

Johnson County

Senior Housing and Services Guide

Summer 2025



Presented by
TRAIL of Johnson County



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TRAIL's 2025 *Johnson County Senior Housing and Services Guide* would not have been possible without generous contributions from the individuals and organizations listed below. The TRAIL Board of Directors and staff wish to express our deepest gratitude to these thoughtful donors for their support of this valuable community resource.

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There's No Place Like Home

Since TRAIL of Johnson County published its 2023 *Johnson County Senior Housing and Services Guide*, the print and online versions of this booklet have proved invaluable not only to TRAIL member households, but to older adults and their families in Johnson County and beyond.

Much has changed in the senior housing landscape in recent years, with new communities opening at a steady pace. There is a great deal of variety in these 55+ facilities, and we know that older adults and their families need guidance in choosing among the amenities, services, costs, and other features that will best meet their needs.

In addition, TRAIL continues to see an increase in older adults needing not just safe, comfortable, and affordable housing, but also access to other types of services that enable more successful aging in place. These services can range from at-home medical care to temporary, in-patient rehabilitation facilities for recovery after a fall or other medical issues.

With the support of the TRAIL Board of Directors and generous donors, our 2025 *Johnson County Senior Housing and Services Guide* addresses these needs in a comprehensive, easy-to-use format. Intended as a community resource, this publication helps fulfill TRAIL's mission of helping older adults throughout Johnson County live and thrive in the places they call home. The guide is also available in PDF form for viewing or downloading from the TRAIL website (www.trailofjohnsoncounty.org).

In preparing this guide, TRAIL invited local senior housing facilities, skilled nursing facilities, at-home medical and non-medical care services, rehabilitation hospitals, and hospice providers in Johnson County to submit content, at no charge, about their primary features, amenities, costs, and other factors.

This guide is presented as a public service to older adults and their families. Descriptions of services and amenities were supplied by the facilities or obtained from their websites. Prices are included only for those facilities that responded to our requests for information. Unless otherwise noted, costs are current as of February 2025 and are subject to change.

Interested persons should contact each facility or service directly to obtain the latest and most accurate information. We also encourage you to consult the Johnson County Livable Community website, where you will find a more extensive list of housing facilities, services, and resources for older adults. (See www.johnsoncountyiowa.gov/service-directory.)

This guide is not an endorsement nor is it meant to rate, rank, or recommend any of the facilities and services included herein.

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Glossary of Terms

Not sure what type of senior living situation you're looking for?
These definitions, provided by AARP, will help you navigate this guide.

Independent living

Sometimes referred to as retirement communities, independent living communities offer older adults with limited care needs a simplified lifestyle. These facilities often take the form of rental apartments or condominium complexes with amenities like fitness programs, housekeeping, communal meals, and other services to enrich and simplify life for older adults planning to downsize. Cooperative housing units also fall into the independent living category. In these facilities, residents purchase shares or a membership in a cooperative housing corporation, which owns or leases all real estate. Residents pay a monthly fee to cover their share of the operating expenses.

Assisted living

Assisted living communities specialize in providing care and supervision. They frequently offer services like planned activities, housekeeping and laundry, transportation, meals, plus exercise and wellness programs. Assisted living communities sometimes offer limited medical assistance but not skilled nursing.

Memory care communities

Memory care communities specialize in providing care to aging adults with Alzheimer's, dementia, and other cognitive issues. Staff members are trained to help with communication and to help residents manage dementia symptoms like sundown syndrome, wandering, or combativeness.

Continuing care communities

Continuing care communities usually consist of a campus-like setting offering a variety of housing options that support various stages of life. Spanning independent living, assisted living, and/or skilled nursing care, they enable residents to age in a single community without having to relocate as their needs evolve.

Skilled nursing facilities

These facilities serve people with disabilities, illnesses, or mental conditions that require 24-hour medical care and monitoring, whether for a short time (e.g., injury recovery) or on a more permanent basis. Skilled nursing care includes help with all meals, daily living activities such as bathing and dressing, round-the-clock supervision, and a greater degree of medical attention than in assisted living.

Rehabilitation hospitals

These are specialty in-patient facilities that treat people recovering from serious injuries, illnesses, surgeries, and chronic medical conditions. Patients at rehabilitation hospitals require hospital-level medical services such as 24-hour nursing care. Compared to skilled nursing facilities, rehabilitation hospitals typically provide more intensive therapy services over a specified period of time, with the goal of returning the patient to their prior level of independence.

Independent Living/Units for Rent

More than a dozen apartment complexes in Johnson County are designed to meet the needs of older adults. Information about amenities, services, floor plans, and pricing for the apartments listed below can be found on each property's website or in the "Senior Housing & Residential Care" section of the online Service Directory maintained by Johnson County Livable Community: www.johnsoncountyiowa.gov/service-directory.

Properties below that are described as affordable and intended for low-income seniors are designated by an asterisk (*). **Contact the Iowa City Housing Authority for more information about affordable housing qualifications and availability: www.icgov.org/icha or 319-356-5400.**

● Autumn Park Apartments*

3042 Muscatine Ave.

Iowa City IA 52240

319-337-7176

www.johnsoncountyiowa.gov/livable-communities-service/autumn-park-apartments

● Capitol House Apartments*

320 S. Dubuque St.

Iowa City IA 52240

319-338-2127

www.johnsoncountyiowa.gov/livable-communities-service/capitol-house-apartments

● Concord Terrace*

1259 Shannon Dr.

Iowa City IA 52246

319-887-1010

<https://keywaymanagement.com/rental-properties/31/concord-terrace/0/>

● Coral Ridge Apartments*

915 20th Ave.

Coralville IA 52241

319-569-1818

www.move2coralridge.com

● Coralville Senior Residences/Coral Village*

1799 5th St.

Coralville IA 52241

319-351-2386

<https://www.pacificmgt.net/residential-properties/coralville-senior-residences-coralville/detail>

● Diamond Senior Housing*

1030 William St.

Iowa City IA 52240

319-351-5000

www.johnsoncountyiowa.gov/livable-communities-service/diamond-senior-apartments-iowa-city

● East Side Village*

401 E. Linn St.

Lone Tree IA 52755

319-629-4689

www.lonetreeiowa.com/com_esvillage.htm

Independent Living/Units for Rent

● Ecumenical Towers*

320 E. Washington St.

Iowa City IA 52240

319-338-7450

www.johnsoncountyiowa.gov/livable-communities-service/ecumenical-towers

● Emerson Point*

1355 Shannon Dr.

Iowa City IA 52246

319-466-0200

keywaymanagement.com/rental-properties/43/emerson-point/0

● Jefferson Point*

45 W. Jefferson St.

North Liberty IA 52317

319-626-3263

keywaymanagement.com/rental-properties/49/jefferson-point/0

● Lexington Place*

1229 Shannon Dr.

Iowa City IA

319-887-1010

keywaymanagement.com/rental-properties/35/lexington-place/0

● Meadowlark Acres Apartments* (Solon Community Housing Corp.)

1761 Racine Ave. NE

Solon IA 52333

319-651-0132

www.johnsoncountyiowa.gov/livable-communities-service/solon-community-housing-corp

● Melrose Ridge Apartments*

4435 and 4455 Melrose Ave.

Iowa City IA 52246

319-887-1010

<https://keywaymanagement.com/rental-properties/56/melrose-ridge/0/>

● Nex Apartments*

671 Nex Ave.

Iowa City IA 52245

319-499-5100

www.move2nex.com

● North Liberty Living Center*

410 Ashley Ct.

North Liberty IA 52317

319-665-2402

www.northlibertylivingcenter.com

● Regency Heights Senior Living*

1010 Scott Park Dr.

Iowa City IA 52245

319-448-3317

www.regencyheightsapartments.com

● Walden Place Senior Living

2423 Walden Rd.

Iowa City IA 52246

319-337-7277

waldenplaceseniorliving.com

Properties that are described as affordable and intended for low-income seniors are designated by an asterisk (*)

Independent Living/Units for Purchase

● Brown Deer Cooperative

1920 Country Club Dr.

Coralville IA 52241

319-625-2023

office@browndeercooperative.com

www.browndeercooperative.com

The 30-unit Brown Deer Cooperative offers active, independent adults aged 55+ a simple and secure alternative to home ownership. Situated on six scenic acres directly adjacent to the Brown Deer Golf Course in Coralville, this form of shareholder ownership offers tax advantages, equity growth, a community lifestyle of like-minded people, and freedom from the hassles of home maintenance responsibilities. Shareholders at Brown Deer Cooperative play a part in the decision-making of the day-to-day operations of the cooperative.

Residents have access to a workout facility with Peloton bikes, community room with a pub, library and fireplace, large community patio with grills and a fire pit, underground parking, a golf simulator for off-season play, bocce ball court, pickleball court, horseshoe pit, underground car wash bay, monthly cleaning service, while-you-are-away services, and a guest suite that can be reserved for short-term stays by visiting friends or relatives. Units have a variety of floor plans and balconies, along with screened-in porches with scenic views. Standard amenities include 9-foot ceilings, solid-core wood-paneled doors, fabric roller blinds at all windows and vertical blinds at patio doors, under-counter lighting, quartz countertops, luxury vinyl or wood floor options, walk-in closets, spacious floor plans, laundry room, and heated underground parking.

In addition to the share price for each unit, a monthly fee covers a variety of expenses, including basic cable and internet, HVAC, sewer and water, garbage removal, pro rata share of the mortgage, property taxes, insurance, maintenance/home repair, lawn care and snow removal, amenities, and a security system.

Call for more information, tours, or to be added to a wait list. No units were available as of January 2025.

Eligibility: Age 55+

Share price and monthly fees:

1 bed/1 bath, 886 SF

\$131,949, plus monthly HOA fee of \$1,162

2 bed/2 bath, 1,448 SF

\$249,056, plus monthly HOA fee of \$1,911

2 bed plus*, 1,780 SF

\$330,000, plus monthly HOA fee of \$2,500

**All unit costs vary slightly based on customization.*



Independent Living/Units for Purchase

● The Estates of North Liberty

1211 Vintage Ln.

North Liberty IA 52317

319-693-4550

andersonassetpropertygroup.com/north-liberty%2C-ia

Active, independent adults looking for a vibrant community to call home should look no further than The Estates of North Liberty. This senior living cooperative is conveniently located in the heart of North Liberty in one of Iowa's fastest growing counties.

The Estates of North Liberty is a patio-home cooperative on eight acres, including 30 individual homes meeting the Universal Design concept. Inside this private, gated community is a clubhouse featuring an open entertaining area, full kitchen, fitness center, great room with fireplace, indoor pickleball court, office/conference room, outdoor BBQ station, and fire pit.

Offering the finest in quality construction, this active, low-maintenance community is ideal for those ages 55+. Enjoy all the advantages of homeownership without the burdens. Pricing, availability, and other details available upon request.



