

**Four
Convenient
Office Locations**

Mason City

1190 Briarstone Drive
Suite 3
Mason City, IA 50401

Spencer

714 10th Avenue East
Suite 1
Spencer, IA 51301

Carroll

514 N. Court Street
Suite 1
Carroll, IA 51401

Fort Dodge

308 Central Avenue
Fort Dodge, IA 50501

**Elderbridge serves
the following counties:**

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

**www.elderbridge.org
800-243-0678**



elderbridge.org



Elderbridge
Agency on
Aging



@elderbridgea



@Elderbridge
Agency on Aging

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



Choices Today • Options Tomorrow



Our Mission:

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

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.



Aging and Disability Resource Center (ADRC)

Elderbridge Agency on Aging is part of Iowa's Aging and Disability Resource Network, called LifeLong Links, whose purpose is to provide a coordinated local system of information and access to serve as a central point of entry and to minimize confusion, enhance individual choice, and support informed decision making for older Iowans, individuals with disabilities, and people who are seeking long-term care services and supports.

Volunteer Opportunities

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

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.



Our mission is met through:

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

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 or neglect.

Benefits Counseling

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

- Medicare Part D Extra Help (or Low-Income Subsidy, LIS)
- Medicare Savings Program (MSP)
- Supplemental Nutrition Assistance Program (SNAP, formerly food stamps)
- Low-Income Home Energy Assistance Program (LIHEAP)
- Medicaid



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.

Family Caregiver

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.