

RESOURCES FOR
SOUTHWEST
IOWA
PROFESSIONALS

ACKNOWLEDGEMENTS

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RESOURCE MANUAL WERE
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Child Welfare Resources

Child and Family Policy Center

As quoted from the website:

CFPC MISSION:

To better link research and policy on issues vital to children and families.

This website includes many publications that can be downloaded as well as ordered. Some publications have abstracts and documents posted for the readers convenience. Many of the publications focus on national issues and can be found under National Projects. Some focus specifically on Iowa and can be found in Iowa projects. Both are organized by subject area. Publications can also be found on the order form.

Address: 218 6th Ave.
Des Moines, IA 50309
Phone: 515-280-9027
Website: www.cfpciowa.org

Child Welfare League of America

CWLA has an enormous amount of information on child welfare issues and concerns including: best-practice guidelines, research and training, juvenile justice, behavioral health, child/youth/family development, publications, culture/diversity
This website also includes information on the Federal Resource Center for Children of Prisoners – data and information regarding the issue of children in the child welfare system with parents in the criminal justice system.

Address: 440 First Street NW
Third Floor
Washington, DC 20001-2085
Phone: 202-638-2952
Fax: 202-638-4004
Website: www.cwla.org

Children and Families of Iowa

As quoted from the website:

Children & Families of Iowa (CFI) is a private, non-profit organization dedicated to helping strengthen Iowa's children and families. We offer a broad range of programs and services to support the growth and well-being of children, adults and families....

- Comprehensive foster care services
- Helping emotionally and behaviorally disturbed youth
- Treatment for teens who have drug/alcohol addictions and mental health issues
- Quality childcare
- Therapeutic childcare for young children with behavioral or emotional disorders
- Adoption services – local and international
- Therapy services for children, adolescent, adults, families
- Safe shelter for victims of domestic violence
- Help for men who are abusive in their family relationships

Address: 118 West Jefferson
PO Box 1024
Osceola, IA 50213

Phone: 641-342-3444
Fax: 641-342-3600
Website: www.cfiowa.org

Christian Home Association – Children’s Square, USA

From United Way of the Midlands:

Program/Service Notes

1. Children’s emergency shelter for youth up to age 18 years
2. 24-hour runaway hotline
3. Psychiatric Residential Treatment for youth ages 8 – 17 years
4. Academic Center for behaviorally-disordered students at the secondary level
5. Family-centered services and counseling offered both in-home and on campus for youth and families
6. Children’s Center Educare, a day care services for ages six weeks to 12 years available to the general public, includes preschool, before and after school service and transportation
7. Agency based foster care to provide family setting for children and youth who, would otherwise be in a group home setting
8. Hotline for missing and exploited children
9. Iowa After Care Service Network for youth between 18 and 21 years who have aged out of foster care

Address: N. 6th and Ave. E.
PO Box B-C
Council Bluffs, IA 51502

Hotline for Missing and Exploited Youth:
800-843-5678

24-Hour Runaway Hotline:
712-322-3799

Phone: 712-322-3700

Fax: 712-325-0913

E-Mail: cwood@childrensquare.org

Clarinda Academy

As quoted from the website:

Established in 1992, Clarinda Academy is a residential foster care facility that provides residential treatment and shelter care to at-risk and delinquent male and female youth from several states. Clarinda offers long-term residential treatment, a 90-day impact program, shelter care, and transitional living services for more than 250 young people. Students have the opportunity to participate in a variety of interscholastic sports and fine arts programs, as well as vocational training. Combining experienced staff and time-tested program, Clarinda is uniquely positioned to serve the youth population who qualify for entry.

Address: 1820 N. 16th
Clarinda, IA 51632

Phone: 712-542-3103

Fax: 712-542-2907

E-mail: ccox@ClarindaAcademy.org

Website: www.clarindaacademy.org

Coalition for Family and Children’s Services in Iowa

As quoted from the website:

The Coalition for Family and Children Services in Iowa (The Coalition) represents private and county agencies that annually serve over 100,000 at-risk children and families. Member agencies work in the areas of child abuse and neglect, delinquency, substance abuse, and behavioral and mental health. Our agencies provide a continuum of services including: crisis intervention; family preservation; family-centered services; foster family care; foster group care; emergency shelters; delinquency prevention; detention; maternal and child health care; day care; psychiatric medical institutions; day treatment; independent living; nutrition; teen parenting; and special needs adoptions.

Address: 1111 9th Street, Suite 390
Des Moines, IA 50314

Phone: 515-244-0074

Fax: 515-244-0075

Website: www.iachild.org

Family Connections, Inc.

A private, for-profit human service organization that provides family centered services to families. These services include therapy/counseling, skill development, psycho-social assessments and supervised visitations. Also provides family preservation and foster care services.

Address: 500 Willow Ave, Suite 311
Council Bluffs, IA 51503
Phone #: 712-256-4420
Fax #: 712-256-4423

Family Service

As quoted from the website:

Our agency provides a variety of services to protect children, help adults and strengthen families. We offer education, counseling and support to give people the assistance they need to get back on their feet and look toward a brighter future. Founded in Omaha in 1875, we continue to focus on the leading edge of human service. Today we serve 40,000 people annually in twelve counties. We give hope to Heartland families.

Address: 515 East Broadway
Council Bluffs, IA 51503
Phone: 712-322-1407
Fax: 712-322-6833
E-Mail: nschulze@familyservicemidlands.org
Website: www.familyservicemidlands.org

Girls and Boys Town of Iowa

As quoted from the website:

Girls and Boys Town started serving Fremont, Mills, Montgomery, and page Counties in Iowa in 1989. Since then, the programs have expanded to serve Pottawattamie and Cass Counties. In 2003, Girls and Boys Town provided help, healing, and hope to 227 children and 89 families in southwestern Iowa and eastern Nebraska primarily through Family Based Services and Treatment Foster Family Services located in Glenwood, Iowa. Another 52,310 children and families in the states of Nebraska and Iowa were indirectly assisted through the Girls and Boys Town National Hotline, and through outreach and

professional training programs, including Common Sense Parenting.

Address: 431 Sharp Street
Glenwood, IA 51534
Phone: 712-527-5226
Fax: 712-527-5228
Website: www.girlsandboystown.org

Information for Decision Making

As quoted from the site:

The Information for Decision Making (IFDM) website is a comprehensive, Internet clearinghouse designed to assist policy makers, researchers, program administrators and others interested in topics related to improving results for children, families, and communities, and in effective program management and governance. The collection includes more than 20,000 links and 10,000 electronic resources that provide users with a broad array of information on human service and management issues including policy analysis, research and evaluation results, technical assistance resources, promising state and local initiatives, financial and program data and legislative and regulatory guidance. These resources are organized into a series of 20 websites, accessible through IFDM, that include such sites as the Welfare Information Network (WIN), Making Wages Work, Managing for Results, and Out-of-School Time

Address: 1401 New York Avenue, NW
Suite 800
Washington, DC 20005

Phone: 202-587-1000
Fax: 202-628-4205
Website: <http://www.financeprojectinfo.org>

Rural Family Therapy Services

Services include in-home treatment and counseling.

Address: P.O. Box 361
Afton, IA
Phone #: 641-347-5060

Southwest Iowa Families, Inc.

Services include counseling, services to teen mothers (every baby visited in Page-Taylor counties), stork's nest provides supplies for infants, coordination of batterer's education program for the 4th Judicial District.

Address: 123 E. Washington St.
Clarinda, IA 51632
Phone #: 712-542-3501

Iowa Department of Human Services

The website provides a great deal of information on all of the services provided under the DHS umbrella. Categories include children and family services, financial support, medical assistance, and mental health and disability services. Contact information for county DHS offices is also available here.

Of note at the time of printing of this resource book is the Approved RDL (Recommended Drug List) for Iowa Medicaid Program (this PDL is now in effect for Medicaid clients).

Address: Administration – Hoover
Building
1305 E. Walnut St.
Des Moines, IA 50319
Phone: 515-281-3147
Website: www.dhs.state.ia.us

Adair County DHS

Address: 400 Public Square
Greenfield, IA 50849
Phone: 641-743-2119
Fax: 641-743-2089
E-Mail: cunion01@dhs.state.ia.us

Adams County DHS

Address: 300 N. Pine
Creston, IA 50801
Phone: 641-322-4031
Fax: 641-782-2176
E-Mail: cunion01@dhs.state.ia.us

Audubon County DHS

Address: 601 Walnut
Atlantic, IA 50022
Phone: 1-866-202-5968
Fax: 712-792-1516
E-mail: ccarro01@dhs.state.ia.us

Cass County DHS

Address: 601 Walnut
Atlantic, IA 50022
Phone: 712-243-4401
Fax: 712-243-6270
E-Mail: ccass01@dhs.state.ia.us

Clarke County DHS

Address: 115 N. Main
PO Box 377
Osceola, IA 50213
Phone: 641-342-6516
Fax: 641-342-3371
E-Mail: cclark01@dhs.state.ia.us

Dallas County DHS

Address: 902 Court Street
Adel, IA 50003
Phone: 515-993-5817
1-800-397-3232
Fax: 515-993-5829
E-Mail: cdalla01@dhs.state.ia.us

Decatur County DHS

Address: 210 N. Main
Leon, IA 50144
Phone: 641-446-4312
Fax: 641-446-4362
E-Mail: cdecat01@dhs.state.ia.us

Fremont County DHS

Address: PO Box 469
Glenwood, IA 51534
Phone: 800-486-1269
Fax: 712-527-3941
E-Mail: cmills01@dhs.state.ia.us

Harrison County DHS

Address: 204 E. 6th Street
PO Box 189
Logan, IA 51546
Phone: 712-644-2460
1-800-326-7732
Fax: 712-644-3395
E-Mail: charri01@dhs.state.ia.us

Madison County DHS

Address: 209 E. Madison
Winterset, IA 50273
Phone: 515-462-2931
1-888-462-2931
Fax: 515-462-3076
E-Mail: cmadis01@dhs.state.ia.us

Mills County DHS

Address: PO Box 469
Glenwood, IA 51534
Phone: 712-527-4803
Fax: 712-527-3941
E-Mail: cmills01@dhs.state.ia.us

Montgomery County DHS

Address: PO Box 525
Red Oak, IA 51566
Phone: 712-623-4838
Fax: 712-623-3569
E-Mail: cmontg01@dhs.state.ia.us

Page County DHS

Address: PO Box 178
Clarinda, IA 51632
Phone: 712-542-5111
Fax: 712-542-4659
E-Mail: Cpage01@dhs.state.ia.us

Pottawatomie County DHS

Address: 417 E. Kaneshville Blvd.
Council Bluffs, IA 51503
Phone: 712-328-5661
Fax: 712-328-5748
E-Mail: cpotta01@dhs.state.ia.us

Ringgold County DHS

Address: 210 N. Main
Leon, IA 50144
Phone: 641-464-2247
Fax: 641-446-4367
E-Mail: cdecat01@dhs.state.ia.us

Shelby County DHS

Address: 204 E. 6th Street
PO Box 189
Logan, IA 51546
Phone: 800-396-9027
Fax: 712-263-4754
E-Mail: ccrawf01@dhs.state.ia.us

Taylor County DHS

Address: PO Box 178
Clarinda, IA 51632
Phone: 877-996-1199
Fax: 712-542-4659
E-Mail: Cpage01@dhs.state.ia.us

Union County DHS

Address: 300 N. Pine
Creston, IA 50801
Phone: 641-782-2173
641-782-8502
Fax: 641-782-2176
E-Mail: cunion01@dhs.state.ia.us

Mills County Public Health – Family Skill Development

As quoted from the website:

Mills County Public Health offers four specific components of Family Centered Services: Therapy and Counseling Services, Skill Development Services, Psycho-Social Evaluations, and Support Services.

Address: 418 Sharp Street
PO Box 209
Glenwood, IA 51534
Phone: 712-527-0699
Fax: 712-527-4711
E-Mail: mcph@stratomain.com

National Association of Social Workers (NASW)

The site includes membership information and resources as well as a way to order the actual Code of Ethics at
<http://www.naswdc.org/pubs/code/default.asp>

Address: 750 First Street, NE
Suite 700
Washington, DC 20002
Phone: 202-408-8600
Email: membership@naswdc.org
Website: www.naswdc.org

NASW Iowa Chapter

Address: 4211 Grand Ave.
Des Moines, IA 50312
Phone: 515-277-1117
E-Mail: NASWIowa@aol.com
Website: www.geocities.com/naswiowa/

National Center on Substance Abuse and Child Welfare

This site includes tutorials, resources, products, links to other related sites, information on conferences and training, and a great deal of other resources. The mission of this organization follows directly with the collaborative effort among systems involved with the provision of child welfare services.

