



OLDER ADULTS RESOURCES 2025

Specific hours and availability may be subject to change. Call before seeking services.

Name & Location	Phone Number	Days/Hours	Services Provided
CHORE SERVICES, HOME CARE AIDE & RESPITE SERVICES			
Abbehealth Aging Services 1725 O Ave NW Cedar Rapids, IA 52405	319-398-3647	M,Tu,W,Th,F 8:00 AM - 4:30 PM	Provides a continuum of services to assist older adults in remaining in their home including: healthy aging programs, home accessibility and repair projects, respite, transportation for medical appointments and essential errands, adult day health services, day habilitation services, volunteer services and community education and outreach. Private pay service available to assist in determining needed services and recommend appropriate service providers in the area. www.unitypoint.org
All Heart Home Health 4403 1st Ave SE Cedar Rapids, IA 52402	319-241-7560	Services provided 24/7 based on appointments, Call for assistance M,Tu,W,Th,F 8:30 AM - 5:00 PM	Providing homemaker, personal care assistance, skilled nursing, companion and respite care services. Private pay only. www.allheartstaffing.com or allhearthome.com . Office hrs. are 8:30 - 5:00 Monday - Friday. Phone is answered 24/7

For more information regarding community resources, contact United Way 2-1-1 on a landline telephone at 2-1-1, by cell phone at 319-739-4211, or 1-866-469-2211. 211 now has an app that can be downloaded by searching "211 Iowa" on either Apple App store or Google Play. For more information you can visit www.211iowa.org/211app. To obtain a copy of the Resource Charts, go to www.linncountyiowa.gov/communityservices or contact Linn County Community Services at 319-892-5600. For questions about the Resource Charts, contact Linn County Coummunity Services at 319-892-5600.



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Name & Location	Phone Number	Days/Hours	Services Provided
Bright Star Care 4080 1st Ave NE Unit 103 Cedar Rapids, IA 52402	319-363-2721	Emergency line: 24/7 M,Tu,W,Th,F 8:30 AM - 4:30 PM	Providing homemaker services, transportation services, personal care assistance, companion, respite care and other medical care services. We take Long Term Care Insurance, VA benefits, CDAC services within the Elderly and Brain Injury Waivers. RN on staff. www.brightstarcare.com/Cedar-Rapids-Iowa-City
CarePro Health Services 402 5th Ave SE Cedar Rapids, IA 52403	319-298-0953	Services provided 24/7 based on call service M,Tu,W,Th,F 8:30 AM - 5:00 PM	Durable medical equipment; includes oxygen, PAP Therapy, nebulizers, walkers, wheel chairs, hospital beds, lift chairs, and more www.careprohs.com
CarePro Home Infusion 402 10th St SE Cedar Rapids, IA 52403	319-363-1284	Services provided 24/7 based on call service M,Tu,W,Th,F 8:00 AM - 5:15 PM	Provides care outside the hospital to patients who have acute and chronic conditions. Combines a high quality home infusion with specialty pharmacy services, to manage a range of complex conditions in the patient's home, physician's office, skilled nursing facility or at the patient's ambulatory treatment centers. Therapy is supported by their team of specialized nurses and pharmacists. www.careprohs.com
CenterWell Home Health 1305 Boyson Loop Ste B Hiawatha, IA 52233	319-393-4742	Services provided 24/7 based on appointments M,Tu,W,Th,F 8:00 AM - 5:00 PM	Provides home health aide, nursing care, physical therapy, occupational therapy, social work and speech therapy. Does not accept private pay. CenterWellhomehealth.com https://www.centerwellhomehealth.com/



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Name & Location	Phone Number	Days/Hours	Services Provided
Comfort Care Medicare Inc. 4015 Glass Rd NE Cedar Rapids, IA 52402	319-294-3527	Services provided 24/7 based on appointments M,Tu,W,Th,F 8:30 AM - 4:30 PM	Provides services such as bath and shower assistance, light housekeeping, laundry, meal prep, errands, as well as skilled needs such as physical therapy, rehabilitation, and IV therapy. www.comfortcareia.com
Home Instead Senior Care 373 Collins Rd NE Cedar Rapids, IA 52402	319-247-0400	After hours 24-hour emergency line M,Tu,W,Th,F 8:00 AM - 4:00 PM	Provides temporary relief of caregiving and provides assistance in meal preparation, companionship, medication reminders, respite care, transportation, light housekeeping and personal care. Overnight and 24-hour care available. Hourly rates available. Covering Linn and Benton Counties. www.homeinstead.com/468
Homecare Hub of Iowa, LLC 2973 100th St. Suite 8 Urbandale, IA 50322	515-461-9858	We provide care 24/7 M,Tu,W,Th,F,Sa,Su	Proudly serves all 99 counties in Iowa Across Every Corner of Iowa - Your Home is Our Priority. Homecare Hub proudly extends its understanding and support to every nook and cranny of Iowa. Whether you're in a bustling town or a quiet neighborhood, our care reaches you, making sure you feel at home. Why Families Choose Homecare Hub: Care Plans Tailored to Your Loved One: We know every family is different, and so are their



