

The Iowa Community HUB

Connecting All the Dots

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Community HUB

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Please consider completing this pre-test while we wait.

Link: <https://www.surveymonkey.com/r/hub-pre>

Objectives

- ▶ Identify barriers to participation for people with disabilities and understand how the Iowa Community HUB is working to reduce them.
- ▶ Identify what resources/programs are available through the Iowa Community HUB and how to access the services.
- ▶ Identify assistive technology to help individuals engage in evidence-based health and wellness programs, and how to access the assistive technology.

The U.S. Department of Health and Human Services issued a “**call to action**” asking communities across the country to work together through Community Care Hubs.

Hubs make it easier for healthcare providers and community-based organizations to partner, share resources, and help people with things that affect their health, like food, housing, transportation, and chronic disease prevention and management programs.

HHS [Strategic Approach](#) to Addressing Social Determinants of Health to Advance Health Equity

Community Care Hubs: A Promising Model for Health and Social Care Coordination

The Office of the Assistant Secretary for Planning and Evaluation (ASPE) and
the Administration for Community Living (ACL)
at the U.S. Department of Health & Human Services

November 2023

Community Care Hubs

▶ **A Community Care Hub** is at the center of the infographic, the central organization that supports community-based organizations provide services to improve people's health.

▶ A network of community-based organizations surrounds the HUB, offering many different programs and services.



Iowa Community HUB

Nonprofit CCH since 2020.

Sustained through braided funding (grants contracts).

Our focus is on getting individuals connected to:

- ▶ Evidence-based programs/interventions for chronic disease prevention and management
- ▶ Health-related social needs (food, transportation, housing, utilities, etc.)



Evidence-Based Chronic Disease Programs

- ▶ EBPs provide clear value because they are proven, scalable, and cost-effective.
- ▶ Improve health outcomes by reducing risk factors (e.g., blood sugar, blood pressure, pain, mobility limitations)
- ▶ Better self-management by building skills and confidence so participants can manage their condition day-to-day.
- ▶ Improve quality of life by leading to less pain, stress, and fatigue; greater independence and functioning.



Stepping On
Building Confidence and Reducing Falls

Evidence-Based Chronic Disease Programs

- ▶ Prevent or delay disease progression especially important for conditions like diabetes, heart disease, and arthritis.
- ▶ Proven to work across diverse communities, including underserved groups.
- ▶ Clinically validated as they are supported by research and real-world data.
- ▶ Complements clinical treatment with community support.

NATIONAL 
DIABETES
PREVENTION
 **PROGRAM**

HUB Program Library

Iowa Community HUB Programs

Physical Activity



Walk with Ease

Improves general health and can safely make physical activity part of one's everyday life. Check out Iowa State University's website to learn more.

This is a recognized arthritis-appropriate, evidence-based program.

[Learn More](#)



Urban Pole Walking

A low-impact, full-body workout that can be done anywhere you can walk

[Learn More](#)



Optimal Living for Cancer Survivors

Above + Beyond Cancer Optimal Living Programs are free to cancer

[Learn More](#)



Health-Promotion Programs

Physical Activity

Bingocize

Combines bingo, exercise, and health education in 10-week workshops. Participants meet twice weekly for 45–60 minutes of exercises and health topics, focusing on exercise, falls prevention, or nutrition. Sessions can be delivered in-person or remotely using printed or app-based materials.

Urban Poling

An evidence-informed walking program using poles to engage the upper body, improve balance and stride, and reduce hip and knee stress. Sessions vary by instructor and location and can be indoors, outdoors, or self-directed.

Walk with Ease

An evidence-based program developed by the Arthritis Foundation that runs for 6 weeks and is offered both in person and self-directed (virtual/hybrid) formats. It features stretching and strengthening exercises, safe walking strategies, goal-setting and motivational tools to reduce pain, increase balance, strength, and walking pace.

Falls Prevention

A Matter of Balance

An evidence-based, 8-week small group program that helps older adults reduce fear of falling, increase activity, improve strength and balance, and make their environment safer.

