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**Continued service for Iowa's
elderly**

Continued Service for Iowa's Elderly



Photographs courtesy of Central Iowa Regional Association of Local Governments, CIRALG, agency on aging



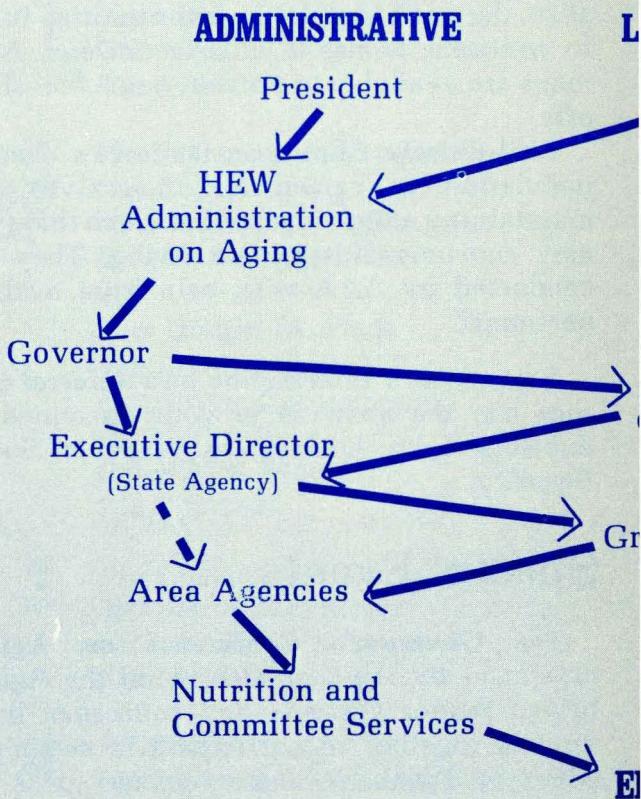
Iowa Commission on the Aging

The Commission . . .

The Iowa Commission on the Aging was created in 1965 by the Iowa Legislature to serve as an advocate for older Iowans. The Commission's focal point is the planning and implementation of programs to help Iowa's Senior Citizens maintain independent, active and meaningful lives.

Organization . . .

Funding for Iowa's Elderly programs begins at the federal level. This chart illustrates major inter-relationships at the federal, state, and area levels along administrative, legislative



The Commission assists with funding and technical assistance to local communities, counties, private agencies, and the 13 Area Agencies on Aging (AAA) in developing aging programs.

Following are descriptions of activities offered to Senior Citizens through the Commission on the Aging in co-ordination with other agencies.

and policy, and advisory channels.

Older Iowans are invited and encouraged to participate at all levels of this organization to insure the best possible programs for the elderly.

LEGISLATIVE

Congress

Legislature

Iowa
Commission
on the Aging

Area Agencies

ELDERLY

ADVISORY



Council on Aging

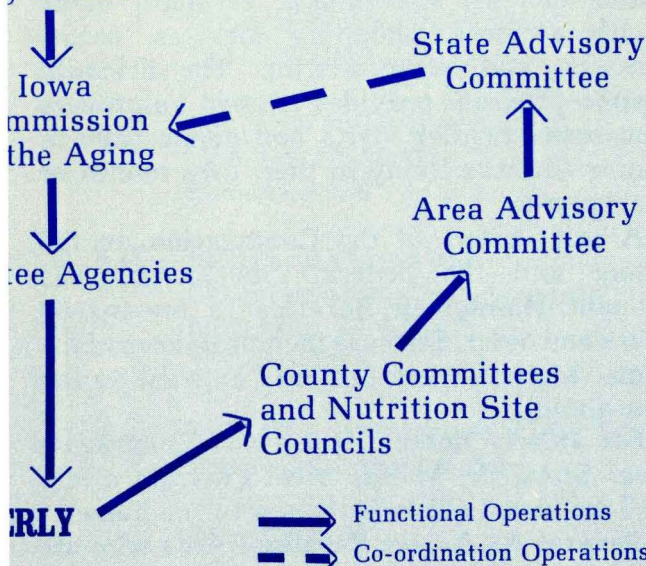
(Co-ordinates National Policy)

State Advisory
Committee

Area Advisory
Committee

County Committees
and Nutrition Site
Councils

 Functional Operations
 Co-ordination Operations



Programs . . .

Iowa's first four **Comprehensive Senior Centers**, supported by state funds, are located in Burlington, Davenport, Spencer, and Onawa. Health, social and educational services are provided along with facilities for recreational activities.

The Health Planner, in conjunction with the State Department of Health, co-ordinates the **Care Review Committees**. These committees act as consumer advocates on behalf of nursing home residents, resolving complaints and making recommendations for improved care and services. The committee acts as a liaison between the residents, the administrator, and the community.

The Commission on the Aging allocates funds for **Congregate Meal Sites** through the 13 AAA with input from the local level. Meal sites provide nutritious meals for the elderly and an opportunity to socialize.

In Home Services assist elderly persons living independently in a home environment. These include: homemaker services, home health services, shopping services, escort services, and letter writing. The **Friendly Visitor** program provides trained volunteers who make regular visits and phone calls to Senior Citizens living in their own homes or apartments.

A joint effort of the Commission on the Aging and the Federal Government has brought **Handyman Services** to Iowans 60 years and older. Services include upkeep of the home. Materials are the only expense to the household.

For elderly unable to come to Congregate Meal Sites, the **Mobile Meal Program** offers well-balanced meals delivered to the home.

