

*“Working to help seniors  
in our community find  
and access services.”*

**For more  
information on  
services available  
or to schedule a  
presentation for  
your business or  
group—Call us  
Today!!!**



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**Siouxland Aging Services, Inc.**

*A Bright Tomorrow For  
Today's Seniors  
(age 60 and older)*

## Case Management for the Frail Elderly



**Our goal is to help you remain  
safely in your home.**

## Case Management Services for the Frail Elderly

The Case Management Program was developed by Siouxland Aging Services (Area IV Agency on Aging) to inform seniors and their families about available Home and Community Based Services. Family and friends may not always be available to help organize the services



that are needed. If you or someone you know needs information or assistance, we can be

there to help! Call our agency and ask to speak to a Case Manager about your specific situation and your current needs.

If you wish to proceed, a Case Manager will visit your home to do an assessment of your health and living situation.

A Case Manager will work with you to develop a personalized plan of care.

Some services may have a cost, others may not. Your Case Manager will help estimate those costs, discuss your options, and help you explore possible funding sources if you are unable to afford the service.

### WHO QUALIFIES FOR THE CASE MANAGEMENT PROGRAM?

1. You must be 60 years of age.
2. Reside in Woodbury, Plymouth, Monona, Cherokee or Ida County.
3. Have a need for two or more services from more than one agency.



The Case Management Program offers you:

- An assessment of your current health and living situation.
- A meeting for your family and professionals who want to help you remain in your home.
- A plan to keep you at home—if your situation changes, we will be there to help find what's right for you.
- A Professional Case Manager to continuously guide you through the services and programs in your community. We will answer your questions and help you make calls to the providers you have requested.
- Help in estimating costs of services, including help in finding available funding sources to help pay for services, for which you may qualify.

# SERVICES AVAILABLE

\* **The services listed here are not all inclusive and are subject to change.**

\* **Not all services are available in all counties.**

- ◆ Nursing– an RN can visit you in your home.
- ◆ Home Health Aide– helps with bathing and grooming.
- ◆ Homemaker– assists with housekeeping, meal preparation, laundry and shopping.
- ◆ Respite– In-home or Out-of-Home temporary care designed to help caregivers get a break from caregiving.
- ◆ Adult Day Program– supervision and assistance with basic activities, and socialization out of the home.
- ◆ Lifeline– Emergency Response phone system.
- ◆ Senior Companion– Someone your age to visit with you.
- ◆ Peer Visitor– A friend who listens to you and your concerns.
- ◆ Transportation– A way to get to the places you need to go.
- ◆ Nutritional Counseling– a licensed dietician to monitor your nutrition.
- ◆ Home Delivered Meals–Meals on Wheels, Heat and Eats, and Liquid Supplements.
- ◆ Home and Vehicle Modification– to allow more independent living and mobility.
- ◆ Assistive Devices/Medication Management Systems– Equipment to assist with activities of daily living.
- ◆ Consumer Directed Attendant Care (CDAC)– skilled and non-skilled services under the Elderly Waiver. Per an agreement with the provider of this service, the consumer directs their own care at home, at an Assisted Living or at a Residential Care Facility.
- ◆ Consumer Choices Option– Consumer chooses who they want to hire for services.
- ◆ Mental Health Outreach– evaluation and treatment in your home.

## WHAT IF YOU CAN'T AFFORD TO PAY FOR SERVICES?

Financial assistance may be available through the Elderly Waiver, a Medicaid Program from the Department of Human Services or through other grant programs.

### ELDERLY WAIVER REQUIREMENTS

- ◆ You must be age 65 or older
- ◆ You must meet the Level of Care Requirements (Nursing Home Level of Care or Skilled Level of Care)
- ◆ You must have a monthly income of less than \$2022.00 and limited resources (savings and checking accounts, life insurance policies, etc.) The house in which you reside and a car are not considered to be resources.
- ◆ The Estate Recovery Law does apply. For specific details regarding Estate Recovery, please call 1-888-513-5186 toll free.

### OTHER FUNDING SOURCES

Siouxland Aging Services has Senior Living Program funds available for those who qualify and are low to moderate income. Consumers must be in need of services and must not have any other funding source. Some grant funding is also available for Caregivers in need of supportive services.

## Iowa Family Caregiver Program

The Iowa Family Caregiver Program is a service of the Iowa Association of Area Agencies on Aging. Funding may be available to caregivers in need of adult day care, respite care or other supportive services. The Caregiver Program also offers a Caregiver Specialist to assist you with ongoing support, a monthly newsletter, a lending library, and periodic educational seminars and special events.

### **DIRECT SERVICE PROGRAMS OFFERED THROUGH SIOUXLAND AGING SERVICES (AREA IV AGENCY ON AGING):**

- ⇒ Case Management
- ⇒ Congregate & Home Delivered Meals
- ⇒ Advocacy
- ⇒ Chore Service
- ⇒ Employment Assistance
- ⇒ Housing Options

Call us today with questions about your community resources and the options available to you.

Siouxland Aging Services provides services without regard to race, color, national origin, age, gender, or disabilities, in compliance with the Title VI of the Civil Rights Act of 1964, Age Discrimination Act of 1965, and Section 504 of the Rehabilitation Act of 1973.