

**COMMUNITY RESOURCES FOR OLDER ADULTS AND CAREGIVERS  
COUNCIL BLUFFS & POTTAWATTAMIE COUNTY, IOWA \*  
February 2024**

(\*All addresses are in Council Bluffs, Iowa unless otherwise noted)

**ABUSE/NEGLECT                    24 Hour Hotlines, Programs and Emergency Shelters**

|   |   |                |
|---|---|----------------|
| Elder Abuse Hotline   | (24-Hour referral line)   | 1-800-362-2178 |
| Adult Protective Services                                       | <a href="https://hhs.iowa.gov/programs/programs-and-services/adult-protective-services">https://hhs.iowa.gov/programs/programs-and-services/adult-protective-services</a>           |                |
| Micah House   | <a href="https://www.themicahhouse.org/">https://www.themicahhouse.org/</a>   | 712-323-4416   |
| Catholic Charities Domestic Violence and Sexual Assault Program |   | 712-328-0266   |
|   | <a href="https://www.catholiccharitiesdm.org/our-services/domestic-violence-sexual-assault/">https://www.catholiccharitiesdm.org/our-services/domestic-violence-sexual-assault/</a> | 1-888-612-0266 |

**ADULT DAY CARE/SHORT TERM RESPITE CARE**

|                 |   |              |
|-----------------|---|--------------|
| Country House # | 1831 E. Kaneshville Blvd.   | 712-322-4100 |
|                 | <a href="https://countryhouse.net/locations/iowa/council-bluffs/council-bluffs-our-community/">https://countryhouse.net/locations/iowa/council-bluffs/council-bluffs-our-community/</a> |              |

**AGING SERVICES**

|                                  |   |                |
|----------------------------------|---|----------------|
| Connections Area Agency on Aging | 231 S. Main St.   | 1-800-432-9209 |
|                                  | <a href="https://www.connectionsaaa.org/healthy/senior_centers.html">https://www.connectionsaaa.org/healthy/senior_centers.html</a> |                |

Umbrella organization providing free case management and support services to seniors who live in Pottawattamie and 19 surrounding counties in Western Iowa.

**ALZHEIMER'S DISEASE/DEMENTIA**

|   |   |                         |
|---|---|-------------------------|
| Alzheimer's Association, Iowa Chapter       | <a href="https://www.alz.org/iowa">https://www.alz.org/iowa</a>     | 24 Hour: 1-800-272-3900 |
| Association for Frontotemporal Degeneration | <a href="https://www.theaftd.org">https://www.theaftd.org</a>       | 1-866-507-7222          |
| Lewy Body Dementia Association              | <a href="http://www.lbda.org">http://www.lbda.org</a>               | 1-800-539-9767          |
| Normal Pressure Hydrocephalus               | <a href="https://www.hydroassoc.org">https://www.hydroassoc.org</a> | 1-888-598-3789          |

Respite care financial grants for families caring for a relative with dementia.  
<https://www.helpforalzheimersfamilies.com/get-help/hilarity-for-charity/>

**COUNSELING/MENTAL HEALTH/SUPPORT SERVICES    (\* Inpatient care)**

|                               |   |              |
|-------------------------------|---|--------------|
| Affinity Community Counseling | 300 W. Broadway St., #111   | 712-242-0533 |
|                               | <a href="https://www.affinitycommunitycounseling.com/">https://www.affinitycommunitycounseling.com/</a> |              |

CHI Health Senior Behavioral Services \* 402-717-4673  
<https://www.chihealth.com/en/services/behavioral-care/senior.html>

Center For Healing and Hope 427 E. Kanessville Blvd., #201 712-256-9660  
<https://www.healingandhopellc.com/>

Horizon Therapy Group 300 W. Broadway St., #270 712-256-7511  
<https://horizontherapy.net/>

Kanessville Therapy, LLC 508 S. Main St. 712-352-2110  
<http://www.kanessville.qwestoffice.net/index2.html>

Methodist-Jennie Edmundson Hospital Behavioral Health (Inpatient) 712-396-6000  
<https://bestcare.org/specialties/behavioral-health/behavioral-health-inpatient-services>

