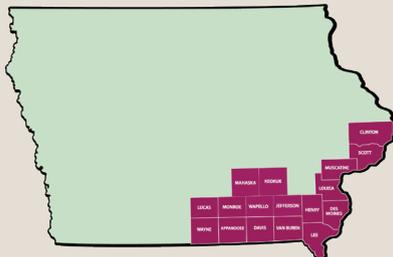


ABOUT MILESTONES

Milestones Area Agency on Aging (MAAA) is one of six state-designated area agencies on aging covering the state of Iowa. MAAA is a private, not-for-profit corporation serving individuals throughout 17 counties in Southeastern Iowa. With regional offices in Burlington and Ottumwa, and an administrative office in Davenport, Milestones is able to expand our reach to provide necessary programs and services throughout our region.

Milestones Area Agency on Aging coordinates services for individuals to help them maintain the independence they desire.



Services we provide include options counseling, case management, meal programs, caregiver support, evidence-based health programs, advocacy, and recreation and education programs. We serve the following counties in Iowa: Appanoose, Clinton, Davis, Des Moines, Henry, Jefferson, Keokuk, Lee, Louisa, Lucas, Mahaska, Monroe, Muscatine, Scott, Van Buren, Wapello and Wayne.

Milestones mission is to assist older adults to live safely and independently at home.

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milestonesaaa.org



Caregiver Support Program

Caring for Those Who Care for Others

ABOUT THE PROGRAM

Mission

Milestones Area Agency on Aging is a proud partner of the Iowa Family Caregiver Program, and we support their mission to make your caregiving role easier,

because caregiving should not, cannot and does not need to be done alone.

We do this by connecting you to resources in your

community that may be of assistance to you and your loved ones.



Available Assistance

The Milestones Caregiver Support Program can:

- Connect you to information about available services.
- Assist you in gaining access to services.
- Help with problem-solving and decision-making.
- Provide information on respite care and supplemental services.
- Link you to the best resources available when you have questions about home and respite care, housing, nutrition, transportation, prescription drug assistance, legal issues, Alzheimer's Disease and other forms of dementia.
- Refer you to local support groups that can connect you with people who are going through the same things you are.

AVAILABLE RESOURCES

Information & Assistance

Milestones employs multiple Caregiver Specialists throughout our 17-county region. Each specialist is trained and experienced in the challenges faced by caregivers. Our Caregiver Specialists can provide:

- Information about services available to help caregivers in their role (e.g., long term care, home-delivered meals, adult day care)
- Assistance in identifying service needs
- Referrals to local service provider

Respite Care

Caregivers often face serious problems and stress as a result of balancing the needs of their older loved one with the needs of other family members. Respite care provides breaks to allow families time to tend to the needs of their children,

spouses, and themselves.

Milestones can assist with respite services to provide temporary

relief for families of adults aged 60 and older. Respite care can range from a few hours of care provided on a one-time basis to overnight or extended care sessions. Respite care can be utilized on a regular or irregular basis and must be provided by skilled care providers or professionals.



SUPPORT

Caregiver Counseling

Counseling is available to caregivers to assist them in making decisions and solving problems related to their caregiver roles. Along with providing emotional support, a Milestones Family Caregiver Specialist can provide a personal dialogue to assist in making decisions, solving problems, exploring resources and options.



Caregiver Support Groups

Caregiver Support Groups provide an opportunity to connect with other family caregivers. Meetings take place on a monthly basis in various locations across the Milestones 17-county area. Support groups allow you to share experiences with others, give and receive advice, and feel connected to those with similar roles.



Options Counseling/Case Management

Milestones trained options counselors assist by offering a person-centered, interactive process to help identify long-term support preferences and develop an individual action plan. Case Management assists in establishing a care plan to identify long-term needs. Case Managers also provide support through ongoing monitoring and advocacy.

To speak with a Caregiver Specialist, call Milestones at (855) 410-6222.