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needs. Our care plans are as unique as your loved one, ensuring they receive personalized attention and care that resonates with them.

Companionship That Goes Beyond Care: It's not just about meeting medical needs; it's about building relationships. Our caregivers are here to provide not just assistance but true companionship, understanding the value of a friendly face and a listening ear.

Expertise with a Gentle Touch: Homecare should feel like a helping hand, not a clinical encounter. Our skilled professionals bring expertise to your doorstep, offering specialized services with a gentle touch—because your loved one's well-being is our priority.

Care Services Offered:

- Meal Preparation
- Medication Reminders
- Mobility Assistance
- Oral Hygiene
- Companionship/Socialization/Emotional Support
- Toileting
- Transportation
- Incontinence Care
- Personal Care



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			Alzheimer's/Dementia Bathing/Dressing Companionship Accompany to Doctor's Appointments Errands/Shopping Assistance with Eating Housekeeping Laundry Assistance with Light Exercise https://myhomecarehub.com/
Homewatch Caregivers 3037 Center Point Rd NE Cedar Rapids, IA 52402	319-364-2823	Services provided 24/7 M,Tu,W,Th,F 8:00 AM - 4:30 PM	Provides temporary relief of the care giving and provides assistance in meal preparation, companionship, medication reminders, errand transportation, light housekeeping and personal care. Hourly rates available. www.homewatchcaregivers.com
Linn County Home Health 1240 26th Ave Ct. SW Cedar Rapids, IA 52404	319-892-5780	M,Tu,W,Th,F 8:00 AM - 5:00 PM	Provides services including personal care, light housekeeping, grocery shopping and laundry to help older adults and persons with disabilities remain in their own home. Services provided on a sliding fee scale or through Medicaid Elderly Waiver or Medicaid Health & Disability Waiver.



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Name & Location	Phone Number	Days/Hours	Services Provided
Mercy Home Care 2740 1st Ave NE Cedar Rapids, IA 52402	319-398-6034	Nurse on-call 24/7 M,Tu,W,Th,F 8:00 AM - 4:30 PM	Mercy Home Care Services assists in the transition from the hospital to the patient's home and communicates with the patient's physician about progress. Helps frail, ill or disabled persons be self-sufficient. Provides in-home rehabilitation services. www.mercycare.org/services/home-care/
Recover Health 700 1st Ave NE Cedar Rapids, IA 52401	319-373-6294	Services provided 24/7 based on appointments M,Tu,W,Th,F 8:00 AM - 5:00 PM	A licensed Medicare-certified home health agency. Provides the following services: Skilled Nursing Services, Mental Health Services, Personal Care Services, Homemaker Services, and Companion Services. Provides complex hourly skilled home services, home infusions, occupation, physical and speech therapy www.recoverhealth.org
Right at Home 2616 1st Ave NE Cedar Rapids, IA 52402	319-826-6608	On-call 24 hours/day M,Tu,W,Th,F 8:00 AM - 5:00 PM	Housekeeping, meal preparation, medication reminders, transportation, laundry, bathing and dressing assistance, safe transfers and ambulation, toileting and incontinence management, dementia and cognitive support services, companionship, respite, VA provider, 24-hour care, Skilled Nursing, PT and OT. https://www.rightathome.net/cedar-rapids?utm_source=google&utm_medium=local&utm_campaign=localmaps&utm_content=1420



