

Continue the Conversation: LONG-TERM SERVICES & SUPPORTS

Resource Guide for Iowans

www.lifelonglinks.org

This website helps connect older adults, adults with disabilities, veterans and caregivers with local long-term services and supports to help them maintain their independence, at home or in the community of their choice.

www.iheartcaregivers.org

AARP sponsors this site for caregivers, which includes an online support community and a resource center with articles and tip sheets on a number of topics, including stress management and juggling caregiving and work.

<http://nihseniorhealth.gov>

This site offers a variety of health and wellness information for older adults from the National Institutes of Health. Browse through health topics, read personal health stories, watch videos and sign up for daily healthy aging tips.

www.alz.org/greateriowa

The website for the Alzheimer's Association – Greater Iowa Chapter offers an online directory of local resources for individuals with Alzheimer's and related dementias and their caregivers, as well as a 24-hour Helpline and tips for maintaining brain health.

<http://states.aarp.org/region/iowa>

The AARP Iowa site provides news, information and resources on issues that matter to Iowans aged 50 and older. Locate experts, find helpful tools and stay connected through newsletters and blogs.

www.iowaaging.gov/long-term-care-ombudsman

The Office of the State Long-Term Care Ombudsman works to advocate for the rights and wishes of residents and tenants in long-term care, including those living in nursing facilities, residential care facilities, assisted living programs and elder group homes. This website provides resources for family members and long-term care professionals, alike.

www.i4a.org

The Iowa Association of Area Agencies on Aging is the statewide association for Iowa's six Area Agencies on Aging (AAAs). The site can help you locate your local AAA and offers information and education about care options for older Iowans, persons with disabilities and their caregivers.

www.olderiowans.org

The mission of the Older Iowans Legislature is to pursue quality of life for older Iowans by voicing their needs to the general public, all governmental bodies and service providers. This site provides opportunities for older Iowans to learn and participate in governmental processes to help solve problems facing Iowa's seniors.

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The Hale Group is a consulting firm focused on aging and caregiving issues. It works collaboratively with government agencies, non-profit groups and others to promote ideas and activities that enhance the independence and quality of life among aging Iowans.

www.iowacaregivers.org

Iowa CareGivers exists to ensure that all Iowans receive services and supports when and where they need them by helping to ensure a stable direct care workforce. This site includes information about various educational conferences, forums, listening sessions and other events that are also open to family caregivers.