

Connecting you with services.

It all starts with our accredited and knowledgeable **Information, Assistance, and Referral** staff. From your first call, they will empower you with information and connect you to appropriate services.

Options Counseling

Our LifeLong Links team is available to provide information, resources, and options for independent, safe, healthy living in the home setting of your choice.

Case Management

Case management services are available for ongoing care coordination to remain in your community or setting of choice. This program is available for individuals 60 and older in our service area.

Family Caregiver Program

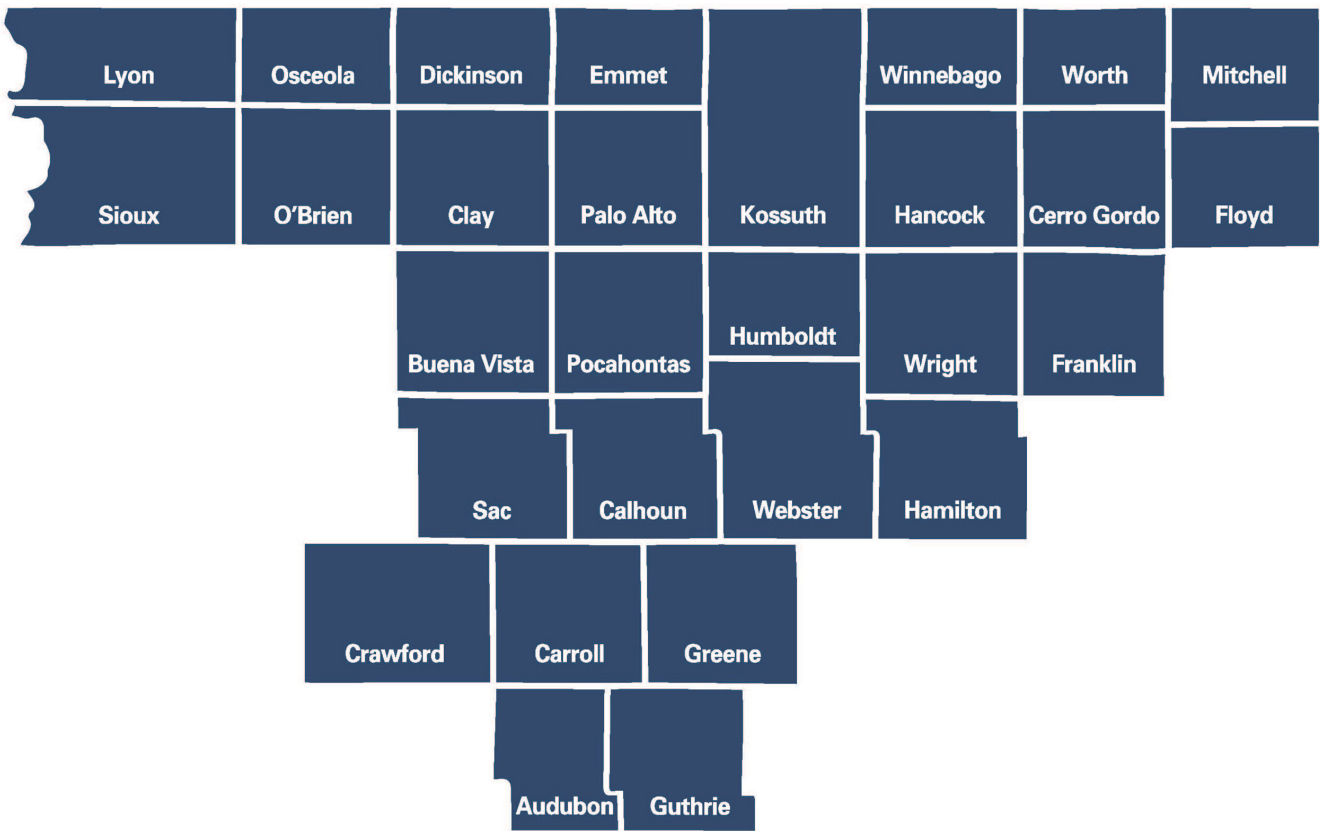
We offer an array of services, resources, referrals, and support for caregivers of older Iowans and for those individuals caring for grandchildren and other relatives. We are here to care for you while you care for them.

Elder Abuse Prevention and Awareness

Through our EAPA program, we strive to raise awareness of the problem of elder abuse in our 29 county service areas. Our Service Specialists work one-on-one with victims experiencing abuse or at the risk of abuse.

Our Vision:

To be innovative and responsive leaders in educating and providing relevant information and access to people-centered resources and services that promote and support the highest quality of life.



Iowa Return to Community

Our Transition Coaches are available in certain counties to assist individuals in the transition from a hospital or skilled care facility back to their home by providing support, and coordination of in-home services .

Benefits Counseling

Our knowledgeable staff can work with you to see if you may be eligible to reduce your Medicare costs.

Older Worker Employment Program

Our Employment Specialist works with job candidates to identify barriers and work towards job goals with adults 55 and older who have a verified disability and are working with Vocational Rehabilitation Services.

Healthy Living

Elderbridge offers a variety of programs to keep aging Iowans healthy and active. We offer congregate meals, home-delivered, frozen meals, shelf-stable meals, and many evidence-based programs designed to assist with balance, mobility, health, and nutrition.

Volunteer Opportunities

We offer several types of volunteer opportunities for all ages. Call to learn about how you can help Elderbridge achieve our mission.



Empowering you to age your way!



Providing information and
education
to help you age with
respect



Connecting you with
services to remain
independent



Checking for benefits you
may be entitled to



Enhancing health
with
nutrition services



Providing caregiver
support

Four Convenient Office Locations

Mason City
1190 Briarstone Drive, Ste.3
Mason City, IA 50401

Spencer
714 10th Avenue East, Ste.1
Spencer, IA 51301

Carroll
603 N West
Carroll, IA 51401

Fort Dodge
308 Central Ave.
Fort Dodge, IA 50501

www.elderbridge.org
800-243-0678



Our Mission:

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

Our mission is met through:

- Providing information and assistance to older Iowans, their families and caregivers
- Working one-on-one with individual clients
- Assessing current needs of older Iowans in our service area
- Developing plans to address service gaps
- Advocating for the needs of older Iowans



Elderbridge Agency on Aging
provides services without regard to
race, color, national origin, sex, age
or disability.