

Health and Wellness Services

- The Heritage Area Agency on Aging - Options Counseling
Address: 6301 Kirkwood Blvd SW, Cedar Rapids, IA 52404
Phone: 319-398-5559
Website: <http://www.heritageaaa.org/options-counseling>
 - Free options counseling visit to discuss an individual or couple's needs and then provide community referrals/resources that will help them meet their needs. This could be referrals to home health agencies, or assistance with Medicaid application
 - Eligibility: Any older adult (60+) or a person with a disability (18+) who is a resident of Benton, Cedar, Iowa, Jones, Johnson, Linn or Washington Counties
- Iowa City Police Department - Project Lifesaver
Address: 410 East Washington Street, Iowa City, IA
Phone: 319-356-5275
 - Project Lifesaver provides a radio frequency transmitter bracelet for people who may be at risk for wandering out of the home, and getting lost. The transmitter bracelet is registered with the police department so that they can locate an individual who may become lost.
 - Eligibility: Iowa City resident, individual must live with someone who can check the battery every day, and has a diagnosis that may cause them to wander (dementia)
- Visiting Nurse Association - Sure Steps community falls prevention project
1524 Sycamore Street, Iowa City, Iowa 52240
Phone: 319-337-9686
Website: <https://www.vnaic.org/falls-prevention>
 - Free one-time visit by a nurse to the home to complete a personal risk and home safety assessment
 - Eligibility: Johnson County resident
- Visiting Nurse Association - "Stepping On" Workshop
1524 Sycamore Street, Iowa City, Iowa 52240
Phone: 319-337-9686
Website: <https://www.vnaic.org/falls-prevention>
 - "Stepping On" is a 7- week workshop series for independent community-dwelling older adults who have fallen, are at risk of falling, or who have a fear of falling.
 - Fee of \$20 includes exercise manual, handouts, snacks, and weight rental
 - Eligibility: Open to public

Continued on next page

Disclaimer: All resources are to the best of TRAIL's knowledge helpful to the Johnson County community. However, these services are not individually vetted by TRAIL. TRAIL does not assume responsibility or liability for interactions with community resources.

- Iowa City Fire Department
410 E. Washington St, Iowa City, IA 52240
Phone: 319-356-5260
 - ICFD will replace smoke detector batteries, install smoke detectors and offer lift assist as needed.
 - Eligibility: Open to public

- North Liberty Fire Department
25 E Cherry St, North Liberty, IA 52317
Phone: 319-626-5717
 - NLFD will replace smoke detector batteries, install smoke detectors and offer lift assist as needed.
 - Eligibility: Open to public

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