



## Empowering you to age safely and with confidence!



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

## Three Convenient Office Locations

### Council Bluffs

231 S Main St  
Council Bluffs, IA 51503  
712-328-2540

### Creston

109 North Elm St  
Creston IA 50801  
641-782-4040

### Sioux City

2301 Pierce St  
Sioux City, IA 51104  
712-279-6900

800-432-9209

[www.connectionsaaa.org](http://www.connectionsaaa.org)



## Our Mission is:

"To enhance the quality of life for elders in our service area through education, planning and coordination of services"



## Our mission is met through:

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



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



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

### Option Counseling

Our LifeLong Links team is available to provide information, resources and options for independence so that Iowans can age safely, healthfully and on their own terms in the setting of their choice.

### Case Management

Case management services are available for Iowans who need ongoing care coordination to remain in their 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 and referrals and supports 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 the awareness of the problem of Elder Abuse in our 20 county service area. Our Service Navigators work one on one with victims experiencing abuse or at the risk of abuse to remove the risk.

# Our Vision:

## To help you and your loved one age in place save resources and make informed decisions along the aging process

Plymouth	Cherokee			
Woodbury	Ida			
Monona				
Harrison	Shelby			
Pottawattamie	Cass	Adair		
Mills	Montgomery	Adams	Union	Clarke
Fremont	Page	Taylor	Ringgold	Decatur



The Connection to Resources for Older Iowans

1-800-432-9209

### Iowa Return to Community

Our Care Coaches are available in: Cass, Mills, Pottawattamie, and Woodbury Counties to assist people transitioning from a hospital or skilled care facility to home by offering support, guidance, care and advocacy as the coaches help them to return home successfully.

### Benefits Counseling

Our knowledgeable staff can work with you to see if you may be eligible to reduce your Medicare costs. For those in need of Medicare Counseling we sponsor the SHIIP Program in Council Bluffs and Sioux City.

### Older Worker Employment Program

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

### Healthy Living

Connections offers a variety of programs to keep aging Iowans healthy and active. We offer congregate meal options in 34 communities; home-delivered hot, frozen and shelf stable meals throughout our service area; and many evidence-based programs designed to assist with balance, chronic disease maintenance and health and nutrition.

### Volunteer Opportunities

We offer volunteer opportunities for the young and old including: Agency Governance through our Advisory Council or Policy Board, Meals on Wheels Delivery, Insurance Counseling and opportunities through our Retired and Senior Volunteer Program in Pottawattamie and Mills Counties.