Falls Prevention

Healthy Steps for Older Adults

A program for adults 50+ or with disabilities that reduces fall risk through screening, assessments, and a 2.5-hour workshop on safety, mobility, bone health, exercise, and medication management. Available in-person or remotely, with a follow-up in about four weeks.

Home Hazard Removal Program (HARP)

An in-home falls prevention program led by an occupational therapist. Provides 1–3 home visits (plus a booster) to assess risks, remove hazards, and support simple home safety improvements to reduce falls.

Stepping On/Pisando Fuerte

The Stepping On program runs 7 weekly sessions (about 2 hours each) and covers strength and balance exercises, medication and vision review, home and community hazard awareness. Pisando Fuerte is a culturally and linguistically adapted version for Spanish speaking older adults, delivered in 8 weekly sessions + a booster. Both incorporate local guest experts and tailored adult learning methods.

Tai Chi for Arthritis and Falls Prevention

An evidence-based program designed to improve strength, balance, flexibility and reduce fall risk in older adults with or without arthritis. The program is offered in two formats: 8 weeks with two 1-hour sessions per week, or 16 weeks with one 1-hour session per week and can be delivered in person or virtually.

Health Education & Self Management

Better Choices, Better Health

A 6-week chronic disease self-management workshop that is proven to significantly improve and maintain healthy behaviors, lowering risks for further complications. For adults (18+) with any chronic physical or mental health condition. No referrals necessary.

Diabetes Prevention Program

For adults (18+) at risk for prediabetes or type 2 diabetes. A year-long lifestyle change program consisting of 22 sessions, focused on achieving weight loss and increasing physical activity. For individuals with a family history of diabetes, prior gestational diabetes, overweight/obesity, sedentary habits, or A1C/blood glucose levels in the prediabetes range.

Diabetes Self-Management Education and Support (DSMES)

Anyone with a diabetes diagnosis (type 1, type 2, or gestational) can enroll with a referral from their health care provider. DSMES provides personalized services to help manage diabetes and is covered by most insurance.



Nutrition

Iowa Produce Prescription Program

This program uses a 'food-as-medicine' approach to support individuals at risk for diet-related health issues, giving patients and families access to affordable, nutritious food through participating providers.

Healthy LifeStars

A 6-week program promoting healthy eating and physical activity for children and families, delivered in-person or online with interactive lessons and family activities.

Partnerships with Specialized Programming

Above + Beyond Cancer Survivorship

Provides survivorship support through wellness and community programs. The Optimal Living Program offers evidence-based activities like yoga, strength training, meditation, nutrition, and outdoor fitness to enhance physical health, emotional resilience, and quality of life for cancer survivors and caregivers

Area Agencies on Aging

A network of six regional agencies supporting older Iowans in maintaining health, independence, and quality of life. The AAAs offer evidence-based programs, care coordination, nutrition services, caregiver support, and connections to local resources like transportation, home-delivered meals, and in-home care.

