



OLDER ADULTS RESOURCES 2021

Due to the ongoing COVID-19 pandemic, specific hours and availability may be subject to change. Call before seeking services.

Name & Location	Phone Number	Days/Hours	Services Provided
OLDER ADULT INFORMATION, REFERRAL, ASSISTANCE, & CASE MANAGEMENT			
Abbehealth Aging Services 317 7 th Ave SE Suite 302B Cedar Rapids, Iowa 52401	319-398-3644	Monday - Friday 8 AM - 4:30 PM	Provides a continuum of services to assist older adults in remaining in their home including: healthy aging programs, home accessibility and repair projects, respite, transportation for medical appointments and essential errands, adult day health services, day habilitation services, volunteer services and community education and outreach. Private pay service available to assist in determining needed services and recommend appropriate service providers in the area. www.unitypoint.org
Heritage Area Agency on Aging Aging & Disability Resource Center Kirkwood Community College 6301 Kirkwood Blvd SW Cedar Rapids, IA 52404	319-398-5559 or 800-332-5934	Monday - Friday 8 AM - 5 PM	Heritage Area Agency on Aging helps to support independent living for older adults and adults with a disability. Heritage is an Aging and Disability Resource Center that provides information and referral, options counseling for long-term care support, and family caregiver support. An additional service Heritage offers includes adult protective services, older worker employment program, older adult nutrition programs, elder abuse intervention and case management. www.heritageaaa.org
Linn County Department of Human Services – State Elderly Waiver Program 1240 26 th Avenue Ct SW Cedar Rapids, IA 52404	319-892-6700	Monday - Friday 8 AM - 4:30 PM	Processes applications for Title 19 Medicaid Home Community Based Elderly Waiver, food assistance, In-Home Health Care, Medically Needy, Title 19 Medicaid Insurance and other services. Eligibility based on income/resources. https://www.dhs.iowa.gov/
Senior Guidance Statewide	888-595-9101	24/7	Senior Guidance provides comprehensive resources on various senior living options, including: assisted living facilities, senior living communities, nursing homes, independent living communities, continuing care retirement communities (CCRC) and all other long-term senior care options, including memory care such as Alzheimer’s or Dementia. https://www.seniorguidance.org/assisted-living/iowa/

For more information regarding community resources, contact United Way 2-1-1 on a landline telephone at 2-1-1, by cellphone at 319-739-4211, or 1-866-469-2211. 211 now has an app that can be downloaded by searching “211 Iowa” on either Apple App store or Google Play. For more information you can visit www.211iowa.org/211app. To obtain a copy of the Resource Charts, go to www.linncounty.org/communityservices or contact Linn County Community Services at 319-892-5600. For questions about the Resource Charts, contact Linn County Community Services at 319-892-5600.