Email: ncsacw@samhsa.gov
Website: www.ncsacw.samhsa.gov

National Clearinghouse on Child Abuse and Neglect Information

This site includes information on the following topics: preventing child abuse and neglect, overview of child abuse and neglect, reporting child abuse and neglect, responding: the child welfare system, and issues associated with child abuse and neglect. Information is available in English and Spanish. The site also has information on legal issues and laws, publications, resources, and statistics and research.

***** This is the contact information for obtaining a copy of “Blending Perspectives and Building Common Ground...” – a GREAT resource for the collaboration effort*****

Address: 330 C Street SW
Washington, DC 20447
Phone: 800-394-3366
703-385-7565
Fax: 703-385-3206
Email: nccanch@caliber.com
Website: www.nccanch.acf.hhs.gov/index.cfm

National Governor's Association Center for Best Practices

Of pertinence to professionals in the field of child welfare is the policy information on child welfare and other collaborating fields of practice this organization provides.

Address: Hall of States
444 N. Capitol St.
Washington, DC 20001-

1512

Phone: 202-624-5300

Website: <http://www.nga.org>

Substance Abuse

Iowa Substance Abuse Information Center

This site includes links to treatment programs and resources at the local, state, and national level. The site also includes printable publications including studies and statistics. The Iowa Drug and Alcohol Help Line is listed (1-866-242-4111; same number as the ISAIC) and other state and national helplines and hotlines.

Address: 500 First Street SE
Cedar Rapids, IA 52401

Phone: 866-242-4111
Fax: 319-398-0476
Website: www.drugfreeinfo.org

Action Now Chemical Dependency Treatment Services

Address: 310 Main Street
Bedford, IA 50833
Phone: 641-782-8457

Address: United Methodist Church
9th and Nodaway
Corning, IA 50841
Phone: 641-782-8457

Address: 1003 Cottonwood
Creston, IA 50801
Phone: 641-782-8457

Address: 100 S. Chestnut
Lamoni, IA 50140
Phone: 641-782-8457

Address: 117 N. Main
Lenox, IA 50851
Phone: 641-782-8457

Address: 820 N. Main
PO Box 366
Osceola, IA 50213
Phone: 641-342-4888

Alegent Health

Address: 800 Mercy Drive
Council Bluffs, IA 51503
Phone: 712-328-5311

Address: Psychiatric Associates
801 Harmony, Suite 302
Council Bluffs, IA 51503
Phone: 712-328-2609

Address: Psychiatric Medical Institute
for Children
359 Indian Hills Drive
Glenwood, IA 51534
Phone: 712-527-2044

Bridge Counseling Center

Address: 300 Hutchings Street
Winterset, IA 50273
Phone: 515-462-3105

Family Service

Address: 515 E. Broadway
Council Bluffs, IA 51503
Phone: 712-322-1407

Address: 103 North Walnut Street
Glenwood, Ia 51534
Phone: 1-800-422-1407

Address: 116 N. 2nd Ave
Suite 8 & 9
Logan, IA 51546
Phone: 712-644-3711

First Step Addiction Recovery Services

Address: 2912 5th Ave
Council Bluffs, IA 51503
Phone: 712-322-5262

Iowa Western Community College

Address: 2700 College Road
Council Bluffs, IA 51503
Phone: 712-325-3404

Jackson Recovery Centers

Address: 1006 ½ 8th Street
Harlan, IA 51537
Phone: 1-800-472-9018

Jennie Edmundson Hospital: Addictions Services

Address: 933 E. Pierce Street
Council Bluffs, IA 51503
Phone: 712-396-7766

New View Substance Abuse Treatment and Prevention Center

Address: 413 Tracy Street
PO Box 241
Audubon, IA 50025
Phone: 712-563-2777

Address: 411 State Street
Guthrie Center, IA 50115
Phone: 641-747-3354

ZION Recovery Services

Address: 119 N. 9th Street
Adel, IA 50003
Phone: 515-993-5243

Address: 601 Walnut Street
Suite #1, PO Box 34
Atlantic, IA 50022
Phone: 712-243-5091

Address: Clarinda, IA
Phone #: 712-542-4481

Address: 118 SE Jackson
PO Box 255
Greenfield, IA 50849
Phone: 641-743-2439

Address: 3077 Zion Rd
Orient, IA 50858
Phone: 641-337-5385

Address: 1030 26th East Perry Plaza
Perry, IA 50220
Phone: 515-465-9310

Address: 200 E. Coolbaugh St.
Red Oak, IA
Phone: 712-623-4801

Address: 300 Park Avenue
Suite 7
Shenandoah, IA 51601
Phone: 712-246-4832

Address: 90 Hwy 6 (Hickman Road)
Waukee, IA 50263
Phone: 515-987-0510

National Clearinghouse for Alcohol and Drug Information

This website includes links for topics including family, youth, school, workplace, and community. There is hotline information, research, publications, and contact information for the state and local RADAR network (substance abuse prevention and treatment network).

Phone: 800-729-6686
Website: www.ncadi.samhsa.gov

National Institute on Drug Abuse (NIDA)

This site categorizes information for students and young adults, parents and teachers, researchers and health professionals, Spanish speakers/readers, and a catalog of publications. There is not only information on specific drugs and their use and effects, but also research findings and other related topics.

Address: 6001 Executive Boulevard
Room 5213
Bethesda, MD 20892-9561

Phone: 301-443-1124
Email: Information@lists.nida.nih.gov
Website: www.nida.nih.gov

Substance Abuse and Mental Health Services Administration (SAMHSA)

SAMHSA gives us a huge amount of information, research, and publications on substance abuse and mental health. This site covers topics including: mental health system transformation, strategic prevention framework, substance abuse treatment capacity, co-occurring disorders, disaster readiness and response, homelessness, HIV/AIDS and Hepatitis, children and families, seclusion and restraint, criminal and juvenile justice, and older adults.

Address: 1 Choke Cherry Road
Room 8-1054
Rockville, MD 20857

Phone: 240-276-2000
Fax: 240-276-2010
Email: info@samhsa.hhs.gov
Website: www.samhsa.gov

TIPs

(Treatment Improvement Protocol Series from
SAMHSA's Center for Substance Abuse Treatment)

These books can be ordered by calling:

800-729-6686 or 301-468-2600

TDD 800-487-4889

Mental Health

American Academy of Child and Adolescent Psychiatry

The best part of this website is the “Facts Sheets” on many different psychiatric diagnoses. Permission is granted to reprint these for educational use as long as it is not for profit. The fact sheets include easy-to-understand information on the most prevalent diagnoses assigned children and adolescents. This site also allows one to search for contact information for service providers and provides links to an abundance of information about advocacy and other topics.

Address: 3615 Wisconsin Ave. NW
Washington, D.C. 20016
Phone: 202-966-7300
Fax: 202-966-2891
Website: www.aacap.org

American Psychological Association

This is the official site for APA. It includes vast amounts of information on training, programs, publications, research, and other areas of interest. Public, member, and institutional publications are made available. Topics of interest include addictions, Alzheimer’s, anger, children and families, depression, divorce, emotional health, obesity, personality disorders, sexuality, sleep, stress, trauma, women and men, and others.

Address: 750 First Street NE
Washington, DC 20002
Phone: 800-374-1721
202-336-5500
TTY Line: 202-336-6123
Website: <http://www.apa.org>

Dimensions, Inc.

Provides standardized assessments, consultation to agencies, therapy, staff development, and behavior modification program development.

Address: 55684 230th St.
Glenwood, IA 51534
Phone #: 712-527-2845

Federation of Families for Children’s Mental Health

As quoted from the website:

The National family-run organization dedicated exclusively to helping children with mental health needs and their families achieve a better quality of life. We:

Provide leadership to develop and sustain a nationwide network of family-run organizations.

Focus the passion and cultural diversity of our membership to be a potent force for changing how systems respond to children with mental health needs and their families.

Help policy-makers, agencies, and providers become more effective in delivering services and supports that foster healthy emotional development for all children.

The site also includes printable guides including: A Family’s Guide to the Child Welfare System and A Family Advocate’s Guide: Managed Behavioral Health Care for Children and Youth (The site also includes many other free or low cost publications that can be ordered.)

Address: 1101 King Street, Suite 420
Alexandria, Virginia 22314
Phone: 703-684-7710
Fax: 703-836-1040
Website: www.ffcmh.org

National Mental Health Association

New York, NY 10016

As quoted from the site:

The National Mental Health Association is the country's oldest and largest nonprofit organization addressing all aspects of mental health and mental illness. With more than 340 affiliates nationwide, NMHA work to improve the mental health of all Americans, especially the 54 million people with mental disorders, through advocacy, education, research and service.

This site includes information on mental health related topics. Someone can also obtain referrals (contact information) to professionals who specialize in treating emotional, behavioral, and cognitive disorders.

Address: 2001 N. Beauregard Street,
12th Floor
Alexandria, VA 22311

Phone: 703-684-7722
TTY Line: 800-433-5959
Fax: 703-684-5968
Website: www.nmha.org

NYU Child Study Center

As quoted from the site:

The New York University Child Study Center is dedicated to advancing the field of child mental health through evidence-based practice, science and education.

The Center offers expert psychiatric and psychological services for children and their families, with emphasis on early diagnosis and intervention. Our vision is to be the premier source of child mental health information, improve and influence the practice of child mental health professionals, and in doing so, change the face of child mental health.

This site offers great links to lots of information about kids and specifically, kids at-risk. There is also a Guide to Psychiatric Medications for Children and Adolescents that includes a list of medications and the name (brand and generic), class, benefits, and common side effects of each.

Address: New York University
Child Study Center
577 First Avenue

Phone: 212-263-6622
Email: services@AboutOurKids.org
Website: www.aboutourkids.org

Research and Training Center on Family Support and Children's Mental Health

As quoted from the site:

The Center is dedicated to promoting effective community-based, culturally competent, family-centered services for families and their children who are, or may be affected by mental, emotional or behavioral disorders. This goal is accomplished through collaborative research partnerships with family members, service providers, policy makers, and other concerned persons.

This site also includes an easy-to-understand Glossary of Children's Mental Health Terms and publishes research findings in both Spanish and English.

Address: Portland State University
Research & Training Center
1600 SW 4th Ave., Suite 900
Portland, Oregon 97201

Phone: 503-725-4040
Fax: 503-725-4180
Email: gordonl@pdx.edu
Website: www.rtc.pdx.edu

Southwest Iowa Families

Address: 121 S. 15th St.
Clarinda, IA 51632
Phone #: 712-542-3501

Substance Abuse and Mental Health Services Administration (SAMHSA)

See listing under Substance Abuse

Waubonsie Mental Health Center

Provides outpatient counseling and psychotherapy services to children, adolescents, adults, families and couples. Serves Fremont, Montgomery and Page Counties.

Address: 1800 N. 16th St.
Clarinda, IA 51632

Phone #: 712-542-2388
1-800-432-1143

Fax #: 712-542-2984

Juvenile/Criminal Justice

Iowa Division of Criminal & Juvenile Justice Planning

This site includes data on the special initiatives of the program: Criminal Justice Information Systems Integration (CJIS), Disproportionate Minority Confinement (DMC), Iowa Collaboration for Youth Development (ICYD), Iowa Youth Survey (IYS), and the Justice Data Warehouse (JDW). There is also easy-to-understand information on the criminal justice and juvenile justice system including flow charts of the progression of a CINA and Delinquency petition through the court system.

Address: 321 E. 12th
Lucas State Office Bldg.,
Second Floor
Des Moines, IA 50319

Phone: 515-242-5823

Fax: 515-242-6119

Website:
www.state.ia.us/government/dhr/cjpp

Iowa Judicial Branch

As quoted from the Families and Children page of the site:

This section of our site addresses some of the legal issues affecting our families and children. It includes basic information about child support including our child support guidelines. You can learn about child custody laws and find a statewide directory for the mandatory education program for divorcing parents. We have also provided a thorough discussion of juvenile court procedures.

This is the official site of the Iowa Courts. It include information that is very helpful in understanding the juvenile and criminal justice systems.

Website:
www.judicial.state.ia.us/families/juvcourt

Middleton Center for Children's Rights (Drake University Law School)

The Children's Rights Clinic provides legal services for children and families in need of assistance. The center has four components including legal services, interdisciplinary training, resources, and policy making. There is a link on this site to assist in finding an attorney.

Address: 2400 University Ave.
Des Moines, IA 50311

Phone: 515-271-3851

Website: www.middleton.drake.edu

Youth Law Center

The Youth Law Center provides free legal advice and information regarding issues affecting youth rights and responsibilities. Professionals who work with youth can also access information and assistance. Topics may include – emancipation, custody/guardianship, abuse/neglect, pregnancy/reproductive rights, runaway/homeless, school, delinquency, family problems.

