

## Connect with us

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800-243-0678

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

### In person

#### Sibley Area

612 8th Street | Sibley, IA 51249

#### Spencer Area

714 10th Ave, E, Ste 1 | Spencer, IA 51301

#### Mason City Area

1190 Briarstone Drive Ste 3 | Mason City, IA 50401

#### Fort Dodge Area

308 Central Ave | Fort Dodge, IA 50501

#### Carroll Area

603 N West Street | Carroll, IA 51401



It is our mission to empower older lowans,  
their caregivers and adults with disabilities  
to live healthy and independent lives

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Choices Today • Options Tomorrow

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## About us

### What we can do for you

Help you find the answers, resources, and assistance to live a healthy life.

### Who we serve

Older adults, caregivers, and adults with disabilities

### Who we are

Established in 1974, Elderbridge Agency on Aging is a nonprofit 501 (c)(3) organization, one of six area agencies on aging in Iowa, and part of a national network of area agencies on aging. Elderbridge services and activities are funded through a combination of Older Americans Act (federal) funding, state, local public funds, and personal financial participation.



We serve the following 29 counties in Northwest, North Central, and Central Iowa: Audubon, Buena Vista, Calhoun, Carroll, Clay, Cerro Gordo, Crawford, Dickinson, Emmet, Floyd, Franklin, Greene, Guthrie, Hamilton, Hancock, Humboldt, Kossuth, Lyon, Mitchell, Osceola, O'Brien, Palo Alto, Pocahontas, Sac, Sioux, Webster, Winnebago, Worth, and Wright.

## Services we provide

### 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.

### Health, Prevention & Wellness

- **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.

### Family Caregiver Support

- **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.

### 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.

## Older Worker Employment Program

Services provided by an Employment Specialist to assist older job seekers to gain employment in the 29-county area. Program Qualifiers include:

- Age 55 or older
- Have a disability that is a barrier to employment
- Be eligible for and active with Vocational Rehabilitation Services

Employment Specialist assists job candidates in the following ways:

- Vocational Assessments
- Job-Seeking Skills
- Orientation to a New Job
- Job Retention

## Services we fund through partnerships with local providers

Elderbridge is a leader in the aging network in Northwest, North Central, and Central Iowa. We work closely with many organizations throughout our 29-county area to find innovative ways to help older adults and adults with disabilities maintain their independence. If we cannot service these individuals, we will reach out to a community partner for assistance.

We provide funding to many of these partners so they may provide the following services:

- Medication management
- Health screenings
- Light housekeeping, eating assistance, meal preparation, dressing, or bathing
- Transportation to appointments or for shopping