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OLDER ADULT DAY HEALTH SERVICES			
Milestones Adult Day Health Center 1725 O Ave NW Cedar Rapids, IA 52405	319-398-3647	Monday - Friday 6:45 AM - 5:45 PM	Day services for anyone over 18 who is physically or mentally challenged and may require supervision, increased social opportunities, nursing care, assistance with personal cares (bathing, hair care, nail care) nutrition and special diets or other daily living activities. Sliding fee schedule. Waiver provider. www.abbehealth.org
Milestones In Marion 1080 Cardinal Dr. Marion, IA 52302	319-373-3494	Monday – Friday 7 AM - 5 PM	Adult Day Health Centers provide services for individuals age 18 and older with mental and physical challenge who may benefit from support, supervision, and structure. Available services include social services, skilled nursing, meals, specialized programming to meet individual needs and assistance with personal cares. VA, Waiver and other funding options available. www.abbehealth.org/
OLDER ADULT CHORE SERVICES, HOME CARE AIDE AND RESPITE SERVICES			
Abbehealth Aging Services 317 7 th Ave SE Suite 302B Cedar Rapids, Iowa 52401	319-398-3644	Monday - Friday 8 AM - 4:30 PM	Provides a continuum of services to assist older adults in remaining in their home including: healthy aging programs, home accessibility and repair projects, respite, transportation for medical appointments and essential errands, adult day health services, day habilitation services, volunteer services and community education and outreach. Private pay service available to assist in determining needed services and recommend appropriate service providers in the area. www.unitypoint.org
All Heart Home Health 4403 1st Ave SE, Ste 310 Cedar Rapids, IA 52402	319-241-7560	Call for assistance Monday - Friday 8:30 AM - 5 PM Services provided 24/7 based on appointments	Providing homemaker, personal care assistance, skilled nursing, companion and respite care services. Private pay only. www.allheartstaffing.com . Phone is answered 24/7
Bright Star Care 5340 N. Park Place NE, Ste 202 Cedar Rapids, IA 52402	319-363-2721	Emergency line: 24/7 Monday - Friday 8 AM - 5 PM	Providing homemaker services, transportation services, personal care assistance, companion, respite care and other medical care services. Non-medical CDAC and all Waiver approved. With the exception of brain injury. RN on staff. www.brightstarcare.com/Cedar-Rapids-Iowa-City
CarePro Health Services 402 10th St SE, Ste. 600 Cedar Rapids, IA 52403	319-298-0953	Monday - Friday 8:30 AM – 5 PM Services provided 24/7 based on call service	Durable medical equipment; includes oxygen, PAP Therapy, nebulizers, walkers, wheel chairs, hospital beds, lift chairs, and more www.careprohs.com
CarePro Home Infusion 402 10th St SE, Ste 700 Cedar Rapids, IA 52403	319-363-1284	Monday - Friday 8 AM - 5:15 PM Services provided 24/7 based on call service	Provides care outside the hospital to patients who have acute and chronic conditions. Combines a high quality home infusion with specialty pharmacy services, to manage a range of complex conditions in the patient’s home, physician’s office, skilled nursing facility or at the patient’s ambulatory treatment centers. Therapy is supported by their team of specialized nurses and pharmacists. www.careprohs.com
Comfort Care Medicare Inc. 4015 Glass Rd NE Cedar Rapids, IA 52402	319-294-3527	Monday - Friday 8:30 AM - 4:30 PM Services provided 24/7 based on appointments	Provides services such as bath and shower assistance, light housekeeping, laundry, meal prep, errands, as well as skilled needs such as physical therapy, rehabilitation, and IV therapy. www.comfortcareia.com

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Home Instead Senior Care 373 Collins Rd NE, Suite 101 Cedar Rapids, IA 52402	319-247-0400	Monday - Friday 8 AM - 4 PM After hours 24-hour emergency line	Provides temporary relief of caregiving and provides assistance in meal preparation, companionship, medication reminders, respite care, transportation, light housekeeping and personal care. Overnight and 24-hour care available. Hourly rates available. www.homeinstead.com/468
Homewatch Caregivers 3037 Center Point Rd NE, Ste 200 Cedar Rapids, IA 52402	319-364-2823	Services provided 24/7 Monday - Friday 8 AM - 4:30 PM	Provides temporary relief of the care giving and provides assistance in meal preparation, companionship, medication reminders, errand transportation, light housekeeping and personal care. Hourly rates available. www.homewatchcaregivers.com
Kindred At Home 1305 Boyson Loop Ste B Hiawatha, IA 52233	319-393-4742	Monday - Friday 8 AM - 5 PM Services provided 24/7 based on appointments	Provides home health aide, nursing care, physical therapy, occupational therapy and speech therapy. Does not accept private pay. www.kindredathome.com
Linn County Home Health 1240 26th Ave Ct. SW Cedar Rapids, IA 52404	319-892-5780	Monday - Friday 8 AM - 4:30 PM	Provides services including personal care, light housekeeping, grocery shopping and laundry to help older adults and persons with disabilities remain in their own home. Services provided on a sliding fee scale or through Medicaid (T-19) Waiver.
Mercy Home Care 2740 1 st Ave NE Cedar Rapids, IA 52402	319-398-6034	Nurse on-call 24/7 Monday - Friday 8 AM - 4:30 PM	Mercy Home Care Services assists in the transition from the hospital to the patient's home and communicates with the patient's physician about progress. Helps frail, ill or disabled persons be self-sufficient. Provides in home rehabilitation services. www.mercycare.org/services/home-care/
PhysMed Home Health Care 1130 S Scott Blvd Iowa City, IA 52240	319-338-0079	Monday - Friday 8:30 AM - 5 PM On call hours 24/7	Hospice respite care services, 24/7 nursing services. All insurances accepted no co-pays.
Recover Health 700 1st Ave NE, Suite 200 Cedar Rapids, IA 52401	319-373-6294	Monday - Friday 8 AM - 5 PM Services provided 24/7 based on appointments	A licensed Medicare-certified home health agency. Provides the following services: Skilled Nursing Services, Mental Health Services, Personal Care Services, Homemaker Services, and Companion Services. Provides complex hourly skilled home services, home Infusions, Occupation, Physical and Speech Therapy www.recoverhealth.org
Right at Home 2616 1st Ave NE Cedar Rapids, IA 52402	319-826-6608	Monday - Friday 8 AM - 5 PM On-call 24 hours/day	Housekeeping, meal preparation, medicine reminders, transportation, laundry, bathing and dressing assistance, safe transfers and ambulation, toileting and incontinence management, dementia and cognitive support services, companionship, respite, VA provider, 24-hour care
SYNERGY HomeCare of Cedar Rapids 1239 1st Ave SE, Suite D Cedar Rapids, IA 52402	319-775-2920	Call for assistance Services provided 24/7	Provide both short-term and long-term care assistance. Provide companionship, light housekeeping, meal planning and preparation, running errands, technology assistance, medication reminder & pickup, personal care, and more. Provide services in the home, hospital, long-term care facilities, and other places of residence. http://www.synergyhomecare.com/agencies/ia/cedar-rapids/ia01/
Therapy Solutions 209 29 th St NE Cedar Rapids, IA 52402	319-861-3322	Monday - Friday 8 AM - 5 PM Services provided 24/7 based on appointments	Provides Homemaker, Personal Care Assistance, Skilled Nursing, Respite in Home, Assisted Transportation, bath aids, Friendly Visiting in the home, therapy, OT, PT and speech. www.therapysolutionscr.com
To the Rescue 139 40th St NE Cedar Rapids, IA 52402	319-826-6068	Monday - Friday 8 AM - 5 PM	Offers a wide variety of Personal, Home and Business services. In Home Medical Care, Non-Medical Personal Care, Transportation, and Cleaning Services. www.totherescue.net
UnityPoint At Home - Home Care 290 Blairs Ferry Rd NE Ste 300 Cedar Rapids, IA 52402	319-369-7990	Monday - Friday 8 AM - 4:30 PM	A comprehensive home care service providing nursing care, physical therapy, occupational therapy, speech therapy, personal care and medical social services. Certified by Medicare, and is a Medicare and Medicaid provider. www.unitypoint.org/homecare