Wings of Hope Cancer Support Center 427 E. Kanessville Blvd., #202 712-325-8970  
<https://wingsofhope.org/>

The Friendship Line The Institute on Aging 1-888-670-1360  
A 24-hour, toll-free non-emergency line for persons 60 & older suffering from loneliness, depression and/or suicidal thoughts. It also offers on-going phone outreach and wellness-checks to seniors.  
<https://www.ioaging.org/services/friendship-line>

**Suicide and Crisis Hotline** (Formerly the National Suicide Prevention Hotline) Dial **988**  
National 3-digit phone number for anyone experiencing a mental health, drug use or suicidal crisis, connecting them with trained crisis counselors 24/7. Available via landline, cell phone and voice-over internet connection. Services are available in English, Spanish and will provide interpretation services for over 150 other languages. <https://988lifeline.org/>

## **INVOLUNTARY MENTAL HEALTH COMMITMENTS**

How to file for an involuntary mental health commitment in Iowa:  
<https://www.iowacourts.gov/for-the-public/representing-yourself/commitments>

Where to file for an involuntary mental health commitment in Pottawattamie County:  
Clerk of the Pottawattamie County Court 227 S. 6<sup>th</sup> St., Council Bluffs 712-328-5604

**DRIVING CONCERNS** To report an unsafe driver, send a signed letter to:

Iowa Department of Transportation Ph: 1-515-244-8725  
Driver and Identification Services Fax: 1-515-239-1837  
P.O. Box 9204  
Des Moines, IA 50306-9204 <https://iowadot.gov/mvd/driverslicense/Medical-Vision>

Website provides guidance and a request form ("Request for Re-Examination" form # 431030) that can be completed on-line, mailed or faxed to Iowa DOT.

**Driving Assessment Programs:** Evaluates physical & cognitive abilities to drive plus in-car performance assessment:

CHI Health 6901 N. 72<sup>nd</sup> St., Omaha 402-572-3055  
<https://www.chihealth.com/driverevaluation>

Madonna Therapy Plus 17500 Burke St., Omaha 402-401-3900  
<https://therapyplus.madonna.org/programs/occupational-therapy>

Methodist Health System 8303 W. Dodge Rd., Omaha 402-354-4670  
<https://bestcare.org/specialties/physical-therapy/driver-rehabilitation>

### **FINANCIAL ASSISTANCE**

Iowa Department of Health & Human Services <https://hhs.iowa.gov/> 1-800-972-2017

Social Security Administration 20 Arena Way, #1, Council Bluffs 1-866-331-9094  
<https://www.ssa.gov>

Homestead Property Tax Credit Application Form (to be filed with the County Assessor)  
<https://tax.iowa.gov/forms/homestead-tax-credit-application-54-028>

Pottawattamie County Assessor 227 S. 6<sup>th</sup> St., #257, Council Bluffs 712-328-5617  
<https://www.pottco.org/indexInet.html>

Pottawattamie County Veterans Affairs 623 6<sup>th</sup> Ave., Council Bluffs 712-328-5797  
[https://www.pottcounty-ia.gov/departments/veteran\\_affairs/](https://www.pottcounty-ia.gov/departments/veteran_affairs/)

VetAssist <https://veteranshomecare.com/> 1-888-314-6075  
Private organization that helps wartime vets and their surviving spouses to access pension and in-home care services through the Veterans Administration for non-service-connected disabilities. Not affiliated with the US Government or Department of Veterans Affairs.

