



Empowering you to age safely and with confidence!



Providing information and education to help you age with respect



Connecting you with services to remain independent



Checking for benefits you may be entitled to



Enhancing health with nutrition services



Providing caregiver support

Three Convenient Office Locations

Council Bluffs

231 S Main St
Council Bluffs, IA 51503
712-328-2540

Creston

109 North Elm St
Creston, IA 50801
641-782-4040

Sioux City

2301 Pierce St
Sioux City, IA 51104
712-279-6900

800-432-9209



www.connectionsaaa.org



Our Mission is:

"To enhance the quality of life for elders in our service area through education, planning and coordination of services"



Our mission is met through:

- Assessing current needs of older lowans in our service area
- Developing plans to address service gaps
- Advocating for the needs of older lowans
- Working one-on-one with individual clients
- Providing information and assistance to older lowans, their families and caregivers



Connections Area Agency on Aging provides services without regard to race, color, national origin, sex, age or disability.



Connecting You with Services for Independence

It all starts with our accredited and knowledgeable **Information and Referral** staff. From your first call they will empower you with information and connect you to appropriate services.

Option Counseling

Our LifeLong Links team is available to provide information, resources and options for independence so that Iowans can age safely, healthfully and on their own terms in the setting of their choice.

Case Management

Case management services are available for Iowans who need ongoing care coordination to remain in their community or setting of choice. This program is available for individuals age 60 and older in our service area.

Family Caregiver Program

The Family Caregiver Program offers an array of services, resources and supports for caregivers of older Iowans and for grandparents 55 years of age and older raising their grandchildren. We are here to care for you while you care for them.

Elder Abuse Prevention and Awareness

Connections AAA strives to raise awareness of the problem of Elder Abuse in our community. We are dedicated to helping aging Iowans, their families, and caregivers with information and services that are available to at-risk individuals. Empowering aging Iowans to sustain their independence while providing solution focused options to facilitate safety and well-being.

Our Vision:

To help you and your loved one age in place save resources and make informed decisions along the aging process



1-800-432-9209

The Connection to Resources for Older Iowans

Iowa Return to Community

Our Care Coaches are available in Cass, Mills, Pottawattamie, and Woodbury Counties to assist people transitioning from a hospital or skilled care facility to home. Coaches offer support, guidance, care and advocacy as they help you to return home successfully.

Benefits Counseling

As a Benefit Enrollment Center we focus on connecting Medicare beneficiaries with limited incomes to benefits they may be eligible for. For those in need of Medicare Counseling we sponsor the SHIP Program in Council Bluffs and Sioux City.

Older Worker Employment Program

Our Employment Specialist works with job candidates age 55 and older who have a verified disability to identify barriers to employment and work towards job goals.

Healthy Living

Connections AAA supports the health and well-being of aging Iowans through nutrition programs promoting health, prevention and wellness programs to ensure that aging Iowans are informed about and have access to the nutrition and services that can improve their health.

Evidence Based Programs

Connections offers several Evidence Based Programs, scientifically proven to benefit older adults' wellness. Workshops address a variety of topics including chronic disease management, balance, falls prevention, Tai chi and more.

Volunteer Opportunities

We offer a variety of volunteer opportunities for all ages. We are proud sponsors of Americorps Retired and Senior Volunteer Program in Pottawattamie and Mills Counties, supporting volunteering opportunities for volunteers age 55 and greater.