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Name & Location	Phone Number	Days/Hours	Services Provided
SYNERGY HomeCare of Cedar Rapids 1239 1st Ave SE Cedar Rapids, IA 52402	319-775-2920	Call for assistance Services provided 24/7	Provide both short-term and long-term care assistance. Provide companionship, light housekeeping, meal planning and preparation, running errands, technology assistance, medication reminder & pickup, personal care, and more. Provide services in the home, hospital, long-term care facilities, and other places of residence. http://www.synergyhomecare.com/agencies/ia/cedar-rapids/ia01/
Therapy Solutions 209 29th St NE Cedar Rapids, IA 52401	319-861-3322	Services provided 24/7 based on appointments M,Tu,W,Th,F 8:00 AM - 5:00 PM	Provides Homemaker, Personal Care Assistance, Skilled Nursing, Respite in Home, Assisted Transportation, bath aids, Friendly Visiting in the home, therapy, OT, PT and speech. www.therapysolutionscr.com
To the Rescue 139 40th St NE Cedar Rapids, IA 52402	319-826-6068	M,Tu,W,Th,F 8:00 AM - 4:30 PM	Comprehensive life services including: residential housing and host homes, day programming, daily and hourly supportive community living, employment services, non-emergency transportation, certified home health care, healthy living products, commercial and residential cleaning, and new construction and remodeling. https://totherescue.net www.totherescue.net



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Name & Location	Phone Number	Days/Hours	Services Provided
UnityPoint At Home - Home Care 290 Blairsferry Rd NE Ste. 300 Cedar Rapids, IA 52402	319-369-7990	M,Tu,W,Th,F 8:00 AM - 4:30 PM	A comprehensive home care service providing nursing care, physical therapy, occupational therapy, speech therapy, personal care and medical social services. Certified by Medicare, and is a Medicare and Medicaid provider. www.unitypoint.org/homecare
CHORE SERVICES, HOME CARE AIDE, & RESPITE SERVICES			
PhysMed Home Health Care 1130 S Scott Blvd Iowa City, IA 52240	319-338-0079	On call hours 24/7 M,Tu,W,Th,F 8:30 AM - 5:00 PM	Hospice respite care services, 24/7 nursing services. All insurances accepted, no co-pays.
CONGREGATE MEALS, HOME DELIVERED MEALS & FOOD ASSISTANCE			
Central City Senior Dining/Falcon Civic Center 137 4th St North Central City, IA 52214	319-438-6691	M,Tu,W,Th,F	Provides a hot nutritious meal to seniors. Reservations required 24 hours in advance. Provides other senior activities. Congregate and home delivered.
Ely Community Center 1570 Rowley St. Ely, IA 52227	319-848-4140	Tu,F	Nutritious meals and socializing for seniors. Congregate and home delivered.



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Name & Location	Phone Number	Days/Hours	Services Provided
Encore Café - Lowe Park 4500 N 10th St Marion, IA 52302	319-398-2585	W,Th 11:30 AM - 12:30 PM	Encore offers an innovative congregate dining experience for ages 60 and older. Catered by Marion Hy-Vee, it offers a choice of two daily entrees, with salad bar and beverage. Monthly speakers present on topics relevant to seniors. A \$5 suggested voluntary contribution for program participants 60 and over; \$10 meal charge for attendees under 60. Reservations are requested in advance by 1:00 pm the day before the meal, by calling 319-398-2585.
Encore Café - Marion Public Library 1101 6th Ave. Marion, IA 52302	319-398-2585	F 11:30 AM - 12:30 PM	Encore offers an innovative congregate dining experience for ages 60 and older. Catered by Marion Hy-Vee, it offers a choice of two daily entrees, with salad bar and beverage. Monthly speakers present on topics relevant to seniors. A \$5 suggested voluntary contribution for program participants 60 and over; \$10 meal charge for attendees under 60. Reservations are requested in advance by 1:00 pm the day before the meal, by calling 319-398-2585.