Address: 218 6th Ave.
Des Moines, IA 50309

Phone: 1-800-728-1172 (Hotline)
515-242-1172

Email: ylc@youthlawcenter.org

Website: www.youthlawcenter.org

Healthcare

Bright Futures at Georgetown University

As quoted from the website:

Overview: Bright Futures is a vision, a philosophy, a set of expert guidelines, and a practical developmental approach to providing health supervision for children and adolescents from birth through age 21. Bright Futures is dedicated to the principle that every child deserves to be healthy and that optimal health involves a trusting relationship between the health professional, the child, the family, and the community as partners in health practice.

Mission: The mission of Bright Futures is to promote and improve the health, education, and well-being of infants, children, adolescents, families, and communities.

Address: Bright Futures Project
Georgetown University
2115 Wisconsin Avenue,
NW., Suite 601
Washington, DC 20007-
2292

Phone: 202-784-9556
Fax: 202-784-9777
Email: Brightfutures@ncemch.org
Website: <http://www.brightfutures.org>

Iowa Department of Public Health

This site includes links, programs, publications and boards connected with the Department. The programs are organized under five divisions and contact information is included for each of these: behavioral health and professional licensure, tobacco use prevention and control, health promotion and chronic disease prevention, environmental health, and acute disease prevention and emergency response. The website lists resources, publications, data, and other information on the programs at the county and state level.

Address: 321 E. 12th Street
Lucas State Office Bldg
Des Moines, IA 50319

Phone: 515-281-7689
Website: www.idph.state.ia.us

Education

Iowa Area Education Agencies (AEA)

As quoted from the website...

Iowa Area Education Agencies are regional service agencies which provide school improvement services for students, families, teachers, administrators and their communities.

The AEAs work as educational partners with public and accredited, private schools. Agency staff members, school staff and families work together to help all children reach their potential.

As intermediate agencies, AEAs offer the kinds of services that can be most efficiently and economically provided on a regional or cooperative basis among school districts. The Iowa system is widely regarded as one of the foremost regional service systems in the country.

AEA programs and services fall into nine areas (below) that are defined by state AEA accreditation standards. Specific programs are outlined in each agency's Comprehensive Improvement Plan.

- School-Community Planning
- Professional Development
- Curriculum, Instruction and Assessment
- Diverse Learning Needs
- Multicultural, Gender-Fair
- Media
- School Technology
- Leadership
- Management

Website: www.iowaaea.org

Green Valley AEA

Address: 1405 N. Lincoln
Creston, IA 50801

Phone: 641-782-8443
800-362-1864

Loess Hills AEA

Address: Box 1109
Council Bluffs, IA
51502

Phone: 712-366-0503
800-432-5804

Fax: 712-366-3431

Iowa Department of Education

This site is the official website for the Iowa Department of Education. It includes directory and contact information, programs and services, reports, data, statistics, laws, rules, regulations, new, calendars, and other links. The site is also divided into categories of Pre-K to 12, AEAs, Community Colleges, Universities and Colleges, and the State Board.

Address: Grimes Building
E. 14th and Grand Ave.
Des Moines, IA 50319

Phone: 515-281-5294

Website: www.state.ia.us/educate

Other Professional Resources

Asian and Pacific Islander Advisory Council

As quoted from the website:

The Iowa Governor's Asian and Pacific islander (API) Advisory Council advises policymakers on issues and concerns pertinent to API Iowans and promotes for the well being of this population.

The Asian and Pacific islander Advisory Council will fulfill one of its primary functions by regularly advising the Governor and Lt. Governor on issues of concern to the Asian and Pacific Islander community.

Website: www.iowaapi.org

Iowa Commission on the Status of African Americans

As quoted from the website:

The Iowa Commission on the Status of African-Americans (ICSAA) is a state agency that exists to address the needs and concerns of Iowa's African-American citizens. Since it was established by the Iowa Legislature in 1989, the ICSAA has been a division of the Department of Human Rights and serves as an advocate for African-Americans in Iowa.

The ICSAA is composed of nine citizens representing different regions of the state. Each is appointed by the Governor and confirmed by the Iowa Senate. The director, who administers the Division on the Status of African-Americans within the Department of Human Rights, is also a gubernatorial appointee and confirmed by the Senate. The Director of the Department of Human Rights serves *ex officio*.

Address: Iowa Department of Human Rights

Lucas State Office Building
Des Moines, IA 50319

Phone: 515-281-7283
800-351-4659

Fax: 515-242-6119

E-Mail: dhr.icsaa@dhr.state.ia.us

Website:
www.state.ia.us/government/dhr/saa

Iowa Division of Latino Affairs

As quoted from the website:

The mission of the Commission on Latino Affairs is to improve the quality of life of all Iowans by increasing statewide understanding of the social, cultural and economic contributions Latinos make in Iowa. Additionally, our mission is to serve as a resource center which promotes positive change by assessing the issues and making recommendations to decision-makers of the challenges facing Iowa's Latino community.

Address: Department of Human Rights
Lucas State Office Building
321 E. 12th Street
Des Moines, IA 50319

Phone: 515- 281-4080

1-877-330-3516

Fax: 515- 242-6119

Website:
www.state.ia.us/government/dhr/la

Articles and Publications

- American Psychiatric Association. (May 2004). *Mental Illness and the Criminal Justice System: Redirecting Resources Toward Treatment, Non Containment*. Arlington, VA: American Psychiatric Association. Retrieved March 20, 2005 from www.psych.org/edu/other_res/lib_archives/archives/200401.pdf
- American Psychological Association. (2003). Report of the APA Task Force on Psychology's Agenda for Child and Adolescent Mental Health. Retrieved March 20, 2005 from www.apa.org/pi/cyf/child_adoles_mentalhealth_report.pdf
- Burns, R.I. (2002). Substance abuse: State actions to aid recover. Issue Brief: NGA Center for Best Practices, Health Policy Studies Division. Retrieved March 20, 2005 from <http://www.nga.org/cda/files/1002SUBSTANCEABUSE.pdf>
- Department of Health and Human Services. (2000). Report of the Surgeon General's Conference on Children's Mental Health: A national action agenda. Retrieved January 24, 2005 from www.surgeongeneral.gov/topics/cmg/childreport.htm
- Legal Action Center. (April 2003). *Safe & Sound: Models for Collaboration Between the Child Welfare & Addiction Treatment Systems*. New York: Arthur Liman Policy Institute. (Contact Willieree Murray for copies at (202) 544-5478)
- Lint, S. (n.d.) Iowa child welfare and substance abuse services collaboration. Des Moines, IA: Iowa Department of Human Services. Retrieved March 1, 2005 from www.dhs.state.ia.us/Publications/ICW_SubAbuseSvc/ChildWelfareandSubstanceAbuseServicesCollaboration.doc
(This is Iowa's version/response to the Health and Human Services "Blending Perspectives and Building Common Ground" report)
- Torreblanca, M., Friend, S. & Oosterom, W. (April 2003). An insight into the US healthcare system. *Regulatory Affairs*. Retrieved January 24, 2005 from www.currentdrugdiscovery.com.
- US Department of Health and Human Services. (1999). *Blending Perspectives and Building Common Ground. A Report to Congress on Substance Abuse and Child Protection*. Washington, D.C.: U.S. Government Printing Office. Retrieved January 24, 2005 from <http://aspe.hhs.gov/hsp/subabuse99/subabuse.htm>

Articles specific to methamphetamines:

Hohman, M., Oliver, R. & Wright, W. (July 2004). Methamphetamine abuse and manufacture: The child welfare response. *Social Work*, 49(3), 373-381.

(Without some kind of library search engine, this article can be purchased at http://www.findarticles.com/p/articles/mi_go2040/is_200407/ai_n6291823)

National Institute on Drug Abuse. (January 2002). Methamphetamine: Abuse and addiction. *Research Report Series*. Retrieved January 24, 2005 from <http://www.nida.nih.gov/ResearchReports/methamph/methamph.html>

Rawson, R.A., Anglin, M.D. & Ling, W. (2002). Will the methamphetamine problem go away? *Journal of Addictive Diseases*, 21(1), 5-19.

(Available at <http://www.asam.org/jol/Articles/Rawson%20et%20al%20article.pdf>)

Articles specific to mental health:

dosReis, S., Zito, J.M., Safer, D.J. & Soeken, K.L. (2001). Mental health services for youths in foster care and disabled youths. *American Journal of Public Health*, 91(7), 1094-1099.

(Without a library search engine, this article can be purchased at <http://www.ajph.org>)

Other Articles

Pruitt, D.B. & Kiser, L.J. (Sept/Oct 2004). Pharmacologic trends in behavioral health: Part five of a six part series – examining pediatric multipresychotropic regimens. *Special section to Behavioral Health Management*, S1-S4.

Safer, D.J. (1997). Changing patterns of psychotropic medications prescribed by child psychiatrists in the 1990s. *Journal of Child and Adolescent Psychopharmacology*, 7(4), 267-274.

Zito, J.M., Safer, D.J., dosReis, S., Gardner, J.F., Magder, L., Soeken, K., Boles, M., Lynch, F. & Riddle, M.A. (January 2003). Psychotropic practice patterns for youth: A 10-year perspective. *Archives of Pediatric and Adolescent Medicine*, 157, 17-25.

Zito, J.M., Safer, D.J., dosReis, S., Gardner, J.F., Soeken, K., Boles, M. & Lynch, F. (2002). Rising prevalence of antidepressants among US youths. *Pediatrics*, 109(5), 712-727.

AGING AGENCIES/ELDER RESOURCES

Adair County Neighborhood Center

Services include a food pantry, senior living chore person, applications for programs such as Medicaid and food stamps, GED classes and a thrift store.

Address: 354 Public Square
Greenfield, IA 50849
Phone #: 641-743-2424

Alzheimer's Association: Greater Iowa Chapter

Provide information for persons with memory loss, caregivers, and health professionals. Website contains useful information on Alzheimer's Disease, resources- including a diversity toolbox, message boards, fact sheets and information on Medicare and Medicaid, services- including local chapters, research and advocacy information.

Address: 1730 28th St.
West Des Moines, IA 50266
Phone #: 515-440-2722
1-800-272-3900- 24 hr. help-line

Area XIV Agency on Aging

Seeks to help older persons remain independent and healthy in their homes and community. Services include nutrition, case management, transportation, employment, chore services, homemaker services, info & assistance/outreach, family caregiver program, congregate housing and legal assistance. Serves Adair, Adams, Union, Clarke, Taylor Ringgold & Decatur Counties.

Address: 210 Russell St.
Creston, IA 50801
Phone #: 641-782-4040
1-800-262-0378
E-mail: areaxiv@mddc.com
Website: www.areaxivaaa.org

Center for Medicare & Medicaid Services

Oversees the administration of the Medicare, Medicaid, and SCHIP programs in Iowa, Kansas, Missouri, and Nebraska. Responsible for oversight of the Quality Improvement Organizations and for End Stage Renal Disease Networks in 13 states. Responsible for national enforcement of health insurance Portability & Accountability act provisions in states which are not in substantial compliance.

Address: 601 E 12th St, Room 242
Kansas City, MO 64106
Phone #: 816-426-2866
Website: <http://www.cms.hhs.gov/about/regions/pros7.asp>

Iowa Department for Elder Affairs

Our objectives are to provide advocacy, educational and prevention services to older Iowans so they can find Iowa a healthy, safe, productive and enjoyable place to live and work. Includes a substitute decision making board to make medical decisions for those who have no family.

Address: Clemens Bldg.
200 10th St. 3rd floor
Des Moines, IA 50309
Phone #: 515-242-3333
1-800-532-3213
E-mail: sherry.james@iowa.gov
Website: <http://www.state.ia.us/elderaffairs>

Iowa Family Caregiver Program

Our mission is to make your caregiving role easier by providing information, emotional support, and access to local resources for your parent, spouse, relative or friend. The Iowa Family Caregiver Program is a project of the Iowa Association of Area Agencies on Aging (I4A). We work in partnership with the Iowa Area Agencies on Aging to help families provide good care for their loved ones. I4A is a non-profit organization.

Address: 5835 Grand Avenue
Suite 106
Des Moines, Iowa 50312
Phone #: (866) 4-NURTURE
866-468-7887
Website: <http://www.iowafamilycaregiver.org/>

Iowa Foundation for Medical Care

Quality improvement projects, Medical and utilization review programs, Health care provider education and coaching, Medicare and Medicaid consumer education, Database management and health care informatics, Application development and maintenance, Industry experts in technical research and field operations, Utilization & Care management programs, Preferred provider network development.

Address: 6000 Westown Pkwy
Suite 350E
Des Moines, IA 50266-7771
Phone #: 1-800-752-7014
Website: <http://www.ifmc.org>

Iowa Legal Aid

People with nowhere else to turn - women, senior citizens, veterans, children and other low-income residents - get help from Iowa Legal Aid. Equal justice under law is a fundamental principle in our nation. It is how we resolve disputes between individuals, businesses and government. Iowa Legal Aid is working for fairness for low-income Iowans.

