



# Community Resource List

**Many organizations offer community resources that are not part of Medicaid. You can access them at any time, including while waiting for a Medicaid HCBS waiver slot.**

This list can help you find resources for social support, caregiver support, support for mental health or behavior problems, help with making decisions about your care, or help with daily living activities like shopping, housework or getting around your house. If you're a Medicaid member, you should also reach out to your MCO or Medicaid Member Services if you have unmet needs; they can help you find the right services and supports for your unique situation. You can find contact information for MCO and Medicaid Member Services [here on HHS' website](#).

## **This list includes community resources for:**

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# Children and families

## Area Education Agencies (AEAs)

Area Education Agencies (AEAs) are agencies that work with schools and families to provide special education support services for children. AEAs can help screen your child for disabilities, provide special education to your child with disabilities and help you to coordinate early childhood services for your child with disabilities from birth to age three. There are nine AEAs across Iowa. Reach out to your regional AEA for support.

### Contact:

Website: To find contact information for your regional Area Education Agency, visit [iowaaea.org/find-my-aea](http://iowaaea.org/find-my-aea)

## ASK Resource Center

ASK Resource Center is a statewide nonprofit organization supporting families, caregivers, and people with disabilities. We offer free, tailored services to meet each family's needs and assist professionals working with children with disabilities. ASK also hosts a yearly conference in May for parents and professionals to learn more about disability topics. Our experienced team is made up of parents, siblings, educators, and individuals with disabilities. ASK aims to create a robust support network in Iowa, enhancing the quality of life for those with a disability and their support systems.

### Services:

- Information: ASK features a user-friendly website offering various resources for navigating disability, health, and education topics.
- Family support: The staff at ASK are dedicated to helping families, caregivers and professionals navigate health and education systems through one-on-one support. Family Support Specialists will directly contact families or professionals to provide information and resources tailored to their needs.
- Training: ASK offers in-person, online, and webinar training on disability topics related to health and education. ASK can customize the training to address organizational needs and community stakeholder feedback.
- Mentoring: ASK is committed to ensuring that no family member feels alone. We organize the ASK Each Other Mentor Network, which connects families to a supportive community to receive emotional support, advice, and information. Additionally, ASK hosts monthly virtual support groups to help families build connections with one another.

### Contact:

Office phone: 515-243-1713

Toll free: 1-800-450-8667

Website: [askresource.org](http://askresource.org)

## **Child Health Specialty Clinics (CHSC)**

Child Health Specialty Clinics (CHSC) is part of the University of Iowa Division of Child and Community Health and the Stead Department of Pediatrics. CHSC provides gap-filling clinical care, health assessments, care coordination, and family to family support for Iowa's Children and Youth with Special Health Care Needs and their families. CHSC has a network of regional centers and satellite locations in mainly rural areas across Iowa, employing over 85 clinical providers, public health professionals, and Family Navigators.

### **Contact:**

Phone: (866) 219-9119

Website: [chsciowa.org](http://chsciowa.org)

Email: [familynavigator@uiowa.edu](mailto:familynavigator@uiowa.edu)

## **Children at Home**

The Children at Home program is a statewide program to help you and your family obtain services and supports that you feel is needed to help your child (up to age 22) remain at home. The Children at Home program may help you receive services and support that are not covered by other programs. This may include helping pay for adaptive equipment, respite care, supplies, assistive technology or other costs related to your child's disability.

### **Contact:**

Phone: 1-888-425-4371

Website: [iafamilysupportnetwork.org/families/children-at-home/](http://iafamilysupportnetwork.org/families/children-at-home/)

## **Family Development & Self-Sufficiency (FaDDS)**

Family Development & Self-Sufficiency (FaDDS) is a statewide program that helps you and your family meet your needs by connecting you to resources like housing, food, safety and support for physical and mental health. FaDDS teaches families life skills and helps you form good habits for work, school, and daily life. FaDDS also connects families to education and job training to build career skills. FaDDS can support you in making healthy parent-child relationships. FaDDS also has family development specialists that do home visits to help get to know your family and learn how to best support you.

### **Contact:**

Website: <https://hhs.iowa.gov/programs/programs-and-services/fadss>

Email: [FaDSS@hhs.iowa.gov](mailto:FaDSS@hhs.iowa.gov)

## **Iowa Childcare Connect**

Iowa Childcare Connect is a tool to help you find a variety of childcare options statewide that match your needs or location.