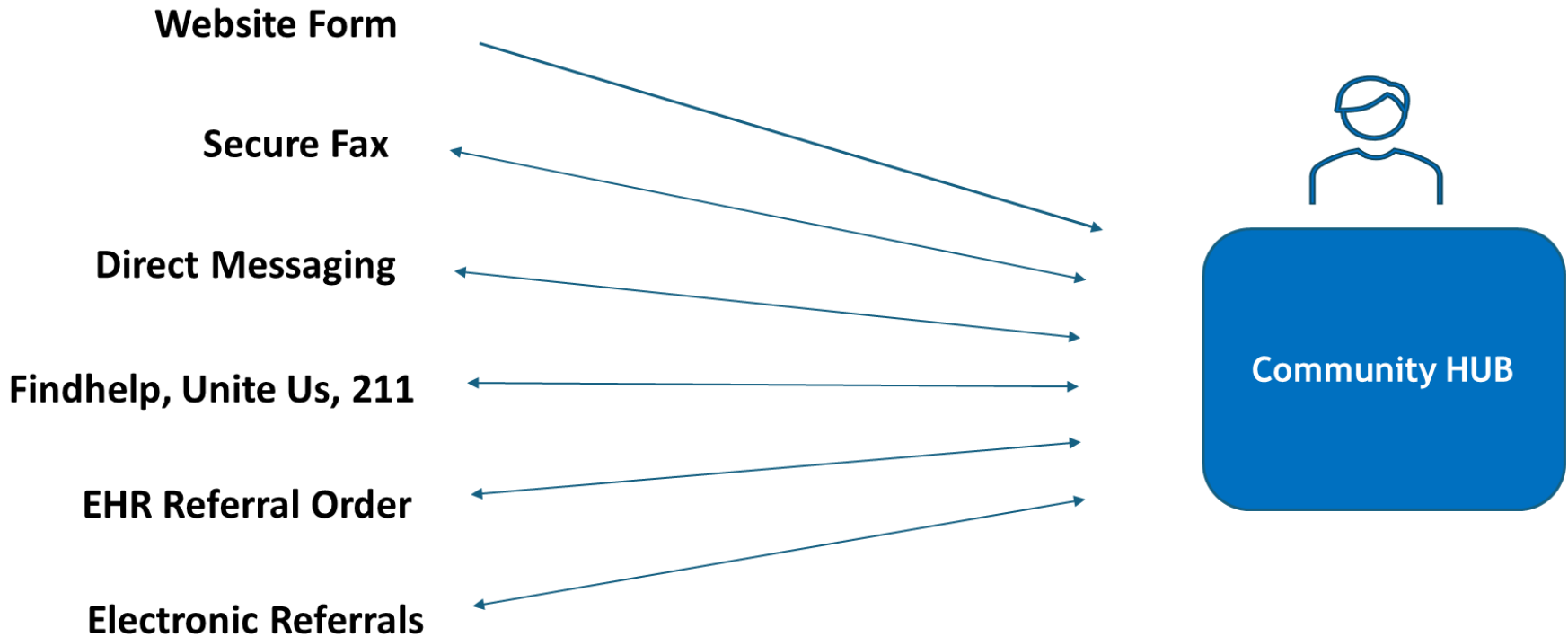


Community Food Project

- ▶ Individuals who screen positive for food and nutrition insecurity and enroll in a program, are connected to the HUB Fresh Produce Box Program.
- ▶ Includes setting up individuals with a monthly box of fresh produce delivered to their doorstep while participating in a program.
- ▶ Alleviates the barriers of access, cost, transportation, stigma, and time constraints.
- ▶ Improves enrollment and retention in programs.



REFERRAL PATHWAYS



There are many ways to refer to the HUB

Make a Referral

CLICK HERE

**Refer
Yourself**

CLICK HERE

**Refer an
Individual**

CLICK HERE
**Refer Your
Patient**



**Do you know someone
who could benefit from
participating in a
program to improve
their health and
wellness?**

[Make a Referral HERE](#)

iowa community HUB Refer An Individual

Fill out the information below as completely as you can and a HUB Navigator will make contact with the individual within 48 hours.
The questions with a red asterisk are required.

When you submit this form, it will not automatically collect your details like name and email address unless you provide them yourself.

* Required

Information of Person Being Referred

Please share as much of the information you know as it relates to the person being referred.

1. Full Name of Person Being Referred *

Enter your answer

2. Date of birth

Please input date (M/d/yyyy)

3. Please choose the best way to make contact *

Phone

Email

4. Phone

Enter your answer

5. Email

Enter your answer

6. City

Enter your answer

7. State

Enter your answer

General Referral Form



Connecting patients to community programs and services!