Address: 11119th Street
Des Moines, IA 50314
Phone #: 515-243-2151
1-800-532-1275
Website: <http://www.iowalegalaid.org>

Legal Hotline for Older Iowans

The Legal Hotline is the first place to go to get information and advice about elder law issues. The Legal Hotline is a special project of Iowa Legal Aid that provides legal advice and other services to Iowans who are 60 or older. The Hotline's services are free and confidential. By getting legal advice when you need it, you can prevent and resolve legal problems, avoid being victimized, remain independent and make better life planning decisions. You can get legal information and advice about most non-criminal issues, including: Consumer & Finance (home repairs, debt problems, telephone and utility issues), Housing, Family Law, Grandparent Visitation and other issues, Individual Rights (guardianships, privacy, elder abuse) Wills and Life Planning, Health Care (Medicaid, prescriptions, health care directives, and insurance), Public Benefits (social security, Medicaid, elderly property tax credit, energy assistance) Nursing Home and Long Term Care (resident rights, paying for care).

Address: 1111 9th Street
Des Moines, IA 50314
Phone #: 515-282-8161
1-800-532-3213
Website: <http://www.iowalegalaid.org/hotline>

Mt. Ayr Neighborhood Center

Services include emergency food, WIC, clothing, Promise Jobs, LIHEAP (fuel systems) and work force development.

Address: 202 N. Taylor St.
Mt. Ayr, IA 50854
Phone #: 641-464-2401

National Council of Senior Citizens

Organization of autonomous senior citizen groups, which support Medicare, Social Security, national health care, housing, and other senior issues. Does advocacy on behalf of the elderly.

Address: 8403 Colesville Road,
Suite 1200
Silver Spring, MD 20910
Phone #: 301-578-8800
Website: <http://www.ncscinc.org>

Social Security Administration

The Social Security Administration (SSA) is headed by a Commissioner and has a staff of over 65,000 employees within an organizational structure of 13 offices. SSA's central office is located in Baltimore, Maryland. The field organization, which is decentralized to provide services at the local level, includes 10 regional offices, 6 processing centers, and approximately 1300 field offices.

Address: Social Security Adm.
Office of Public Inquiries
Windsor Park Building
6401 Security Blvd.
Baltimore, MD 21235

Phone #: 1-800-772-1213
1-800-325-0778- for persons
deaf or hard of hearing

Website: <http://www.ssa.gov>

Southwest 8 Senior Services, Inc.

Provide a broad range of programs that support seniors, caregivers, and their families in the either southwest counties of Iowa: Cass, Fremont, Harrison, Mills, Montgomery, Page, Pottawattamie, and Shelby.

Address: 3319 Nebraska Ave
Council Bluffs, IA 51501

Phone #: 712-328-2540
1-800-432-9209

E-mail: southwest8@mcleodusa.net

Website: www.southwest8.org

Assisted Living

(see also "Nursing Homes")

Allen House

Assisted Living Concepts has designed residences to be a true home to older adults who need some assistance with daily living such as eating, bathing, dressing, and medication management. This combination of housing and services provides an affordable alternative that encourages independence for individuals who do not require the 24-hour continuous skilled nursing care.

Address: 1406 East 19th St.
Atlantic, IA 50022-2881
Phone #: 712-243-3820
Website: <http://www.alcco.com>

Amelia House

Assisted Living Concepts has designed residences to be a true home to older adults who need some assistance with daily living such as eating, bathing, dressing, and medication management. This combination of housing and services provides an affordable alternative that encourages independence for individuals who do not require the 24-hour continuous skilled nursing care.

Address: 57 West Ferndale Drive
Council Bluffs, IA 51503
Phone #: 712-325-4400
Website: <http://www.alcco.com>

Avoca Lodge Assisted Living

Has 20 apartments, nine are one bedroom, ten are studio apartments and one is a two bedroom apartment. Access to physical, occupational and speech therapies as well as assistance with medications and personal cares. Provides three meals a day.

Address: 612 E. York Rd.
Avoca, IA 51521-0728
Phone #: 712-343-2400
Website: www.careinitiatives.org

Bethany Heights

Independent living for seniors 55 and over. Included in rent is 2 meals a day, transportation, utilities and a medical alert pendant.

Address: 11 Elliot Street
Council Bluffs, IA 51503
Phone #: 712-328-8228
E-mail: dawson@bethanylutheranhome.org

Care Homes, Inc.

Address: P.O. Box 402
Council Bluffs, IA 51503
Phone #: 712-325-0791

Clearview Estates Assisted Living

12 apartment assisted living complex that is attached to the Clearview Nursing Home. Accepts both private and Medicaid payments.

Address: 500 West Columbus
Mt. Ayr, IA 50854
Phone #: 641-464-0651
E-mail: cestates@iowatelecom.net

Elm Heights Assisted Living

As a tenant of our state-certified Assisted Living Facility, individuals enjoy independence in their daily living activities. Supportive care can be provided with the monitoring of medications and other health care needs. A 24 hour emergency call system, staffed by the Elm Heights professional staff, offers peace of mind to the Assisted Living tenant. In addition, all amenities provided to residents in the nursing facility are available for Assisted Living tenants.

Address: 1203 South Elm St.
Shenandoah, IA 51601-2221

Phone #: 712-246-4627

Website: www.shenandoahmedcenter.com

Eiler House

Assisted Living Concepts has designed residences to be a true home to older adults who need some assistance with daily living such as eating, bathing, dressing, and medication management. This combination of housing and services provides an affordable alternative that encourages independence for individuals who do not require the 24-hour continuous skilled nursing care.

Address: 920 West Garfield
Clarinda, IA 51632
Phone #: 712-542-5508
Website: <http://www.alcco.com>

Fox Run Assisted Living Community

With 66 spacious apartments, Fox Run offers six spacious floor plans that range from 435 to 1,000 square feet at one low monthly rate. Fox Run provides many excellent services and amenities that are included in the one affordable low monthly rate, such as three nutritious meals a day served restaurant style, theatre, billiards room, and an emergency medical alert system.

Address: 3121 Macineery Drive
Council Bluffs, IA 51501
Phone #: 712-256-2741
E-mail: information@foxrunassisted.living.com
Website: <http://www.foxfunassistedliving.com>

Linwood Estates

Provides assistance with medications, bathing, housekeeping, ADL's, laundry, and 3 meals a day. Has one bedroom and studio apartments, all with private bathrooms.

Address: 700 N. Linn St.
Glenwood, IA 51534
Phone #: 712-527-1035
E-mail: linwoodestates@aol.com

Maple Ridge Assisted Living

Address: 1500 Hwy 2 East
Mt. Ayr, IA 50854

Terrace Park Assisted Living

Tenants enjoy their independence but if assistance is needed they can receive it. The tenants and their families can remove the worries of safety, no have to worry about home upkeep, can be assured they receive nutritious meals and can enjoy activities, and the companionship of others in our community.

Address: 201 SW Lorraine
Leon, IA 50144
Phone #: 641-446-8396

Department of Human Services

Adams County Department of Human Services

Services include children and family services, financial support, medical assistance, mental health and disability services.

Address: 304 N. Pine St
Creston, IA 50801
Phone #: 641-322-4031
E-mail: cunion01@dhs.state.ia.us
Website: <http://www.dhs.state.ia.us>

Cass County Department of Human Services

Services include children and family services, financial support, medical assistance, mental health and disability services.

Address: 601 Walnut Street
Atlantic, IA 50022
Phone #: 712-243-4401
E-mail: ccass01@dhs.state.ia.us
Website: <http://www.dhs.state.ia.us>

Clarke County Department of Human Services

Services include children and family services, financial support, medical assistance, mental health and disability services.

Address: 115 N. Main
Osceola, IA 50213
Phone #: 641-342-6516
E-mail: cclark01@dhs.state.ia.us
Website: <http://www.dhs.state.ia.us>

Decatur County Department of Human Services

Services include children and family services, financial support, medical assistance, mental health and disability services.

Address: 210 N. Main St.
Leon, IA 50144
Phone #: 641-446-4312
E-mail: cdecat01@dhs.state.ia.us
Website: <http://www.dhs.state.ia.us>

Mills County Department of Human Services

Services include children and family services, financial support, medical assistance, mental health and disability services.

Address: P.O. Box 469
101 Central, Suite 124
Glenwood, IA 51534
Phone #: 712-527-4803
E-mail: cmills01@dhs.state.ia.us
Website: <http://www.dhs.state.ia.us>

Montgomery County Department of Human Services

Services include children and family services, financial support, medical assistance, mental health and disability services.

Address: P.O. Box 525
Red Oak, IA 51566
Phone #: 712-623-4838
E-mail: cmontg01@dhs.state.ia.us
Website: <http://www.dhs.state.ia.us>

Page County Department of Human Services

Services include children and family services, financial support, medical assistance, mental health and disability services.

Address: 121 C South 15th Street
Clarinda, IA 51632
Phone #: 712-542-5111
E-mail: cpage01@dhs.state.ia.us
Website: <http://www.dhs.state.ia.us>

Pottawattamie County Department of Human Services

Services include children and family services, financial support, medical assistance, mental health and disability services.

Address: 417 Kanesville Boulevard
Council Bluffs, IA 51503
Phone #: 712-328-5661
E-mail: cpotta01@dhs.state.ia.us
Website: <http://www.dhs.state.ia.us>

Ringgold County Department of Human Services

Services include children and family services, financial support, medical assistance, mental health and disability services.

Address: 210 N. Main St.
Leon, IA 50144
Phone #: 641-464-2247
E-mail: cdecat01@dhs.state.ia.us
Website: <http://www.dhs.state.ia.us>

Taylor County Department of Human Services

Services include children and family services, financial support, medical assistance, mental health and disability services.

Address: P.O. Box 178
Clarinda, IA 51632
Phone #: 712-542-5111
877-996-1199
E-mail: cpage01@dhs.state.ia.us
Website: <http://www.dhs.state.ia.us>

Union County Department of Human Services

Services include children and family services, financial support, medical assistance, mental health and disability services.

Address: 300 N. Pine St.
Creston, IA 50801
Phone #: 641-782-8502/ 2173
E-mail: cunion01@dhs.state.ia.us
Website: <http://www.dhs.state.ia.us>

Home Health
(see also "Hospitals")

Adair County Home Care

Medicare certified, covers 30 mile radius of Greenfield, offers skilled nursing, enterostomal consulting, physical therapy, occupational therapy, speech therapy, 24 Hour on-call service, IV therapy, Hospice, frail elderly & nursing services

Address: 117 NW Hayes Suite A
Greenfield, IA 50849
Phone #: 641-743-6173
641-343-7055 (24 hour)
Website: <http://www.adaircountyhealthsystem.org/home%20care.htm>

AHP-MHR Home Care

Address: 102 E Washington St.
Clarinda, IA 51632
Phone #: 712-542-5078

Alegent Health Family Home Care

Services include nursing services, home health aides, medical social worker, physical therapy, occupational therapy, speech therapy, dieticians and Hospice.

Address: P.O. Box 344
Corning, IA 50841
Phone #: 641-322-6283
Website: <http://www.alegent.com>

Alegent Health Family Home Care & Hospice

Offer intermittent care, hospice, IV, medical equipment, palliative care, maternal child care and psychological services.

Address: 800 Mercy Drive
Council Bluffs, IA 51503
Phone #: 712-328-5106
Website: <http://www.alegent.com>

Circle of Friends Home Care & Hospice

Services include skilled nursing, home health aides, surgery follow-up, enteral therapy and parenteral nutrition, intravenous therapy, 24 hour on-call nurse, laboratory support services, nutrition counseling, patient education, physical therapy, occupational therapy, speech therapy, medical social worker, waiver services- CPAC, homemakers, respite, in home health related care and more.

Address: P.O. Box 569
Chariton, IA 50049
Phone #: 641-774-2339
866-774-2339
E-mail: info@cofhomecare.com
Website: www.cofhomecare.com

Clarke County Home Care Aide Services, Inc.

Services include light housework, personal care, local transportation, laundry, meal preparation, bathing, shampoo/haircare, exercises, range of motion, child supervision, respite care and grocery shopping.

Address: P.O. Box 384
800 S. Fillmore
Osceola, IA 50213
Phone #: 641-342-3133
E-mail: CCHCAS@pionet.net

Clarke County Public Health

Services include skilled nursing home visits, home health aide services, in-home physical therapy, case management for frail elderly, participant in the care for yourself women's health project, health screenings, community health needs assessments and health improvement.

Address: 134 W. Jefferson St.
Osceola, IA 50213
Phone #: 641-342-3724
E-mail: clarkeph@cecnet.net

Decatur Public Health and Home Care

A Medicare certified agency that will structure your comprehensive health care program to meet your individual needs.