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Name & Location	Phone Number	Days/Hours	Services Provided
Encore Café - St. Marks United Methodist Church 4700 Johnson Ave NW Cedar Rapids, IA 52405	319-398-2585	Tu 11:30 AM - 12:30 PM	Encore offers an innovative congregational dining experience for ages 60 and older. Catered by Marion Hy-Vee, it offers a choice of two daily entrees, with salad bar and beverage. Monthly speakers present on topics relevant to seniors. A \$5 suggested voluntary contribution for program participants 60 and over; \$10 meal charge for attendees under 60. Reservations are requested in advance by 1:00 pm the day before the meal, by calling 319-398-2585.
Heritage Area Agency on Aging 6301 Kirkwood Blvd SW Cedar Rapids, IA 52404	319-398-5559 800-332-5934	M,Tu,W,Th,F 8:00 AM - 5:00 PM	Heritage funds and provides oversight to more than 15 meal sites in our seven county region. Call for nearest location. Nutritious senior dining and home delivered meals, and socialization for persons 60+ years and their spouses. Hot home delivered meals to homebound persons. Elderly Waiver meals provided for those who qualify. Contribution based for those 60+ years. Those under 60 pay full cost of meal. Prices may vary per location. Senior Farmer's Market Nutrition Program for Linn County eligible seniors available from June 1-August 1. www.heritageaaa.org
Horizons Brownstone Lunch Club 819 5th St SE Cedar Rapids, IA 52403	319-398-3574	M,Tu,W,Th,F	Senior dining. Hot nutritious meals for seniors. Reservations required in advance.



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Name & Location	Phone Number	Days/Hours	Services Provided
Horizons Meals on Wheels 819 5th St SE Cedar Rapids, IA 52401	319-398-3574	Home Delivered Meals only 7 days a week M,Tu,W,Th,F 8:00 AM - 5:00 PM	Hot noon meals, frozen meals, breakfast bags, and liquid supplements delivered to homes 7 days a week. Customized nutritional plans, freezable/microwavable containers and reliable delivery. Contribution-based for seniors age 60+. www.horizonsfamily.org
Mom's Meals 3210 SE Corporate Woods Dr Ankeny, IA 50021	866-204-6111	M,Tu,W,Th,F 8:00 AM - 6:00 PM	Provides a large choice of fresh, never frozen home delivered meals for persons through the Elderly Waiver, Ill & Handicapped Waiver and the AIDS/HIV Waiver. Menu includes culturally diverse meals and diabetic friendly meals. (Per meal cost charged.) www.momsmeals.com



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Name & Location	Phone Number	Days/Hours	Services Provided
Sister's Home Style Entrees 1303 22nd St N. Humboldt, IA 50548	515-332-1928	M,Tu,W,Th,F 9:00 AM - 5:00 PM	We prepare, package, and ship FROZEN, ready to heat and eat meals directly to a customer's doorstep. Clients have their choice of 20 different meals and the menu changes every 3 months. No preparation is required for our meals! Our fully cooked meals can go right from freezer to microwave or oven and you have a fresh, nutritious meal to enjoy! Anyone can order our meals, but Sister's Home Style Entrees are also covered by Medicaid waivers for approved elderly, low-income and disabled. Our convenient meals also make a great gift for anyone, especially those coming home from hospital. There is no one our meals can't help! Call for more information or order online. https://sistersentrees.com/
Southeast Linn Community Center 108 S. Washington St PO Box 511 Lisbon, IA 52253	319-455-2844	M,Tu,W,F 9:00 AM - 4:00 PM Th 9:00 AM - 7:00 PM	Choice food pantry. Clothing Closet. Senior Transportation, dining & meal delivery for older adults in Lisbon and Mount Vernon. www.selinn.org
DAY HEALTH SERVICES			



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Name & Location	Phone Number	Days/Hours	Services Provided
Milestones Adult Day Health Center 1725 O Ave NW Cedar Rapids, IA 52405	319-398-3647	M,Tu,W,Th,F 7:00 AM - 4:30 PM	Day services for anyone over 18 who is physically or mentally challenged and may require supervision, increased social opportunities, nursing care, assistance with personal cares (bathing, hair care, nail care) nutrition and special diets or other daily living activities. Sliding fee schedule. Waiver provider. www.abbehealth.org
Milestones In Marion 1080 Cardinal Dr Marion, IA 52302	319-373-3494	M,Tu,W,Th,F 7:00 AM - 5:00 PM	Adult Day Health Centers provide services for individuals age 18 and older with mental and physical challenges who may benefit from support, supervision, and structure. Available services include social services, skilled nursing, meals, specialized programming to meet individual needs and assistance with personal cares. VA, Waiver and other funding options available. www.abbehealth.org/
FINANCIAL ASSISTANCE			
Cedar Rapids Water Department 1111 Shaver Rd NE Cedar Rapids, IA 52402	319-286-5900	M,Tu,W,Th,F 7:30 AM - 5:30 PM	Reduced water rates for persons over 62 or totally disabled and living in a single residence (no apartments or duplexes). Total household income \$21,000 or under. Application must be notarized. Notary publics onsite that can help to complete the request form. www.cedar-rapids.org/water



