



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 to which you may be entitled



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



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, gender, age, disability or sexual orientation.



Connecting You with Services for Independence

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

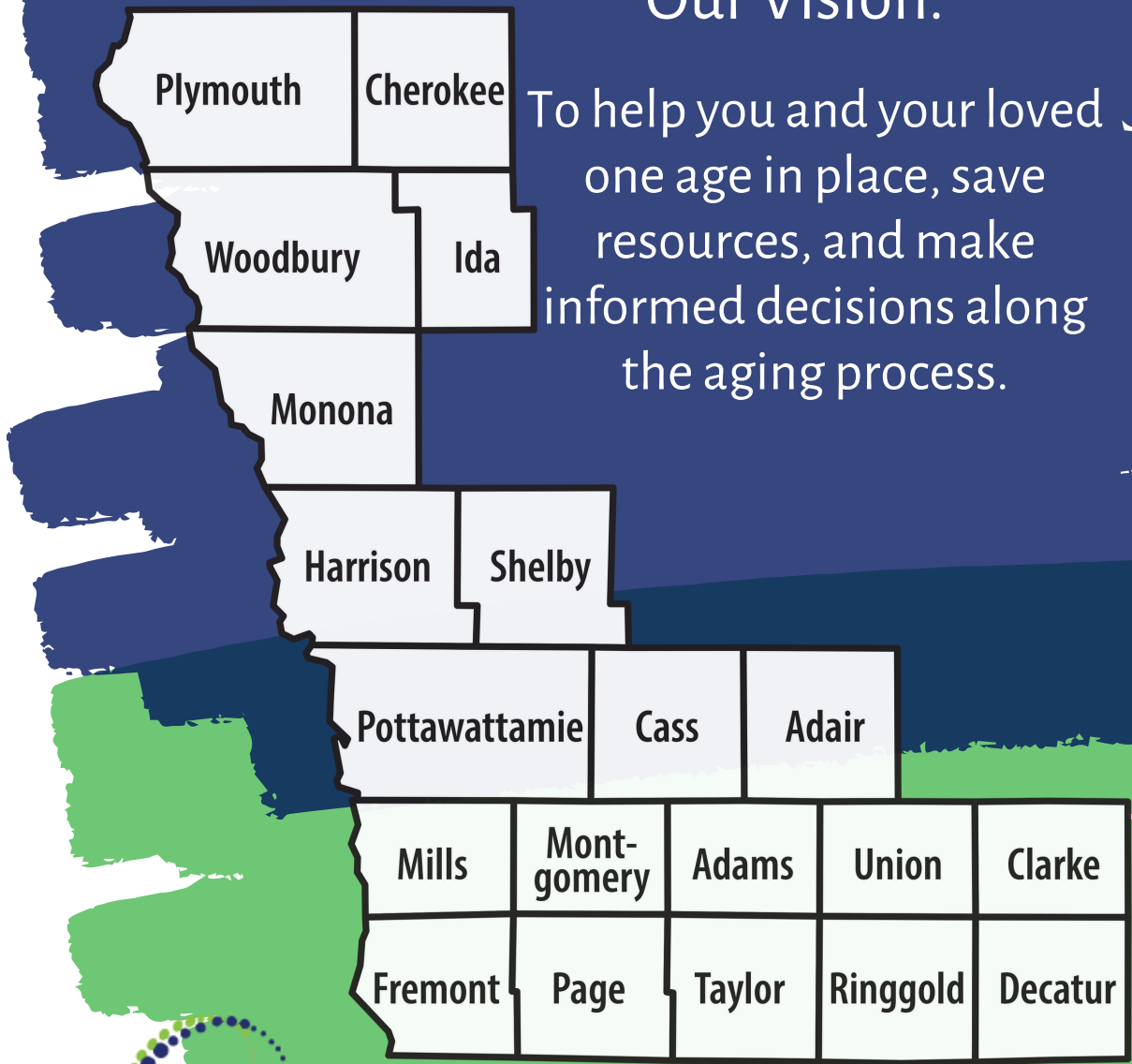
We offer an array of services, resources and referrals and supports for caregivers of older Iowans and for those individuals caring for grandchildren and other relatives. We are here to care for you while you care for them.

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 older adults experiencing or are at risk of abuse or neglect to reduce the risk

Our Vision:

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



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 for assistance programs to reduce your costs. For those in need of Medicare counseling we sponsor the SHIP Program in Council Bluffs, Harlan, and Sioux City.

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.

Evidence Based Health Promotion

The agency offers a variety of Evidence based programs to promote health and wellbeing such as Tai Chi, Matter of Balance, Bingocize and programs to support caregivers.

Volunteer Opportunities

We offer a variety of volunteer opportunities across our service area. From board governance to delivering home delivered meals to teaching technology classes for older Iowans. Call us for more information on opportunities near you.



The Connection to Resources for Older Iowans

1-800-432-9209

www.connectionsaaa.org