

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.



Our Mission:

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

Connecting You With Services

It all starts with Elderbridge's accredited and knowledgeable Information, Assistance, and Referral team. From the first call, they provide trusted information, explore available options, and connect individuals with the services and resources that best meet their needs.

Family Caregiver

Elderbridge offers 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 the Elder Abuse Prevention and Awareness (EAPA) program, Elderbridge raises awareness about elder abuse. Elderbridge's Service Specialists work one-on-one with older adults experiencing, or at risk of, abuse, neglect, exploitation, or self-neglect. They provide support, education, advocacy, and connections to community resources to help older adults live safely and with dignity.



Volunteer Opportunities

Elderbridge offers volunteer opportunities for everyone. From working directly with older adults to providing behind-the-scenes office support, volunteers help make a difference in every community throughout Elderbridge's 29-county service area. Call to learn how to get involved.

Aging and Disability Resource Center (ADRC)

Elderbridge Agency on Aging is part of Iowa's Aging and Disability Resource Network, whose purpose is to make it easier for older adults and people with disabilities in Iowa to find the services and supports they need. We work with different partners to make sure people get the right help in a simple and easy way. This is part of the No Wrong Door Model, which means people can get help no matter where they start.



Our mission is met through:

- Providing information and assistance to older Iowans, their families and caregivers
- Working one-on-one with individuals 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

Options Counseling

Elderbridge's Aging Services team provides information, resources, and personalized guidance to help older Iowans explore options, connect with services, and remain safe, healthy, and independent in the home and community of their choice.

Case Management

Elderbridge provides ongoing care coordination to help individuals age 60 and older remain independent in their home or community setting of choice by connecting them with the services and supports they need.

Benefits Counseling

Elderbridge's knowledgeable staff help individuals determine whether they may be eligible for programs that reduce healthcare and living expenses, including:

- Medicare Part D Extra Help (Low-Income Subsidy/LIS)
- Medicare Savings Program (MSP)
- Supplemental Nutrition Assistance Program (SNAP)
- Medicaid



Healthy Aging

Elderbridge offers a variety of programs to help older Iowans stay healthy, active, and independent. Services include congregate meals, home-delivered meals, frozen meals, shelf-stable meals, and evidence-based programs that promote balance, mobility, health, and nutrition.