



## Case Management

Social workers assess your needs, match them with community resources and provide options for needed services. An individual care plan that allows for ongoing support can be developed when needed. We also assist with **Elder Abuse Intervention**. Older adults can be especially vulnerable to financial exploitation or self-neglect. Our elder abuse specialist can help intervene and find necessary supports and services.

## Witwer Healthy Aging Programs

Witwer provides active lifestyle programs that support and nurture the strengths of older adults by enabling them to maximize their well-being.

Our goal is to support older adults by providing:

- Lifelong Learning
- Leisure Activities
- Health Promotion & Wellness

## Volunteer Services

Volunteers are able to help older adults remain in their homes by providing:

- Transportation to medical appointments and essential errands
- Home and phone visits to isolated individuals
- Home Safety checks
- Thanksgiving meal deliveries

Aging Services is a partner agency of



For more information:

**Aging Services**  
**317 7<sup>th</sup> Avenue SE, Suite 302B**  
**Cedar Rapids, IA 52401**

**(319) 398-3644**

**AbbeHealth.org**



An Affiliate of  **UnityPoint Health**

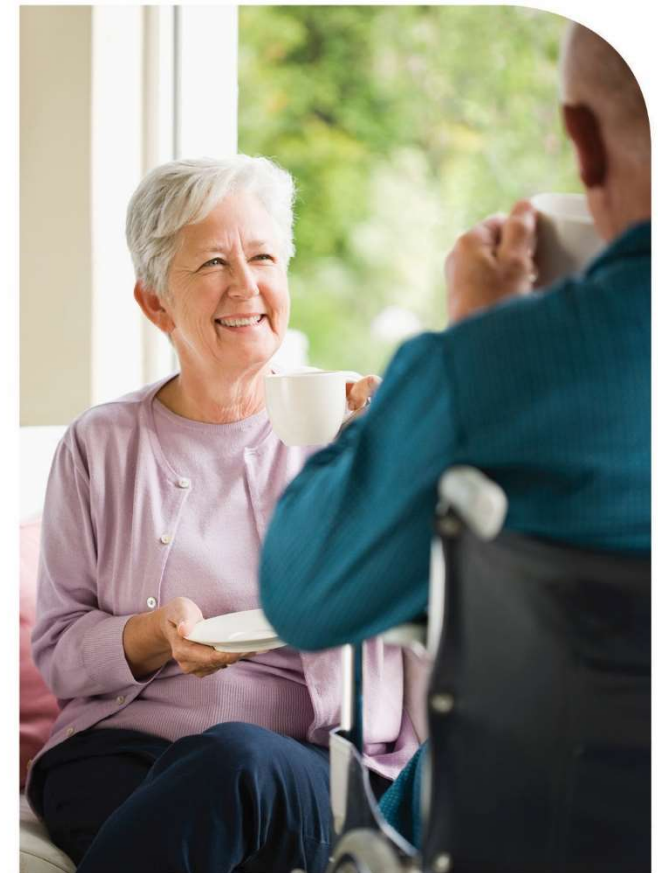
Aging Services is a private, not-for-profit agency serving Linn, Johnson, Benton and Jones Counties and is an equal opportunity provider.

# Aging Services

*Helping Older Adults Stay  
Independent in Their Homes*



An Affiliate of  **UnityPoint Health**



## Respite Program

The Respite Program is an in-home care option designed to alleviate some of the stress that the primary caregiver may experience. A respite provider offers temporary relief by completing minor tasks the caregiver would otherwise coordinate on their own. This might include meal prep, providing companionship, light housekeeping, personal care and offering medication reminders.



## Chore Home Repair Services

Small home repairs help maintain and improve an older adult's ability to function safely at home.

A combination of contractors and volunteers may assist with the following needs:

- Minor home repairs
- Lawn mowing & Snow removal
- Seasonal yard care
- Home adaptations (wheelchair ramps, grab bars, handrails, etc.)

These services are available to anyone who meets the eligibility guidelines.

## Caregiver Services

Aging Services supports caregivers by providing valuable information about local resources. We also offer caregiver support groups at various locations and times. These services help reduce caregiver stress and assist with keeping a loved one at home.

## Adult Day Health Centers

Our CARF accredited centers provide services for individuals age 18 and older with a health challenge who may benefit from support, supervision and structure. Available services include skilled nursing, meals, specialized programming to meet individual needs and assistance with personal cares.



**Milestones Cedar Rapids**  
1725 O Ave NW  
Cedar Rapids, IA 52405  
(319) 398-3647

**Milestones in Marion**  
1080 Cardinal Drive  
Marion, IA 52302  
(319) 373-3494

**Pathways**  
817 Pepperwood Lane  
Iowa City, IA 52240  
(319) 339-6162

Our Adult Day Health Centers were specifically designed to provide opportunities and assistance to adults with health challenges. Utilizing the HEAL™ treatment model our centers offer:

### H - Health Related Services

Various physical and behavioral health services are offered. Support services such as bathing and grooming, medication management, in-home respite care and transportation are also available.

**E - Environmental Design** Participants are encouraged to utilize the facility as they would their own home. This encourages an environment that is specially designed to accommodate a variety of needs.

### A - Arts and Humanities

Visual arts, intergenerational programming and music are emphasized. Participants also have access to the culinary arts kitchen.

### L - Lifelong Learning

Facilities such as our library and computer lab foster an environment of self-directed learning.

