



*Are you age 60 or older,
live in Polk County and need help, but
not sure where to go or who to talk to?*

**Call 286-2112 to be connected
with a PEER Advocate Staff or
Volunteer**

SERVICED PROVIDED:

- ✓ **Assistance with HHS Rent Reimbursement Applications**
- ✓ **Emergency Meal Delivery***
- ✓ **SHIP Sponsor Site**
- ✓ **Information and Referrals**

**All services are
free and
confidential.**



**WHO ARE THE PEER
ADVOCATES?**

PEER Advocates are volunteers that are available to aid people age 60 & older or age 18 to 64 on disability benefits, with assistance/referrals for a variety of situations, concerns, problems or questions.

**WHAT IS THE PEER
ADVOCATE MISSION?**

To empower older 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 receives calls from persons calling for themselves, for neighbors, concerned friends, doctors, hospital social workers and family members.

If you are concerned about an older adult living in Polk County or in need of assistance, please call.

**WHEN CAN I RECEIVE AN
EMERGENCY MEAL?**

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

ARE THERE COSTS INVOLVED?

Services are free of charge.

Donations to the program are greatly appreciated as they allow us to serve a greater number of clients.

If interested in making a donation, let PEER staff or volunteer know.



WHAT OTHER ASSISTANCE IS PROVIDED?

A PEER Advocate can help you to discover your options and guide you to 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 other concerns.

As a SHIP sponsor site there are trained counselors to help educate and inform individuals with Medicare information and plan comparisons, enrollment for Part D/ MA plans, assist with Supplemental Insurance enrollment (if needed), referral for Medicaid application assistance or Welcome to Medicare information.



Sponsored By:



**Senior Services of Polk County
Administration Office
River Place – West Entrance
2309 Euclid Ave
Des Moines, Iowa 50310
Main Office: 515-286-3679**

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.

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www.polkcountyiowa.gov

Check us out on Facebook –
Polk County Senior Services

PEER ADVOCATE/SHIP PROGRAM



515-286-2112

**Monday - Friday
8:00 a.m. to 5:00 p.m.
Call for an appointment.**