



The Iowa Family Caregiver Program

There are only four kinds of people in the world

*Those who have been caregivers
Those who are currently caregivers
Those who will be caregivers
Those who will need caregivers.
-Rosalynn Carter*

Are you a family caregiver? You can be a family caregiver without even realizing it. You might not even think about what you do. But caregiving is vitally important, and support is available near you. Contact Iowa Family Caregiver today to see how we can help.

Examples include:

- You stop by once a week to pay your dad's bills and take him groceries
- You call your friend a few times a day to check on her to make sure she is safe.
- You work, and take care of your live-in parent.
- Your wife has Alzheimer's and needs constant care, so you provide it.
- You are 55+ and your grandchildren live with you because your daughter or son is unable to provide care.

There are millions of caregivers in the United States, each with their own unique caregiving needs. Caregiving can be a balancing act, especially if you're employed, have other responsibilities or have health problems of your own.

What is the Iowa Family Caregiver Program?

The Iowa Family Caregiver program connects caregivers to the many resources available such as planning assistance, referrals, training, respite care, support groups, and a listening ear. This program is offered through your local Area Agency on Aging. A listing can be found on the back of this sheet.

Who do we serve?

- Caregivers who are providing care to someone 60+ years including persons with Alzheimer's, a brain disorder, or other physical limitations.
- Grandparents 55+ who are the primary caregiver raising grandchildren who are 18 years or younger because the biological or adoptive parent is unable or unwilling to serve as the primary caregiver.

Study Done by the Family Caregiver Alliance

- In 2007 there were 310,000 informal caregivers in Iowa
- These caregivers provided 330 million hours of caregiving to family, friends or neighbors with a value of \$3.5 million

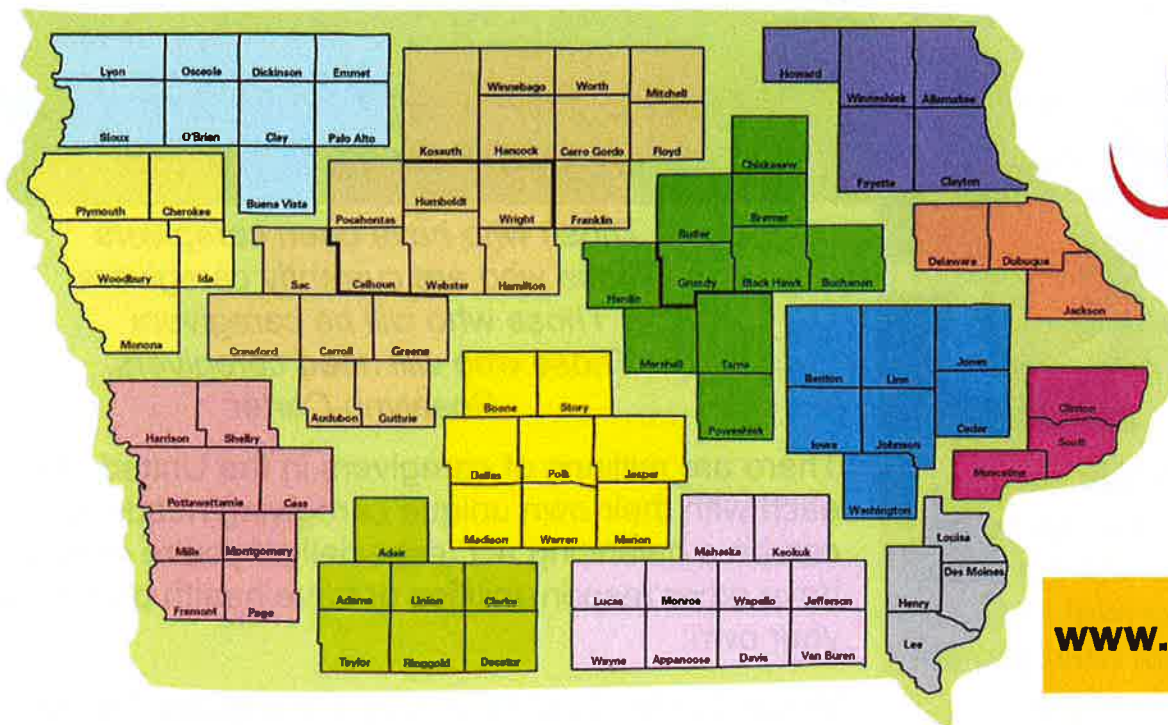


*Informing
Encouraging
Empowering*

Toll Free (866) 468-7887

www.iowaFamilyCaregiver.org

Iowa Association of Area Agencies on Aging



www.i4a.org

NorthLand Agency on Aging
Decorah 800-233-4603
www.northlandaging.com

Elderbridge Agency on Aging
Mason City 800-243-0678
Fort Dodge 800-543-3280
Carroll 800-543-3265
www.elderbridge.org

Northwest Aging Association
Spencer 800-242-5033
www.nwaging.org

Siouxland Aging Services, Inc.
Sioux City 800-798-6916
www.siouxlandaging.org

Hawkeye Valley Area Agency on Aging • Waterloo
800-779-8707 www.hvaaa.org

Scenic Valley Area Agency on Aging • Dubuque
888-238-0831 www.scenicvalley.org

Generations Area Agency on Aging
Davenport 800-892-9085
www.genage.org

Heritage Area Agency on Aging
Cedar Rapids 866-432-4324
www.heritageaaa.org

Aging Resources of Central Iowa
Des Moines 800-747-5352
www.agingresources.com

Southwest 8 Senior Services, Inc.
Council Bluffs 800-432-9209
www.southwest8.org

Area XIV Agency on Aging
Creston 800-262-0378
www.areaxivaaa.org

Seneca Area Agency on Aging
Ottumwa 800-642-6522
www.seneca-aaa.org

Southeast Iowa Area Agency on Aging, Inc.
Burlington 800-292-1268
www.southeastiowaaaaa.org

TOLL FREE (866) 468-7887
www.i4a.org



*Dedicated to serving the needs
and concerns of older Iowans.*