Name & Location	Phone Number	Days/Hours	Services Provided
OLDER ADULT CONGREGATE MEALS, HOME DELIVERED MEALS & OTHER OLDER ADULT FOOD ASSISTANCE			
Central City Senior Dining/Falcon Civic Center 137 4 th St North Central City, IA 52214	319-438-6691	Monday - Friday at 12 PM	Provides a hot nutritious meal to seniors. Reservations required 24 hours in advance. Provides other senior activities. Congregate and home delivered.
Encore Café-Lowe Park 4500 N 10 th Street Marion, IA 52302	319-398-2585	Wednesday & Thursday 11:30 AM -12:30 PM	Encore offers and innovative congregate dining experience for ages 60 and older. Catered by Marion Hy-Vee, it offers a choice of two daily entrees, with salad bar and beverage. Monthly speakers present on topics relevant to seniors. & 5.00 suggested voluntary contribution for program participants 60 and over; \$8 meal charge for attendees under 60. Reservations are requested one business day in advance and may be made by calling 319-398-2585 or registering at tinyurl.com/y9hh4b8y
Encore Café-Marion Public Library 4500 N 10 th Street Marion, IA 52302	319-398-2585	Monday & Friday 11:30 AM -12:30 PM	
Encore Café-St Marks United Methodist Church 4700 Johns Ave NW Cedar Rapids, IA 52405	319-398-2585	Tuesday 11:30 AM -12:30 PM	
Ely Community Center 1570 Rowley St. Ely, IA 52227	319-848-4140	Tuesday & Friday at 11:30 AM	Nutritious meals and socializing for seniors. Congregate and home delivered.
Brownstone Lunch Club 819 5 th Street SE Cedar Rapids, IA 52403	319-398-3574	Monday - Friday at 11:30 AM	Senior dining. Hot nutritious meals for seniors. Reservations required in advance.
Heritage Area Agency on Aging 6301 Kirkwood Blvd SW Cedar Rapids, IA 52404	319-398-5559 or 800-332-5934	Monday - Friday 8 AM - 5 PM	Heritage funds and provides oversight to more than 15 meal sites in our seven county region. Call for nearest location. Nutritious senior dining and home delivered meals, and socialization for persons 60+ years and their spouses. Hot home delivered meals to homebound persons. Elderly Waiver meals provided for those who qualify. Contribution based for those 60+ years. Those under 60 pay full cost of meal. Prices may vary per location. Senior Farmer's Market Nutrition Program for Linn County eligible seniors available from June 1-August 1. www.heritageaaa.org
Horizons Meals on Wheels 819 5 th St SE Cedar Rapids, IA 52401	319-398-3574	Monday - Friday 8 AM - 5 PM Home Delivered Meals only 7 days a week	Hot noon meals, frozen meals, breakfast bags, and liquid supplements delivered to homes 7 days a week. Customized nutritional plans, freezable/microwavable containers and reliable delivery. Contribution-based for seniors age 60+. www.horizonsfamily.org
Mom's Meals 3210 SE Corporate Woods Dr. Ankeny, IA 50021	866-204-6111	Monday - Friday 8 AM - 6 PM	Provides a large choice of fresh, never frozen home delivered meals for persons through the Elderly Waiver, Ill & Handicapped Waiver and the AIDS/HIV Waiver. Menu includes culturally diverse meals and diabetic friendly meals. (Per meal cost charged.) www.momsmeals.com