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Name & Location	Phone Number	Days/Hours	Services Provided
HACAP 1515 Hawkeye Dr Hiawatha, IA 52233	319-393-7811	M,Tu,W,Th,F 8:00 AM - 5:00 PM	The Weatherization Assistance Program is a federal grant program established to reduce long-term heating and cooling costs for low-income persons, particularly the elderly, disabled, and children, by improving the energy efficiency of their homes. Improved housing stocks, which maintain low utility costs, directly promote sustained self-sufficiency for participants. (LIHEAP) www.hacap.org
Iowa Department of Human Services 411 3rd St SE Cedar Rapids, IA 52403	319-892-6700 319-892-6800 Adult Services	Walk-ins: 2:30 PM - 3:30 PM M,Tu,W,Th,F 8:00 AM - 3:30 PM	Processes applications for Elderly Waiver, food stamps, Medicaid, med-needy, and In-Home Health. Eligibility determined on basis of income and resources. Several programs pay for inhome services.



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Name & Location	Phone Number	Days/Hours	Services Provided
Linn County Veteran Affairs 1240 26th Ave Ct. SW Cedar Rapids, IA 52404	319-892-5160	Call for Appointment M,Tu,W,Th,F 7:30 AM - 4:00 PM	Provides Aid and Attendance Special Pension. This is a "pension benefit" and is not dependent upon service-related injuries for compensation. Aid and Attendance is a Special Pension for the veteran and the deceased veteran's widow or widower to pay for care in the home or Nursing Care. Eligibility is based on the veteran having served 90 consecutive days of active military services with at least 1 day during a wartime period. Must have been an honorable discharge. Determination is based on income and assets. For specific information please call. http://linncounty.org/154/Veteran-Affairs
National Council on Aging 251 18th Street South Ste 500 Arlington, VA 22202	571-527-3900 800-373-4906 888-256-3779	Eastern Time Zoe Benefits Check up available online 24/7 M,Tu,W,Th,F 9:00 AM - 5:00 PM	Millions of older Americans are eligible for, but not receiving benefits from existing federal, state and local programs. Ranging from heating and energy assistance to prescription savings programs to income supplements, there are many public programs available to seniors in need if they only knew about them and how to apply for them. Developed and maintained by The National Council on Aging (NCOA), BenefitsCheckUp is the nation's most comprehensive Web-based service to screen for benefits programs for seniors with limited income and resources. www.ncoa.org www.benefitscheckup.org



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Name & Location	Phone Number	Days/Hours	Services Provided
Social Security Office 3165 Williams Blvd SW Cedar Rapids, IA 52404	800-325-0778 TTY 866-495-0088 Local	M,Tu,W,Th,F 9:00 AM - 4:00 PM	Assists with inquiries on Social Security checks and benefits. Medicare and Supplemental Income (SSI) SSI benefits assist by providing monthly checks so anyone 65+ or blind or disabled can have a basic income of \$710 per month. A couple may receive \$1,066. Eligibility based on resources. www.ssa.gov
Telecommunications Access Iowa 6925 Hickman Rd Des Moines, IA 50322	515-282-5099 800-606-5099	M,Tu,W,Th,F 8:00 AM - 5:00 PM	A program of the Iowa Utilities Board administered by Deaf Services Unlimited, Inc. provides assistance to seniors in selecting telephone equipment. Qualified individuals may receive a voucher for 95% off the average cost of standard telephone equipment. Household income guidelines apply. Not a low-income program. One person in household must make less than \$46,000. www.relayiowa.com/tai
HEALTH & COUNSELING			
Cedar Rapids Vision in Motion 3235 Williams Parkway SW Cedar Rapids, IA 52404	319-364-2311	M,W,F 9:00 AM - 5:00 PM Tu,Th 9:00 AM - 7:00 PM	Specializing in vision rehabilitation services, Cedar Rapids Vision In Motion offers a variety of vision assistive devices for sale as well as low vision occupational therapy and optometry services-all designed to help the low vision patient live the best life possible. www.crvim.com