### **FINANCIAL INVESTMENTS** – Information, resources & fraud prevention for seniors

Financial Industry Regulatory Authority - Securities Helpline for Seniors 1-844-574-3577  
<https://www.finra.org/investors/have-problem/helpline-seniors>

North American Securities Administrators Association – Serving Our Seniors Program  
<https://serveourseniors.org/>

### **FRAUD & SCAM PREVENTION**

Office of the Iowa Attorney General 1-888-777-4590  
<https://www.iowaattorneygeneral.gov/for-consumers>

**Consumer Financial Protection Bureau**  
<https://www.consumerfinance.gov/consumer-tools/fraud>

1-855-411-2372

**Charity Navigator** monitors and rates charities for accountability & transparency, and posts consumer advisories on questionable and bogus charities. <https://www.charitynavigator.org>

**GERIATRIC ASSESSMENT PROGRAMS** Comprehensive medical & cognitive evaluations

**Geriatric Assessment Program** <https://www.nebraskamed.com/geriatrics> **402-559-7515**  
**730 S. 38<sup>th</sup> Ave., Omaha.** (Nebraska Medicine/University of Nebraska Medical Center)

Geriatric Assessment Clinic (Methodist Physicians Clinic) 402-354-3152  
8901 W. Dodge, #250, Omaha  
<https://bestcare.org/specialties/geriatrics-and-senior-services/geriatric-assessment-clinic>

Geriatric Evaluation and Management Clinic (VA Medical Center) 402-930-7099  
4101 Woolworth Ave., Omaha (\*Serves persons referred by VA system medical providers only)

\* For info. about VA geriatrics services, contact: **Norrie Ragland, RN, BSN** 402-930-7623

**GROCERY DELIVERY**

Aldi 3135 Manawa Centre Dr. 1-855-955-2534  
<https://www.aldi.us/en/pickup-delivery/grocery-delivery/>

Hy Vee Supermarket "Aisles on Line" <https://www.hy-vee.com/aisles-online>  
1745 Madison Ave. (712) 322-9260  
2323 W. Broadway (712) 328-9792

Walmart Supercenter 1800 N. 16<sup>th</sup> St. 712-890-3914  
<https://www.walmart.com/store/3150-council-bluffs-ia/shopping-services>

**HANDICAP PARKING PERMITS**

Driver's License Examining Station 1720 N. 16<sup>th</sup> St. 515-244-8725  
<https://iowadot.gov/mvd/driverslicense/driverslicense/dlsites/councilbluffs>

Downloadable and on-line applications:  
<https://iowadot.seamlessdocs.com/f/App/PersonswithDisabilitiesParkingPermit>

**HEALTH & FITNESS** (Exercise/water exercise programs for older adults)

YMCA Healthy Living Center 714 S. Main St. <https://metroymca.org/hlc-cb> 712-323-5995

## **HOME CARE SERVICES: MEDICAL** (Skilled care nursing, nurse-aides, therapists)

Angels Care Home Health Care 712-352-3640  
<https://locations.angelscarehealth.com/ia/councilbluffs/angels-care-home-health-910.html>

Aveanna Home Health Care 712-325-8989  
<https://www.aveanna.com/locations/320/council-bluffs-iowa-51503/>

CHI Health at Home <https://www.chihealthathome.com/> Omaha: 402-898-8000  
Willingham Health Services <http://www.willinghamhealth.com> Omaha: 402-505-9511

## **HOME CARE SERVICES: NON-MEDICAL** (Housekeeping, meals, companions, etc.)

Connections Area Agency on Aging 1-800-432-9209  
[https://www.connectionsaaa.org/healthy/senior\\_centers.html](https://www.connectionsaaa.org/healthy/senior_centers.html)

Amada Senior Care <https://amadaseniorcare.com/omaha-senior-care> Omaha: 402-281-0921  
Beautiful Life Home Care <https://www.blifhomecare.com/> 402-850-8438  
Home Instead Senior Care <https://www.homeinstead.com/location/229/service-area/> 712-256-4479  
Comfort Keepers 712-256-5800  
[https://www.comfortkeepers.com/offices/iowa/council-bluffs?utm\\_source=GMB&utm\\_medium=organic](https://www.comfortkeepers.com/offices/iowa/council-bluffs?utm_source=GMB&utm_medium=organic)

Right at Home <https://www.rightathome.net/omaha-metro> 402-697-7536  
Sunlight Senior Care <https://sunlightseniorcare.com/> 402-200-5555  
Touching Hearts at Home <https://www.touchinghearts.com/omaha/about-us/> 402-804-2607  
Way to Stay Home Care <https://waytostayhome.com/> 402-557-0639