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Sister's Home Style Entrees 13033 22 nd St N, Humboldt, IA 50548	515-332-1928	Monday - Friday 9 AM - 5 PM	We prepare, package, and ship FROZEN, ready to heat and eat meals directly to a customer's doorstep. Clients have their choice of 20 different meals every month. No preparation is required for our meals! Just follow the suggested heating instructions on the label of each meal. Simply warm it up in the microwave or oven and you have a fresh, nutritious meal to enjoy! Please note that all microwaves cook differently, so some may cook faster/slower. Sister's Home Style Entrees is an affordable choice for home delivered meal programs. We participate in Elderly, Ill & Handicap (Health and Disability), Aids and HIV. https://sistersentrees.com/
Southeast Linn Community Center 108 S. Washington St Lisbon, IA 52253	319-455-2844	8 AM - 3 PM Meals served: Monday - Friday at 12 PM Home delivery: 10 AM - 2 PM	Provides hot nutritious meals to seniors. Reservations required by calling 455-2844 by 1:00 p.m. Contribution based. Call for information about activities every day of the week. Home delivered meals to those ages 60 or over. After school program Monday and Wednesday. Free clothing closet, free transportation to appointments.
OLDER ADULT FINANCIAL ASSISTANCE			
Cedar Rapids Water Department 1111 Shaver Rd NE Cedar Rapids, IA 52402	319-286-5900	Monday - Friday 7:30 AM - 5:30 PM	Reduced water rates for persons over 62 or totally disabled and living in a single residence (no apartments or duplexes). Total household income \$21,000 or under. Application must be notarized. Notary publics onsite that can help to complete the request form. www.cedar-rapids.org/water
Hawkeye Area Community Action Program (HACAP) P.O. Box 490 1515 Hawkeye Dr. Hiawatha, Iowa 52233	319-393-7811	Monday - Friday 8 AM - 5 PM	The Weatherization Assistance Program is a federal grant program established to reduce long-term heating and cooling costs for low-income persons, particularly the elderly, disabled, and children, by improving the energy efficiency of their homes. Improved housing stocks, which maintain low utility costs, directly promote sustained self-sufficiency for participants. (LIHEAP) www.hacap.org
Horizons 819 5th St SE Cedar Rapids, IA 52401	319-398-3943	Monday - Friday 8 AM - 5 PM	The money management program offers daily money management services to help low-income seniors who have difficulty budgeting, paying routine bills and keeping track of financial matters because of physical or mental impairments. The program promotes independent living for those who may be at risk of losing their independence due to an inability to manage their financial affairs. Volunteers are screened and reference checks are completed prior to being matched with clients.
Iowa Department of Human Services 1240 26 th Ave. Ct SW Cedar Rapids IA 52404	319-892-6700 Adult Srvs: 319-892-6800	Monday - Friday 8 AM - 3:30 PM Walk-ins: 2:30 PM - 3:30 PM	Processes applications for Elderly Waiver, food stamps, Medicaid, med-needy, and In-Home Health. Eligibility determined on basis of income and resources. Several programs pay for in-home services.
Linn County Veterans Affairs 1240 26th Ave Ct. SW Cedar Rapids, IA 52404	319-892-5160	Monday - Friday 7:30 AM - 4 PM Call for Appointment	Provides Aid and Attendance Special Pension. This is a "pension benefit" and is not dependent upon service-related injuries for compensation. Aid and Attendance is a Special Pension for the veteran and the deceased veteran's widow or widower to pay for care in the home or Nursing Care. Eligibility is based on the veteran having served 90 consecutive days of active military services with at least 1 day during a wartime PERIOD. Must have been an honorable discharge. For specific information please call. http://linncounty.org/154/Veteran-Affairs