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Name & Location	Phone Number	Days/Hours	Services Provided
<p>Family Caregivers Center of Mercy-DeWolf Innovation Center Location 9000 C Ave NE Cedar Rapids, IA 52402</p>	<p>319-221-8866</p>	<p>M,Tu,W,Th,F 8:00 AM - 4:30 PM</p>	<p>The Family Caregivers Center of Mercy is a no cost resource for family members caring for adults living with chronic conditions like dementia, Parkinson's, diabetes, arthritis, heart conditions, cancer, etc. The Center offers support, education, and connection to resources through 1-on-1 meetings, support groups and educational sessions. The goal is to reduce the stress of the family caregiver, provide them support and connect them with existing community services. The Family Caregivers Center is open to all family caregivers regardless of where they receive their medical care.</p> <p>https://www.mercycare.org/services/family-caregivers-center/</p>



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Name & Location	Phone Number	Days/Hours	Services Provided
Family Caregivers Center of Mercy-Downtown Location 901 8th Ave SE Cedar Rapids, IA 52401	319-221-8866	M,Tu,W,Th,F 8:00 AM - 4:30 PM	<p>The Family Caregivers Center of Mercy is a no cost resource for family members caring for adults living with chronic conditions like dementia, Parkinson's, diabetes, arthritis, heart conditions, cancer, etc. The Center offers support, education, and connection to resources through 1-on-1 meetings, support groups and educational sessions. The goal is to reduce the stress of the family caregiver, provide them support and connect them with existing community services. The Family Caregivers Center is open to all family caregivers regardless of where they receive their medical care.</p> <p>https://www.mercycare.org/services/family-caregivers-center/</p>
Iowa Department for the Blind 524 4th St Des Moines, IA 50309	515-281-1333 800-362-2587	M,Tu,W,Th,F 8:00 AM - 4:30 PM	<p>Programs include independent living for 55+. We have Vocational Rehabilitation that assists with job placement. Free library service available which includes audio, large print, and braille books. Non-visual technique training available. Contact Intake Specialist Marcella Edmunds at 515-901-8621.</p> <p>Http://blind.iowa.gov</p>



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Memory Disorders Clinic 701 10th St SE Cedar Rapids, IA 52403	319-398-6435	Physician's referral required Call for appointment M,Tu,W,Th,F 7:30 AM - 4:00 PM	Evaluates and treats persons exhibiting signs of dementia, Alzheimer's disease, and other degenerative brain disorders. Following the evaluation, a conference is held with the patient, family members, clinic team and other referral sources as appropriate. Support group meets on the 4th Tuesday of each month. www.mercycare.org/services/neurologyneurosurgery/memory-disorders/
Senior Health Insurance Information Program - SHIIP 601 Locust St Des Moines, IA 50309	800-351-4664 800-735-2942 TTY	M,Tu,W,Th,F 8:00 AM - 5:00 PM	Assists seniors who have questions on Medicare, Medicare supplement insurance, Medicare Part D, long-term care insurance, and other health insurance issues. https://shiip.iowa.gov/
UnityPoint at Home - Home Medical Equipment 298 Blairs Ferry Rd NE Cedar Rapids, IA 52402	319-369-8686	Tech on-call 24/7 M,Tu,W,Th,F 8:00 AM - 5:00 PM	Provides durable medical equipment, including CPAP and BiPAP machines, oxygen, hospital beds, orthotics, nebulizers, ostomy supplies, mobility equipment, and wound supplies. https://www.unitypoint.org/cedarrapids/home-medical-equipment.aspx
UnityPoint at Home Lifeline 717 A Ave NE Ste 200 Cedar Rapids, IA 52401	319-369-7065	M,Tu,W,Th,F 8:00 AM - 4:30 PM	Provides personal emergency response systems. Landline, wireless and mobile devices are available. Also offers automatic fall detection buttons. https://www.unitypoint.org/cedarrapids/lifeline.aspx



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Name & Location	Phone Number	Days/Hours	Services Provided
INFORMATION, REFERRAL, ASSISTANCE, & CASE MANAGEMENT			
Abbehealth Aging Services 1725 O Ave NW Cedar Rapids, IA 52405	319-398-3647	M,Tu,W,Th,F 8:00 AM - 4:30 PM	Provides a continuum of services to assist older adults in remaining in their home including: Healthy aging programs, home accessibility and repair projects, respite, transportation for medical appointments and essential errands, adult day health services, day habilitation services, volunteer services and community education and outreach. Private pay service available to assist in determining needed services and recommend appropriate service providers in the area. www.unitypoint.org
Heritage Area Agency on Aging: Aging & Disability Resource Center 6301 Kirkwood Blvd SW Cedar Rapids, IA 52404	319-398-5559 800-332-5934	M,Tu,W,Th,F 8:00 AM - 5:00 PM	Heritage Area Agency on Aging helps support independent living for older adults and adults with disabilities. Heritage is an Aging and Disability Resource Center that provides information and referral, options counseling for long-term care support, and family caregiver support. Additional services that Heritage offers include, adult protective services, older worker employment program, older adult nutrition programs, elder abuse intervention and case management. www.heritageaaa.org



