Veteran Caregiver Support Services

AGENCY: US DEPARTMENT OF VETERANS AFFAIRS

Caregiver support line for caregivers of veterans; licensed clinical social workers are available to answer questions, listen to concerns and directly link callers to the Caregiver Support Coordinator at their local VA Medical Center. Each VA Medical Center has a caregiver support coordinator.

Caregiver Assistance and Support

AGENCY: AGING OFFICE OF WESTERN NEBRASKA (AOVIN)

Caregiver assistance. Support group available in Scottsbluff.

Senior Services

AGENCY: FILLMORE COUNTY SENIOR SERVICES

Senior services.

Home delivered meals.

Information and referral.

Case management.

Arranges for in-home services (housekeeping, yard work, personal care, transportation, shopping, and laundry assistance).

Activities coordination.

Counseling with seniors and/or family members.

Wesley Life

AGENCY: WESLEY LIFE
Adult day centers ensure individuals who need assistance and involvement during the day enjoy a renewed sense of independence, while also receiving the support and encouragement they need. More than just a place to spend the day, Wesley Life's adult day centers provide an environment focusing on what participants "can" do by giving them a purposeful...

**Powerful Tools for Caregivers**

AGENCY: IOWA STATE UNIVERSITY EXTENSION AND OUTREACH

Feeling stretched in your role as a caregiver? Caregiving can be stressful — physically, emotionally, and financially. Whether you care for a loved one at home or in a care facility, nearby or far away, your role is important. You will learn ways to take care of yourself, reduce stress, improve your caregiving confidence, and establish balance in ... 

**Caregiving Relationships: Conversations on Aging**

AGENCY: IOWA STATE UNIVERSITY EXTENSION AND OUTREACH

Caring for a loved one can be a rewarding experience, but it can also be challenging. Learn to recognize how caregiving affects relationships among family members. You will gain skills in talking and listening to address changing needs in later life.

**Alzheimer's Support Groups**

AGENCY: ALZHEIMER'S ASSOCIATION - IOWA CHAPTER

04/01/2020 - COVID-19 Changes:

In light of Covid-19, the Alzheimer's Association's educational programs, support groups and care consultations are being offered virtually. Our 24/7 helpline (800.272.3900) and website (ALZ.org) are valuable informational resources.

Available depending on location...

**Family Caregiver Support**

AGENCY: CONNECTIONS AREA AGENCY ON AGING

Information and assistance to the caregiver to assist them with finding available services, such as support groups and respite providers.

**Caregiver and Youth Support Groups**

AGENCY: NEBRASKA FAMILY SUPPORT NETWORK

Support group for those caring for children of any age with mental or behavioral disorders. Children are welcome. Youth support group meets at the same time.
Family Caregiver Program
AGENCY: ELDERBRIDGE AGENCY ON AGING
Elderbridge AAA connects caregivers to the many resources available such as planning assistance, referrals, training, respite care, support groups, counseling, and emotional support.

Senior Services
AGENCY: POLK COUNTY SENIOR SERVICES
Congregate and home delivered meals.

Blood pressure clinics monthly.

Senior centers offer, pool, shuffleboard, exercise, cards (pitch, bridge and chicken foot), puzzles, socialization with coffee every day, pedicures in Shelby and Polk, Tai chi, Stepping ON Classes, and Movie Day once a month at the Stromsburg Civic Center.

Community Circle of Care
AGENCY: CHILD HEALTH SPECIALTY CLINICS - IOWA CITY
04/13/2020 - COVID-19 Changes:
Closed their regional centers and no in person contact is occurring. Care Coordinators are working remotely and checking voice messages throughout the day. They will continue to engage families via telephone calls or email if necessary. All clinic appointments are being held via a...

Caregiver Support
AGENCY: ALTERNATIVES
Provides one on one support, counseling, tools, and resources for caregivers of vulnerable adults. Includes support groups for grandparents and relatives raising children.

Adult Day Services
AGENCY: NEW CAESAR RETIREMENT CENTER
Adult day services including recreation and socialization, nutritious meals, door to door transportation, medical clinic, and medication monitoring. Personal services available including therapeutic baths and beauty shop.

Bi-monthly caregiver support group and education meetings.
**Howard County Senior Services**

**AGENCY: MIDLAND AREA AGENCY ON AGING**

Congregate meals, Mon-Fri 11:30 am-1 pm. Sack lunches available on Friday for the weekends.

Home delivered meals - Hot Shot program delivers meals to all of Howard County 5 days per week.

Housekeeping services at a reduced rate.

Respite care by appointment.

Transportation for all of Howard County.

**Clay County Senior Services**

**AGENCY: MIDLAND AREA AGENCY ON AGING**

Self-directed care. Housekeeping services.

Attendant and respite care.

Transportation to the various senior centers for meals and activities, medical appointments, shopping trips, etc. Service is available to all, but targeted to the older or disabled rider.

Congregate meals at noon - make reservation day before.

**Webster County Senior Services**

**AGENCY: MIDLAND AREA AGENCY ON AGING**

In-home services including housekeeping, minor home repair, and yard maintenance.

Attendant and respite care.

Congregate meals at noon - make reservation day before.

Home delivered meals.

Telephone reassurance.

Information and assistance.
NAMI Family/Caregiver Support Group (Care & Share) - Dubuque

AGENCY: NAMI IOWA

04/20/2020 - COVID-19 Changes:
NAMI Greater Des Moines is offering a variety of services in response to the pandemic. All services are provided live via webcast and at no cost to the public.

Mental Health Informati...