

## Senior Housing

Siouxland Aging Services sponsors three senior housing complexes and manages a fourth. Three of the complexes are strategically located in Sioux City neighborhoods with a fourth located in Onawa.

Each apartment has one bedroom and bath, kitchen, and combination living/dining room area. Units providing special amenities for persons who are wheelchair-bound or have other physical limitations are also available.

Applicants must be 62 years of age or older and meet maximum income limits.

For more information, please call our office.



## Transportation

Siouxland Aging Services, in partnership with Siouxland Regional Transit System, is enabling seniors to increase their mobility by providing “curb to curb” transportation at an affordable cost.

There is no set fee to use the Transportation Program, however a suggested donation to help off-set the cost of the service is in place.

For more information, please call our office.

## Nutrition Services

Congregate meal sites throughout Cherokee, Ida, Monona, Plymouth and Woodbury counties provide hot, nutritious noon meals each weekday.

Seniors visiting our meal sites can also take part in programs on nutrition, wellness, and other topics of concern. Or, you might like to stay for a friendly game of cards or a shuffle on the dance floor. Our meal sites are a wonderful place to meet old friends and make new ones.

For seniors who are homebound and/or unable to prepare their own meal, our “**Meals on Wheels**” program can provide the hot, nutritious meal you need. Volunteers are available to home-deliver noon meals each weekday in Sioux City, and 2-5 days per week in other locations.

**M**eals-To-Go: The Siouxland Aging Services’ “Meals-To-Go” program offers nutritious balanced meals that are delivered frozen and can be heated in the microwave or conventional oven at your convenience. These types of meals are perfect for evenings or weekends.

All our meals are designed to provide 1/3 the Recommended Daily Allowance (RDA) of nutrients for seniors.

### For More Information

Please call our office for more information about any of the services listed, or for:

- ◆ Locating a meal site near you
- ◆ Reserving a noon meal
- ◆ Requesting “Meals-To-Go”
- ◆ Volunteering your time to deliver home-meals, or other volunteer opportunities
- ◆ Information on long-term care options



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# Siouxland Aging Services



*“A Bright Tomorrow for Today’s Seniors”*



## Who We Are

Siouxland Aging Services, Inc., a not-for-profit, 501(c)3 organization incorporated in the state of Iowa, has been meeting the needs of older Iowans in Cherokee, Ida, Monona, Plymouth and Woodbury counties since 1974.

We are part of a larger network on aging that includes over 650 Area Agencies on Aging in the United States today, thirteen of which are in Iowa. Area Agencies on Aging are linked by administrative and funding relationships under the Older Americans Act (OAA). The OAA was first signed into law in 1965 to promote the well-being of older persons and help them remain independent in their communities. All persons age 60 and older are eligible to receive services.

Siouxland Aging Services provides information, services, and programs in compliance with all applicable federal and state civil rights and nondiscrimination laws and regulations.

It is our mission to enable older Iowans to live with maximum possible dignity, well-being and independence.

## Chore Services

Many seniors find it necessary to hire someone to mow their lawn, shovel a snowy driveway or wash their windows. But for some, the cost involved is beyond what they can afford.

The Chore Services Program provides limited financial reimbursement for these and other eligible home maintenance services\*. Once you enroll in the program, you hire the individual with whom you are most comfortable to complete the task. Then, Siouxland Aging Services reimburses you once the service is completed.

To find out more about how Chore Services can help you, please call our office.

\* May not be available in all areas

## Caregiver Support

The Caregiver Specialist at Siouxland Aging makes the role of caregiving easier by connecting the caregiver to needed services and information.

- ◆ Respite services available
- ◆ Monthly newsletter
- ◆ Lending library
- ◆ Periodic educational seminars & special events

## Case Management

Do you or someone you know need home health nursing services due to illness? Do you need assistance paying for prescription medications? Do you live alone, and would like a peer to visit you from time to time?

All of these services\* and many more can be coordinated for you - with just one phone call - through Siouxland Aging Service's Case Management Program.

First, an assessment is completed on your current health and living situation. Next, a plan of services will be designed with you, your family, and area health professionals to help you remain in your home for as long as possible.

Your Case Manager will then coordinate the services you choose, and will check with you on a regular basis to answer any questions or make changes to your care plan as needed. They will even help eligible persons find financial assistance for services which have a fee.

For more information, please call our office.

\* Some services you choose may have a cost involved.

## Advocacy

Part of Siouxland Aging Services' purpose is to serve as an advocate for Siouxland's seniors - whether providing counseling and awareness, helping you find options for your needs, or educating the public about services and issues facing the elderly.

Some of our advocacy programs include:

- ◆ Elder Abuse Awareness, a program that provides information and makes referrals for abused seniors.
- ◆ Information and Assistance
- ◆ Older Iowans' Legislature (OIL)
- ◆ Senior Medicare Patrol (SMP)
- ◆ Outreach

## Contract Services

Siouxland Aging Services also contracts with other agencies to provide senior services such as:

- ◆ Adult Day Care
- ◆ Housekeeping and Personal Care
- ◆ Legal Advocacy for low-income seniors
- ◆ Transportation Services
- ◆ Peer Visiting and Counseling
- ◆ Recreation/Senior Center Activities
- ◆ Money Management