There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.”

- Sophia Loren
The Iowa Return to Community Program provides long-term care support planning to assist non-Medicaid eligible seniors who want to return to their community following a nursing facility or hospital stay. By helping to coordinate wrap-around services and supports for these individuals that enable them to live safely and comfortably at home, this initiative will provide increased quality of life by ensuring consumer choice.

**OBJECTIVES**

- To reduce hospital and nursing facility readmissions
- To facilitate a successful transition back to home and community
- To allow individuals to extend their personal resources
- To delay the need for State and Federal funds

**WHO TO REFER**

**Individuals that are:**

- 60 years and older
- Not eligible for Medicaid
- Reside in a skilled nursing facility for rehabilitation or hospital, with the intent of returning home.
- Reside in the 17-county Milestones service area

**Program Benefits**

- A face-to-face meeting at the skilled facility or hospital to identify needs
- An options counselor as a resource to the skilled facility and hospital staff
- A home visit upon discharge to review care needs
- Weekly phone calls and/or visits for up to 90 days
- Instruction and referrals to community resources to enable a safe return home

**Milestones Serves The Following Iowa Counties**

- Appanoose
- Clinton
- Davis
- Des Moines
- Henry
- Jefferson
- Keokuk
- Lee
- Louisa
- Lucas
- Mahaska
- Monroe
- Muscatine
- Scott
- Van Buren
- Wapello
- Wayne

**The IRTC Program Includes:**

- We are committed to assisting individuals transitioning back to home.

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