Address: 1405 NW Church St
Leon, IA 50144
Phone #: 641-446-6518
E-mail: lerma@decaturcountyhospital.org
Website: <http://www.decaturcountyhospital.org/services/patient/phhc/phhc.html>

Family Touch Home Health Care

Home health care agency that provides skilled services in the home- includes home health aide visits, skilled nursing, physical therapy, occupational therapy, and speech therapy. Also provide non-skilled custodial services, including homemaker companion services visits which offer assistance with house work, errands, and transportation to Dr.'s visits and any local need.

Address: P.O. Box 423
Shenandoah, IA 51601
Phone #: 712-246-2454
E-mail: familytouch@hearland.net

Greater Community Hospital Home Care

Offers skilled nursing, home care aide services, medical social work, occupational therapy, physical therapy and speech therapy.

Address: 1700 W. Townline
Creston, IA 50801
Phone #: 641-782-3528
Website: <http://www.greaterch.com>

Guthrie County Public Health Nursing Services

Provides health promotion, health education, coordination of care and home health nursing programs.

Address: 2002 State St., Suite 1
Guthrie Center, IA 50115
Phone #: 641-747-3972
E-mail: janell@gcph.com
Website: <http://www.gcph.com>

Harrison County Public Health

Provides skilled nursing services home care, immunization services, health promotion services, home health aid/homemaker services, maternal health, women's health & family planning, child health, learning for life and tobacco prevention services.

Address: Courthouse, 111 North 2nd
Ave
Logan, IA 51546
Phone #: 712-644-2220
E-mail: harrcoph@harrisoncountyia.org
Website: <http://www.harrisoncountyia.org/publichealth>

Heartland Home Health & Hospice

Address: 2301 Eastern Ave
Red Oak, IA 51566

Home and Public Health and Hospice

Services include home health, hospice and public health, home maker and home care aides, lifeline button, social services, and physical therapy.

Address: 1213 Garfield Ave
Harlan, IA 51537
Phone #: 712-755-4308
Website: www.shelbycohealth.com

Home Instead Senior Care

Offers companionship, meal preparation, medication reminders, light housekeeping, laundry, errands and shopping for the counties of Story, Boone, Dallas, Madison and Warren.

Address: 234 Highway 6
Waukee, IA 50263
Phone #: 515-978-7991
E-mail: s.medick@homeinstead.com
Website: www.homeinstead.com/Franchise.asp?IE=414

Home Sweet Home Care, Inc.

Home health care agency offering homemaker services, skilled nursing, home health care, and therapies, including physical therapy, speech therapy and social work.

Address: 16 West 6th Street
Atlantic, IA 50022-0384
Phone #: 712-243-5343

Home Sweet Home Care, Inc.

Offers nursing services, personal cares, homemaker services, physical therapy, occupational therapy, and speech therapy.

Address: 213 N. 16th St.
Clarinda, IA 51632
Phone #: 712-542-4181
1-800-362-1600 (in Iowa)
E-mail: tish_frazier@hotmail.com

Mercy Aging Services

Address: 427 East Kanesville
Council Bluffs, IA 51501

Montgomery County Public Health

A public health agency offering skilled nursing visits, home care visits, homemaker services, immunizations, and blood pressure screenings. Contract out for physical and occupational therapies.

Address: 1109 Highland Ave
Red Oak, IA 51566
Phone #: 712-623-4893
E-mail: montphns@net2dish.net
Website: www.montgomerycountypublichealth.com

Mills County Public Health

Offer in-home nursing services, in-home health care, in-home homemaking care, family centered service, immunizations, environmental health, health promotion.

Address: 101 Central St #B11
Glenwood, IA 51534-0209
Phone #: 712-527-9699
E-mail: mcph@mcph.us
Website: www.millscoia.us

Page County Home Care

Address: 822 South 17th St.
Clarinda, IA 51632
Phone #: 712-542-3936

Page County Public Health

Services for the elderly include blood pressure and glucose screenings at various sites and physical activities programs.

Address: 815 West Thomas, Suite 4
Shenandoah, IA 51601
Phone #: 712-246-2332
E-mail: pcphbd@mchsi.com

Pottawattamie County Public Health

Address: 233 South 6th Street
Council Bluffs, IA 51501

Presbyterian Outreach

Presbyterian Outreach, Inc. shares God's love by improving the quality of life in our communities with respite care, equipment loans, the arts, youth camps and prison ministries.

Address: 202 West Washington
Clarinda, IA 51632
Phone #: 712-542-9808
Website: <http://www.presbyterianoutreach.com>

Presbyterian Outreach

Presbyterian Outreach, Inc. shares God's love by improving the quality of life in our communities with respite care, equipment loans, the arts, youth camps and prison ministries.

Address: 3211 Nebraska Ave
Council Bluffs, IA 51501
Phone #: 712-328-2825
Website: <http://www.presbyterianoutreach.com>

REM Health

A licensed Medicare-certified home health agency providing skilled nursing services, 24-hour nursing care, therapy services (physical, occupational, speech and respiratory), mental health, personal care, homemaker and companion services.

Address: 300 West Broadway, Suite 3
Council Bluffs, IA 51503
Phone #: 712-325-8989
E-mail: Michelle.Ruesink@TheMentorNetwork.com
Website: <http://www.remhealth.com>

Ringgold County Public Health

Services include skilled nursing services, home health aides, homemaker services, parents as teachers, chore (Waiver services), county sanitarian and social services.

Address: 119 S. Fillmore
Mt. Ayr, IA 50854
Phone #: 641-464-0691

Rural Health Care Advantage/Hospice

Services include home care and hospice, rehab, social services, chaplin, volunteers and nursing services.

Address: 130 N. Grand
Chariton, IA 50049
Phone #: 641-774-4090
1-877-774-8344
Fax #: 641-774-8657

Shenandoah Medical Center Home Health and Hospice

A home health agency offering home health services through Medicare, private pay or a third party payer. Offers home health and hospice services for Page and Freemont counties. Services include speech, occupational and physical therapies.

Address: 300 Park Ave., Suite 3
Shenandoah, IA 51601
Phone #: 712-246-2442
E-mail: jmarie@shenandoahmedcenter.com

South Central Home Health Care

Services include home making/home care, skilled nursing, respite, therapy, a variety of Waiver services (including chore), and contracting out various services.

Address: 201 SW Lorraine
Leon, IA 50144
Phone #: 641-446-8953

Southwest Iowa Home Health

Offers nursing services, home care aides, homemakers, physical therapy, occupational therapy, speech therapy, and they have access to a dietician and social worker if needed.

Address: P.O. Box 357
Sidney, IA 51652-0357
Phone #: 712-374-2685
E-mail: swihh@heartland.net

Taylor County Public Health

Offer home health services, skilled nursing, home care aides, homemaker services, immunizations, occupational, physical and speech therapies.

Address: 405 Jefferson St.
Bedford, IA 50833
Phone #: 712-523-3405
E-mail: tblunt@heartland.net

Visiting Nurse Association

Offers complete home care, hospice and community health services.

Address: 300 West Broadway, Suite 10
Council Bluffs, IA 51503
Phone #: 712-328-2636
1-800-255-3560
E-mail: info@vnam.org
Website: <http://www.vnam.org>

Wel-Home Health

Services include nursing, home health aides, homemaker, rehab services either in-home or outpatient and other special programs.

Address: 314 South Elm Ave.
Logan, IA 51546

Phone #: 712-644-3529

Wel-Home Health

Address: 1600 E. Summit St.
Red Oak, IA 51566

Hospice

(see also "Home Health" & "Hospitals")

Asera Care Hospice

Our approach to hospice care and home health services ensures that the needs and wishes of the entire family are being met. If you are confined to the home but need ongoing medical care, our home health staff can design a comprehensive healthcare program to meet your needs. And doctor-prescribed hospice care is a compassionate alternative for terminally ill patients and their families.

Address: 508 East Broadway
Council Bluffs, IA 51503
Phone #: 1-800-591-2273
Website:
<http://www.aserahospicecouncilbluffs.com>

Hospice of Cass County

Services include home health care, Hospice, public health, homemaker services, and personal care. Also have social services, infusion therapy, wound care nurse, physical, occupational and speech therapies. Accept all payment sources.

Address: 1501 East 10th Street
Atlantic, IA 50022
Phone #: 712-243-8006
E-mail: info@casshealth.org
Website: <http://www.casshealth.org>

Hospice of Central Iowa

Serves patients and their families in 34 counties throughout central, south-central and southeast Iowa. Long history of providing compassionate comfort care for individuals and families coping with an end-stage illness.

Address: 401 Railroad Place
West Des Moines, IA 50265
Phone #: 515-271-1321
1-800-806-9934
Website:
<http://www.hospiceofcentraliowa.org>

Methodist Hospice

Methodist Hospice is dedicated to the care of patients with a terminal diagnosis and the families and friends who love them. Rather than a place, hospice is a "philosophy of care." Hospice is designed to address the physical, emotional and spiritual needs of the patient and family. When the focus shifts from aggressive, curative, medical treatment to comfort and quality of life, Methodist Hospice will bring care to you.

Address: 933 East Pierce Street
Council Bluffs, IA 51503
Phone #: 402-354-3200
E-mail: Jtreine@nmhs.org
Website: <http://www.bestcare.org>

Hospitals

Adair County Memorial Hospital

Offers inpatient acute care, skilled nursing, emergency care, extended care, surgery care, special care unit, echocardiograms, radiology, mammography, CT scanner, lab services, sleep studies, pulmonary function testing, bone density study, liver, gall bladder, cardiac function testing, venous carotid Doppler studies, & outpatient specialty clinics.

Address: 609 SE Kent St
Greenfield, IA 50849
Phone #: 641-743-2123
Website: <http://www.adaircountyhealthsystem.org>

Alegent Health Community Memorial Hospital

Emergency care, MRI, CAT scans, general radiology, mammography, surgical radiology, ultrasound, laboratory services, EKG, telemetry monitoring, treadmill stress testing, ECHO cardiogram, stress ECHO cardiogram, cardiac pulmonary rehabilitation, physical therapy, occupational therapy, home care, hospice, behavioral & nutritional services, outpatient surgery, respite, social services, education & specialty clinics.

Address: 631 North 8th St.
Missouri Valley, IA 51555
Phone #: 712-642-2784
Website: <http://www.alegent.com/index.cfm?app=64>

Alegent Health Mercy Hospital

Offers 24-hour emergency care, lab services, cardiovascular services, cardiopulmonary rehab, obstetrical services, physical therapy, occupational therapy, behavioral services, social services, wellness education, chemotherapy, sleep disorder studies, respiratory care services, electroencephalograms, specialty clinics, & family home care services.

Address: 603 Rosary Drive
Corning, IA 50841
Phone #: 641-322-3121
Website: <http://www.alegent.com>

Cass County Memorial Hospital

90-bed inpatient facility with active medical staff of family practice, surgical, psychiatric, pathology and ear, nose and throat physicians the hospital meets a wide range of medical needs. Additionally, over 20 specialty physicians provide clinics at the hospital.

Address: 1501 E. 10th St
Atlantic, IA 50022
Phone #: 712-243-3250
E-mail: info@casshealth.org
Website: <http://www.casshealth.org>

Clarinda Regional Health Center

A critical access hospital with 24 hours emergency service and excellent medical care. Affiliate hospital in the Mercy Medical Center Health Network of Central Iowa. Also offers home care services.

Address: 823 S 17th St.
Clarinda, IA 51632
Phone #: 712-542-2176
1-800-682-7920
Website: <http://www.clarindahealth.com>

Decatur County Hospital

Services include inpatient, outpatient, diagnostic, therapeutic, emergency, mental health, public health and home care services and specialty clinics.

Address: 1405 NW Church St.
Leon, IA 50144
Phone #: 641-446-4871
Website: <http://www.decaturcountyhospital.org>

Greater Community Hospital & Home Care

Services include Intensive Care Unit, acute care, skilled nursing care, extended care, surgery, behavioral health unit, adult psychiatric services, same day surgery and ambulatory unit, pediatrics, obstetrics, Greater Community Birthing Center, observation and Hospice suite.

Address: 1700 W. Townline
Creston, IA 50801
Phone #: 641-782-7091
Website: <http://www.greaterch.com>

Madison County Memorial Hospital

Services include acute care, intensive care, skilled or swing bed care, hospice care, general office visits, medical emergencies and specialty clinics.

Address: 300 Hutchings
Winterset, IA 50173
Phone #: 515-462-2373
Website:
<http://www.madisonhealth.com>

Montgomery County Memorial Hospital

Services include business health, cardiac rehab, certified mammography, CT scanning, dietary consultation, EEG, Home Health & Hospice, lab, Lifeline, MRI scanning, nuclear medicine, occupational therapy, physical therapy, pulmonary rehab, pulmonary testing, radiology, respiratory therapy, sleep studies, social services, speech therapy, stress testing/EKG, ultrasound and other consulting services.

