

Changes and Updates that YOU will Not Want to Miss!



September 2021



News & Updates



Important Change for SSI Recipients and Applicants

The Social Security Administration (SSA) recently changed their rules about how pandemic-related financial assistance can affect eligibility for Supplemental Security Income (SSI) or monthly SSI benefit amount for an individual. Due to the severity of the ongoing COVID-19 pandemic, SSA has decided they will not count most types of pandemic-related financial assistance against SSI eligibility or benefit amount. Read about the change [here](#).



Nutrition Services



Senior Food Insecurity Studies

Feeding America released its 2021 State of Senior Hunger Report that reflects data from the 2019 Current Population Survey. 5.2 million seniors (7.1%, or 1 in 14) were food insecure in 2019. There were no significant changes in food insecurity among seniors from 2018 to 2019 (5.3 million in 2018 vs. 5.2 million in 2019); however, seniors were still facing higher levels of food insecurity than before the Great Recession that started in December 2007. It is estimated that 20,965 older Iowans were food insecure in 2019.

To read the full article click [here](#).



Family Caregiver



Caregiver Stress in the Work Place

Roughly 41 million Americans are serving as a caregiver of an older adult. Many family caregivers, sometimes called informal or unpaid caregivers, are relatives, friends, and neighbors who provide ongoing assistance to adults aged 50 and older with health or functional needs.

One thing is abundantly clear—there *are* options. No one should have to choose between employment and caring for a loved one. Strengthening workplace supports for family caregivers is key to improving the health and well-being of our nation.

To read the full article click [here](#).



Disease Prevention/ Health Promotion

Persons Invited for a Mouth Care Study

Older adults with cognitive impairment and their family caregivers are invited to participate in an oral health study conducted by the University of Iowa, Department of Preventive and Community Dentistry to evaluate a personalized mouth care intervention for persons with dementia. Participants will receive oral hygiene assessment and education training visits in their homes. All visits will follow the College of Dentistry, CDC, American Dental Association, and University of Iowa guidelines for infection control.

Participants in this study will be compensated \$150 for completion of the study. Please call to enroll or for more information Mary Kelly, RDH, 319-467-0153 or email mary-kelly@uiowa.edu.



Falls Prevention



Age in Place in your Current Home with these Features

Older adults desire to age in their current home. But according to the U.S. Census Bureau, only 10.8% of homes in the western Midwest region have the three key features that make this easier. Those three features are:

- A step free entrance to the home (no steps up or down to get to the main level of the home).
- A bedroom and full bathroom on the first floor of the home.
- At least one bathroom accessible feature such as grab bars or a built in shower seat.

Steps and stairways are by far the most common problem areas in the home for older adults. A quarter of older households reported such difficulty. Sometimes, ramps and lifts are the right solution. Other times, reimagining the use of rooms can accomplish a better age-friendly design. Installing handrails, grab bars and built-in shower seats in the bathroom could help reduce risk for older adults and improve the safety of their home.

Read more about the current state of aging homes [here](#).



Senior Employment

**Considering
Updating Your
Resume? Check
out this article
first!**



Is Your Resume "age-proof"?

It is time to abandon the resume format style you used 10 years ago and adapt to a more modern traditional/standard format. The article "*Age Discrimination Worries? Resume Changes You Should Make*" will inform you of changes to make that will help your resume be "age-proof"! Check out the article [here](#).



Upcoming Events



Medicaid at Town Hall Meetings

Iowa Medicaid will hold regular virtual town hall meetings with providers and members to gather feedback on the current state of the program and how to improve. Iowa Medicaid also plans to use these town hall meetings to share information on current and future program projects and improvements.

Member Town Hall meetings are scheduled for:

- September 23, 2021
- October 28, 2021.

Meeting login information will be posted on the [Department's website](#).

Medicaid members interested in participating may [register online now](#).



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The mission of the Iowa Department on Aging is to develop a comprehensive, coordinated and cost-effective system of long-term living and community support services that helps older Iowans maintain health and independence in their homes and communities.