## **HOME SAFETY DEVICES**

### **EMERGENCY RESPONSE SYSTEMS** (All offer GPS technology)

FallCall Lite <https://www.fallcall.com/Apps/FallCall-Lite>  
Life Alert <http://lifealerthelp.com/default.aspx> 1-800-852-3081  
Lifeline Response System <https://www.lifeline.com/> 1-855-681-5351  
Life Station Medical Alert System <https://www.lifestation.com> 1-855-667-0378  
Lively Medical Alert System <https://www.lively.com/services-apps/urgent-response/> 1-866-829-4527  
MediGuard USA <https://mediguardusa.com/mobile-monitoring> 402-891-9700  
Medical Alert <https://medicalalert.com> 1-800-800-2537  
One Call Medical Alert <https://onecallmedicalalert.com/> 1-800-916-0138  
Security Equipment, Inc. <https://seisecurity.com/medical-alert/> 1-888-909-9517

### **HOME SENSORS**

System of electronic sensors that attach to frequently-used household items (coffee pot, microwave, pill box, walker, refrigerator and bathroom door, etc.). Sensors send wireless messages (not images) to caregiver's smart phone/computer allowing them to track use of

these objects and alerting them of a possible emergency. Sensors can also be placed on beds and chairs, and can be worn by the person to detect a fall.

Alarm.com Wellness <https://alarm.com/wellness-independent-living> 1-877-389-4033  
Safe in Home <https://www.safeinhome.com/> 1-855-476-6665

## **HOME/VEHICLE SPECIAL NEEDS MODIFICATION**

Connections Area Agency on Aging, Solutions for Seniors 1-800-432-9209  
(Provides financial assistance for home repair and home & vehicle accessibility modification)  
<https://www.connectionsaaa.org/services/home-and-vehicle-repair-and-modification-program.html>

Superior Van & Mobility 11147 Mockingbird Dr., Omaha. 1-855-934-7826  
<https://www.superiorvan.com/locations/omaha-ne>

**HOSPICE AND PALLIATIVE CARE SERVICES** <http://www.nationalhospicelocator.com>  
Interactive directory of hospice and palliative care services in the United States

On-line interactive comparison tool for all national Hospice providers from Medicare.Gov.  
<https://www.medicare.gov/hospicecompare>

## **HOUSING: ASSISTED LIVING** (# Dementia care unit \* Lower income specific)

Amelia Senior Living 57 W. Ferndale Dr. 712-387-7205  
<https://tutera.com/location/amelia-senior-living/>

Avoca Specialty Care Center 610 York Rd., Avoca 712-343-6398  
<https://www.careinitiatives.org/avoca-specialty-care>

Bethany Heights 11 Elliott St. 712-328-8228  
<https://blhs.care/assisted-living/>

Country House # 1831 E. Kaneshville Blvd. 712-322-4100  
<https://countryhouse.net/locations/iowa/council-bluffs/council-bluffs-our-community/>

Hansen House Assisted Living # 2331 Nash Blvd. 712-242-5734  
<https://hansenhouseassistedliving.com/contact/>

The Heritage at Fox Run # 3121 Macineery Dr. 712-221-2448  
<https://www.heritage-communities.com/communities/the-heritage-at-fox-run/>

Oakland Manor Assisted Living 737 N. Highway St., Oakland 712-482-6403  
<https://mgmhealthcare.com/facility/oakland-manor/>