● North Bend Villas by Lion Development Group

1270 Roosevelt Cir.

North Liberty IA 52317

Contact: Heather Ropp, Director of Sales

Phone: 319-330-2368

heather@liondevelopmentgroup.com

liondevelopmentgroup.com/senior-living/north-bend-villas/

www.facebook.com/northbendvillas

North Bend Villas provides a contemporary lifestyle for individuals aged 55 and older within a community focused on enrichment and social interaction.

This age-restricted HOA community offers zero-entry floor plans designed to support aging in place, enabling residents to stay in their home longer. With snow removal and lawn care included, residents can dedicate more time to traveling and enjoying their favorite activities. The clubhouse serves as the community's hub, where homeowners gather for coffee, pickleball, card games, potlucks, barbecues, celebrations, and much more. Take advantage of direct access to a nine-acre pond and walking trail. With its proximity to local businesses and restaurants, North Bend Villas offers a convenient and engaging location.

There are 48 lots and five floor plans available with versatile options. A single point of contact guides potential residents throughout the entire process, answering questions, helping make custom modifications, and everything in between. North Bend Villas is more than a place to live; it's a lifestyle.

Approximate pricing for individual slab homes (all North Bend Villa floor plans and lots can have a basement):**Oakmont: 2 bed/2 bath, 1,462 SF**
\$364,900 + lot price**Augusta: 2 bed/2 bath, 1,765 SF**
\$399,900 + lot price**Valhalla: 2 bed/2 bath + den, 1,863 SF**
\$409,900 + lot price**Pinehurst: 2 bed/2 bath + den, 1,954 SF**
\$419,900 + lot price**Sawgrass: 3 bed/2 bath, 2,059 SF**
\$429,900 + lot price

Monthly HOA fee ~ \$495

● Vintage Cooperative of Coralville

1180 Kennedy Pkwy.

Coralville IA 52241

319-351-3664

www.vintagecooperativecoralville.com

Vintage Cooperative of Coralville is an independent ownership model. The cooperative holds the master mortgage, allowing members to own a share of the cooperative without assuming personal liability. Monthly charges pay for operating expenses: utilities, insurance, maintenance, property taxes, debt service on any master mortgage, and reserves. Standard home amenities include a deck/patio, horizontal blinds on all windows, refrigerator, dishwasher, smooth-top stove with oven, microwave, disposal, and large capacity washer and dryer.

Common areas include a community room with kitchen, a great room with a fireplace, fitness center, fireside lounge, club room, library, workshop, guest suite for visiting family and friends, garden plots, and heated underground parking.

Eligibility: Age 62+ and must meet a minimum gross annual income requirement**About starting share price and monthly fees:** The share price is a one-time payment and appreciates annually. Monthly fees are based on square footage. Prices are available on request.**1 bed/1 bath + den, 1,047 SF****2 bed/2 bath, 1,103-1,445 SF****2 bed/2 bath + den, 1,289-1,420 SF****3 bed/2 bath, 1,588-1,796 SF**

Independent Living/Units for Purchase

● Vintage Cooperative of Iowa City

750 E. Foster Rd.

Iowa City IA 52245

319-430-7921

office@vintageiowacity.org

vintageiowacity.org

Vintage Cooperative of Iowa City is an independent ownership model. The cooperative holds the master mortgage, allowing members to own a share of the cooperative without assuming personal liability. Monthly charges pay for operating expenses: utilities, insurance, maintenance, property taxes, debt service on any master mortgage and reserves. Standard home amenities include a deck/patio, horizontal blinds on all windows, refrigerator, dishwasher, smooth-top stove with oven, microwave, disposal, and large capacity washer and dryer.

Common areas include a community room with kitchen, a great room with a fireplace, fitness center, fireside lounge, club room, library, workshop, guest suite for visiting family and friends, garden plots, heated underground parking, and bike storage.

Eligibility: Age 55+ and must meet a minimum gross annual income requirement

Starting share price and monthly fees:

1 bed/1 bath + den, 1,050 SF

\$132,276, plus monthly fee of \$1,627

2 bed/2 bath, 1,232-1,417 SF

\$178,384, plus monthly fee of \$1,911-\$2,198

2 bed/2 bath + den, 1,397-1,597 SF

\$201,186, plus monthly fee of \$2,167-\$2,476

3 bed/2 bath, 1,589-1,797 SF

\$226,382, plus monthly fee of \$2,464-\$2,786

Independent and Assisted Living

● Legacy Senior Living

1020 S. Scott Blvd.

Iowa City IA 52240

319-341-0911

www.legacypointeiowa.com

Legacy is conveniently located on the east edge of Iowa City, encompassing 40 acres with a pond. The community is just minutes from shopping centers and University of Iowa Hospitals and Clinics. Legacy offers month-to-month rentals with no buy-in required. Amenities include restaurant-style dining, transportation five days a week, an ice cream parlor, a beauty salon/barber shop, underground climate-controlled parking, and much more.

Independent living apartments provide a beautifully remodeled atmosphere for individuals wishing to maintain an active and independent lifestyle without worrying about housekeeping, home maintenance, cooking, or security. The apartments vary in size and feature spacious rooms, large windows, walk-in closets, and in-unit washers and dryers.

Options range from one-bedroom apartments to large two-bedroom, two-bath apartments. The cost of residing offers three meals per day (with two meals included in the apartment fee), all utilities (including cable TV and Wi-Fi), transportation, biweekly housekeeping, lifestyle activities, underground parking, a storage unit, and 24/7 security.

Assisted living apartments offer personalized assistance and support services around the clock while maintaining residents' dignity and independence. Since each resident has unique needs and preferences, the care level system allows families and residents to choose the right amount of support, ensuring that each person's new home is as comfortable as possible.

Assisted living apartments range from studios to large two-bedroom, two-bath apartments, all equipped with spacious private bathrooms and kitchenettes that include full-sized refrigerators. The monthly rental includes all utilities (including cable TV and Wi-Fi), transportation, three meals per day, weekly housekeeping, an emergency response system, and lifestyle activities.



Independent and Assisted Living

Legacy Senior Living monthly starting costs for independent living:

1-bedroom apartments:

Rhode Island (without deck), 751 SF
\$3,025

Truman/Rhode Island, 735-751 SF
\$3,355

Massachusetts (without deck), 994 SF
\$3,700

Georgia, 1,018 SF
\$4,125

2-bedroom apartments:

South Carolina (without deck), 1,202 SF
\$3,900

New York/Hoover/Connecticut, 1,021-1,061 SF
\$4,250

**Eisenhower/North Carolina/Jefferson/
Lincoln, 1,192-1,212 SF**
\$4,400

Maryland/Washington/Delaware, 1,278-1,307 SF
\$4,500

New Jersey, 1,330 SF
\$4,600

Pennsylvania/Virginia, 1,456-1,460
\$4,850

A \$1,000 non-refundable deposit will reserve an independent living apartment. Upon move-in, the deposit will be credited toward the community fee of \$4,000 (\$3,000 after the deposit is credited). This is used for the general

upkeep of the community and the training of care staff. Pet fee, if applicable: \$1,000 non-refundable. Second occupant fee: \$500/month.

Monthly starting costs for assisted living:

Liberty (studio), 430 SF
\$4,100

Freedom (1 bed), 537 SF
\$4,500

Victory/Glory (1 bed), 578-587 SF
\$4,600

Civic (2 bed), 770 SF
\$5,200

Eagle/Star (2 bed), 921-971 SF
\$5,400

Patriot (2 bed), 1,003 SF
\$5,700

A \$1,000 non-refundable deposit will reserve an assisted living apartment. Upon move-in, the deposit will be credited toward the community fee of \$4,000 (\$3,000 after the deposit is credited). This is used for the general upkeep of the community and the training of care staff. Legacy holds staff to a higher standard, and all staff undergo eight hours of dementia and memory care training each year, exceeding Iowa regulations. Pet fee, if applicable: \$1,000 non-refundable. Second occupant fee: \$1,000/month. Additional level-of-care fees may be added to monthly rent based on care level and unique needs.

Legacy Pointe also offers a respite stay for an all-inclusive daily fee of \$200 for individuals needing extra care after surgery or while the family is out of town.

● Melrose Meadows

350 Dublin Dr.

Iowa City IA 52246

319-341-7893

www.melrosemeadows.com

Melrose Meadows provides bright, private senior apartments for independent and assisted living in a quiet neighborhood setting, just minutes from University of Iowa Hospitals and Clinics and downtown. Independent living apartments include utilities (except phone), internet (for Wi-Fi, residents provide their own router), basic cable, breakfast and dinner daily, twice-monthly housekeeping services, scheduled transportation, social activities, maintenance, and use of the Wellness Center.

Assisted living apartments include amenities listed above (with three meals a day) as well as a 24/7 personal care service: medication management, bathing, dressing, grooming, bathroom assistance, reminders, and other daily activities such as making the bed. All units are pet friendly.



Eligibility: Age 55+

Monthly independent living costs:

1 bed standard, 712 SF	\$3,910
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1 bed deluxe, 881 SF	\$4,370
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2 bed standard, 950 SF	\$4,620
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2 bed select, 973 SF	\$4,820
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2 bed custom/special, 1,123 SF	\$5,080
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2 bed grand, 1,308 SF	\$5,475
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2 bed deluxe, 1,331 SF	\$5,575
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There is an \$800/month fee for the second person in each apartment, a monthly fee of \$75 for a parking garage space, a \$1,500 refundable security deposit, and a \$1,500 pet deposit, if applicable.

Monthly assisted living costs:

Alcove (studio), 385 SF	\$4,800
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1 bed standard, 526 SF	\$5,350
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1 bed deluxe, 608-627 SF	\$5,450
---------------------------------	---------

2 bed standard, 771 SF	\$5,700
-------------------------------	---------

2 bed suite, 845 SF	\$5,800
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There is a fee of \$1,200/month for the second person, a monthly fee of \$75 for a parking garage space, a \$1,500 refundable security deposit, and a \$1,500 pet deposit, if applicable.

Independent Living with Assisted Living and Memory Care

● Brown Deer Place

1500 First Ave.

Coralville IA 52241

319-337-6320

www.browndeerplace.com

Brown Deer Place knows what makes people feel at home. The knowledgeable and kind staff provide 24-hour care in both retirement living and memory care areas. Some individuals seek an apartment where they can enjoy home-cooked meals and housekeeping services; others need additional assistance with activities of daily living. Brown Deer Place has the perfect solution through its individualized service plans. A variety of floor plans and services are available from studios to one- and two-bedroom apartments in the independent living community.