### **Contact:**

Website: <https://search.iachildcareconnect.org/>

Phone: Connect with a Parent Services Specialist at 855-244-5301

## **Regional Autism Assistance Program (RAP)**

The Regional Autism Assistance Program (RAP) is a program that connects you to services for your child with Autism Spectrum Disorder (ASD). Care Coordination RAP teams help you access ASD services in your local area. RAP teams can help you connect to autism information, talk with diagnostic centers and health care providers, check insurance coverage and payment options for Applied Behavioral Analysis and other needs, navigate the education system and find an advocacy or family support group. Services are available statewide through 13 Regional Centers across Iowa that provide RAP. Reach out to your nearest Regional Center for support.

### **Contact:**

Phone: 1-866-219-9119

Website: [chsciowa.org/regional-autism-assistance-program.asp](http://chsciowa.org/regional-autism-assistance-program.asp)

- To find your nearest Regional Center, visit <https://chsciowa.org/regional-centers>

# **Older adults**

## **Alzheimer's Association Iowa Chapter**

Alzheimer's Association Iowa Chapter is an organization that provides education on Alzheimer's and dementia, support groups for caregivers and people living with Alzheimer's and a free 24/7 helpline. Alzheimer's Association Iowa Chapter services are available statewide.

### **Contact:**

Phone: For the 24/7 Helpline, call 800.-272-3900

Website: <https://www.alz.org/iowa>

## **Area Agencies on Aging (AAAs)**

Area Agencies on Aging (AAAs) are regional organizations that provide information and referrals to services for older adults, adults with disabilities, veterans and their caregivers. AAAs coordinate a range of long-term living and community support services for you, including case management, congregate and home-delivered meals, employment services, family caregiver services, options counseling, homemaker and personal care services and transportation services. There are six regional AAAs in Iowa, and together, they serve all Iowa counties.

#### Contact:

To find contact information for the AAA that serves your area, visit <https://hhs.iowa.gov/aging-services/aaas>

## People with disabilities

### All disabilities

#### Able Up Iowa

Able Up Iowa is a statewide organization provides low-interest loans to Iowans with disabilities so you can purchase what you need to live independently. Able Up Iowa also offers financial coaching to help reach Iowans with disabilities' financial goals.

#### Contact:

Phone: (515) 292-2972

Website: <https://ableupiowa.org/>

Email: [info@ableupiowa.org](mailto:info@ableupiowa.org)

#### Brain Injury Association of Iowa (BIAIA, formerly Brain Injury Alliance of Iowa)

Brain Injury Association of Iowa (BIAIA) is a statewide organization that provides brain injury resource facilitation to Iowans of all ages with brain injuries, their families, caregivers, and professionals serving them. BIAIA helps to navigate life after brain injury connecting you to information, training, education or supports and services you may need.

#### Contact:

Phone: 1-855-444-6443

Website: [www.biaia.org](http://www.biaia.org)

#### The Center for Disabilities and Development, University of Iowa

The Center for Disabilities and Development at University of Iowa Stead Family Children's Hospital is a health center that can provide you with community education, social services and clinical services including therapies and mental and physical health services.

**Contact:**

Phone: 1-888-573-5437

Website: [cdd.center.uiowa.edu](http://cdd.center.uiowa.edu)

**Centers for Independent Living (CILs)**

Centers for Independent Living (CILs) are centers run for people across all disabilities with no income limits, by people with disabilities. They offer information and referral, help with learning independent living skills, mentoring from peers with disabilities, benefits planning, and guidance on making life transitions through employment or transitions out of facility settings. There are six regional CILs across Iowa, and together, they serve 35 of Iowa's 99 counties currently.

**Contact:**

To find contact information for the CIL that serves your area, visit

<https://iowasilc.org/independent-living-network/>

**Disability Rights Iowa (DRI)**

Disability Rights Iowa (DRI) is Iowa's Congressionally mandated protection and advocacy system. DRI operates as a nonprofit law firm that provides free legal advocacy, among other services, to Iowans with disabilities. DRI is a state-wide, private, independent, nonprofit organization. DRI's mission is: Advocating for justice. Advancing human and legal rights. Protecting Iowans with disabilities.

**Contact:**

Phone: 515-278-2502 (Toll Free) 1-800-779-2502 (Relay 711)

Website: <https://disabilityrightsiowa.org/>

Request assistance: <https://disabilityrightsiowa.org/online-intake-form/>.

**Easterseals Iowa**

Easterseals Iowa is a statewide organization that provides services to Iowans with disabilities. Easterseals Iowa has an Assistive Technology Program that helps you learn about and access the assistive technology (AT) you need to learn, work, play and participate in community life safely and independently. Easterseals Iowa can support you in preparing for life after high

school and navigating post-secondary education. Easterseals Iowa also offers job training and can help you find a job. Easterseals Iowa can help you live independently, has many programs for socialization, and offers emergency housing. Easterseals Iowa also offers case management to help you navigate and access services and care to help you stay in your community.