|   |                          |              |
|---|--------------------------|--------------|
| Prairie Gate Senior Living Community #  | 16 Valley View Dr.       | 712-352-6600 |
| <a href="https://www.preshomes.org/our-communities/prairie-gate">https://www.preshomes.org/our-communities/prairie-gate</a>   |                          |              |
| Primrose Retirement Community   | 1801 E. Kanesville Blvd. | 712-352-1111 |
| <a href="https://primroseretirement.com/council-bluffs-iowa-senior-care-communities/">https://primroseretirement.com/council-bluffs-iowa-senior-care-communities/</a>             |                          |              |
| Risen Son Christian Village #   | 3000 Risen Son Blvd.     | 712-308-8145 |
| <a href="https://christianhorizonliving.org/locations/risen-son-christian-village">https://christianhorizonliving.org/locations/risen-son-christian-village</a>                   |                          |              |
| The Rose of Council Bluffs *  | 2306 Sherwood Dr.        | 712-322-1000 |
| <a href="https://evergreenredc.com/iowa-senior-assisted-living/the-rose-of-council-bluffs/">https://evergreenredc.com/iowa-senior-assisted-living/the-rose-of-council-bluffs/</a> |                          |              |

**HOUSING: INDEPENDENT LIVING** ( \* Subsidized rent or lower income specific)

|   |   |              |
|---|---|--------------|
| Bluffs Towers *   | 38 Pearl St.  | 712-328-2222 |
| <a href="https://www.knudsonmanagement.com/bluffs-towers">https://www.knudsonmanagement.com/bluffs-towers</a>   |   |              |
| Camelot Village *   | 1105 S. 3 <sup>rd</sup> St. <a href="https://rhf.org/camelot-village/">https://rhf.org/camelot-village/</a> | 712-328-2525 |
| Dudley Court *  | 201 N. 25 <sup>th</sup> St. <a href="http://mhacb.org/dudley-court/">http://mhacb.org/dudley-court/</a>     | 712-322-1491 |
| Bennett Building  | 405 W. Broadway   | 402-328-2222 |
| <a href="https://www.knudsonmanagement.com/bennett-building">https://www.knudsonmanagement.com/bennett-building</a>   |   |              |
| Graceview Courtyard *   | 1681 College Rd.  | 712-201-5339 |
| <a href="https://immanuel.com/our-communities/council-bluffs/graceview-courtyard/home">https://immanuel.com/our-communities/council-bluffs/graceview-courtyard/home</a>   |   |              |
| Harmony Court   | 173 Bennett Ave. <a href="https://www.harmonycourt.com/">https://www.harmonycourt.com/</a>                  | 712-388-9000 |
| The Heritage at Fox Run   | 3121 Macineery Dr.  | 712-221-2448 |
| <a href="https://www.heritage-communities.com/senior-living/ia/council-bluffs/fox-run/">https://www.heritage-communities.com/senior-living/ia/council-bluffs/fox-run/</a> |   |              |
| Kanesville Heights Apartments *   | 2310 Sherwood Dr.   | 402-331-6882 |
| <a href="http://www.kimballmgmt.com/heights.php">http://www.kimballmgmt.com/heights.php</a>   |   |              |
| Linden Place *  | 25 S. Linden Ave. <a href="https://www.seldin.com/lindenplace">https://www.seldin.com/lindenplace</a>       | 402-681-3001 |
| Maple Park *  | 3524 2 <sup>nd</sup> Ave. <a href="https://www.seldin.com/maplepark">https://www.seldin.com/maplepark</a>   | 712-322-8977 |
| North Avenue Tower Apartments *   | 103 North Ave.  | 712-323-0684 |
| <a href="https://www.seldin.com/northavenuetower">https://www.seldin.com/northavenuetower</a>   |   |              |
| Prime Square Apartments   | 822 S. Main St.   | 712-435-5500 |
| <a href="https://www.seldin.com/primesquare">https://www.seldin.com/primesquare</a>   |   |              |
| Prairie Gate Senior Living Community  | 16 Valley View Dr.  | 712-352-6600 |
| <a href="https://www.preshomes.org/our-communities/prairie-gate">https://www.preshomes.org/our-communities/prairie-gate</a>   |   |              |

|   |  |              |
|---|--|--------------|
| Primrose Retirement Community   | 1801 E. Kanessville Blvd.  | 712-352-1111 |
| <a href="https://primroseretirement.com/council-bluffs-iowa-senior-care-communities/">https://primroseretirement.com/council-bluffs-iowa-senior-care-communities/</a> |  |              |
| Regal Towers *  | 505 S. 6 <sup>th</sup> St. <a href="https://www.mhacb.org/regal-tower">https://www.mhacb.org/regal-tower</a> | 712-322-1491 |
| Risen Son Christian Village   | 3000 Risen Son Blvd.   | 712-308-8145 |
| <a href="https://christianhorizonliving.org/locations/risen-son-christian-village">https://christianhorizonliving.org/locations/risen-son-christian-village</a>       |  |              |

