



Are you age 60 or older, live in Polk County and need help, but don't know where to go?

CALL 286-2112 TO BE CONNECTED WITH A PEER ADVOCATE VOLUNTEER.

SERVICES PROVIDED:

- ✓ Emergency meal delivery
- ✓ Answers to questions
- ✓ Help with problems
- ✓ Information and referrals
- ✓ Someone to talk to today

All services are free and confidential.

WHO ARE THE PEER ADVOCATES?

PEER Advocates are volunteers over the age of 60 who have completed an initial counseling skills training and participate in ongoing seminars. They are available to help other people, age 60 or older, with a variety of situations, concerns, problems, or questions.

WHAT IS THE PEER ADVOCATE MISSION?

To empower isolated elderly individuals and their families to participate in the decision making process and access resources that will help them to live independently and safely in the community.

WHO CAN CALL THE PEER ADVOCATE PROGRAM?

The PEER Advocate Program will accept a referral from anyone. We receive calls from persons calling for themselves, from neighbors, concerned friends, doctors, hospital social workers, and family members. If you are concerned about an older adult living in Polk County, please call.

WHEN CAN I RECEIVE AN EMERGENCY MEAL?

Emergency meals can be delivered after a recent hospitalization or other urgent need. A volunteer will deliver one hot meal and one cold meal each day for up to three days. Meals are purchased by the program from Hy-Vee Deli.

WHAT OTHER ASSISTANCE IS PROVIDED?

A PEER Advocate can help you to discover your options and access services when you have concerns about housing, health care and insurance, nutrition, house cleaning, yard work, transportation, opportunities for socialization and recreation, financial assistance, legal issues, or anything else of concern.

WHAT IS THE COST TO PARTICIPATE IN THE PEER ADVOCATE PROGRAM?

All services are provided free of charge. Donations to the program are greatly appreciated as they allow us to serve a greater number of clients.



GIVE US A CALL TODAY

The PEER Advocate Program is sponsored by Senior Services of Polk County and Polk County Board of Supervisors.

“In accordance with the Civil Rights Act of 1964, Section 504, of the Rehabilitation Acts of 1973, and the Aging Discrimination Act of 1975 is the policy to provide service without regard to race, color, national origin, handicap, or age.”

We will also follow the Older American’s Act of 1965, and it’s implementing rules which positively address past practices regarding age discrimination.

We are funded in part under the Older American’s Act of 1965, as amended, through Aging Resources of Central Iowa.



SPONSORED BY:



Senior Services of Polk County
1914 Carpenter Avenue
Des Moines, IA 50314

PEER ADVOCATE PROGRAM



(515)286-2112

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