Empowering you to age safely and with confidence!

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

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"

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Our mission is met through:

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

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

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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

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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 60 and older in our service area.

Family Caregiver Program
We offer an array of services, resources and referrals and supports for caregivers of older Iowans and for those individuals caring for grandchildren and other relatives. We are here to care for you while you care for them.

Elder Abuse Prevention and Awareness
Through our EAPA program we strive to raise the awareness of the problem of Elder Abuse in our 20 county service area. Our Service Navigators work one on one with victims experiencing abuse or at the risk of abuse to remove the risk.

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 by offering support, guidance, care and advocacy as the coaches help them to return home successfully.

Benefits Counseling
Our knowledgeable staff can work with you to see if you may be eligible to reduce your Medicare costs. For those in need of Medicare Counseling we sponsor the SHIIP Program in Council Bluffs and Sioux City.

Older Worker Employment Program
Our Employment Specialist’s works with job candidates to identify barriers and work towards their job goal working with adults 55 and older who have a verified disability and are working with Vocational Rehabilitation Services.

Healthy Living
Connections offers a variety of programs to keep aging Iowans healthy and active. We offer congregate meal options in 34 communities; home-delivered hot, frozen and shelf stable meals throughout our service area; and many evidence-based programs designed to assist with balance, chronic disease maintenance and health and nutrition.

Volunteer Opportunities
We offer volunteer opportunities for the young and old including: Agency Governance through our Advisory Council or Policy Board, Meals on Wheels Delivery, Insurance Counseling and opportunities through our Retired and Senior Volunteer Program in Pottawattamie and Mills Counties.