## **LEGAL SERVICES**

Iowa State Bar Association <https://www.iowabar.org/?pg=Find-A-LawyerHP>  
 (Helps you find an attorney by location and practice area.)

Legal Aid of Southwest Iowa 532 1<sup>st</sup> Ave. 1-800-532-1275  
<https://www.iowalegalaid.org/organization/iowa-legal-aid-southwest-iowa-regional-office#contact-tab>

### **Downloadable forms:**

Durable Power of Attorney for Health Care – Iowa  
<https://www.iowalegalaid.org/resource/durable-power-of-attorney-for-health-care-dec>

Living Will – Iowa  
<https://www.iowalegalaid.org/resource/living-will-form-1>

## **MEDICAL EQUIPMENT/ASSISTIVE DEVICES**

Help Adult Services 8522 Park Dr. Omaha, NE 402-341-6559  
 (Loans medical equipment at no cost) <https://www.helpequipment.org>

Mobilis Inc. Home Medical Equipment 2701 W. Broadway St. 712-328-2288  
<http://www.mobilismed.com>

## **MEDICAL INSURANCE**

Social Security Administration 20 Arena Way, #1 <https://www.ssa.gov> 1-866-331-9094  
 Senior Health Insurance Information Program <https://shiip.iowa.gov/> 1-800-351-4664  
 Iowa Department of Health & Human Services <https://hhs.iowa.gov/> 1-800-972-2017

Veterans Administration 1-800-698-2411  
<https://www.va.gov/health-care/apply/application/introduction/>



## **MEDICAL SERVICES**

**Immanuel Pathways PACE (Program of All-inclusive Care for the Elderly).** Medical & dental services, medications, physical and occupational therapies, counseling and social services.  
1702 N. 16<sup>th</sup> St. <https://immanuel.com/pathways-pace/southwest-iowa/about> 712-227-6440

## **NURSING HOMES** (# Facilities that have special care dementia units)

Avoca Specialty Care Center 610 E. York St. (Avoca) 712-343-6398  
<https://www.careinitiatives.org/avoca-specialty-care>

Bethany Lutheran Home # 7 Elliott St. 712-328-9500  
<https://www.blhs.care/bethany-lutheran-home/#long-term-care>

Midlands Living Center 2452 N. Broadway 712-323-7135  
<https://www.midlandslivingcenter.com/>

Northcrest Living Center 34 Northcrest Dr. 712-328-2333  
<http://www.northcrestliving.com/>

Oakland Manor Nursing Home 737 N. Highway St. (Oakland) 712-482-6403  
<https://mgmhealthcare.com/facility/oakland-manor/>

Risen Son Christian Village 3000 Risen Son Blvd. 712-308-8145  
<https://christianhorizonliving.org/locations/risen-son-christian-village>

**Iowa Long Term Care Ombudsman** 1-866-468-7887  
<https://hhs.iowa.gov/programs/programs-and-services/aging-services/ltombudsman>

**On-line Health Inspection Reports for all US nursing homes**  
<https://www.medicare.gov/care-compare/?providerType=NursingHome&redirect=true>

## **NUTRITION PROGRAMS:** Home delivered meals and community meal sites

|                                     |  |                |
|-------------------------------------|--|----------------|
| Connections Area Agency on Aging    | <a href="http://www.connectionsaaa.org/healthy">www.connectionsaaa.org/healthy</a> | 1-800-432-9209 |
| Council Bluffs Congregate Meal Site | YMCA Healthy Living Center   | 712-323-5995   |
| Carter Lake Congregate Meal Site    | 626 E. Locust St.  | 712-347-6102   |
| Neola Congregate Meal Site          | 110 Fourth St.   | 712-485-2179   |
| Oakland Congregate Meal Site        | 618 N Highway  | 712-482-3353   |

## **PRESCRIPTION MEDICATIONS**

### **MEDICARE PRESCRIPTION DRUG PLANS**

All Medicare beneficiaries qualify for optional coverage of some medication costs through plans offered by insurance companies. Plans vary according to premiums, co-payments, medications that will be covered and participating pharmacies.