Address: 2301 Eastern Ave.
Red Oak, IA 51566
Phone #: 712-623-7000
Website:
<http://www.mcmh.org/index.html>

Myrtue Memorial Hospital

A county hospital offering an extensive variety of health care services, including inpatient and outpatient care, physical and occupational therapy, home & public health, hospice, obstetrics, diagnostic services, emergency care and health education.

Address: 1213 Garfield Ave.
Harlan, IA 51537
Phone #: 712-755-5161
Website: www.myrtue.org

Ringgold County Hospital

Services include emergency room, radiology, ultrasound, physical therapy, occupational therapy, surgeon, mammograms, cardiac rehab, CT scan on-site, MRI truck once a week, five station dialysis unit, acute care floor with 16 beds, ambulance service and attached clinic.

Address: 211 Shellway Drive
Mt. Ayr, IA 50854
Phone #: 641-464-3226

Shenandoah Memorial Hospital

Address: 300 Pershing Ave
Shenandoah, IA 51601
Phone #: 712-246-1230
Website:
www.shenandoahmedcenter.com

Housing/Retirement Living

Crown Colony Housing

64 unit apartment complex which also serves as a meal site five days a week and offers an activities program, information and referral.

Address: Crown Colony
Lamoni, IA 50140
Phone #: 641-784-7777

Elm Crest Retirement Community

As a continuing care retirement community, Elm Crest offers the assurance and availability of health care should the need arise. The campus is comprised of Residential and Assisted Living, a health center, skilled nursing care and dementia care program. Services include skilled nursing care, therapeutic recreation, respite care, hospice care, dementia care, rehabilitative & restorative programs.

Address: 2104 12th St
Harlan, IA 51537
Phone #: 712-755-5174
E-mail: mjarrell@abhomes.net
Website: www.abhomes.net

Iowa Veterans Home

The philosophy of the Iowa Veterans Home is to provide individualized quality health care in a home-like atmosphere. Professionally trained staff provide a variety of modern preventive and rehabilitative services while encouraging residents' self-choice and dignity. Residents are encouraged to achieve their highest level of functioning and to maintain self-determination and independence regarding health care choices.

Address: 1301 Summit St.
Phone #: 641-753-4309
E-mail: daniel.steen@ivh.state.ia.us
Website: <http://www.state.ia.us/iavetshome/>

Southern Iowa Regional Housing Authority

Services include application for a HUD loan, affordable housing, Section 8 housing vouchers and senior apartments.

Address: 219 N. Pine St.
Creston, IA 50801
Phone #: 641-782-8585
Website: <http://www.affordablehousingonline.com/housingauthoritydetail.asp?id=IA117>

Summit House Apartments

Offers both one and two bedroom apartments for adults ages 55 and over.

Address: 509 N. Maple
Creston, IA 50801
Phone #: 641-782-1621

Taylor Ridge Estates

A supervised residential care facility with 24-hour supervision, room and board, activities, social services, special diets, assistance with ADL's, assistance with medications and treatments as physician orders. Ages 19 and up.

Address: 805 E. Home Ave.
Lenox, IA 50851
Phone #: 641-333-2221
E-mail: tridge@ll.net
Website: www.wia14.org

Medical Supplies

Apria Health Care

Has a variety of medical equipment for purchase or for rent, including pharmacy, infusion therapy and tube feeding supplies.

Address: 701 W. Townline
Creston, IA 50801
Phone #: 641-782-6892
Website: www.apria.net

Apria Health Care

Has a variety of medical equipment for purchase or for rent, including pharmacy, infusion therapy and tube feeding supplies.

Address: 111 Washington
Red Oak, IA 51566
Phone #: 712-623-5466
1-800-432-0009 (in Iowa)
Website: www.apria.net

Mental Health

(see also "Hospitals")

Alegent Health Psychiatric Associates

Have seven therapists that serve all ages. They offer individual and group counseling, specifically for alcohol and drugs.

Address: 801 Harmony St. Suite 302
Council Bluffs, IA 51501
Phone #: 712-328-2609
Website: www.alegent.com

Clarinda Mental Health Institute

35 bed long-term nursing home level care for residents with mental illnesses. Also has a 20 bed acute care psychiatric unit.

Address: 1800 N. Street
Clarinda, IA 51632
Phone #: 712-542-2161
E-mail: mark.lund@doc.state.ia.us
Website: <http://www.dhs.state.ia.us/institutions/ClarindaMHL.asp>

Crossroads Mental Health Center

Offers individual psychotherapy, family therapy, play therapy, workshops, education, community support services, bio-feedback, psychological testing and evaluation, marital and group therapy, sexual abuse therapy, consultation, medication management, hypnosis, employee assistance, and prescreening for voluntary hospitalization.

Address: 820 N. Main
Osceola, IA 50213
Phone #: 641-342-4888
Fax #: 641-342-1140
E-mail: crossroads@heartland.net
Website: <http://www.wia14.org>

Crossroads Mental Health Center

Offers individual psychotherapy, family therapy, play therapy, workshops, education, community support services, bio-feedback, psychological testing and evaluation, marital and group therapy, sexual abuse therapy, consultation, medication management, hypnosis, employee assistance, and prescreening for voluntary hospitalization.

Address: 1003 Cottonwood Road
Creston, IA 50801

Phone #: 641-782-8457
1-800-622-5168
Website: www.wia14.org

Dimensions, Inc.

Provides standardized assessments, consultation to agencies, therapy, staff development, and behavior modification program development.

Address: 55684 230th St.
Glenwood, IA 51534
Phone #: 712-527-2845

Greater Community Hospital Behavioral Health Unit

A Medicare approved acute mental health provider, offering geriatric mental health services for individuals 55+ years of age. Has a state-of-the-art 9 bed locked mental health unit and offers free pre-screening assessments/evaluations. In-patient hospitalization includes psychiatric services, medical services, daily therapy groups, and interdisciplinary therapies.

On With Life

On With Life at Glenwood is a 32-bed Skilled Nursing Facility. Our extended care program is especially designed to meet the 24-hour-a day needs of individuals who have experienced a brain injury including traumatic brain injury, stroke, tumor, aneurysm or other diagnoses.

Address: 714 Lacey St. #100
Glenwood, IA 51534
Phone #: 712-527-2294
Website: www.on-with-life.org

Prairie Rose Mental Health

Mission is to provide community-based services to individuals, families and groups to promote mental, physical, and spiritual well-being. They offer community services, outpatient services, business support services and supportive community living.

Address: 1303 Garfield Ave.
Harlan, IA 51537
Phone #: 712-755-5056
712-755-5161 (emergency)
Website: <http://www.myrtue.org/prairie.htm>

Waubonsie Mental Health

Offer counseling services for Page, Freemont and Montgomery Counties. Also have a supported community living program for the chronically mental ill and a senior outreach program.

Address: 1800 N. 16th St.
Clarinda, IA 51632
Phone #: 712-542-2388

West Central Mental Health Center

Services include outpatient psychotherapy and counseling services, psychiatric services, evaluation services, consultation, education, supported community living services, and day treatment services.

Address: 2111 W. Green
Adel, IA 50003
Phone #: 515-993-4535
1-800-321-7772
E-mail: rvaagen@westcentralmhc.com
Website: <http://www.westcentralmhc.com>

Nursing Homes

Adair Community Health Center

48-bed skilled nursing facility, services include physical therapy, occupational therapy, speech therapy, restorative program, dietary, activities, and a social services designee.

Address: 608 North St.
Adair, IA 50002
Phone #: 641-742-3205
E-mail: ahealthcenter@iowatelecom.net

Afton Care Center

43-bed skilled nursing facility with activities, clinical lab services, dietary services, housekeeping, physical therapy, occupational therapy, speech/language pathology, pharmacy services, physician services, podiatry services and social work.

Address: 508 W. Pearl St.
Afton, IA 50830
Phone #: 641-347-8416

Atlantic Nursing and Rehab Center

90 bed skilled nursing facility, providing 24 hour nursing care, speech therapy, occupational therapy, physical therapy, restorative program, dietician, private and semiprivate rooms, a chapel, activities program, social services, weekly ice cream social, whirlpool bath, and a family room. Accepts all payment sources

Address: 1300 E. 19th St.
Atlantic, IA 50022-0270
Phone #: 712-243-3952
E-mail: atlantic@careinitiatives.org
Website: <http://www.careinitiatives.org>

Avoca Nursing and Rehab Center

46 bed skilled nursing facility offering speech, occupational and physical therapies either outpatient or in-home. Participates in local mobile meals program. Assisted living building also on-site.

Address: 610 E. York Rd.
Avoca, IA 51521-0728
Phone #: 712-343-6398
Website: www.careinitiatives.org

Bedford Nursing and Rehab

60 bed skilled nursing facility, offers respite care, hospice care, rehab services (physical, occupational and speech therapies), and outpatient physical, occupational and speech therapies.

Address: 1005 W. Pearl St.
Bedford, IA 50833
Phone #: 712-523-2161
Website: <http://www.careinitiatives.org>

Bethany Lutheran Home

121 bed skilled nursing facility. On-site services include activities, lab services, dental services, dietary services, housekeeping, nursing services, occupational therapy, physical therapy, social work, pharmacy, physician, podiatry services and speech pathology.

Address: 7 Elliot Street
Council Bluffs, IA 51503
Phone #: 712-328-9500
Website: <http://www.lutheranhome.com>

Colonial Manor of Anita

65 bed skilled nursing facility offering activities, lab services, dental services, dietary, housekeeping, busing services, physical and occupational therapy, speech pathology, social work services, pharmacy, physician and podiatry services.

Address: 1000 Hillcrest Drive
Anita, IA 50020-0427
Phone #: 712-762-3219

Community Care Center, Inc.

65 bed skilled nursing facility with an attached assisted living unit.

Address: 1603 S. 7th St.
Stuart, IA 50250
Phone #: 515-523-2815

Corning Nursing and Rehab

Corning Nursing & Rehab Center consists of a 57-bed nursing/skilled nursing facility devoted to obtaining the highest "Quality of Life" for each individual. We are dedicated to meeting the needs of the whole resident. Physical, spiritual, emotional and intellectual aspects are addressed to accomplish this philosophy. The interdisciplinary team works together to make sure all needs of the individual are met

Address: 1614 Northgate Drive
Corning, IA 50841
Phone #: 641-322-4061
Fax #: 641-322-3219
E-mail: corning@careinitiatives.org
Website: <http://www.careinitiatives.org>

Crest Haven Care Center

53 bed skilled nursing facility, offering skilled nursing services, activities, dietary, social services, physical, occupational and speech therapies. Also offers adult day care, meals on wheels, and respite care. Accepts all payment sources.

Address: 1000 E. Howard St.
Creston, IA 50801
Phone #: 641-782-5012
E-mail: cresthvn@iowatelecom.net

Creston Nursing and Rehab

74 bed medicaid/medicare certified nursing facility. Specializes in restorative care, with the intent of returning our clients to their highest practicable level of ability.

Address: 1001 Cottonwood
Creston, IA 50801
Phone #: 641-782-8511
E-mail : creston@careinitiatives.org
Website: <http://www.careinitiatives.org>

Elm Heights Care Center

Elm Heights Care Center offers private and semi-private rooms for 42 area residents. Fully licensed and accredited, including Medicaid Certification, our residents can be served on a long term, short term, or convalescent basis for rehabilitative therapy prior to returning to their own living arrangements. Short stays are sometimes possible for a temporary

occupancy while family or other caregivers are out of town.

Address: 1203 South Elm Street
Shenandoah, IA 51601-2221
Phone #: 712-246-4627
Website: www.shenandoahmedcenter.com

Fair Oaks

Private pay 20 bed residential care facility. Offers nursing staff 24 hrs a day, activities and dietary services.

Address: 1201 South Walnut Street
Shenandoah, IA 51601
Phone #: 712-246-2055

Fontanelle Good Samaritan Center

The mission of the staff at Fontanelle Good Samaritan Center is to share God's love in word and deed by providing shelter and services to those in need, believing that "In Christ's Love, Everyone Is Someone," which is reinforced by our strong spiritual ministries program. Our staff provides restorative care and services that will allow you to live as independently as possible, whether your plan is to return to your home or make this your permanent home. We are committed to helping you meet your physical and psychosocial care needs while we make your stay with us a pleasant experience.

Address: 326 Summerset St.
Fontanelle, IA 50846
Phone #: 641-745-4191
Website: www.good-sam.org

Garden View Care Center

We are a Skilled and Intermediate Care Nursing Facility in Shenandoah, Iowa, which is located in the Southwest corner of the state. We offer 24 hour nursing care for short and long term stays, a rehabilitation department, numerous activity programs and a full time Social Worker

Address: 1200 West Nishna Road
Shenandoah, IA 51601-2199
Phone #: 712-246-4515
Fax #: 712-246-5085
Website: www.gardenviewcc.com

Glen Haven Home

Address: 302 6th Street
Glenwood, IA 51534-1199
Phone #: 712-527-3101

Goldenrod Manor Care Center

65 bed skilled nursing facility, offering intermediate and skilled care, outpatient therapy, social services, activities and dietary. Accepts all payment sources.

