RESOURCES: COUNCIL BLUFFS/POTAWATTAMIE CO, IOWA
(All addresses/phone numbers are in Council Bluffs unless otherwise noted)

ABUSE/NEGLECT:
Elder Abuse Hotline    (24-Hour)    (800) 362-2178
Adult Protective Services  417 E. Kanesville Blvd.  328-4875
Domestic/Sexual Assault Program  411 E. Broadway St.  328-0266

AGING SERVICES
Southwest 8 Senior Services  300 W. Broadway St.  328-2540 or
                            (800) 432-9202

ALZHEIMER’S DISEASE: DEMENTIA
Alzheimer’s Association, Midlands Chapter     322-8840 or
300 W. Broadway St.            (800) 309-2112
24 Hour Contact Center:     (800) 272-3900

COUNSELING/MENTAL HEALTH SERVICES
Alegent Health Psychiatric Associates  801 Harmony St. #302  326-2609
Bluffs-Glenwood Counseling Agency  532 1 Ave.  388-8093
Bluffs Mental Health   25 S. 15th St.   328-3940
Choices Counseling Center  300 W. Broadway St.  328-3700
Horizon Therapy Group    300 W. Broadway St. #270  256-7511
Mid-Iowa Family Therapy Clinic   136 S. 7th St.    325-1136
Southwest Iowa Medical Center  800 Mercy Dr.  328-2609

DISEASE-RELATED ORGANIZATIONS (Information/Education)
American Cancer Society   427 E. Kanesville Blvd.  256-2993
American Heart Association  715 Harmony St.    322-4755

DRIVING CONCERNS: To report an unsafe driver, send a signed letter
explaining your concerns to the following address:

Iowa Department of Transportation        (800) 532-1121
Office of Driver Services, P.O. Box 9204, Des Moines, IA 50306-9204

FINANCIAL NEEDS
Iowa Dept. of Human Services  417 E. Kanesville Blvd.  328-5661
Social Security Administration  1026 Woodbury Ave.  328-0854 or
                                (800) 772-1213
Veterans Affairs Commission  223 S. 6th St.  328-5797

FITNESS  (Exercise/water exercise programs for older adults)
Council Bluffs Senior Center   714 S. Main St.  323-5995
YMCA of Council Bluffs        7 S. 4th St.   322-6606
HANDICAP PARKING PERMITS  (Requires a doctor's statement of disability)
Iowa Department of Transportation
Driver's License Examining Station  1751 Madison Ave. 323-1219

HOME HEALTH CARE AGENCIES: MEDICAL/PERSONAL CARE SERVICES
Alegent Home Care  800 Mercy Dr.  898-8000
REM Health of Iowa  300 W. Broadway Ste. #37  325-8989
Visiting Nurse Association  300 W. Broadway Ste #10  328-2636

HOME SERVICES: NON-MEDICAL (Housekeeping, meals, companions, etc.)
Comfort Keepers  120 S. 6th St. #105  256-5800
County Health Department, Homemaker Program  328-4756
Home Instead Senior Care  Bellevue, NE (402) 292-6611
Right At Home  322-5551
Southwest 8 Senior Services  300 W. Broadway St.  328-2540

HOSPICE SERVICES
Asera Care  508 E. Broadway St.  325-1751

HOUSING: ASSISTED LIVING  (# Has a dementia care unit)
Amelia House  57 W. Ferndale Dr.  325-4400
Avoca Lodge  610 E. York Rd. (Avoca)  343-6398
Fox Run Assisted Living Community  3121 Mac Ineery Dr.  256-2741
Oakland Heights  904 N. Scenic Dr. (Oakland)  482-3566
Primrose Retirement Community  1801 E. Kanesville Blvd.  352-1111
Risen Son Christian Village #  3000 Risen Son Blvd.  366-9655

HOUSING: INDEPENDENT LIVING  (*Rent subsidized for lower income elderly)
Bethany Heights  11 Elliott St.  328-8228
Bluffs Towers *  38 Pearl St.  322-9392
Dudley Court *  201 N. 25th St.  322-1901
Greenbriar Apartments  1400 Franklin Ave.  328-0255
Harmony Court  173 Bennett Ave.  388-9000
North Avenue Tower *  103 North Ave.  323-0684
Primrose Retirement Community  1801 E. Kanesville Blvd.  352-1111
Regal Towers *  505 S. 6th St.  322-1491
Risen Son Christian Village  3000 Risen Son Blvd.  366-9655

LEGAL SERVICES
Attorney Referral Service (Iowa State Bar Association)  (800) 532-1108
Legal Hotline For Older Iowans (800) 992-8161
Legal Aid Services of Iowa  532 1st Ave  328-3982

MEDICAL EQUIPMENT/ASSISTIVE DEVICES
Health Equipment Loan Program  8447 Lake St. Omaha  341-6559
MEDICAL INSURANCE
Social Security Administration       (800) 772-1213
Medicare B Information     Wellmark Blue Cross/Shield   (800) 532-1285
Senior Health Insurance Information Program   (800) 351-4664
Medicaid/Medicaid Waiver Programs, Dept.of Human Services  328-5661

NURSING HOMES     ( # Facilities that have special care dementia units)
Avoca Nursing & Rehabilitation Cr.  610 E. York St. (Avoca)  343-6398
Bethany Lutheran Home #     7 Elliott St.  328-9500
Midlands Living Center 2452 N. Broadway   323-7135
Northcrest Care Center 34 Northcrest Dr.  328-2333
Oakland Manor Nursing Home  737 North Highway (Oakland)  482-6403
Risen Son Christian Village # 3000 Risen Son Blvd.  366-9655
Woodlands Care Center 1600 McPherson Ave.  322-9285

NUTRITION PROGRAMS
Home Delivered Meals 300 W. Broadway St.  328-2540
Senior Meal Sites (see “SENIOR CENTERS”)

RESPITE CARE (IN-HOME COMPANION SERVICE)
Presbyterian Outreach, Inc 8447 Lake St., Omaha  341-6559

SENIOR CENTERS     (Recreation, congregate meals)
Carter Lake Senior Center  626 Locust St. (Carter Lake)  347-6102
Council Bluffs Senior Center 714 S. Main St.  323-5995
Neola Senior Center 110 Fourth St. (Neola)  485-2179
Oakland Senior Center 618 N Highway (Oakland)  482-3353

TRANSPORTATION
Council Bluffs Special Transit Program  328-4634

Compiled by: Susan V. Murray, CMSW, LMHP
Section of Geriatrics and Gerontology
University of Nebraska Medical Center
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