significant problems to the attention of their physicians.
- Doctor makes necessary changes

CARE COORDINATION

- Assessment of needs
- A plan of action is developed
- Short term/long term coordination
- Referral
- Monitoring as needed

HEALTHCARE VISIT COMPANION

- Transportation and companionship to medical appointments
- Advocates for care
- Ensures understanding of prescribed treatment

*Billed only for time spent with consumer

HOME SAFETY ASSESSMENT

- Identify potential fall and safety hazards
- Recommendations made to address barriers and improve safety

ERRAND BUDDY

Transportation and companionship on errands such as:

- Shopping
- Hair salon appointment
- Banking
- Coffee or meal outings
- Family functions
- Airport drop off/pickup
- Gym or healthy living classes
- Other non medical engagements

*Billed only for time spent with consumer

CONTACT US TODAY!

- Call us 800.243.0678
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- Become a volunteer
- Contribute to Our Endowment
- Donate today to help further our mission
- Amazon Smiles (www.smile.amazon.com)
- Go to our website - www.elderbridge.org