#### Contact:

Renee Bell

Intake Coordinator, Customer Care & Compliance

Phone: 515-309-1783 (TTY 515-289-4069)

Email: [rbell@eastersealsia.org](mailto:rbell@eastersealsia.org)

Website: <https://www.easterseals.com/ia/>

### Iowa Compass

Iowa Compass is a statewide organization that helps connect aging Iowans and Iowans with disabilities and complex health-related needs to services and supports in their communities. You can connect with Iowa Compass by phone, chat, text and email. A team of trained specialists can help you find an array of resources.

#### Contact:

Phone or text: 1-800-779-2001

Website: To learn more information, chat or email Iowa Compass, visit [www.iowacompass.org](http://www.iowacompass.org)

Email: [information@iowacompass.org](mailto:information@iowacompass.org)

### Iowa Department for the Blind (IDB)

Iowa Department for the Blind (IDB) is a state agency that provides trainings and employment and technology services, the Independent Living Program, and public education to help you live independently. The Iowa Blindness Empowerment and Independence Center (IBEIC) is a residential training program for adults who are blind or low vision. IBEIC is located in Des Moines, but available to all Iowans who are blind or low vision. IBEIC provides in-depth,



personalized blindness training so that you can to your return home communities to live independently and work in the careers you choose.

**Contact:**

Phone: 515-281-1333, Toll free (in Iowa): 800-362-2587

Website: <https://blind.iowa.gov/programs-services>

Email: [contact@blind.state.ia.us](mailto:contact@blind.state.ia.us)

## **Vocational Rehabilitation Services**

The Vocational Rehabilitation (VR) Services division of Iowa Workforce Development is a statewide employment program for Iowans with a disability. VR helps you prepare for, get, keep and advance in employment through a unique plan made for you, called your individualized employment plan (IEP). The VR division also works with employers across the state to match them with job candidates with disabilities who can meet their workforce needs.

**Contact:**

To find a VR office near you, visit <https://workforce.iowa.gov/vr/contact>

To apply for VR, visit <https://workforce.iowa.gov/vr/apply-services>

## **The Wheelchair Ramp Accessibility Program (WRAP)**

The Wheelchair Ramp Accessibility Program (WRAP) is a statewide organization that builds custom wheelchair ramps and stairs, giving you the freedom to enter and leave your home safely. WRAP also help you if you are affected by a life-changing illness or accident that leaves you unable to get back into you homes. WRAP also helps you get referrals to agencies for financial assistance and getting building permits.

**Contact:**

Phone: 319-270-7294

Website: <https://wrapiowa.org/about/>

## **Intellectual and Developmental Disabilities**

### **Iowa Developmental Disabilities Council (DD Council)**

Iowa Developmental Disabilities Council (DD Council) is a statewide organization that advocates for Iowans with developmental disabilities so you can live and be part of your community. The DD Council helps you by hosting events on speaking up, leadership, and voting; giving learning grants; sharing information on disability policies; supporting advocacy groups; educating lawmakers; and promoting jobs for people with disabilities.



**Contact:**

Phone: 800-452-1936

Website: <https://iowaddcouncil.org>

## **Woodward Resource Center, Center of Excellence**

The Woodward Resource Center is a residential center that provides services to people with intellectual disabilities and other related disabilities from across Iowa to help prepare you to live in a community of your choice. The Woodward Resource Center offers support for behavioral health and therapies, nutrition and swallowing and supported community living to help you return to your community. Each service has its own eligibility rules.

**Contact:**

Phone: 712-520-5823

Website: <https://hhs.iowa.gov/programs/programs-and-services/specialty-care-facilities/woodward-resource-center>

Email: Reach out to Lisa Olsen at [lolsen@hhs.iowa.gov](mailto:lolsen@hhs.iowa.gov).

# **Mental and behavioral health**

## **988 Suicide & Crisis Lifeline**

988 Suicide & Crisis Lifeline is a nationwide network of local crisis centers that provide free and private emotional support if you are facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to 24 hours a day, 7 days a week.

**Contact:**

Phone and Text line: 988

For Iowans who are deaf or hard of hearing: Call 988 with a VP number or visit <https://988lifeline.org/deaf-hard-of-hearing-hearing-loss/> to connect to the 988 ASL Videophone.

Website: To chat, visit <https://988lifeline.org/>

## **Iowa's Technical Assistance and Behavior Supports (I-TABS)**

Iowa's Technical Assistance and Behavior Supports I-TABS gives advice to families and community members on behavior support plans or practices that aren't working as expected. I-TABS is available statewide to Medicaid-eligible Iowans.