Secure Memory Care

Private studio suite apartments are available in the secure memory care area. Residents who need closer care with one-on-one interactions for socialization and activities of daily living can reside in a secure area with trained staff to provide positive life experiences according to each resident's individual needs and preferences. Some of the special services offered in the memory care area include music therapy, wellness programs, private dining, and a secure patio and garden.

Respite

An all-inclusive Respite Program is available for individuals who need supervision and/or services for a short period of time, typically a minimum of three days and a maximum of 30 days. Respite stay services include all the same services one would receive as a permanent resident. This program is ideal for those who have a caregiver out of town, a spouse in the hospital, someone who needs additional recuperation time from a hospital stay, or simply to determine if assisted living is the right decision for an individual on a long-term basis.

Eligibility: Age 55+

Independent living apartment styles and monthly costs:

Studio	\$3,400
1 bed	\$3,800
1 bed deluxe	\$4,500
2 bed	\$4,800

Memory care costs:

Studio apartment
\$3,500/month base rent

Respite care
\$350/day



Individualized Service Plans:

Brown Deer Place's Individualized Service Plans provide additional assistance with activities of daily living. Fees are based on the total minutes of assistance needed by the resident. The Individualized Service Plan is billed in 15-minute increments allowing charges for only the services residents require:

Resident Assistant	\$12/15 mins.
Registered Nurse	\$27/15 mins.

Memory care levels of care:

Memory Care residents will have a maximum monthly service rate of \$1,200 in addition to the monthly rent. These services are based on the Individualized Service Plan, nurse assessment, and time spent with the resident:

Level 1	\$3,000
Level 2	\$3,500
Level 3	\$4,000
Level 4	\$4,500

There is a second-person fee of \$1,000. A one-time Lifestyle Fee of \$2,000 will be due at move-in to cover upkeep, replacement of carpet, or apartment repair and general maintenance.

● Grand Living at Bridgewater

3 Russell Slade Blvd.

Coralville IA 52241

319-930-3000

grandliving.com/communities/senior-living-at-bridgewater-coralville-iowa

Grand Living at Bridgewater offers 170 apartments ranging from signature studios to two bedrooms with a den, and three distinctive dining venues (including casual, formal, and bistro). Other amenities include a grand lounge, grand library, performance theater, grand spa and fitness center with heated pool, full-service salon, The Legends Club for happy hour, woodworking shop, chapel, and indoor parking garage space.

- **Independent living apartments** include all utilities, telephone, satellite TV and Wi-Fi, weekly housekeeping, and two meals per day. Other amenities include scheduled transportation for medical and dental appointments.
- **Assisted living apartments** include all amenities listed above plus access to 24/7 care, and a call pendant with GPS for emergencies. Three meals per day are provided.
- **Memory care** includes studio, one-bedroom, and one-bedroom with den options. Two neighborhoods are available: Monarch Lane for men and women, and Lavender Lane for women only. All amenities listed above are included along with laundry service and a secure outside courtyard.

Independent Living with Assisted Living and Memory Care

Grand Living at Bridgewater Eligibility: Age 55+

Monthly cost for independent living:

Studio/1 bath, 442-460 SF
Starts at \$3,960

1 bed/1 bath, 731-787 SF
Starts at \$4,840

1 bed/1 bath + den, 865-922 SF
Starts at \$5,520

2 bed/2 bath, 1,067-1,225 SF
Starts at \$5,820

2 bed/2 bath + den, 1,228-1,302 SF
Starts at \$6,340

Monthly cost for assisted living:

Add \$1,100 per month to the costs noted above. The assisted living base package includes three meals per day, 24-hour staff coverage with full-time registered nurse, care assessments, health and wellness oversight, and up to 20 hours of personalized activities of daily living services. Additional levels of care may apply.

Monthly cost for memory care:

Studio/1 bath, 448-462 SF
\$8,390

1 bed
Starts at \$8,980

1 bed + den
Starts at \$9,200

Costs above include 75 hours of personalized activities of daily living services each month. Additional levels of care may apply. A deposit of \$1,500 will reserve a spot on the wait list. The deposit/reservation fee is applied to a one-time community fee of \$5,000 required upon apartment reservation.

● Keystone Place at Forevergreen

1275 Forevergreen Rd.

North Liberty IA 52317

319-459-1964

<https://www.keystonesenior.com/senior-living/ia/north-liberty/keystone-place-at-forevergreen/>

Keystone Place at Forevergreen has 123 apartments and offers monthly rental with no large entrance fee or buy-in. Amenities include restaurant-style dining, a theater, pub, library, beauty salon/barber shop, underground climate-controlled parking, and unparalleled health and fitness resources, including in-house physical and occupational therapy. A Life Enrichment Program offers an abundance of activities designed to enhance the social, mental, and physical well-being of residents.



- **Independent living:** Spacious, well-appointed one- and two-bedroom/two-bath apartment homes complete with full kitchens, patio or balcony, and washer and dryer. Monthly rental includes one meal per day plus continental breakfast, all utilities, including cable TV and Wi-Fi, scheduled transportation, twice monthly housekeeping, emergency response system, wellness programs, and on-site activities.
- **Assisted living:** Plans include studio, one-bedroom, and two-bedroom/two-bath apartments. Monthly rental includes all utilities, including cable TV and Wi-Fi, scheduled transportation, health monitoring by a licensed nurse, three meals per day, weekly housekeeping, emergency response system, wellness programs, and on-site activities.
- **Memory care:** Keystone's Holistic HarborsSM is a state-of-the-art memory preservation enrichment program that focuses on connection rather than loss. Plans include studio and one-bedroom apartments. Monthly rental includes all utilities, cable and Wi-Fi, all-inclusive personal care (assistance with bathing, dressing, eating, toileting, ambulation, and medication management), health and wellness monitoring by a licensed nurse, three meals per day, weekly housekeeping, transportation services, emergency response system, and innovative programming.

**Keystone Eligibility: Age 55+****Monthly cost for independent living:**

1 bed/1 bath, 833 SF	\$4,450
2 bed/2 bath, 1,189 SF	\$5,350
2 bed/2 bath, 1,261 SF	\$5,650
2 bed/2 bath, 1,335 SF	\$5,900

One-time community fee: \$3,500. Second-person fee: \$950/month.

Monthly cost for assisted living:

Studio, 333-413 SF	\$4,775
1 bed/1 bath, 607 SF	\$5,300
1 bed/1 bath + balcony, 600 SF	\$5,400
2 bed/2 bath, 867 SF	\$6,200

2 bed/2 bath + balcony, 869 SF \$6,300

There is also a monthly service fee for differing levels of care: Level 1 (\$500), Level 2 (\$800), Level 3 (\$1,200), Level 4 (\$1,500), and Level 5 (\$1,900).

One-time community fee: \$3,500. Second-person fee: \$1,100/month.

Monthly cost for memory care:

Studio, 356 SF	\$7,750
1 bed/1 bath, 695 SF	\$8,900

One-time community fee: \$3,500. Second-person fee: \$1,600/month.

Independent Living with Assisted Living and Memory Care

● Gathering Place, A Western Home Community

Construction Starting in Spring 2025

140 Gathering Place Ln.

Iowa City IA 52246

(319) 222-2033

gatheringplaceic.com

Gathering Place is set to break ground in 2025 on its freestanding, architecturally designed homes and villa duplexes that are like no other independent living option in Iowa City.

Construction of the independent living condominium buildings that will house wellness services and expanded amenities is also anticipated to begin in 2025, followed by townhomes and cottages for assisted living and memory care. The beautiful, wooded campus offers some of the best views Iowa City has to offer and is conveniently located just northeast of the intersection of Melrose Avenue and Camp Cardinal Boulevard.

For those seeking independent living, assisted living, or memory care, this community is thoughtfully designed with a focus on keeping residents safe, happy, and healthy for as long as possible. With more than 125 units available, there are a variety of living options to choose from based on needs, desires, and budget:

- **29 independent living freestanding homes** that start at 1,950 SF with 2+ bedrooms, 2 baths, double garage, and open concept floor plan
- **8 independent living villa duplexes** with a shared wall and based on the same architectural design as the freestanding homes
- **48 independent living condos** starting at 1,026 SF with 2-3 bedrooms, 2 baths, private balcony, underground parking, and common spaces
- **20 independent living townhomes**
- **32 assisted living and memory care rooms**

Western Home Communities is a nonprofit, charitable Christian organization founded in 1912 in Cedar Falls, Iowa. The Cedar Falls campus has grown to be one of the country's largest single-site retirement communities and is the model for expansion into new markets like Iowa City. Western Home Communities has a long history of innovation that includes the state's first retirement community, first "small house" nursing cottages exclusively for dementia care, and first all-private nursing home rooms. With a focus on well-being and a forward-looking strategy, Western Home Communities is an innovative organization that is creatively and proactively tackling challenges that are facing older adults so they can thrive for years to come.



Independent Living with Long-Term Nursing Home Care

● Atrium Village

117 Third St.

Hills IA 52235

319-679-2224

atriumv@sharontc.net

www.atriumvillagehills.com

www.facebook.com/AtriumVillage/?ref=aymt_homepage_panel

Discover Atrium Village, a unique blend of independent living and licensed nursing care just minutes from Iowa City and Coralville.

Independent living senior apartments overlook an open-air atrium or Hills, with its shady, tree-lined streets. The facility includes 28 senior living apartments that include all utilities (except phone and cable), Wi-Fi, a daily complimentary meal, housekeeping, linen services, and transportation to the grocery store. Other amenities include laundry facilities, lounges on each floor, secured storage space, beauty shop, carports, exercise equipment, and chapel with Mass and other religious services available. Exercise classes, bingo, live entertainment, resident organized groups and socials are provided. Maintenance staff are on site. Month-to-month leases are available with no entrance or buy-in fees. Atrium Village is affordable senior living for individuals 60+.

The care center is a 20-bed facility licensed by the State of Iowa with 24-hour nursing care. Weekly visits from the facility's medical director ensure residents receive care to meet their needs. Three meals and snacks are served daily and are developed by a licensed registered dietitian. An on site activity director coordinates activities such as exercise, games, bingo, religious services, live music, parties, and other entertainment. Hospice and private suites

are available for added comfort and privacy. Beautician and barber services are available.

Atrium Village care center services

- Occupational therapy
- Physical therapy
- Speech therapy
- Respite care
- Physician and pharmacy services
- Podiatry services
- Hospice care

Monthly cost for independent living:

1 bed, standard	\$1,845
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1 bed, remodeled	\$2,120
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2 bed, standard	\$2,020
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2 bed, remodeled	\$2,325
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2 bed suite	\$2,390
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2 bed suite, remodeled	\$2,720
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Rates are single occupancy. Add \$260 for double occupancy.