Iowa Community HUB Referral Form

Date: _____ Cleared for Program with Physical Activity **Y** **N**

Referred Individual Name: _____ DOB: _____

Spanish speaking language other than English _____

Phone number: _____

Email: _____

Referring Provider (Print Name): _____

Referring Provider Clinic: _____

Referring Provider Phone Number: _____

Referring Provider Fax Number: _____

Signature: _____

PROGRAM TYPE (if known): i.e., Arthritis, Pre/Diabetes, Falls Prevention, etc. _____

Renee Allard - HUB Administrator

Email: rallard@iacommunityhub.org

Phone: 515-635-1285

Fax: 515-635-1286

Website: www.iacommunityhub.org



The Iowa Community HUB is a nonprofit community care hub working with health care providers to connect Iowans with meaningful evidence-based programs. HUB Navigators provide information on available community resources, social support, and advocate for individual health needs. The HUB's secure platform manages referrals, enrollment and program data and provides ongoing feedback to health care providers to improve health outcomes, with a special emphasis on reaching underserved populations.

HUB Navigation Process

- ▶ Referrals are received by HUB Navigators (Community Health Workers).
- ▶ They work with each person to find the program that's the best fit for them.
- ▶ They screen each person to see if they need help with health or everyday needs.
- ▶ Since 2021, HUB Navigators have helped enroll more than 4,500 people in virtual and in-person programs.
- ▶ 20.3% of our participants have identified as having a disability.



Evidence-Based Chronic Disease Programs

People with disabilities are less likely to engage in physical activity and more prone to chronic diseases yet often face barriers to these programs.

- ▶ People with disabilities in the National DPP have shown significant success, achieving an average weight loss of 9.7%, which is notably higher than the national average of 5.2%; but only **12% of participants report having a disability.**
- ▶ The importance of these programs is underscored by data showing that 80% of adults with disabilities nationwide report having at least one of 11 common chronic health conditions.

Reference:

Creating Programs That Include People with Disabilities: 1705 National Organization Work

Evidence-Based Chronic Disease Programs

Barriers to Chronic Disease Programs for People with Disabilities

People with disabilities face overlapping barriers that limit access to prevention and management programs, including:

- **Physical access barriers** (inaccessible buildings, equipment, and parking)
- **Program design barriers** (inflexible schedules, inaccessible materials, digital platforms)
- **Provider and attitudinal barriers** (limited disability training, stigma, bias)
- **Transportation and geographic barriers** (limited accessible transit, rural access)
- **Financial and policy barriers** (cost, insurance gaps, restrictive eligibility policies)

References:

[Older Adults' Perceived Barriers to Participation in a Falls Prevention Strategy](#)

[Developing Partnerships with the Disability Community](#)

[Tip Sheet: Engaging People with Disabilities in Evidence-Based Programs](#)

[Feasibility of Implementing Disability Inclusive Evidence-Based Health Promotion](#)

2026: In partnership with Easterseals Iowa and other orgs serving people with disabilities

We aim to increase participation by people with disabilities in chronic disease prevention and management programs.

HUB to play a key role in supporting this effort by working on access, communication, and engagement strategies.

HUB in Action

- ▶ Provide personalized guidance to help participants understand program benefits and assist them with enrollment.
- ▶ Offer transportation assistance or virtual participation options.
- ▶ Promote assistive technologies (captioning, screen readers, adaptive devices) to enable participation.
- ▶ Lower cost barriers by offering programs that fit participants' budgets.
- ▶ Provide program organizations a [Disability Resource](#) webpage with many resources to help create inclusive programs.

HUB works with Program Organizations

- ▶ Offer flexible program options (online, in-person, hybrid).
- ▶ Adjust pace and content to accommodate different abilities.
- ▶ Offer personalized goal-setting.
- ▶ Create supportive group environments to encourage participation.
- ▶ Provide locations that are physically accessible (ramps, wide doorways, accessible bathrooms).
- ▶ Improve program content by using plain language and clear instructions.

Next Steps with Disability Partners

- ▶ Ensure communication supports are available like interpreters for hearing-impaired participants.
- ▶ Provide materials in multiple formats (braille, large print, audio, video).
- ▶ Pair participants with navigators or peer mentors who can guide them.
- ▶ Highlight success stories of people with disabilities participating in programs.
- ▶ Advocate for inclusive policies within healthcare and community programs.