**Contact:**

Phone: 515-438-3309

Website: <https://hhs.iowa.gov/programs/programs-and-services/specialty-care-facilities/woodward-resource-center>

Email: [ssmith7@dhs.state.ia.us](mailto:ssmith7@dhs.state.ia.us)

## **Iowa State Extension – Health and Wellbeing**

Iowa State Extension – Health and Wellbeing is part of Iowa State University and offers statewide programs to support your wellbeing and trainings to help you identify people in your life who may have a mental illness or substance use disorder to connect them with appropriate care. Iowa State Extension – Health and Wellbeing has a 24/7 Iowa Concern hotline and provides you with a list of mental health and wellbeing resources, websites and hotlines.

#### Contact:

Iowa Concern hotline: 1-800-447-1985

Website: <https://www.extension.iastate.edu/humansciences/health-wellbeing>

#### Your Life Iowa

Your Life Iowa is a statewide resource that provides information and referral, counseling and crisis service coordination to Iowans looking for support for mental health, alcohol or drug use, suicidal thoughts or any other issue. You can call Your Life Iowa to be connected with a counselor for private and instant support 24/7. Your Life Iowa can also connect you to providers in your area for mental health and substance use services.

#### Contact:

Phone: 855-581-8111

Text line: 855-895-8398

Website: [www.yourlifeiowa.org](http://www.yourlifeiowa.org)

#### ***Placeholder: Local behavioral health ASOs in future state redesign***

*To be populated once the Behavioral Health redesign goes live.*

## Housing and nutrition

### Community Action Agencies

Community Action Agencies are organizations that can provide programs like weatherization to help you save money on utility bills and the Low-Income Home Energy Assistance Program (LIHEAP) to help you pay for heating costs. Community Action Agencies also get you set up with Head Start services, the Women, Infants & Children (WIC) Program and food pantries. There are 16 Community Action Agencies that serve all Iowa counties.

#### Contact:

Phone: 515-244-0307

Website: <https://iowacommunityaction.org/>

## **Houseiowa.org**

Houseiowa.org is a database of housing resources statewide that can help you get and keep safe and affordable housing.

Contact:

Website: <https://www.houseiowa.org/>

## **Rent Reimbursement**

Iowa HHS' Rent Reimbursement is a statewide program that gives partial rent refunds to low-income Iowans who are ages 65 and older or are disabled adults.

Contact:

Phone: 515-420-6077

Website: <https://hhs.iowa.gov/programs/programs-and-services/rent-reimbursement>

## **Projects for Assistance in Transition from Homelessness (PATH)**

Projects for Assistance in Transition from Homelessness (PATH) is a program that reaches out to adults who are homeless and live with mental illness, substance abuse and trauma. PATH can help you find housing and mental and physical health care. PATH is available through six regional offices, and statewide through Iowa HHS.

Contact:

Phone: 515-601-7899

Website: <https://hhs.iowa.gov/programs/programs-and-services/housing-homelessness-transition>

## **Iowa Health and Human Services food assistance programs**

The Iowa Department of Health and Human Services has many food assistance programs for Iowans of all ages.

Contact:

To find a list of Iowa Health and Human Services food assistance programs, visit <https://hhs.iowa.gov/food-assistance>

# **Hotlines, Service Directories and Navigation**

## **211**

211 is a free nationwide information and referral system linking Iowans to health and human service programs, community services, disaster services and governmental programs. 211 is

a one-stop source of information if you are looking for services such as food pantries and shelters, physical and mental health care, employment supports and supports for families, older adults and people with disabilities.

**Contact:**

Phone: 211

Website: <https://211iowa.org>

## **988 Suicide & Crisis Lifeline**

988 Suicide & Crisis Lifeline is a nationwide network of local crisis centers that provide free and private emotional support if you are facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to 24 hours a day, 7 days a week.

**Contact:**

Phone and Text line: 988

Website: To chat, visit <https://988lifeline.org/>

## **Findhelp**

Findhelp is a nationwide resource that helps you find free or reduced-cost resources in your community, like food, housing, financial assistance and health care. You can search for local programs by typing your zip code into the Findhelp searchbar.

**Contact:**

Website: <https://www.findhelp.org/>

## **Healthy Families Line**

The Healthy Families Line gives you with information on maternal, child, and family planning services.

**Contact:**

Phone: 800-369-2229

## ***Placeholder: Thrive Iowa description & contact information***

*Specific information will be added when it is available from Thrive Iowa stakeholders.*

**Contact:**

*[Placeholder]*

## ***Placeholder: ADRC call center description & contact information***

*Specific information will be added when it is available from IA ADRC stakeholders.*

**Contact:**

*[Placeholder]*