Daily care center costs:

Semi-private room	\$315
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Private room	\$385
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Private suite	\$475
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Respite care	\$485
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Assisted Living with Memory Care

● Bickford Senior Living

3500 Lower West Branch Rd.

Iowa City IA 52245

319-774-8968 or 319-351-3200

<https://bickfordseniorliving.com/>

Bickford Senior Living is a family-owned and operated community. Both long- and short-term (respite) stays are offered. The Iowa City branch has 37 private apartments, including studios and one-bedroom units, featuring a private bathroom with accessible showers and kitchenettes. Apartments can be customized as the resident chooses, and pets and visitors are welcome. Bickford is completely secure, making it a safe environment for those who need a secure and safe home.

Individualized service plans allow residents to get exactly what they desire in personal care, medication and mobility assistance, health care coordination, memory care, dining, housekeeping, and socialization. Multidenominational religious services are provided. Beauty, barber, audiology, podiatry, physical therapy, lab, and wound care services are offered on site. Residents are encouraged to "take ownership" of their community to lead activities and participate in menu planning and community meetings.

Eligibility: Residents must be 18 or older and have utilized assistance through VA benefits and/or long-term care insurance.

Bickford offers three styles of apartments and five levels of care. In order to provide an accurate estimate of costs, a service assessment must be completed. Bickford is a private-pay community resource. Rates are based upon apartment size and level of care. A one-time Community Fee of \$2,500 is used for ongoing upkeep and maintenance.

Daily base rates for service:

Spruce (studio)	\$140
Maple (1 bed)	\$170
Walnut (larger 1 bed)	\$180
Spousal rate	\$50

Daily care rates:

Level 1	Base rate only
Level 2	\$75
Level 3	\$100
Level 4	\$140
Level 5	\$170



● FeatherStone at Hickory Hill

2450 Hickory Trl.

Iowa City IA 52245

319-600-6772

featherstoneliving.com/

FeatherStone at Hickory Hill is a vibrant, 120-apartment senior living community nestled in the heart of Iowa City. The reimagined concept of senior living brings modern features, personalized care programs for tailored living, assisted living, and memory support into an environment inspired by nature.

Poised on a stunning hilltop and adjacent to Hickory Hill Park, FeatherStone combines contemporary architecture with a design that celebrates the enchanting countryside. FeatherStone believes senior living should be a journey of discovery, joy, and an unforgettable experience that caters to each individual's story.

Call or visit the website to learn more about amenities, services, pricing, and availability.



● Stirlingshire

1140 Kennedy Pkwy.

Coralville IA 52241

319-338-8100

dialseniorliving.com/stirlingshire-coralville-ia

Stirlingshire's assisted living amenities include all utilities, nicely appointed kitchens, phone, internet and TV connections, Wi-Fi, large closets and ample storage, and help with activities of daily living. Underground heated parking and storage units are available at an additional cost. Memory care living caters to individuals with Alzheimer's disease, dementia, and other types of memory impairments. Residents are supported by trained caregivers who provide 24-hour supervised care, with specially designed programming to ensure personal connections are celebrated.

Monthly cost for assisted living:

Studio	\$3,830
1 bed	\$4,922
1 bed + den	\$5,390
2 bed	\$5,830

Monthly cost for memory care:

Studio
\$6,825-\$7,825 (depending on care services)

The base rate in assisted living and memory care includes three meals a day, housekeeping, laundry service, an emergency safety alarm system, wellness checks, transportation to community programs, and all in-house activities.

Assisted Living with Memory Care and Long-Term Nursing Home Care

● Lone Tree Health Care Center / Pioneer Park Assisted Living

501 E. Pioneer Rd.

Lone Tree IA 52755

319-629-4255

lthccadmin@lthcc.com

lthcc.com

Lone Tree Health Care Center and Pioneer Park Assisted Living is a family-oriented continuing care retirement community, located in a quiet residential neighborhood in the small town of Lone Tree, just 15 minutes southeast of Iowa City. Established in 1974, the facility provides a continuum of care, including assisted living, memory-supported assisted living apartments, and skilled nursing. Physical, occupational, and speech therapy are offered as both inpatient and outpatient services.

Pioneer Park Villas offer assisted living

in individual, elegant apartments that are comfortable and affordable. Two meals are provided each day in the dining room. A limited number of two-bedroom apartments are also available. Private pay and long-term care insurance are accepted.

Monthly assisted living costs, based on the services required:

Level 1	\$4,065
Level 2	\$4,355
Level 3	\$4,600

Pioneer Place is designed for individuals

diagnosed with memory loss, Alzheimer's, and/or dementia. The facility is an alarmed, low-stimulation environment that seeks to offer maximum independence and peace of mind for family members. Staff members are on site 24/7. Each tenant has an individualized service plan customized to their health and social needs/preferences. Medication administration also is provided. Each one-bedroom apartment includes a kitchen, living room, private bathroom with walk-in shower, and closet space. Three meals are served daily in the dining room.

Memory care monthly standard unit price:
\$6,000

The Lone Tree Health Care Center is a licensed, skilled nursing facility. Rooms are available for permanent (long-term care) and temporary placement (skilled nursing facility). Services include physical, occupational, and speech therapy, restorative therapies, intermediate care, 24-hour nursing care, and daily activities.

Private room \$330/day

Semi-private room \$300/day

Medicare, Medicare supplement insurance, long-term care insurance, private pay, and several commercial insurances are accepted.

Continuing Care Communities

● Oaknoll Retirement Community

1 Oaknoll Ct.

Iowa City IA 52246

319-351-1720

www.oaknoll.com

Oaknoll is a LifeCare Life Plan community that provides a continuum of care, from independent living to assisted living to on-site nursing care in the Health Center. In exchange for an entrance fee, independent older adults are assured of care when it is needed. That care is provided at the same monthly cost as their independent living apartment. Included in the monthly fee are utilities, 24-hour emergency nursing care, local telephone service with voicemail, meal allowance, lawn and grounds care, full maintenance service, twice-monthly cleaning of apartment, emergency transportation, scheduled activities and programs, secure building, receptionist, and temperature controls in apartments. Oaknoll offers a variety of apartment floor plans at its original campus on Oaknoll Court off Benton Street in Iowa City, as well as its Oaknoll East location on Scott Boulevard.

Oaknoll main campus location amenities:

Three dining venues (Oak Room, Third on Third Bistro, and Hope Dining & Café), private rooms for large group or family dinner parties, pub lounge serving drinks and food, billiards, internet café with patio seating, grocery store, movie theater, hair salon and spa, ping pong, art studio, community room, lounges and libraries offered throughout the campus, and a Wellness Center (exercise equipment specifically designed for the more mature exerciser).

Oaknoll main campus location activities

and programs: A full-time recreation staff person coordinates stimulating programs and recreational activities – trips and outings, lectures, movies, live theater performances, live outdoor music concerts with dinner, game nights, themed parties, and much more. In-town transportation services keep residents on the go. Wellness classes include light aerobic workouts, yoga, line dancing, Pilates, boot camp fitness programs, walking groups, and water aerobics classes. The facility includes a warm water lap/swimming pool with water current to walk or swim against, hot tub, and bubble seat.

Independent living: Fifty different floor plans are offered, depending on personal preferences for layout, location, and lifestyle. Independent living apartments range in size from one-bedroom apartments (379 SF) to spacious and comfortable two- and three-bedroom apartments with study, balconies, and screened-in and four-season sun porches (up to 2,612 SF).

Assisted living: The certified Assisted Living area consists of 38 apartments and provides services and programs that support residents who may need additional assistance in their daily lives. Assisted Living is available only to Oaknoll residents who have lived independently in an apartment and now need additional services. Residents continue to pay the same monthly apartment service fee that they did living in their independent living apartment. The following basic services are provided at no additional charge: 24-hour nursing supervision, laundry services, housekeeping and maintenance, shopping and errands, transportation, monitoring of vital signs, weight, and health care conditions, application of medically necessary treatments, medication

Continuing Care Communities

supervision and administration, social services, and daily programming and activities (social, religious, educational, and exercise).

Health center services: Oaknoll offers a 58-bed Health Center with 52 private rooms and three double rooms (reserved for couples, partners, siblings, etc., who want to continue living together). Thirty-two beds are licensed for skilled nursing care – the highest level of nursing outside a hospital setting. Twelve of the private rooms are in The Loft, a self-contained memory care unit with a neighborhood feel serving primarily residents living with Alzheimer's disease or other types of dementia. Residents in the Health Center pay the same rate as they did for their independent living apartment, plus additional meals. The services of the resident's personal physician, other specialists, and the cost of prescriptions are paid by the resident, just like they would be if they were in their own apartment.

Opening in 2025 at 1201 W. Benton Street will be a new state-of-the-art expansion project on Oaknoll's main campus. The new house has sustainable design elements to provide additional skilled nursing care capacity to help better serve the community. The house features 12 additional skilled nursing beds, natural light, geothermal heating and cooling, and solar panels. Residents enjoy privacy plus shared

indoor and outdoor spaces. The project ensures that Oaknoll continues to provide top-notch care to its residents and is a testament to its commitment to excellence and dedication to meeting the needs of Iowa City and surrounding communities.

Short stay services: Oaknoll also offers a Short Stay Unit for those aged 62+. It is an extension of the licensed Health Center with nursing staff trained to provide skilled nursing care. It is designed for short-term rehabilitative stay after a scheduled surgery or an unexpected health condition (priority based on room availability is given to Oaknoll residents and those who have paid a fee to be added to our Preferred Access List). The Short Stay Unit is self-contained and includes 10 private rooms, each with large bathrooms and walk-in showers. Within the unit is a Therapy Suite that provides physical, occupational, and speech therapy. Consultation staff are also available (dietitian, dental, and podiatry) as well as housekeeping services, whirlpool spa, Wi-Fi/internet access, cable TV, private phone, activities, and programs. Salon services (haircut, manicure, pedicure, or therapeutic massage), clothing/laundry services, and emergency transportation are available. Meals are served from all three Oaknoll dining venues.

Oaknoll East: Oaknoll East is an independent living campus located on a secluded wooded lot on the northeast side of Iowa City off Scott Boulevard, near Hickory Hill Park and walking trails. Apartment sizes range from 777 SF to 1,673 SF. Unique amenities of the Oaknoll East campus include Scotty's Pub, wellness center, community room, lounge with a full residential kitchen for entertaining and meetings, library, heated underground parking with car wash and dog wash, pet-friendly buildings, dog park, and outdoor areas for entertaining and cookouts.



The same services provided to independent living residents on the main campus are provided at Oaknoll East. Assisted Living and Health Center services are available to all residents on the main campus location (1 Oaknoll Court, Iowa City).

Eligibility:

Oaknoll serves residents who are ages 62+. To qualify to live in Oaknoll's LifeCare Life Plan community, each individual must be able to live independently. Then, as health needs change, Oaknoll residents are guaranteed care in Assisted Living or the Health Center.