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Name & Location	Phone Number	Days/Hours	Services Provided
Iowa Department of Health and Human Services-Linn County - State Elderly Waiver Program 1240 26th Avenue Court SW Cedar Rapids, IA 52404	319-892-6700	M,Tu,W,Th,F 8:00 AM - 4:30 PM	Processes applications for Title 19 Medicaid Home Community Based Elderly Waiver, food assistance, In-Home Health Care, Medically Needy, Title 19 Medicaid Insurance and other services. Eligibility based on income/resources. www.dhs.iowa.gov/
Senior Guidance	888-595-9101	24/7	Senior Guidance provides comprehensive resources on various senior living options, including: assisted living facilities, senior living communities, nursing homes, independent living communities, continuing care retirement communities (CCRC) and all other long-term senior care options, including memory care such as Alzheimer's or Dementia. https://www.seniorguidance.org/assisted-living/iowa/
SUPPORT & ADVOCACY			
Alzheimer's Association of East Central IA 317 7th Ave SE Cedar Rapids, IA 52401	319-294-9699 800-272-3900 24/7 Helpline	The Alzheimer's Association 24/7 Helpline operates 24/7 in 140 languages M,Tu,W,Th,F 8:00 AM - 4:30 PM	Resources and education for Alzheimer's or memory loss, medications, treatment options, caregiver tips, support groups, publications, educational programs and Safe Return program. www.alz.org/eci
American Association of Retired Persons (Local) AARP - Corporate 600 East Court Ave Ste. 100 Des Moines, IA 50309	866-554-5378 877-434-7598 TTY	M,Tu,W,Th,F 9:00 AM - 5:00 PM	Advocate for the physical, social, economic and political benefit of older persons and become educated on the issues of seniors. www.aarp.org



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Name & Location	Phone Number	Days/Hours	Services Provided
Iowa Department of Inspections & Appeals 321 East 12th St Des Moines, IA 50319	515-281-7102	M,Tu,W,Th,F 8:00 AM - 4:30 PM	Responsible for inspecting, licensing and/or certifying health care providers and suppliers, restaurants and grocery stores, social and charitable gambling operations, hotels and motels, and barber and beauty shops. In addition, DIA staff investigates alleged fraud in the State's public assistance programs and conducts contested case hearings to settle disputes between lowans and various state government agencies. https://dia.iowa.gov
Iowa Department on Aging 510 East 12th St Des Moines, IA 50319	515-725-3333 800-532-3313 TTY	M,Tu,W,Th,F 8:00 AM - 4:30 PM	Provides advocacy, education and prevention services to older lowans. Resources include health and education, housing and services, long-term care ombudsman and information on Area Agencies on Aging. www.aging.iowa.gov
Legal Hotline for Older lowans 1111 9th St Ste 230 Des Moines, IA 50314	515-282-8161 800-992-8161	M,Tu,W,Th,F 8:30 AM - 5:00 PM	The Legal Hotline is a special project of Iowa Legal Aid that provides legal advice on civil issues to lowans who are 60 or older and meet income and asset guidelines. www.iowalegalaid.org



OLDER ADULTS RESOURCES 2025

Specific hours and availability may be subject to change. Call before seeking services.

Name & Location	Phone Number	Days/Hours	Services Provided
Office of the State Long-Term Care Ombudsman 603 E 12th St Des Moines, IA 50139	515-725-3333 866-236-1430	M,Tu,W,Th,F 8:00 AM - 4:30 PM	The Office of the State Long-Term Care Ombudsman works to advocate for the rights and wishes of residents and tenants in long-term care, including those living in nursing facilities, residential care facilities, assisted living programs and elder group homes. The Long-Term Care Ombudsman can help answer questions about assisted living and elder group programs, nursing and residential care facilities, as well as the wide variety of issues that arise. In addition, the Long-Term Care Ombudsman supports the choices of residents and tenants and acts as an advocate. https://www.iowaaging.gov/state-long-term-care-ombudsman