For more information, call Connections Area Agency on Aging at 1-800-432-9209 or log on to Iowa Senior Health Insurance Information Program (SHIIP) at <https://shiip.iowa.gov/>

### **INTERNET PHARMACIES**

Internet (Digital) pharmacies can sometimes offer prescription medications at lower cost than retail pharmacies. The National Association of Boards of Pharmacy lists accredited US digital pharmacies. <https://nabp.pharmacy/programs/accreditations-inspections/digital-pharmacy/accredited-digital-pharmacies/>

### **MEDICATION DISPENSING/REMINDER SYSTEMS** (Locked, with reminder signals)

|                       |   |                |
|-----------------------|---|----------------|
| The Alzheimer's Store | <a href="https://www.alzstore.com/default.asp">https://www.alzstore.com/default.asp</a> | 1-800-752-3238 |
| ePill.com             | <a href="https://www.epill.com/">https://www.epill.com/</a>                             | 1-800-549-0095 |

### **PATIENT ASSISTANCE PROGRAMS**

Most pharmaceutical companies have Patient Assistance Programs that provide medications free of charge to physicians who apply on behalf of their lower-income patients. Contact your pharmacist for information, or go on line at Benefits Checkup <https://www.benefitscheckup.org>

### **PRESCRIPTION MEDICINES FOR UNINSURED OR UNDERINSURED PERSONS**

Rx Outreach is a non-profit organization that provides affordable mail-order prescription and generic medications to persons in need. <https://rxoutreach.org/> 1-888-796-1234

### **PRESCRIPTION MEDICINE DISCOUNT PROGRAMS**

Discounts for local pharmacy and mail-ordered prescription medications.

|                                       |   |
|---------------------------------------|---|
| Good Rx                               | <a href="https://www.goodrx.com/">https://www.goodrx.com/</a>           |
| Single Care                           | <a href="https://www.singlecare.com/">https://www.singlecare.com/</a>   |
| Cost Plus Drugs                       | <a href="https://costplusdrugs.com/">https://costplusdrugs.com/</a>     |
| No-Cost Prescription Discount Program | <a href="https://livehealthycard.com/">https://livehealthycard.com/</a> |

### **MEDICATION DISPENSING/REMINDER SYSTEMS** (Locked, with reminder signals)

|                       |   |                |
|-----------------------|---|----------------|
| The Alzheimer's Store | <a href="https://www.alzstore.com/default.asp">https://www.alzstore.com/default.asp</a> | 1-800-752-3238 |
| ePill.com             | <a href="https://www.epill.com/">https://www.epill.com/</a>                             | 1-800-549-0095 |

## **RESPIRE CARE**

In-home: See "Home Care Non-Medical"

Institutional: Most Assisted Living Centers and Nursing Homes offer short-term respite care.

**SENIOR CENTERS** (Socialization and Recreation programs)

|                            |                                 |              |
|----------------------------|---------------------------------|--------------|
| Carter Lake Senior Center  | 626 E. Locust St. (Carter Lake) | 712-347-6102 |
| Neola Senior Center        | 110 Fourth St. (Neola)          | 712-485-2179 |
| Oakland Senior Center      | 618 N Highway (Oakland)         | 712-482-3353 |
| YMCA Healthy Living Center | 714 S. Main St.                 | 712-323-5995 |

<https://metroymca.org/locations/ymca-healthy-living-center>

**TRANSPORTATION** Portal-to-portal van service for elderly and disabled

Council Bluffs Special Transit Service 712-890-5296  
<https://www.councilbluffs-ia.gov/361/Special-Transit-Service-STS>

GoGo <https://gogograndparent.com> 1-855-464-6872  
Program to pre-arrange rides through Uber and Lyft and monitor status from pickup to drop off via text message and phone calls to older rider and family caregivers.