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National Council on Aging (NCOA) 251 18 th Street South Ste 500 Arlington, VA 22202	571-527-3900 or 888-256-3779 800-373-4906	Monday-Friday 9 AM – 5 PM Eastern time Zone Benefits Check up available online 24/7	Millions of older Americans are eligible for, but not receiving benefits from existing federal, state and local programs. Ranging from heating and energy assistance to prescription savings programs to income supplements, there are many public programs available to seniors in need if they only knew about them and how to apply for them. Developed and maintained by The National Council on Aging (NCOA), BenefitsCheckUp is the nation's most comprehensive Web-based service to screen for benefits programs for seniors with limited income and resources. www.ncoa.org www.benefitscheckup.org
Social Security Office 3165 Williams Blvd SW Cedar Rapids, IA 52404	866-495-0088 (Local) 800-325-0778 TTY	Monday-Friday 9 AM – 4 PM	Assists with inquiries on Social Security checks and benefits. Medicare and Supplemental Income (SSI) SSI benefits assist by providing monthly checks so anyone 65+ or blind or disabled can have a basic income of \$710 per month. A couple may receive \$1,066. Eligibility based on resources. www.ssa.gov
Telecommunications Access Iowa 6925 Hickman Rd Des Moines, IA 50322	515-282-5099 or 800-606-5099	Monday - Friday 8 AM - 5 PM	A program of the Iowa Utilities Board administered by Deaf Services Unlimited, Inc. provides assistance to seniors in selecting telephone equipment. Qualified individuals may receive a voucher for 95% off the average cost of standard telephone equipment. Household income guidelines apply. Not a low-income program. One person in household must make less than \$46,000. www.relayiowa.com/tai
OLDER ADULT HEALTH & COUNSELING			
Cedar Rapids Vision in Motion 3235 Williams Parkway SW, Suite 1 Cedar Rapids, IA 52404	319-364-2311	Monday, Wednesday, Friday 9 AM - 5 PM Tuesday & Thursday 9 AM - 7 PM	Specializing in vision rehabilitation services, Cedar Rapids Vision In Motion offers a variety of vision assistive devices for sale, therapy and optometry services-all designed to help the low vision patient live the best life possible. www.crvim.com
Family Caregivers Center of Mercy 901 8th Ave SE Cedar Rapids, IA 52401	319-221-8866	Monday – Friday 8 AM - 4:30 PM	The Family Caregivers Center of Mercy is a no cost resource for all caregivers caring for adults with chronic conditions like Alzheimer's, Parkinson's, diabetes, arthritis, heart, cancer, etc. The Center provides 1 on 1 interviews, access to hourly and overnight respite (with financial assistance for those who qualify), a resource library, task volunteers, educational sessions on a variety of topics including music, art and massage therapy. The goal is reduce the stress of the family caregiver, provide them support and connect them with existing community services. The Center is open to all family caregivers regardless of where they receive their medical care. https://www.mercycare.org/services/family-caregivers-center/
Iowa Department for the Blind 524 4th St Des Moines, IA 50309	515-281-1333 or 800-362-2587	Monday - Friday 8 AM - 4:30 PM	Programs include independent living for 55+. We have Vocational Rehabilitation that assists with job placement. Free library service available which includes audio, large print & braille books. Non-visual technique training available. Contact Intake Specialist, Ann Fremont 515-901-8621 Http://blind.iowa.gov
Mercy's Memory Disorders Clinic 701 10th St SE Cedar Rapids, IA 52403	319-398-6435	Physician's referral required Call for appointment, Monday - Friday 7:30 AM - 4 PM	Evaluates and treats persons exhibiting signs of dementia, Alzheimer's disease, and other degenerative brain disorders. Following the evaluation, a conference is held with the patient, family members, clinic team and other referral sources as appropriate. Support group meets on the 4 th Tuesday of each month. www.mercycare.org/services/neurology-neurosurgery/memory-disorders/