Several AAA have **Paralegal Aids** who are trained to assist the elderly with minor legal

problems. The Legal Developer, located at the state office, works with the Area Agencies expanding legal services and developing more paralegal programs.

Retired Iowans Community Employment Program (RICEP) uses Older Worker Specialists to find employment for the elderly in Iowa. Supported by state funds, the 27 RICEP offices are located throughout the state at Job Service Employment Sites.

AAA offer various types of **Transportation** for the elderly. Some communities provide mini-buses and many offer a discount policy for the elderly person who rides the public bus system.

Weatherization Program helps low income elderly cope with the cost of heating a home. In 1976, the Iowa Legislature appropriated funds to winterize homes of elderly citizens. Also, loans are available to prevent home fuel shut-offs.

Well-Elderly Clinics assist Iowa's over-60 population in caring for themselves and maintaining a high level of health so that they may continue independent living. They are conducted by AAA with help from medical personnel.

Your AAA's **Information and Referral Service** has the answers to your questions on subjects from housing to taxes to Social Security.

Special Events . . .

The **Governor's Conference on Aging**, organized by the Commission on the Aging, brings Senior Citizens and concerned individuals together to participate in seminars, listen to speakers, and exchange ideas on aging.

Each year the Iowa Arts Council and the

Commission on the Aging sponsor a statewide **Older Iowan Arts Festival**. This brings artwork from throughout the state to Des Moines for display.

Thousands of Senior Citizens take advantage of reduced gate admissions at **Senior Citizen's Day at the Iowa State Fair**. Along with an information booth, the Commission on the Aging sponsors an Older Iowan Performing Arts Show and presents awards to the winners of the Older Iowan Writing Contest at the fair.

For more information about services for the elderly in your area, contact your Area Agency on Aging at the following address:

1 Area One Voc-Tech. School
Calmar, IA 52132
319-562-3263

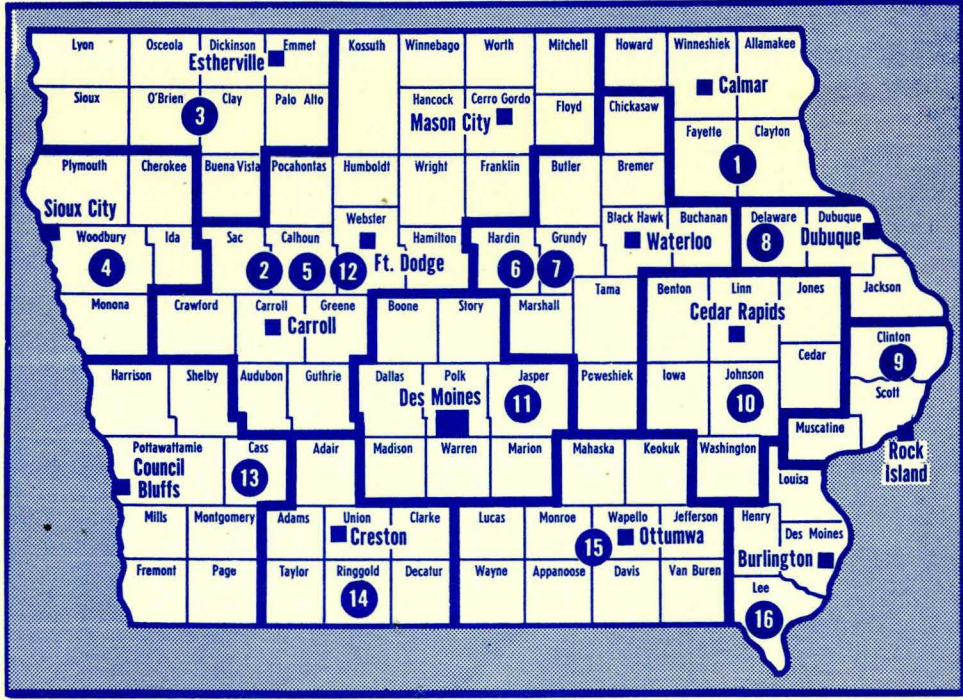
**2,5
12** North Central Iowa AAA
500 College Drive
Mason City, IA 50401
515-423-1264 Ext. 281
330 Avenue "M"
Fort Dodge, IA 50501
515-576-7201 Ext. 173
Council on Governments
527½ N. Adams
Carroll, IA 51401
712-792-3511

3 Iowa Lakes Community College
300 South 18th Street
Estherville, IA 51334
712-362-7258

4 SIMPCO
626 Insurance Exchange Building
Sioux City, IA 51102
712-279-6220

- 6,7** 210 East 5th Street, Box 2576
Waterloo, IA 50705
319-233-5214
- 8** Dubuque Building, Third Floor
Dubuque, IA 52001
319-556-5110
- 9** Bi-State Metro Planning Comm.
1504 Third Avenue
Rock Island, Illinois 61201
309-788-6338
- 10** Kirkwood Community College
6301 Kirkwood Blvd. SW
Cedar Rapids, IA 52406
Toll free: 1-800-332-5934
- 11** CIRALG, 104½ East Locust
Des Moines, IA 50309
515-244-3257
- 13** Iowa Western Community College
2700 College Road
Kanesville Center, Room 203
Council Bluffs, IA 51501
712-328-2540
- 14** 201 West Mills Street
Creston, IA 50801
515-782-4040
- 15** SEIDA, Building #17
Ottumwa Industrial Airport
Ottumwa, IA 52501
515-682-8741
- 16** Memorial Auditorium, Floor 3
Front and Jefferson Streets
Burlington, IA 52601
319-753-0194

Iowa Area Agencies on Aging



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