Cost:

Costs vary depending on the size and location of the apartment. One-person entrance fees can range from approximately \$109,470 to \$698,430; one-person monthly fees can range from approximately \$2,562 to \$3,765. When additional health services are needed by the resident, the monthly cost does not increase. Two-person entrance fees can range from \$145,610 to \$916,730; two-person monthly fees can range from \$4,827 to \$6,575. The value of LifeCare for a two-person household is especially significant. If one member needs additional health services, the cost for the couple does not increase even though two different spaces are being occupied (i.e., the independent living apartment and a nursing bed in the Health Center).

Prospective residents should call Steve Roe, Chief Executive Officer, at 319-351-1720 to schedule an appointment and tour. Application materials include a medical screening (completed by the prospective resident's physician) and a financial disclosure.

● Solon Retirement Village

Solon IA 52333

Nursing Care Center: 523 E. Fifth St.,
319-624-3492

Solon Assisted Living Village: 623 E. Sixth St.,
319-624-5353

**Terrace Lane/Terrace Lane Glen Independent
Condos,** 730-732 S. Market St., 319-624-3492

www.solonretirementvillage.com

Solon Retirement Village offers a variety of plans: independent condos, assisted living, skilled nursing services, outpatient therapy, transitional care, long-term care, and palliative care.

- **Independent condos** are located within Terrace Lane or Terrace Lane Glen. Homeowners benefit from biweekly housekeeping, lawn mowing and snow removal, and the security of a 24/7 emergency staff response system.
- **Assisted Living Village** offers 18 apartments with kitchen/kitchenette, nine-foot ceilings, and large double windows in each room. Studio and two different sized one-bedroom apartments are offered on a month-to-month rental basis. Included in the plan are three meals a day, weekly housekeeping, limited transportation, medication management, a 24-hour response system, and a variety of daily activities.
- **Arbor Area Transitional Care** provides services for 12 individuals. All rooms offer private accommodations with specifically trained staff, a secure courtyard, and personalized care.

Continuing Care Communities

- The Solon Retirement Village Nursing Home** is a Medicare- and Medicaid-certified facility offering skilled nursing rehabilitation, long-term nursing care, respite care (2 hours to 30 days), hospice care, and therapy (physical, occupational, speech, IV therapy, and wound care).

Monthly costs for independent living:

Terrace Lane 1 bed

Market value plus \$518

Terrace Lane 2 bed

Market value plus \$528

Terrace Lane Glen

Market value plus \$545

2nd person fee \$29

Garage rental \$120

Monthly costs for assisted living:

Studio, 460 SF \$3,975

1 bed, 546 SF \$4,562

1 bed, 577 SF \$4,830

2nd person fee \$850

Note: For the Assisted Living Village, a one-time, non-refundable community fee of \$1,750 is typically paid as a deposit in advance of move-in to be placed on the waiting list and/or to hold the apartment up to 30 days. If the pre-move-in assessment indicates the program is not able to meet the prospective tenant's needs, or the prospective tenant chooses to be removed from the waiting list, the \$1,750 is fully refundable.

Assisted living a la carte services:

Guest meal \$5/meal

Bathing assistance (2 baths/week)

\$135/month

Medication management

\$150/month

Incontinence assistance

\$150/month

AM and PM assistance

\$165/month

AM or PM assistance only

\$75/month

Frequent checks/monitoring

\$150/month

AM or PM monitoring only

\$75/month

Daily nursing home costs:

Double room \$295

Private room with shared bath \$305

Private room with private bath \$325

Arbor Area \$325

Deluxe private room

with private bath \$335



Skilled Nursing Facilities

● Briarwood Health Care Center

605 Greenwood Dr.

Iowa City IA 52246

319-338-7912

briarwoodhcc.com

Briarwood Health Care Center is a locally owned and operated health care facility that offers a variety of services including rehabilitation, long-term care, and respite care. The facility accepts Medicare, Medicaid, and private insurance. Rehabilitation services are provided to those who are recovering from a sudden illness or surgery. Each patient is evaluated by a team of nursing and therapy staff to create an individualized plan of care. Such care can include 24-hour nursing services, IV meds, wound care, occupational, physical, and speech therapy, customized nutrition services, and physician visits.

Briarwood also offers support for those who are no longer able to care for themselves. A variety of services are provided for these residents: 24-hour nursing care, restorative and exercise programs, customized nutrition services, and hospice services. Respite care also is provided to offer short-term stays to put families at ease. Respite residents can enjoy all the activities, outings, and events of long-term residents while receiving the care and supervision needed.

Daily fees:

Large private room	\$385
Small private room	\$364
Semi-private room	\$341

Fee covers all services, including meals, cleaning, laundry, and snacks.

● Crestview Specialty Care

451 W. Orange St.

West Branch IA 52358

319-643-2551

www.careinitiatives.org/crestview-specialty-care

Crestview Specialty Care is a 65-bed skilled nursing facility located off I-80 in West Branch, just 20 minutes east of Iowa City. The facility offers a team-oriented care program, with rehabilitation services, skilled nursing care, long-term care, and hospice care. Also available are a variety of services including bariatric accommodation, IV therapy, occupational, physical, and speech therapy, respite care, tube feedings, wound care management, medication management, outpatient therapy, and discharge planning/home visits.

The Crestview facility is centered around an outdoor courtyard with a walking path to enjoy during warm weather. The Resident Council helps to make many of the decisions about types of activities and even menu offerings. Crestview Specialty Care is owned and operated by Care Initiatives, Iowa's largest not-for-profit care provider. Crestview Specialty Care accepts Medicare and Medicaid.

Daily fees:

Deluxe private room	\$563
Private room	\$375
Semi-private room	\$344

Skilled Nursing Facilities

● Lantern Park Specialty Care

2200 Oakdale Rd.

Coralville IA 52241

319-351-8440

www.careinitiatives.org/lantern-park-specialty-care

Lantern Park is a 90-bed skilled nursing facility offering rehabilitation services, skilled nursing care, long-term care, and hospice care. The facility also provides a variety of services such as bariatric accommodation, IV therapy, occupational, physical, and speech therapy, respite care, tube feedings, wound care management, medication management, outpatient therapy, and discharge planning/home visits, among others.

Lantern Park Specialty Care has been a pillar of long-term care in Johnson County since 1970, and is part of Care Initiatives, Iowa's largest not-for-profit skilled nursing and long-term care provider. The facility accepts Medicare and Medicaid and also serves as a contracted provider for the Veterans Affairs Community Nursing Home Program.

Daily fees:

Private room	\$422
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Semi-private room	\$368
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● Windmill Manor of Coralville

2332 Liberty Dr.

Coralville IA 52241

319-545-7390

windmillmanor.com

Windmill Manor, a not-for-profit provider, offers a host of services: skilled nursing and Bounce Back rehabilitation, AJ's Fitness Center and wellness program, outpatient therapy services, and Memory Lane Alzheimer's/dementia care. Bounce Back rehabilitation is an individually designed program to help restore strength along with improving functions of daily living. AJ's Fitness Center is a state-of-the-art fitness room outfitted with strength training and endurance equipment. The Memory Lane Alzheimer's program provides consistency with well-trained staff in a safe environment.

Daily fees:

Skilled nursing private room	\$355
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Skilled nursing semi-private room	\$315
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Memory care private room	\$370
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Memory care semi-private room	\$330
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At-Home Medical Care Providers

● BrightStar Care

4080 First Ave. NE, Unit 103

Cedar Rapids IA 52402

319-363-2721

www.brightstarcare.com/locations/cedar-rapids-iowa-city

BrightStar Care of Cedar Rapids/Iowa City believes that caring is more than a job – it's a way of life. That's why the caregivers mean so much more to the people, families, and organizations they serve. BrightStar Care nurses, therapists, CNAs, and caregivers deliver professional and compassionate care in the comfort and familiarity of home.

BrightStar's RN-led care team will tailor a personalized plan to support any type of care needed, including Alzheimer's and dementia, disability services, hospice, and more, all designed to meet a loved one's unique needs. Professional care staff are available 24/7 to help when needed the most.

Companion services:

- Companionship
- Errand running
- In-home respite care
- Laundry and light housekeeping
- Meal preparation
- Transportation (medical appointments, other)

Personal care services:

- Bathing, dressing, feeding, toileting
- Medication reminders
- Assistance with mobility in and outside the home

Skilled nursing care:

- Medication administration
- IV drug therapies
- Catheter and wound care

BrightStar Care accepts long-term care insurance, VA benefit insurance, and private-pay clients. As of spring 2025, rates range from \$33 per hour to \$75 per hour, depending on the amount of consecutive hours per day of the shift. Skilled nursing care services are available at an extra cost. There is no fee for an initial in-home assessment. BrightStar Care of Cedar Rapids and Iowa City does not require a minimum of hours for service.

At-Home Medical Care Providers

● CenterWell Home Health

1305 Boyson Loop, Ste. B

Hiawatha, IA 52233

319-393-4742

www.centerwellhomehealth.com

Life is centered around the home. CenterWell brings personalized, skilled care directly to a person's home. Whether managing a chronic condition or recovering from illness, injury, surgery, or hospitalization, CenterWell's expert teams of nurses and therapists will work together with the client, family, and health care providers to create a personalized care plan. CenterWell provides the skilled care, education, and tools needed for the client to regain independence and live healthier and happier.

Disciplines and services include:

- Skilled nursing
- Physical therapy
- Occupational therapy
- Speech therapy
- Medical social services
- Home health aide services

This CenterWell branch serves the following counties: Johnson, Linn, Iowa, Cedar, Buchanan, Benton, Black Hawk, Delaware, Jones, and Washington. Services are covered 100% by Medicare Part A for those who qualify. Considering home health care? It's important to understand that a doctor or health care provider must order the services, and clients must meet certain criteria to start care. Visit the CenterWell website or call for more information about eligibility and fees.

● Comfort Care

1100 Sixth St., #101

Coralville IA 52241

319-248-0270

www.comfortcareia.com

Comfort Care was created to help family members stay healthy and safe in their own home, without worry or concern for their health and safety. The quality and continuity of care are key to Comfort Care's mission of restoring and maintaining health.

Services include homemaking and housekeeping, escort to events and appointments, grocery shopping, laundry, light housekeeping, and errands. Personal care assistants can help with daily self-care, assistance with exercise, range of motion, and walking. Skilled nursing is available for pediatric and geriatric patients post-hospital visit. Therapy is available as indicated in the care plan.

Hourly fees available on request.