Initiate HUB Support

Complete the HUB Interest Form:



Iowa Community HUB Network Partner Onboarding Form

Welcome!

Thank you for your interest in partnering with the Iowa Community HUB. We have created this simple on-boarding form to enable us to learn about your interest and connect you with opportunities and resources within the HUB. We welcome participation by organizations and individual program providers.

Filling out the form does not constitute any commitment on your part but allows us to learn more about the needs of potential partners and organizations.

Please complete the information on the form and we will reach out.

This form is not for individuals looking to enroll in programs as a participant. If you are interested in joining HUB related programs, please [visit our referral page](#).

Contact Information

Please provide your contact information so we can follow up with you on next steps and provide additional information and support.

Contact Name

Devoted to the interests, concerns, and needs of Iowans with disabilities.

Loan/Borrow Adaptive Health and Wellness Equipment

The Easterseals Assistive Technology Lending Library is available to any individual that resides in Iowa with the need to loan/borrow adaptive health and wellness equipment. This service is set up as a short-term 30-day loan trial. Up to five devices at a time can be loaned/borrowed and unlimited number of devices in any given year.

[Easterseals Iowa](#)

[Lending Library Application](#)

Promoting Full Equity - Creating Inclusive Programs

This is a 4-part training series provided by staff from the National Center on Health, Physical Activity and Disability and Easterseals Iowa. It covers foundational-level knowledge, skills, and abilities needed to adapt evidence-based health promotion programs, so they are inclusive of participants with and without disabilities.

[Part 1](#)

[Part 2](#)

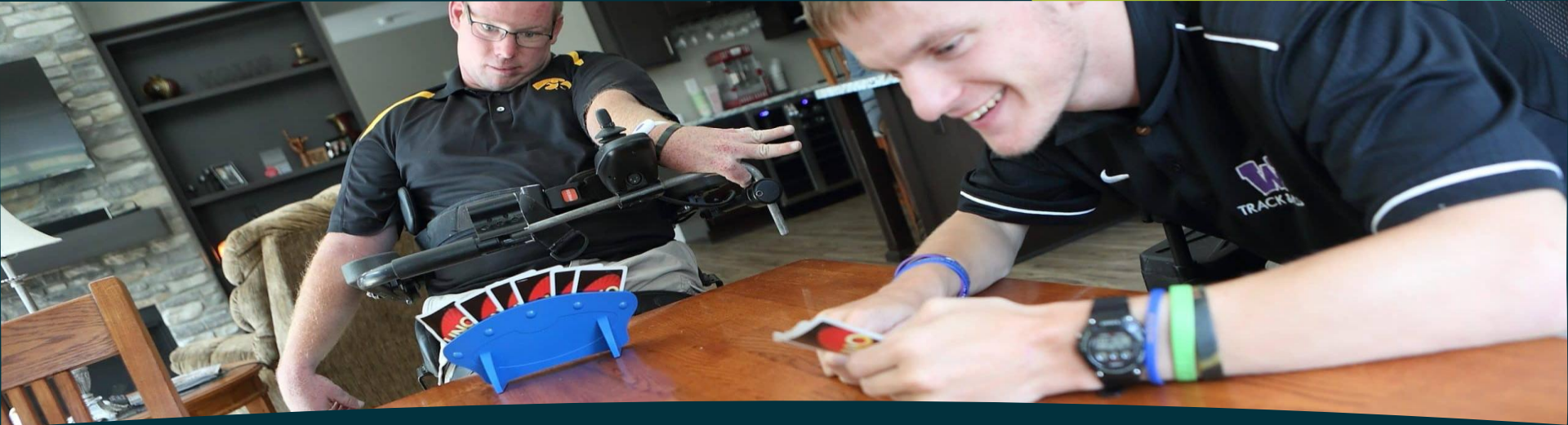
Disability Inclusion Video Series

This was a project supported through a contract with the University of Iowa and Iowa Department of Health and Human Services funded by the National Center on Health, Physical Activity, and Disability.