Address: 225 West Laperla Drive
Clarinda, IA 51632-3002
Phone #: 712-826-9592
Website: <http://www.good-sam.com>

Griswold Care Center

Address: 106 Harrison
Griswold, IA 51535-0610

Good Samaritan Center

Services include an Alzheimer's Care Unit, subacute unit, respite care, home health care, physical therapy, occupational therapy, speech language therapy, respiratory therapy, IV therapy, out patient therapy, Hospice care, adult day care, skilled nursing, skilled nursing with medicare, wellness program and senior housing.

Address: 202 Central Avenue
Villisca, IA 50864-1097
Phone #: 712-826-9592
Website: <http://www.good-sam.com>

Good Samaritan Nursing Home

Our mission at Villisca Good Samaritan is to share God's love in word and deed by providing shelter and services to those in need, believing that "In Christ's Love, Everyone Is Someone." Whether you are here for a short recovery period or in need of a long-term stay, our kind and caring staff will do all they can to make your time with us pleasant.

Address: 202 Central Ave.
Villisca, IA 50864-9592
Phone #: 712-826-9592
Website: <http://www.good-sam.com>

Good Samaritan Nursing Home

"Living, Loving and Growing" best describes life at the Red Oak Good Samaritan Center in Red Oak, Iowa. "Happy, Happy," are probably the first words you will hear as you walk through the front door. Of course that is because our official greeter is an African gray parrot named Happy. The pleasant surprises don't stop there, though, as one corner of the living room is filled with children's toys and the courtyard includes a playground among the gardens. Altogether there are more than 10 different garden areas on the Center's grounds. Our facility has 88 skilled nursing beds and an 18-bed unit devoted to the care of Alzheimer's residents.

Address: 201 Alix Avenue
Red Oak, IA 51566-1001
Phone #: 712-623-3170
Website: <http://www.good-sam.com>

Heritage House

Offers all levels of care.

Address: 1200 Brookridge Circle
Atlantic, IA 50022
Phone #: 712-243-1850
E-mail: pwood@wesleyservices.org
Website: www.wesleyservices.org

Hillcrest Center

69 bed skilled nursing facility, offering nursing services, dietary, activities and social services. Currently relicensing in order to provide assisted living in the future.

Address: 115 Main Street
Sidney, IA 51652
Phone #: 712-374-2693
Website: www.ambhealthsys.com

Lamoni Nursing and Rehab

51 bed skilled nursing facility offering nursing care, respite care, hospice care, rehab services, VA contracts, wanderguard, security system, pain management, restorative nursing program, wound care management and tube feedings.

Address: 215 S. Oak St.
Lamoni, IA 50140
Phone #: 641-784-3388

Website: <http://www.careinitiatives.org>

Lenox Care Center

46 bed skilled nursing facility. Services include speech, occupational and physical therapies, social services, activities and dietary.

Address: 111 E. Van Buren
Lenox, IA 50851

Phone #: 641-333-2226

Longview Nursing Home

Our facility was established and exists to provide high quality skilled nursing care. Our mission is to create an environment where residents feel comfortable, accepted, and loved.

Address: 1010 Longview Road
Missouri Valley, IA 51555

Phone #: 712-642-2264
712-642-2309

E-mail: yvr@aol.com

Website: www.longviewhome.com

Manning Regional Healthcare

The Manning Plaza was built in 1966 to provide both intermediate and residential care to area residents as they approached their twilight years. As time went by, the focus was changed to intermediate care only. Residents desired to remain in their own homes longer resulting in the loss of need for residential care. In the late 1970's the neighboring Manning General Hospital and the Manning Plaza joined and are known today as Manning Regional Healthcare Center. An integral part of Manning Regional Healthcare Center, the Plaza is a 58-bed long-term care facility. It offers 24-hour nursing care and specialized dietary service. The Plaza also offers recreational programs, rehabilitative services, and social services. Plaza residents have direct access to acute care and specialty services at Manning Regional Healthcare Center.

Address: 410 Main Street
Manning, IA 51455

Phone #: 712-322-5586

E-mail: Manning.Regional@mrhia.com

Website: <http://www.mrhcia.com>

Manor of Malvern

51 bed Medicare and Medicaid certified nursing facility. Services provided on site include activities, lab services, dietary, housekeeping, nursing services, occupational therapy, physical therapy, speech/language pathology, pharmacy, physician services podiatry and social work.

Address: 903 2nd Street
Malvern, IA 51551

Phone #: 712-624-8661

Mt. Ayr Health Care Center

53 bed skilled nursing facility, assisted living attached.

Address: 1504 E. South St.
Mt. Ayr, IA 50854

Phone #: 641-464-3204

Oakland Heights

67-bed long-term care facility that is Medicare and Medicaid certified. Services include dietary, activities, social services, physical, occupational and speech therapies.

Address: 904 N. Scenic Drive
Oakland, IA 51560

Phone #: 712-482-6403

Osceola Nursing and Rehab

98 bed skilled nursing facility offering 24-hour skilled nursing care, hospice services and quality end of life services, two Alzheimer's units, VA contract, speech therapy, occupational therapy, physical therapy, out-patient therapy, restorative care management, wanderguard system, emergency admissions, excellent dining choices and services, full activity schedule, spiritual care and a variety of service offerings.

Address: 2315 N. Main
Osceola, IA 50213

Phone #: 641-342-6061

Website: <http://www.careinitiatives.org>

Risen Son Christian Village

We've been open since 1990 and we have developed a close working relationship between our staff, volunteers and residents. Our full-service retirement community includes 50 Garden Homes, 46 Independent Living Senior Apartments, 36 Residential Care Apartments, 23 Assisted Living Dementia Apartments with three double-room suites and 102 bed Health Care Center. We serve our residents in a way that promotes daily health, taking into consideration all that one needs to live happily. Our mission is to honor God by providing support for senior adults with a choice of lifestyles, the services and amenities needed to support a high quality of life, and the love, care, and respect they deserve.

Address: 3000 Risen Son Boulevard
Council Bluffs, IA 51503
Phone #: 712-366-9655
Website: <http://www.christianhomes.org/rscv-index.shtml>

Rose Vista Home

Services include a 76 bed Medicare and Medicaid certified nursing facility, 12 assisted living apartments, adult day care and 16 independent living apartments.

Address: 1109 Normal St.
Woodbine, IA 51579
Phone #: 712-647-2010
Fax #: 712-647-3156
E-mail: rvh@pionet.net

Salem Lutheran Home

The Salem Lutheran Homes campus includes a 94-bed Skilled Nursing Facility with 51 private and 23 semi-private rooms. A multi-million dollar construction project was completed in 1998. This modern update included the addition of a quiet and home-like Special Care Unit to serve those with Alzheimer's Disease or other Dementia type illnesses.

Address: 2027 College Ave.
Elk Horn, IA 51531
Phone #: 712-764-4201
Website: <http://www.good-sam.com>

Sidney Health Center

69 bed Medicare A skilled nursing facility, offering physical, occupational and speech therapies, social services, dietary and activities.

Address: 115 Main Street
Sidney, IA 51652
Phone #: 712-374-2693
Website: www.ambhealthsys.com

Stanton Care Center

Services include a skilled nursing facility, respite care, pharmaceutical consulting, home delivered meals, nutrition consulting and adult day care.

Address: 213 Halland Ave.
Stanton, IA 51573
Phone #: 712-829-2727
E-mail: administrator-sta@vhsmail.com
Website: www.stantoncarecenter.com

Tabor Manor Care Center

83 bed Medicaid certified nursing facility. On-site services include activities, lab, dental, dietary, housekeeping, mental health, nursing, occupational therapy, physical therapy, pharmacy, physician, podiatry, social work, speech/language pathology and vocational services.

Address: 400 Main Street
Tabor, IA 51653
Phone #: 712-629-2645

Vista Gardens Care Center

Vista Gardens Care Center, located in Red Oak, Iowa, offers a friendly and caring home environment for both short and long-term stays. It has 39 semi-private rooms and 10 private rooms for your convenience. Rehabilitation services at Vista Gardens focus on assisting patients in becoming as independent and safe as they can be in everyday functional activities. Vista Gardens provides Physical Therapy, Occupational Therapy and Speech-Language Pathology to Care Center patients.

Address: 1600 Summit
Red Oak, IA 51566
Phone #: 712-625-5156
Website: www.lantisnet.com/vgcc.htm

Westmont Care Center

Westmont Care Center, located in Logan, Iowa invites you into a caring home environment which includes an attractive family meeting room and outdoor courtyard. It has 47 semi-private rooms and 4 private rooms for your convenience. Rehabilitation services at Westmont focus on assisting patients in becoming as independent and safe as they can be in everyday functional activities. Westmont offers Physical Therapy, Occupational Therapy and Speech-Language Pathology to Care Center patients as well as to outpatients.

Address: 314 South Elm Ave.
Logan, IA 51546
Phone #: 712-644-2922
Website: <http://www.lantisnet.com/wcc.htm>

Westridge Quality Care and Rehab

70-bed skilled nursing long-term care facility and rehab. Offers physical, occupational and speech therapies, social services, dietary and activities.

Address: 600 Manor Drive
Clarinda, IA 51632
Phone #: 712-542-5161
E-mail: switthoft@5sqc.com

Westview Acres Care Center

91 bed certified Medicare and Medicaid skilled nursing facility, offering long-term, short-term or respite care. Services include Speech therapy, audiology, respiratory therapies, physical and occupational therapy, ophthalmology, radiology, podiatry, dental, psychology, lab oratory and pharmacy services, medical director, social worker, dietician consultant, orthopedics, post-stroke rehab, cardiac therapy, entreal feeding, tracheostomies and other necessary care.

Address: 203 SW Lorraine
Leon, IA 50144
Phone #: 641-446-4165
Website: <http://westviewacres.iowacare.com>

Woodland Rehabilitation Center

160 bed long-term skilled care facility. Services include speech, occupational and physical therapies, activities, dietary, and social services.

Address: 1600 McPherson Ave.
Council Bluffs, IA 51503
Phone #: 712-322-9285
E-mail: barrymiller@quest.net

Transportation

Heart of Iowa Regional Transit Authority

HIRTA is a brokered system and contracts for services through individual social service transportation providers in each of its counties. The contractors include Boone County Transportation; HomeCare Services, Inc.; Five Oaks/Jasper County Transportation; Madison county Elderly Services, Inc.; Marion County; Christian Opportunity Center, Inc.; Heartland Senior Services, Inc.; RRACAP/Warren; and Five Oaks Trailways. All services are open to the general public. General Public service is available Monday through Friday at each location from 7:30 a.m. to 4:00 p.m. Additional service hours/days may be available in each county.

Address: 5800 Fleur Drive Suite 215
Des Moines, IA 50321

Phone #: 515-256-5680

Fax #: 515-256-5681

E-mail: hirta@netins.net

Website:

http://www.iatransit.com/services/agency_profile.asp?intAgencyID=110

Southern Iowa Trolley

The Area Agency is the operator of the Southern Iowa Trolley, the regional public transit system which is open to the general public. Door-to-door service is available to older persons. Recreational trips can be arranged on request.

Address: 210 Russell St.
Creston, IA 50801

Phone #: 1-800-262-0378
641-782-4040

E-mail: areaxiv@mddc.com

Website: www.areaxivaaa.org

Southwest Iowa Transit Agency

A public transportation system, throughout eight counties: Cass, Fremont, Harrison, Mills, Montgomery, Page, Pottawattamie and Shelby. SWITA has 50+ drivers operating a variety of transportation services which include: Taxi service in larger cities, scheduled routes through smaller communities to local trade centers, contract services for schools, disabled workshops, mental health agencies, etc and special trips for non-profit agencies. To arrange for transportation or if you have questions, call Southwest Iowa Planning Council at least 24 hours in advance. Wheelchair transportation is available with advanced notice. SWITA service may be available for special trips based on availability of dates and drivers. Reservations are required. The cost for such trips are based on hourly rates of driving and waiting times. Call to make reservations.

Phone #: 1-800-842-8065
712-243-4196

Website:

<http://www.metc.net/~swipco/swita.htm>

Western Iowa Transit System

Western Iowa Transit System offers public transportation services to senior citizens, people with disabilities, and the general public throughout the Region XII service area of Audubon, Carroll, Crawford, Greene, Guthrie, and Sac Counties in West Central Iowa.

Address: 1009 E. Anthony St.
Carroll, IA 51401

Phone #: 712-792-9914

Website:

<http://www.region12cog.org/wits.php>

On-line Resources

Alzheimer's Association

The Alzheimer's Association, the world leader in Alzheimer research and support, is the first and largest voluntary health organization dedicated to finding prevention methods, treatments and an eventual cure for Alzheimer's.