● HomeSafe

P.O. Box 5363

Coralville Iowa 52241

319-248-0477

cathy@homesafeia.org

www.johnsoncountyia.gov/livable-communities-service/homesafe

HomeSafe is a private home health care agency dedicated to providing supportive assistance for the elderly and individuals suffering from chronic illnesses who wish to remain in their homes. Staff strive to enhance the health and quality of life with both skilled nursing care and supportive homemaking services. Individualized services include a nurse care manager, 24-hour on-call services, 24-hour care, transportation, housekeeping, support with medications, meal preparation and special dietary needs, skilled medical support, facilitated communication between families and clients, and flexible scheduling as needs change.

Hourly fees (all services require a minimum of 2 consecutive hours PRN):

Caregivers	\$30
RN case manager	\$70

● Visiting Nurses Association of Johnson County

1524 Sycamore St.

Iowa City IA 52240

319-337-9686

intake@vnaic.org

vnaic.org

Founded in 1949, the Visiting Nurse Association (VNA) is a nonprofit organization committed to providing health-related services to individuals in the comfort of their homes. The VNA supports people of all ages with acute or chronic illnesses as well as disabilities. To ensure around-the-clock assistance, a nurse is available 24 hours a day to address patient concerns.

Offerings include both medical and non-medical care, such as:

- Skilled nursing
- Home health aides
- Homemaker tasks
- Personal care
- Medical social services
- Medication reminders
- Doctor follow-up
- Physical and occupational therapy
- Speech therapy

Medicare, Medicaid, private insurance, and Elderly Waiver payments are accepted. Non-medical services are provided on a private-pay basis. Initial consultation is free via phone; in-person assessment must be coordinated with a primary care provider, and the cost is approximately \$200 (which may be covered by insurance). Full private-pay fees are adjusted annually and range from \$40/hour to \$200/visit, depending on the service.

At-Home Non-Medical Care Providers

● Always Best Care Senior Services

4935 Bowling St. SW

Cedar Rapids IA 52404

Contact: Jesse Ruhinda

319-855-9765

jruhinda@abc-seniors.com

alwaysbestcare.com/cedar-rapids

Since 1996, Always Best Care has helped thousands of families with non-medical in-home care and assisted living referral services. Helping people maintain a safe, independent, and dignified lifestyle represents the strong foundation of Always Best Care.

All caregivers are carefully screened, thoroughly trained, bonded, and insured to provide the safest and highest level of care. Maintaining strong relationships with area hospitals, social workers, senior communities, and senior resources across surrounding communities is key.

Always Best Care provides in-home care services from as little as two hours per visit up to 24-hour awake care, and up to seven days a week. Whatever the care needs are, Always Best Care is there.

In-home care services include:

- Bathing, grooming, and dressing (activities of daily living)
- Care for patients with cognitive impairments
- Companionship
- Errands and transportation
- Escort to activities
- Hospice support/end-of-life care
- Hospital-to-home care
- Incontinence/toileting
- Laundry services
- Light housekeeping

- Meal preparation
- Medication reminders
- Mobility assistance
- Nutrition monitoring
- Overnight 24-hour care
- Safety supervision

Fees are \$30/hour with a two-hour minimum. Always Best Care provides a no-obligation care consultation and advice on many options for paying for home care. Contact Always Best Care for more information.

● Amada Senior Care

454 First Ave.

Coralville IA 52241

319-382-3761

www.amadaseniorcare.com/cedar-rapids-senior-care/coralville-home-care

Amada Senior Care is dedicated to supporting home care assistance across Johnson, Linn, Iowa, and southeastern Iowa counties with compassionate caregiving, providing a range of home care assistance to ensure clients' comfort, independence, and safety.

These services include:

- Bathing
- Dressing
- Toileting
- Walking/ambulation
- Medication reminders
- Meal preparation and feeding
- Errands/shopping
- Transportation
- Light housekeeping

Fees for Amada's at-home services are available upon request.

In addition to home care, Amada supports clients and families with expert senior housing advising to make smooth transitions when considering assisted living communities, memory care, and skilled nursing facilities. Amada advisors are experienced in helping clients navigate these choices, including maximizing veterans' benefits, long-term care insurance, and other resources. This placement service is provided at no charge.

At Home with Oaknoll caregivers and personal assistants are Oaknoll employees, trained by certified Oaknoll staff members. All employees have passed important background checks and health screenings, and they are bonded under Oaknoll's insurance coverage.

Personal care services include but are not limited to:

- Assistance with bathing, showering, personal grooming, and hygiene
- Scheduling and accompanying to medical appointments
- Transfer assistance
- Medication reminders
- Help with use of assistive devices

Personal assistant services include these and more:

- Organizing and decluttering
- Shopping/errands
- Light housekeeping, laundry, changing linens
- Meal planning and light cooking
- Companionship and conversation
- Escort to events and activities
- Playing games, cards, or crafts

At Home with Oaknoll is a private-pay service. The cost of an initial assessment of client needs is \$120; at-home service fees begin at \$36/hour.

● **At Home with Oaknoll**

1 Oaknoll Ct.

Iowa City IA 52246

319-466-3001

katwater@oaknoll.com

www.oaknoll.com/oaknollathome

Older adults in the Iowa City area can now receive the same reputable care and support in the privacy of their own homes that Oaknoll Retirement Community has been providing to its residents for more than 50 years. Home health caregiver and personal assistant services are offered on an individual, as-needed basis, seven days per week. The program can be tailored to the individual's specific needs, and staff will work with the patient and their family to develop an individualized service plan that fits the patient's daily lifestyle. The client does not need to be sick or have a medical issue to utilize these services. Oaknoll at Home can be there to provide company, social encouragement, and to participate in activities to enhance quality of life.

At-Home Non-Medical Care Providers

● Caring Hands & More

409 Kirkwood Ave.

Iowa City IA 52240

319-337-8922

info@caringhandsandmore.com

caringhandsandmore.com

Caring Hands & More's mission is to serve individuals and families with a variety of services. The staff consists of home care professionals working together to design appropriate, coordinated care plans for individuals of all ethnic and cultural backgrounds.

Caring Hands offers home care to individuals who wish to live independently but may still need assistance.

Home care services include:

- Assessments
- Care plans
- Medication monitoring
- Personal care
- Companionship
- Light housekeeping
- Advocacy for client and family needs
- Errand services

Caring Hands also operates an Adult Day Center, which provides activities, transportation (for outings only), and hands-on care for those needing assistance with activities of daily living. This provides a needed respite for caregivers. Fees available upon request.

● Cornerstone Caregiving

1754 Fifth St.

Coralville IA 52241

319-766-6060

cornerstonecaregiving.com/iowacity

Cornerstone Caregiving offers an array of non-medical care options:

- **Companionship Care** offers interaction with the client through hobbies, art, storytelling, and conversation.
- **Housework Care** assists with light housework, trash, laundry, and dishes.
- **Personal Care** includes grooming, dressing, bathing, and incontinence service offered around the clock. Transportation also is available for clients to attend medical appointments, go shopping, run errands, and participate in social activities.
- **Health & Nutrition Care** includes medicine reminders, nutrition care, meal preparation, and recovery aid after a hospital stay or injury.
- **Exercise Care** includes walking, physical therapy, and exercise classes.

Also available are Alzheimer's and dementia care, hospice support and palliative care, as well as respite care. Care is available 24 hours when daily check-ins are no longer satisfactory.

Fee Structure: 24-hour availability, no fee differential, no minimum hour requirement:

Transportation

\$60/hr: 1 hour

\$35/hr: 2-3 hours

All other services

\$30/hr: 4 hours

\$35/hr: 2-3 hours

\$60/hr: 1 hour

● Creative Care Coordinators

Anne Larew, M.D.

319-621-8522

annmccoylearew@gmail.com

Creative Care's mission is to improve quality of life for seniors while creating a safe, independent environment by providing professional service and advice.

Personalized care and assistance are provided to allow older adults not only to live in the comfort of their own home, but also to participate in enjoyable activities. In addition, staff provides services to those who live in independent/assisted living facilities, allowing them to enjoy activities independently or when they need extra help. Creative Care Coordinators understands that families need the security of knowing that their loved ones are happy and well cared for.

Creative Care Coordinators Co-Owner and Director Ann Larew, M.D., has experience as a nursing home nurse's aide, in private medical practice, and ongoing work with elderly in-home and independent/assisted living facilities, which includes her own mother and grandparents.

Private-pay services are custom designed for each individual customer, and include but are not limited to:

- 24/7 on-call availability
- Coordination of household management and health services
- Appointment transportation
- Personal shopping
- Long-distance liaison for families

Creative Care Coordinators also can assist in all aspects of making the transition from home to independent/assisted living, including:

- Obtaining information about resources and facilities available in the community
- Assistance with sorting through items in the existing living situation to downsize to a new living arrangement
- Helping with the adjustment to a new facility and communicating with family members

The cost of all services is \$40/hour; a minimum of one-hour service is required, with subsequent billing in 30-minute increments.

At-Home Non-Medical Care Providers

● Everyday Helper

2140 Norcor Ave., Ste. 104

Coralville IA 52241

319-250-6938

info@youreverydayhelper.com

youreverydayhelper.com

Everyday Helper offers a variety of personal assistance services to clients in Coralville, Iowa City, North Liberty, Tiffin, Solon, West Branch, Cedar Rapids, and Kalona. Staff members are focused on the mission of helping others through flexible problem-solving to meet individual needs.

Services include:

- **House cleaning:** Staff use a 50-point cleaning checklist to ensure homes are cleaned top to bottom
- **House sitting:** Includes checking mail, watering plants, and more
- **Senior companion care:** Assistance with transportation, errands, house cleaning, spending time together (playing cards, doing puzzles, etc.)
- **Pet care:** Staff will stop by to take care of pets as many times per day as the client requires and will also provide dog-walking and rides to the groomer
- **Household organization:** Assistance with organizing, decluttering, storage solutions, etc.
- **Errands and chores:** Staff can perform all personal and household shopping or errand-running tasks, as well as chores such as snow removal and lawn care
- **Event planning:** Staff can help with planning, organizing, shopping, setting up/ decorating, assistance during the event, and clean up for bridal showers, retirement parties, and other events
- **Transportation:** Reliable and safe rides for clients in the Iowa City-Cedar Rapids corridor for medical appointments, shopping, and other errands

Owner Kelly Sedlacek will work with clients to provide other non-medical services that may be needed. There is no fee for an in-home initial assessment, and fees for services are offered on a sliding scale, beginning at \$30/hour. All staff receive 1:1 training in the client's home.

● Griswold Home Care

2346 Nor St.

Iowa City IA 52240

319-338-7556

www.griswoldhomecare.com/eastern-iowa

Griswold Home Care is the oldest non-medical home care franchise in the country, offering a broad spectrum of services to accommodate the unique care needs of clients:

- **Companion Care** ensures the client remains socialized.
- **Homemaking Care** assists with laundry, light housekeeping, and meal preparation.
- **Personal Care** assists with personal tasks like bathing, dressing, and hygiene, while understanding the personal nature of such services.
- **Hospice Care** offers support and companionship during the final stages of an illness with the primary focus on comfort.
- **Overnight Care** is available to assist with bathroom at night and getting up and dressed, in addition to support for daily needs.
- **Respite Care** is available for short-term care to relieve family caregivers.
- **Live-In Care** is available for clients who require more care throughout the day and evening.