[Disability Inclusion - What is it?](#)

[Disability Inclusion - Tips for Communication](#)

[Disability Inclusion - Rewards and Benefits](#)



Empowering People with Disabilities: Assistive Technology for Participation in Evidence-based Programs

Presented by the Easterseals Iowa Assistive Technology Team

Presenter: Tracy Keninger

Date: January 29, 2026

Easterseals of Iowa Assistive Technology Center

Lending Library

- Loan devices to try.
- Short term.

Durable Medical Equipment

- Refurbished equipment to use.
- Long term.

Information and Referral

- Consultations and guidance.

Fall Prevention (Neuropathy)

- ▶ Mobility Aids (Canes, walkers with stability features)



Exercise & Nutrition

- ▶ Wearable fitness trackers with accessible interfaces
- ▶ Apps for meal planning with voice or visual support
- ▶ My meal plate
- ▶ AT for adaptive cooking tools and accessible kitchen layouts



866-866-8782 (toll-free) • 515-289-4069 (TTY) • iowaat.org

How We Connect People with AT Equipment

▶ Demonstration Center & Lending Library

- Demo equipment before purchasing
- Equipment and resources for families, individuals, counselors, and schools
- Create a free account and browse our [online inventory site](#)

▶ AT Exchange

- Online classified ads that list devices people are selling or looking for

▶ Durable Medical Equipment Loan Program

- Hospital beds, power and manual wheelchairs, etc.
- Nominal fees for an unlimited length of time



866-866-8782 (toll-free) • 515-289-4069 (TTY) • iowaat.org

Demonstration Center

At the Demonstration Center, we help clients **test out devices** that support recreation, access to daily living activities, computer use, learning, and much more.

- ▶ Compare options before taking a device home.
- ▶ Device examples: Adjustable height desks, Amazon Alexa and accessories, personal care devices, home care devices.
- ▶ Located at the Assistive Technology Center at Camp Sunnyside in Des Moines.
- ▶ **By appointment only.** Call 866-866-8782 (toll-free) or 515-289-4069 (TTY).



866-866-8782 (toll-free) • 515-289-4069 (TTY) • iowaat.org

Device Loan Through the Lending Library

The Lending Library provides an option to **try devices for free** before you decide to buy.

- Search the inventory and bookmark items you're interested in at Library.iowaAT.org.
- Create a free account and request a loan online.
- Borrow up to 5 devices for a 30-day trial period.



Once you've checked out, items can be shipped OR picked up (by appointment only) at the Assistive Technology Center.

Items can be shipped back or returned to the Assistive Technology Center (by appointment only).

How to Contact the Assistive Technology Program Team

Please contact us if you or a loved one could benefit from any type of assistive technology.

Phone: 866-866-8782 (toll-free) or 515-289-4069 (TTY) • **Website:** IowaAT.org

Email: atinfo@eastersealsia.org • **Address:** 401 NE 66th Avenue, Des Moines, IA 50313

[Mail Chimp
e-newsletter](#)



[YouTube:](#) Easterseals
Iowa - Assistive
Technology Program

[LinkedIn:](#) @Easterseals Iowa

[Facebook:](#) @EasterSealsIowa

[X \(Twitter\):](#) @EasterSealsIowa

Engage Your Members, Improve Their Care!

With a referral to the HUB:

- ▶ **Connect members to the right programs.** Members are matched to health and wellness programs that fit their needs, preferences, and goals.
- ▶ **Identify barriers early.** Social, functional, or participation challenges are identified upfront, making it easier for members to get started.
- ▶ **Ensure warm, coordinated referrals.** Members are connected to trusted community-based programs that focus on what matters most to them.
- ▶ **Provide extra support when needed.** Clear processes help identify when members need additional assistance to fully participate and succeed.
- ▶ **Offer assistive technology solutions.** Members can work with the Easterseals Assistive Technology (AT) Program Team to explore practical tools that support participation and independence.



Contact



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Health and
Human Services