Angel Flight Central <https://angelflightcentral.org> 1-866-562-9464  
Free flights on private aircraft for persons needing to access medical care not available within 125 miles of their home. Service is for those who cannot otherwise afford it, and covers a 10-state region in and around Iowa.

**VETERANS SERVICES**

Pottawattamie County Veterans Affairs 623 6<sup>th</sup> Ave., Council Bluffs 712-328-5797  
[https://www.pottcounty-ia.gov/departments/veteran\\_affairs/](https://www.pottcounty-ia.gov/departments/veteran_affairs/)

**MISCELLANEOUS**

**CARE TEAMS/CARE CALENDARS**

On-line organizations that offer guidance to individuals and caregivers to organize and maintain a team of trusted friends to provide care, practical assistance and emotional support during an acute or chronic illness or disability. They provide on-line interactive calendars for helpers to sign up for specific duties.

|                     |   |
|---------------------|---|
| Caring Bridge       | <a href="https://www.caringbridge.org/resources/how-to-form-a-care-team/">https://www.caringbridge.org/resources/how-to-form-a-care-team/</a>                         |
| Alzheimer's Assn    | <a href="https://www.alz.org/help-support/caregiving/care-options/care-team-calendar">https://www.alz.org/help-support/caregiving/care-options/care-team-calendar</a> |
| Lotsa Helping Hands | <a href="https://lotsahelpinghands.com/">https://lotsahelpinghands.com/</a>   |
| Care Zone           | <a href="https://carezone.com/">https://carezone.com/</a>   |
| Caring Village      | <a href="https://caringvillage.com/">https://caringvillage.com/</a>   |
| Care Calendar       | <a href="https://www.carecalendar.org">https://www.carecalendar.org</a>   |

## **MAIL/EMAIL/TELEPHONE MARKETING OPT-OUT - To reduce or stop these**

Association of National Advertisers <https://www.dmachoice.org/>  
Direct Mail.com “Do Not Mail” List [https://www.directmail.com/mail\\_preference/](https://www.directmail.com/mail_preference/)  
National “Do Not Call” Registry <https://www.donotcall.gov/>  
Commercial Email Opt-Out <https://www.ims-dm.com/cgi/optoutemps.php>

Form for a caregiver to opt out of commercial marketing lists for an impaired family member:  
<https://www.ims-dm.com/cgi/dncc.php>

**NOMOROBO** <https://www.nomorobo.com/>

Service that intercepts and answers phone calls from known scam robotic phone numbers. No charge for landlines, small monthly fee for mobile phones.

**STORYWORTH** <https://new.storyworth.com/?flow=rebrand>

Helps an older person create a book of their memories as a keepsake for their family.

## **US POSTAL SERVICE INFORMED DELIVERY**

The US Postal Service will email digital images of mail scheduled to be delivered to you that day. It also allows you to track packages and re-schedule deliveries. Service is free and secure. Enrollment necessary. <https://informeddelivery.usps.com/box/pages/intro/start.action>

## **COMMUNITY RESOURCE DIRECTORIES**

Seniors Blue Book <https://seniorsbluebook.com/local/nebraska-iowa>  
(Website and free published booklet listing local resources in Pottawattamie, Douglas, and Sarpy and Counties.)

My Iowa Resource Directory <https://iowa.myresourcedirectory.com/>  
Searchable website for services statewide

**The Community Resource List for Older Adults and Caregivers is updated at least once annually and may be duplicated with proper acknowledgement.**

**You may download and print a copy of this and other patient education documents from the resources link on our Internet web site: <https://www.nebraskamed.com/geriatrics/resources>**

**Home Instead Center for Successful Aging  
Nebraska Medicine  
730 S. 38<sup>th</sup> Ave., Omaha, Nebraska  
<https://www.nebraskamed.com/geriatrics>**

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