Each care plan is developed with the understanding that the needs of the client and/or caregiver may change, and the care plan is adjusted to meet any new requirements.

Contact Griswold Home Care for pricing information.

● Home Instead®

Eastdale Plaza

1700 S. First Ave., Ste. 25E

Iowa City IA 52240

319-358-2340

www.homeinstead.com/location/314

Home Instead® services include:

- **Personal care:** Bathing, grooming, bathroom assistance, dressing, mobility, sitting and rising, getting in and out of bed
- **Alzheimer's care:** Genuine relationship-building, learning the client's life history, positive reinforcement and encouragement, establishing a stable routine
- **Hospice support:** 24-hour home care, personal care, medication management, overnight care, respite care, a compassionate ear
- **Chronic illness care:** Living with a chronic health condition can feel overwhelming and draining for everyone involved; skilled caregivers relieve the burden with person-centered care tailored to individual needs
- **Home helper:** Light housekeeping, meal planning, recipe research, cooking, grocery list preparation, and grocery shopping
- **Transportation:** To doctor appointments, worship services, Senior Center, fitness classes, club events, volunteer meetings, area attractions and events
- **Companionship:** Creating photo albums, listening to music, organizing closets, crafting, gardening, walks, playing cards

Home Instead® is a private-pay service starting at \$30/hour, with a four-hour, three visits per week minimum. There is no charge for an initial at-home assessment. They'll work with you to develop a personalized care plan tailored to fit your family's needs. Long-term care insurance is accepted.

At-Home Non-Medical Care Providers

● Right at Home Iowa City

1210 Highway 6 E., Ste. 300

Iowa City, IA 52241

319-359-1488

rightathome.net/iowa-city

Right at Home provides assistance with activities of daily living to the senior population across Johnson, Muscatine, Iowa, Washington, and Cedar counties.

Services Include:

- Companionship and homemaking
- Personal care assistance
- Medication reminders
- Meal preparation and nutrition support
- Mobility assistance
- Transportation for appointments and errands
- Alzheimer's and dementia care
- Respite care for family caregivers

Why choose Right at Home Iowa City?

- **Highly Skilled and Compassionate Caregivers:** The caregivers undergo rigorous training, background checks, and continuous education.
- **Customized Care Plans:** Flexible and personalized care plans are tailored to the unique needs of each client.
- **Locally Owned, Nationally Recognized:** A locally owned and operated provider with the backing of a trusted national network.
- **24/7 Availability and Emergency Support:** Care, assistance, or answer, day or night.
- **Specialized Alzheimer's and Dementia Care:** Caregivers receive advanced training to support individuals with memory-related conditions.
- **Commitment to Community and Family Support:** Engaged with the community and working closely with families.

Right at Home Iowa City is here to provide the highest quality in-home care so seniors can continue living life on their own terms. The team at Right at Home Iowa City leverages their expertise to help clients maximize their benefits, including veterans' benefits and long-term care insurance. Right at Home offers free policy reviews to help clients unlock their benefits.

Contact the Right at Home office for questions about personalized pricing options and other details.

● Superior Care

829 Barrington Rd.

Iowa City IA 52245

319-800-9243

info@superiorcareiowa.com

superiorcareiowa.com

Superior Care helps clients maintain independence in a safe and compassionate environment. Following a free nursing assessment and plan of care, support is provided by companionship/homemaking caregivers, skilled nursing, and a physical/occupational therapist. Support is available for transportation, meal preparation, medicine management, light housekeeping, and daily hygiene care. In addition to skilled nurses and therapists, supplemental support and respite care is available for family members.

Contact Superior Care for pricing information.

● TRAIL of Johnson County

28 S. Linn St., Room G03

Iowa City IA 52240

319-800-9003

info@trailofjohnsoncounty.org

trailofjohnsoncounty.org

TRAIL is a membership-based, nonprofit organization helping older adults in Johnson County live more safely and comfortably in the places they call home. For a monthly or yearly fee, TRAIL volunteers provide Full members with services including but not limited to:

- Daily check-in calls
- Friendly visits
- Light home chores
- Medical advocacy
- Minor house repairs
- Running errands
- Tech support
- Transportation

Members also have access to TRAIL's Life Transition Service, which assists members and their families with major life events, such as dealing with illness, arranging for care of a spouse, moving or downsizing, etc. All TRAIL members have access to numerous educational and social events that keep the TRAIL community active and connected.

2025 annual membership fees:	
Affiliate individual	\$140
Affiliate household	\$210
Full individual (\$60/month)	\$720
Full household (\$75/month)	\$900

Supported memberships are available at reduced or no cost for income-eligible individuals. Contact the TRAIL office for more information.

● Vibrant Homecare

Vibrant Supported Community Living Services (SCL Host Home)

225 Beaver Creek Center, Ste. A

North Liberty IA 52317

515-336-6147

contactus@vibrant-llc.com

www.vibranthomecare.com

Vibrant Homecare was created to support individuals affected by aging, intellectual disabilities, and physical disabilities. Compassionate care is provided to address challenges of everyday living, enabling clients to remain at home safely and independently. Non-medical assistance includes personal care, essential housekeeping, laundry, financial, scheduling, meal preparation, transportation, and respite care.

Hourly fees (all services prefer a minimum of 2 consecutive hours PRN):

Housekeeping/companionship \$25

Personal care, medication management \$27

Rehabilitation Hospitals

● Eastern Iowa Rehabilitation Hospital

2801 Heartland Dr.

Coralville IA 52241

319-645-4001

www.easterniowarehabhospital.com

Eastern Iowa Rehabilitation Hospital is a state-of-the-art, 40-bed inpatient acute rehabilitation hospital dedicated to the treatment and recovery of individuals who have experienced the debilitating effects of a severe injury or illness. In 2024, *Newsweek* recognized the hospital as one of America's best physical rehabilitation centers, and it was ranked in the top 4% of rehabilitation hospitals nationwide by Uniform Data System. Rehabilitation programs provide ongoing care and specialized treatment to patients throughout their recovery journey.



Inpatient rehabilitation helps people who have experienced the debilitating effects of an acute injury, impairment, or illness such as:

- Stroke
- Brain injury
- Spinal cord injury
- Orthopedic injury
- Cardiovascular or pulmonary issues
- Neurological conditions
- Amputation
- Trauma

The goal of inpatient rehabilitation is to help patients achieve the best recovery possible, return home quickly, and be able to care for themselves independently.

The hospital provides comprehensive acute rehabilitation services to meet the medical, functional, psychological, and social support needs of its patients and their families. Each patient is treated with a specialized rehabilitation plan that has been tailored to that patient and their individual needs, abilities, tolerance for therapy, and the desired goals to prepare for a safe return home.

Every patient is assigned a case manager who assists with coordinating the patient's rehabilitative program from admission to discharge.

● On With Life

2854 Coral Ct., Ste. 1

Coralville, IA 52241

319-259-6224

www.onwithlife.org

In addition to the neuro rehabilitation services offered at its outpatient facility in Coralville, On With Life's inpatient neuro rehabilitation facility in Ankeny serves patients throughout Eastern Iowa, providing specialized therapy and support for individuals recovering from neurological conditions such as stroke, brain injury, spinal cord injury, Parkinson's disease, concussion, and other neurological disorders. The goal is to help patients regain their independence and move on with life.

Services include:

- **Physical Therapy:** Focuses on improving strength, balance, coordination, and mobility through exercises and activities tailored to the individual's needs
- **Occupational Therapy:** Helps develop skills for daily living, such as dressing, bathing, cooking, and using assistive devices
- **Speech-Language Therapy:** Addresses communication and swallowing difficulties, including speech articulation, language comprehension, and swallowing function
- **Neuropsychology:** Provides cognitive rehabilitation for issues like memory, attention, problem-solving, and executive function
- **Counseling and Support:** Offers emotional support and coping strategies for patients and their families

On With Life also offers:

- **Specialized Equipment:** State-of-the-art equipment for balance training, gait analysis, and other therapeutic interventions
- **Interdisciplinary Team:** Collaboration between physical therapists, occupational therapists, speech-language pathologists, neuropsychologists, and other professionals
- **Individualized Treatment Plans:** Tailored treatment plans based on each patient's specific needs and goals
- **Family Involvement:** Encouraging family participation in the rehabilitation process
- **Community Reintegration:** Helping patients transition back to their homes and communities

On With Life is CARF-accredited and accepts various insurance types. To learn more, call or visit the website.



Rehabilitation Hospitals

● University of Iowa Health Network Rehabilitation Hospital

2450 Coral Ct.

Coralville IA 52241

319-645-3300

encompasshealth.com/locations/Coralvillerehab

UIHC Rehabilitation Hospital is a joint venture between Encompass Health and UI Health System. The 40-bed inpatient rehabilitation hospital provides care for patients recovering from a variety of debilitating illnesses and injuries, including but not limited to:

- Strokes and neurological disorders
- Brain injuries
- Spinal cord injuries
- Amputation
- Complex orthopedic and medical conditions
- Major traumas and burns

The hospital's Internal Medicine, Orthopedics, and Rehabilitation staff provide a full range of licensed care providers utilizing state-of-the-art technologies and equipment to aid in the highest potential outcome. Each patient's individualized care plan may involve medical, occupational, speech, physical, and psychiatric therapies. UIHC Rehabilitation Hospital is accredited by the Joint Commission and Medicare.

Access to care is same-day for a large group of insurance carriers and one to three days for insurance carriers that require prior approval. Typically, insured patients receive coverage for a designated period of time per diagnosis. Patients receive therapy for a total of three hours/day, offered intermittently throughout the day. Payment plans are available for uncovered services and/or self-pay.



Hospice Organizations

● The Bird House Hospice Home of Johnson County

8 Lime Kiln Ln. NE

Iowa City IA 52240

319-499-1882

thebirdhousehhjc@mediacombb.net

www.hospicehomejc.org

The Bird House is a comfortable, five-bed hospice home nestled on a secluded wooded lot just north of Interstate 80, conveniently located 10 minutes from downtown Iowa City, Coralville, and North Liberty. This community-based nonprofit is dedicated to providing compassionate, dignified, end-of-life care by focusing on the physical, spiritual, and emotional needs of the patient and their loved ones in a peaceful, home-like environment.

The Bird House works closely with seven local hospice agencies: Iowa City Hospice, Compassus in Cedar Rapids, Hospice of Washington County, Essence of Life in Amana, Avalon Hospice in Hiawatha, St. Croix Hospice in Cedar Rapids, and Care Initiatives in Cedar Rapids to provide 24/7 quality end-of-life-care at the home.