Website: <http://www.alz.org>

Phone #: 1-800-272-3900

Website info: Contains general information on Alzheimer's Disease, resources, including a diversity toolbox and message boards, information on local chapters and education programs, research and advocacy.

AlzheimersDisease.com

Helping you in staying connected longer with the ones you love.

Website:

<http://www.alzheimersdisease.com>

Website Info: Order a FREE Identify Alzheimer's Disease Kit (IDAD Kit) that helps distinguish Alzheimer's Disease and provides additional resources. The site also contains basic info on Alzheimer's Disease, info on having the disease, providing Alzheimer's Disease care, legal and financial issues, resources and tools (including a virtual support network), and info for healthcare professionals. This site contains information from MayoClinic.com.

Alzheimer's Foundation of America

Focuses on "Together for Care...in addition to Cure." Offers care for individuals with Alzheimer's disease and related illnesses, care for family members and others caring for those with brain disorders, care for healthcare professionals in the dementia field, and care for Alzheimer's-related community organizations.

Website: <http://www.alzfdn.org>

Phone #: 1-866-232-8484

Website Info: Offers a service called care connection, which is a strategic alliance between the Alzheimer's Foundation of America and Ask Dr. Jamie, it is a free teleconferencing service designed for caregivers of individuals with Alzheimer's disease and related illnesses. Part support group, part educational, these teleconferences are a valuable mix

of coaching, guest speakers, questions and answers-and lots of sharing. Sessions are held live on every first and fourth Thursday of each month at 8:00pm CT and recorded every second Thursday of each month at 5:00pm. Connecting is free and simple. Call Care Connection's toll-free number and, when prompted, enter the designated guest identification number. Call toll-free: 877-232-2992. Guest identification number: 27100

ALZwell Caregiver Support

ALZwell Caregiver Support is dedicated to helping dementia caregivers to find understanding, wisdom, and support throughout the caregiving journey.

Website: <http://www.alzwell.com>

Website Info: Has a library with information on dementia care, eldercare topics and other resources. Also contains a caregivers education series and caregiver support groups.

Centers for Medicare & Medicaid Services

The Centers for Medicare & Medicaid Services (CMS) is a Federal agency within the U.S. Department of Health and Human Services.

Website: <http://www.cms.gov>

Website Info: Information for professionals including providers, ambulance services, end stage renal disease, health plans, hospice, hospitals, home health agencies, Medicare carriers, partner with CMS (includes an on-line National Medicare Training and an Outreach Toolkit on Medicare Prescription Drug Coverage), physicians, prescription drug plans, rural health clinics, and skilled nursing facilities. Site also contains info for consumers on Medicare and Medicaid.

Eldercare Locator

The Eldercare Locator connects older Americans and their caregivers with sources of information on senior services. The service links those who need assistance with state and local area agencies on aging and community-based organizations that serve older adults and their caregivers.

Phone #: 1-800-677-1116

Website: www.eldercare.gov

Website Info: Allows you to search by zip code, city or county for general aging information and assistance, elder abuse prevention, health insurance counseling, legal assistance, long-term care Ombudsman or prescription assistance.

Family Caregiver Alliance

FCA is a public voice for caregivers. Our pioneering programs- information, education, services, research and advocacy- support and sustain the important work of families nationwide caring for loved ones with chronic, disabling health conditions.

Phone #: 1-800-445-8106

Website: <http://www.caregiver.org>

Website Info: Contains information on public policy and research, caregiving info and advice, fact sheets and publications, newsletters, groups (including a caregiver discussion group) and a press room.

Health Assistance Partnership

HAP addresses the needs of the nation's consumer health assistance programs that help people with health insurance problems. The Partnership provides assistance and resources in the areas of: Medicaid, Medicare, private insurance and the uninsured.

Website:

<http://www.healthassistancepartnership.org>

Website info: Includes info on Medicaid and Medicare eligibility, services, research tools and other topics. Holds a free monthly conference call for staff and volunteers of consumer health assistance programs that serve Medicaid beneficiaries.

Medicare

The Centers for Medicare & Medicaid Services (CMS) administers Medicare, the nation's largest health insurance program, which covers nearly 40 million Americans. Medicare is a Health Insurance Program for people 65 years of age and older, some

disabled people under 65 years of age, and people with End-Stage Renal Disease (permanent kidney failure treated with dialysis or a transplant).

Website: <http://www.medicare.gov>

Website Info: Allows you to find a medicare-approved drug discount card, a medicare publication, your eligibility status, a doctor, what medicare covers, and suppliers of medical equipment in your area. You can plan for your long-term care needs, file a claim, file an appeal or grievance and get a replacement card. Site also offers comparisons for hospitals, health plan options, nursing homes, home health agencies, and dialysis facilities.

National Family Caregiver Support Program

The Caregiver Resource Room is where families, caregivers, and professionals can find information about The National Family Caregiver Support Program, including: where you can turn for support and assistance, and providing services to caregivers.

Website: www.aoa.gov/caregivers

Website Info: Contains info for elder and caregivers on where to find help, taking care of others, taking care of you, support groups and caregiver voices. Also contains info for professionals and providers on ensuring the health and wellness of our nation's family caregivers, laws and regulations, projects to support caregivers, public awareness, nation campaigns, program guidance and implementation and state by state profiles.

Resource Directory for Older People

The Resource Directory for Older People is a comprehensive directory of organizations that support the aging community. A cooperative effort of the National Institute on Aging (NIA) and the Administration on Aging (AoA), the directory is intended to serve a wide audience including health and legal professionals, social service providers, librarians, and researchers, and older people and their families.

Website:

<http://www.nia.nih.gov/HealthInformation/ResourceDirectory.htm>

Website Info: The directory contains organizational names, addresses, phone numbers, and fax numbers, as well as e-mail and Web site addresses. The directory lists Federal agencies, AoA-supported resource centers, professional societies, private groups, and volunteer programs.

Alzheimer's Related Articles/ Resources

Communication Techniques/Handling Behaviors

- Alzheimer's Foundation of America (n.d.). *Education and Care*. Retrieved December 20, 2004 from <http://www.alzfdn.org/education-care/communication.shtml>.

Contains information on communication techniques, discussing the diagnosis, and behavior problems.

- Family Caregiver Alliance (2004). *Caregiver's guide to understanding dementia behaviors*. Retrieved December 20, 2004 from http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=391.

This article includes information on communicating, handling troubling behaviors, and additional problem areas.

Caregivers

- Alzheimer's Association (2004). *About grief, mourning and guilt*. Retrieved April 11, 2005 from <http://www.alz.org/Resources/FactSheets/Fsgrief.pdf>.

Outlines the normal stages of grief a person may go through when they have a loved one with Alzheimer's Disease.

- Alzheimer's Association (n.d.). *Caregiver stress: Signs to watch for...steps to take*[Brochure]. Retrieved April 10, 2005 from http://www.alz.org/Resoures/FactSheets/Brochure_%20CaregiverStress.pdf.

Discusses ten signs of caregiver stress and ten ways to help manage that stress.

- Alzheimer's Association (Spring 1999). *Caring for the caregivers of your Alzheimer patients*. *Research & Practice*, 7(1). Retrieved January 14, 2005 from <http://www.alz.org/Resources/FactSheets/FSRCCaring4caregivers2.pdf>

Discusses ways that health care providers can be supportive of and offer care for the caregivers of their patients with Alzheimer's Disease.

Depression & Alzheimer's Disease

- Alzheimer's Association (2004). *About depression and Alzheimer's disease*. Retrieved April 9, 2005 from http://www.alz.org/Resources/FactSheets/FS_Depression.pdf

Information on how depression may present itself in a person with Alzheimer's Disease and how that can be accurately diagnosed and treated.

- Alzheimer's Association (Spring 1998). *Depression: Why it's common, how its treated*. *Advances: Progress in Alzheimer's research and care*, 18(1). Retrieved April 10, 2005 from <http://www.alz.org/Resources/Advances/Spring1998.pdf>.

This article discusses indicators of depression in a person with Alzheimer's Disease and in caregivers of a person with the disease. It also discusses possible treatments for depression for both populations.

Professional Presentation

- National Institute on Aging's Alzheimer's Disease Education and Referral Center (n.d.). *Speaker's Kit: Unraveling the Mystery*. Retrieved December 19, 2004 from http://www.alzheimers.org/unraveling/speak_kit.html

It is intended as a resource for professionals, social service providers, organization leaders, and others to educate families, staff, volunteers, and others about the basics of AD and current research. The kit includes power point slides, scripts for speakers and forms. We hope this kit will prove useful in developing and delivering presentations and training sessions to both lay and professional audiences. This speaker's kit is based on the publication *Alzheimer's Disease: Unraveling the Mystery*.

Transitions

- Alzheimer's Association (Spring 1998). *Making a smooth transition*. *Advances: Progress in Alzheimer Research and Care*, 18(1). Retrieved April 10 from <http://www.alz.org/Resources/Advances/Spring1998.pdf>.

Offers suggestions for making a smooth transition into a care facility for a person with Alzheimer's Disease and also the transition of the caregiver's role during that change.

- Alzheimer's Foundation of America (n.d.). *Education and Care: Easing the Transition*. Retrieved December 20, 2004 from <http://www.alzhdn.org/education-care/transitioning.shtml>.

Information on making the transition to a care facility easier for both the caregiver and the person receiving care.

Medical Decision Making Info

Advanced Directives (*see below)

- planning for health care decisions; there are two types recognized by law, 1) durable power of attorney for health care and 2) living wills.

Conservatorship

- court authorized relationship whereby one person assumes the responsibility for the property and finances of another

Financial Power of Attorney

- gives someone else the authority to transact business on your behalf, such as to open, maintain or close a bank account, sell, convey, lease or maintain real estate, make financial investments, prepare and file tax returns, or purchase insurance for the principal's benefit

Guardianship

- court authorized relationship whereby one person assumes the responsibility for the physical custody of another

Healthcare Power of Attorney (*see below)

- gives someone else the authority to make medical and health care decisions on your behalf when you are unable to, the person must act in your best interest and this takes priority over a guardian
- in order to make a power of attorney you must be 18 years old and be competent, the document must be in writing and it must contain the name of the person authorized to act as the attorney-in-fact, the powers and responsibilities given to the attorney-in-fact, signature of the principal, the date signed and it must be signed in the presence of a notary or two witnesses

Living Will (*see below)

- a written declaration that informs medical personnel that certain life-sustaining

procedures should be withheld or withdrawn if the person is in a terminal condition and unable to decide for him/herself

- in order to make a living will you must be competent, be 18 or older, it must be signed by declarant in front of two witnesses or a notary, in must be in writing and dated

Powers of Attorney

- a written document by which one person gives another person the authority to act on the first person's behalf in one of more matters, these can be general/financial, limited, standby or health care

Wills

- in the state of Iowa, a valid will must comply with the following requirements: the maker must be at least 18 or married, the maker must be of sound mind, the will must be written and signed in the presence of two competent witnesses, and the maker must tell the witnesses that it is his or her will

* Advanced Directives Resource*

The booklet "The Gift of Peace of Mind" contains forms for a living will and durable power of attorney for health care, information to assist in understanding advanced directives and the legal and medical terms used. It also includes a values survey and medical situation worksheet, designed to help guide decision making. Copies of this publication can be obtained in several ways:

- write to the Iowa Department of Elder Affairs, 200 10th Street, 3rd floor, Des Moines, IA 50309
- call 515-242-3333
- visit the website to download:
<http://www.state.ia.us/government/dea/Documents/GiftofPeaceofMind.pdf>

the above info was adopted, with permission, from presentations by Deanna Clingan-Fischer, JD Legal Service Developer, Iowa Dept. of Elder Affairs

Medicare-approved Drug Discount Cards

Who qualifies?

Anyone who has Medicare Part A or B and doesn't have the outpatient prescription drug benefit through Medicaid (medical assistance)

- mail, telephone or internet, depending on the company
- once an applicant is approved they will be sent a card and other information/materials

info retrieved from <http://www.medicare.gov>

When Choosing a Card:

- review what drugs are covered by the card
- look at drug prices (at retail or through mail order)
- consider the choice of pharmacies in your area

Using the Medicare website to find the best card:

- go to <http://www.medicare.gov>
- must know prescription medications: the name, dose, how often taken and the cost to the person
- must know person's monthly income and
- the amount of available financial resources the person has- stocks, bonds and bank accounts

General Info:

- can save someone between 11-18% on many brand name drugs and even more on generic (this is available regardless of income and it won't affect existing benefits)
- participant may have to pay up to \$30 a year for a card
- if the participant has limited income they won't have to pay the annual fee and may be eligible for an additional \$600 credit to help pay for prescriptions
- a person can only enroll in one Medicare-approved drug discount card at a time
- once a person chooses a card they will fill out an enrollment either by