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Senior Health Insurance Information Program – SHIIP 601 Locust St., 4th Floor Des Moines, IA 50309	800-351-4664 TTY 800-735-2942	Monday - Friday 8 AM - 5 PM	Assists seniors who have questions on Medicare, Medicare supplement insurance, Medicare Part D, long-term care insurance, and other health insurance issues. https://shiip.iowa.gov/
UnityPoint at Home - Home Medical Equipment 298 Blairs Ferry Rd NE Cedar Rapids, IA 52402	319-369-8686	Monday - Friday 8 AM - 5 PM Tech on-call 24/7	Provides durable medical equipment, including CPAP and BiPAP machines, oxygen, hospital beds, orthotics, nebulizers, ostomy supplies, mobility equipment, and wound supplies. https://www.unitypoint.org/cedar-rapids/home-medical-equipment.aspx
UnityPoint at Home Lifeline 717 A Avenue NE Ste 200 Cedar Rapids, IA 52401	319-369-7065	Monday - Friday 8 AM – 4:30 PM	Provides personal emergency response systems. Landline, wireless and mobile devices are available. Also offers automatic fall detection buttons. https://www.unitypoint.org/cedar-rapids/lifeline.aspx
OLDER ADULT SUPPORT & ADVOCACY			
Alzheimer’s Association of East Central IA 317 7 th Ave SE Ste 402 Cedar Rapids, IA 52401	319-294-9699 or 24/7 Helpline 800-272-3900	Monday - Friday 8 AM - 4:30 PM The Alzheimer’s Association 24/7 Helpline operates 24/7, in 140 languages	Resources and education for Alzheimer’s or memory loss, medications, treatment options, caregiver tips, support groups, publications, educational programs and Safe Return program. www.alz.org/eci
American Association of Retired Persons (Local) AARP - Corporate 600 East Court Avenue Suite 100 Des Moines, Iowa 50309	866-554-5378 TTY 877-434-7598	Monday - Friday 9 AM – 5 PM	Advocate for the physical, social, economic and political benefit of older persons and become educated on the issues of seniors. https://states.aarp.org/iowa/
Assisted Living Foundation PO Box 45829 Seattle, WA 98145-0826	855-221-9611		We are a community organization that is focused on helping those who are elderly maximize and enjoy every day throughout the various stages of life. Based on a combination of feedback from families, our team of medical professionals created a comprehensive guide for people living with disabilities to learn more about assisted living options. This guide breaks down the care options that are available, financial support to help pay for the care needed and resources that are available from each state. You can see the entire guide along with some of its features here: https://www.assistedliving.org/assisted-living-options-for-people-with-disabilities
Iowa Department on Aging Jesse M. Parker Bldg. 510 East 12th St, Suite 2 Des Moines, IA 50319	515-725-3333 or 800-532-3313 TTY	Monday - Friday 8 AM - 4:30 PM	Provides advocacy, education and prevention services to older Iowans. Resources include health and education, housing and services, long-term care ombudsman and information on Area Agencies on Aging. www.aging.iowa.gov

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Iowa Department of Inspections & Appeals Lucas State Office Bldg. 321 East 12th St, 3rd Floor Des Moines, IA 50319	515-281-7102	Monday - Friday 8 AM - 4:30 PM	Responsible for inspecting, licensing and/or certifying health care providers and suppliers, restaurants and grocery stores, social and charitable gambling operations, hotels and motels, and barber and beauty shops. In addition, DIA staff investigates alleged fraud in the State's public assistance programs and conducts contested case hearings to settle disputes between Iowans and various state government agencies. https://dia.iowa.gov
Legal Hotline for Older Iowans 1111 9th St, Suite 230 Des Moines, IA 50314	800-992-8161 515-282-8161	Monday - Friday 8:30 AM - 5 PM	The Legal Hotline is a special project of Iowa Legal Aid that provides legal advice on civil issues to Iowans who are 60 or older and meet income and asset guidelines. www.iowalegalaid.org
Office of the State Long-Term Care Ombudsman Jesse M. Parker Building 603 E 12th St, Suite 2 Des Moines, IA 50139	515-725-3333 or 866-236-1430	Monday - Friday 8 AM - 4:30 PM	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. The Long-Term Care Ombudsman can help answer questions about assisted living and elder group programs, nursing and residential care facilities, as well as the wide variety of issues that arise. In addition, the Long-Term Care Ombudsman supports the choices of residents and tenants and acts as an advocate. https://www.iowaaging.gov/state-long-term-care-ombudsman