The criteria for coming to the Bird House are:

- Life expectancy of six months or less
- Guest already enrolled with a hospice agency
- COVID negative at time of admission
- Weight of less than 300 pounds
- Guest has a "do not resuscitate" status and a durable power of attorney for health care decision-making
- There is a hospice plan for continued care in case of discharge
- Guest/family and friends agree on the purpose of admission, hospice plan of care, and projected length of stay

Bird House is a private-pay facility. As of 2025, the Bird House fee is \$400/day, which covers all 24-hour care, food, and room. Hospice guests pay for three days at the time of admission and then by the week for care. Staff will help families file claims with long-term care insurance for possible coverage of their per-day fee. A guest's regular insurance pays separately for any hospice services from the hospice agency of their choice.

When a Bird House referral is received, staff gather as much information as possible about the guest. If all the rooms in the house are full, the guest is placed on a waiting list. As soon as a room becomes available, the family is contacted.

Hospice Organizations

● Essence of Life Hospice

606 39th Ave.

P.O. Box 333

Amana IA 52203

319-622-3195

Jacque.aanestad@essencehospice.com

essencehospice.com

Essence of Life Hospice is an independently operated hospice providing care to patients in an eight-county service area: Johnson, Iowa, Benton, Poweshiek, Linn, Keokuk, Washington, and Tama. Care is provided wherever the patient calls home (assisted living, nursing home, or private home).

Essence of Life Hospice is here to alleviate the fears commonly associated with terminal illness. The journey can be overwhelming. You do not have to face it alone, as a patient, or as a family and loved ones. Our compassionate end-of-life professionals will walk this journey with you.

Essence of Life Hospice provides a patient-centered interdisciplinary approach to end-of-life care. Your team will include attending providers, nurses, social workers, spiritual care, home health aid, pharmacy, bereavement support, and volunteers. Additional team members provide music and massage therapies. Regularly scheduled visits provide care and comfort, and the team members are available 24/7 to answer questions and respond to emergencies.

Hospice services are a benefit through Medicare, Medicaid, and most private insurance plans. Essence will help patients and families understand what to expect through the disease process to help make every day count and relieve some of the burdens, allowing the patient and families to spend time remaining together and comfortable.

● Iowa City Hospice

1526 Sycamore St.

Iowa City IA 52240

319-351-5665

info@iowacityhospice.org

iowacityhospice.org

Iowa City Hospice is a community-based, not-for-profit hospice organization that provides care to individuals within a seven-county service area: Johnson, Iowa, Linn, Cedar, Muscatine, Louisa, and Washington counties. Care is provided wherever the patient is – a house, a nursing home, an assisted living facility, a hospital, or even a hotel or shelter.

Hospice care is appropriate for an individual who is terminally ill and not likely to recover. Support is provided to the patient and their family when curative treatment is no longer a chosen option, and the life prognosis is six months or less.

Hospice services can include:

- Help with bathing and personal care
- Home visits several times a week
- Management of pain and other difficult symptoms
- Emotional and spiritual support
- 24-hour assistance and advice
- Patient and family caregiver education
- Coordination of multiple services
- Help for family caregivers
- Bereavement support and counseling

Payment for hospice services is covered 100% by Medicare for eligible Medicare beneficiaries. Patients who have Medicaid insurance are also covered by a hospice benefit. Many private insurance policies also provide hospice benefit coverage. With generous donations from the community, Iowa City Hospice also can provide services to those who do not have any insurance coverage. No one will be denied care because of an inability to pay.

Getting Started on Your Senior Housing Search

The nonprofit Where You Live Matters offers these top 12 tips to consider as you weigh the various senior housing options, whether here in Johnson County or elsewhere in the country.

- 1. Know what you need.** Make an objective list of services and supports needed – both current and anticipated. Maintaining independence, getting help with bathing and dressing, managing medication, maximizing safety – knowing upfront what’s needed can help define budget and choice.
- 2. Establish a budget.** How much can be spent on senior living each month? Many of your current homeowner expenses will be included in monthly fees – meals, utilities, and taxes, for example. And as you’re planning, be mindful of other financial resources that can help, such as long-term care insurance, or the Aid & Attendance benefit for veterans and their surviving spouses. Don’t overlook any resources that can help you and your family.
- 3. Determine a location.** The real estate mantra – location, location, location – applies. Is it meaningful to stay close to your current neighborhood? Is being close to a major medical center important? Or is a move in order to reposition seniors for the sake of adult children, grandchildren, and great-grandchildren? Which location is “it”?
- 4. List desires.** What are the “must-have” services and amenities? Your list should include whatever is nonnegotiable in making this move – a community that accepts pets or offers a comprehensive wellness program, for example. You should also create a “wish list” of everything hoped for, such as an on-site guest suite for visiting family members, a fitness center with pool, or an in-house branch of a favorite bank.
- 5. Visit websites.** Search online for senior living communities in the desired location. The facility’s website should describe services and amenities, the continuum of care available, and life enrichment programs. Some communities also provide general information about successful aging, caregiver support, and senior living. Make a list of the communities you’d like to know more about or want to visit.
- 6. Read online reviews.** Find a community you’d like to know more about. Check Caring.com, SeniorAdvisor.com, and other online rating services for reviews that can tell you what current and previous residents and families have to say about the community you’re interested in.
- 7. Don’t forget about Facebook.** Look up the Facebook page for each community that interests you. Read the comments. Look at the photos. See what you can learn about lifestyle, residents, activities, programs – even the quality of dining.

8. Ask around. Anyone who's been through the process – whether it was for themselves or on behalf of a loved one – can usually offer helpful insights. Similarly, you can often find good information and advice from a trusted family physician or clergy member. Ask friends, family, colleagues – you may discover ideas you haven't thought about or information you need to know.

9. Make preliminary contact. Shorten a long list of potential communities by phoning or emailing. Prepare a list of questions based on the identified needs, desires, and budget. Preliminary contact can trim your list, while also making it clear which communities will be important to visit in person.

10. Go visit. An in-person visit pays huge dividends when it comes to making an informed decision. Here's what to watch for: How do residents and staff interact? What's the mood of the community? Are residents actively engaged, sitting quietly, or out of sight? Do you see safety features such as handrails, grab bars, and emergency call systems? Is it clean? Is the decorating up to date? Does it feel like a place you could call home? Are you greeted promptly and with friendliness? Ask questions and take notes – and consider bringing along a friend or relative so you can join forces to observe everything. Be sure to ask about the facility's financial stability; this website provides helpful tips: <https://carf.org/resources/public/>

11. Review and revisit. After completing the initial round of community visits, review your notes and observations. Narrow your list a little more by identifying which communities are good options and which you'd like to eliminate. Schedule a new round of visits to your shortened list of communities, making sure you return to each community at a different time than your last visit – even consider visiting evenings and weekends. It's helpful to see the community during the times when senior management isn't on site.

12. Consult an attorney. Seek professional advice. Don't go it alone; mistakes here can be very expensive, both financially and emotionally. Retirement community contracts can be long and complicated. Make sure you understand the ins and outs of everything before you sign anything.

More details are available on this page of the Where You Live Matters website: www.wheretheyoulivematters.org/living-options.

If you are interested primarily in assisted living facilities, you'll find this AARP checklist helpful: https://assets.aarp.org/external_sites/caregiving/checklists/checklist_assistedLiving.html

Additional Resources

● Local information about senior housing, senior services, and other aging-in-place resources

AARP-Iowa: states.aarp.org/iowa,
866- 554-5378

Aging Services, State of Iowa: hhs.iowa.gov/aging-services, 800-972-2017

CarePatrol of Iowa's Corridor: carepatrol.com/iowas-corridor, 319-591-1053

Heritage Agency on Aging: www.heritageaaa.org/home, 1-800-332-5934 or 319-398-5559

Iowa City Housing Authority: www.icgov.org/icha, 319-356-5400

Iowa City Senior Center: www.icgov.org/government/departments-and-divisions/senior-center, 319-356-5220

Iowa Housing Help: www.iowahousinghelp.com

Johnson County Livable Community: www.johnsoncountyiowa.gov/departments-of-livable-community, 319-356-6090

LivWell Seniors: www.livwellseniors.com/iowa-city-cedar-rapids, 319-250-1577

Optimal Aging Initiative, UI Csomay Center for Gerontological Excellence: csomaycenter.uiowa.edu/optimal-aging-initiative, 319-467-0730

Senior Care Authority:
www.seniorcareauthority.com/locations/des-moines-ia, 319-600-2555

● National resources

AARP: www.aarp.org

Age in Place: ageinplace.com

Aging in Place: aginginplace.com

Caring.com: www.caring.com

Medicaid: www.medicaid.gov

Medicare: www.medicare.gov

My Life Site: mylifesite.net

National Aging in Place Council:
ageinplace.org

National Institute on Aging: www.nia.nih.gov/health/aging-place-growing-older-home

Senior Living: www.seniorliving.org

Senior Resource: www.seniorresource.com

U.S. Dept. of Housing and Urban Development:
www.hud.gov/topics/information_for_senior_citizens

U.S. Administration on Aging Eldercare Locator: eldercare.acl.gov/Public/Index.aspx

Village to Village Network (aging in place):
www.vtvnetwork.org

Where You Live Matters:
www.wherelivematters.org

Do you have additional questions related to senior living, such as tips for downsizing or how to make your current home safer and more accessible? Just reach out to TRAIL for information and referrals: (319) 800-9003 or info@trailofjohnsoncounty.org.

About TRAIL of Johnson County

A membership-based nonprofit, TRAIL – which stands for Tools and Resources for Active Independent Living – helps older adults in Johnson County live more fully, safely, and comfortably in the places they call home. We are Iowa’s first aging-in-place organization and are affiliated with the national Village to Village Network.

For a yearly fee, TRAIL provides members with volunteer help for rides to medical appointments, small chores and repairs around the house, tech support, and other tasks; a full calendar of social and educational events; and a new Life Transition Service that offers expert guidance in cases of sudden illness or disability, the need to move or downsize, etc. TRAIL also connects with members through our monthly *TRAIL Guide* newsletter and other communications that keep our members informed and engaged.

TRAIL is committed to serving older adults throughout Johnson County, regardless of their ability to pay. Our Supported Membership Program provides low- or no-cost memberships to individuals and households that meet low-income requirements.

In these and other ways, TRAIL has built an active and caring community. We invite you to join us as a member, volunteer, or donor. Learn more at www.trailofjohnsoncounty.org, visit us on Facebook, or call our office at (319) 800-9003. We’re here to help.

2025 TRAIL Board and Staff

Allison Andrews
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Scott Maiers
Janene Panfil
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