

Triad Tip Sheet

Gadgets for Better Living

- Inexpensive home aides can make a difference when doing everyday tasks.
- Safety is a priority for people wanting to age in their home and there are many options available.
- Fall prevention is a priority for all seniors.
 - Falls are the number one cause of accidents requiring hospitalization.
- Most items demonstrated are available locally, through catalogs, or with computer shopping sites.
- Outdoor tools with ergonomic design make yard work and gardening easier.
- Indoor aides can be useful in every room of the living space.
- Personal assistive devices include:
 - Pill planners
 - Lighting sources
 - Magnifying equipment
- A “To Go” bag is necessary for disaster preparedness.
- The Rockwell Retirees, Iowa State Extension Service, Vision Enhancement, and Linn Co. Emergency Management have partnered with TRIAD to provide resources.
- All items displayed make great gifts for special occasions and holiday giving.

Sources:

[1] *Gadgets to Make Life Easier* AARP www.aarp.org

ADDITIONAL RESOURCES

Cedar Rapids Police Department

505 1st St SW
Cedar Rapids, IA 52404
(319) 286-5375 ext. 5485
www.cedar-rapids.org/police

Crime Stoppers

1-(800) -272-7463

Cedar Rapids Fire Department

713 1st Avenue SE
Cedar Rapids, IA 52401
(319) 286-5200 – Main Number
(319) 286-5277 – Public Educator
www.cedar-rapids.org/government/departments/fire

Marion Police Department

6315 US-151
Marion, IA 52302
(319) 377-1511
www.cityofmarion.org/departments/police-department

Marion Fire Department

3933 Katz Drive
Marion, IA 52302
(319) 377-8237
www.cityofmarion.org/departments/fire-department

Hiawatha Police Department

101 Emmons St.
Hiawatha, IA 52233
(319) 393-1212

Linn County Sherriff's Office

P.O. Box 669, 310 2nd Avenue SW
Cedar Rapids, IA 52406
(319) 892-6100
www.linncounty.org

Mount Vernon Police Department

213 1st St NW
Mount Vernon, IA 52314
(319) 895-6141
www.cityofmtvernon.com

Aging Services

317 7th Ave SE Suite 302B
Cedar Rapids, IA 52401
(319) 398-3644
www.agingservicesia.org

Heritage Area Agency on Aging

6301 Kirkwood Blvd SW
Cedar Rapids, IA 52404
(319) 398-5559
www.HeritageAAA.org

Horizons: A Family Service Alliance

819 5th Street SE
Cedar Rapids, IA 52403
(319) 398-3943
www.horizonsfamily.org

LifeLong Links

(Families & Caregivers can get info on services for older adults & persons with disabilities age 18+)
(866) 468-7887
www.lifelonglinks.org

AARP

(866) 554-5378
www.aarp.org/ia

United Way of East Central Iowa

317 7th Avenue SE Suite 401
Cedar Rapids, IA 52401
(319) 398-5372
<http://www.uweci.org/>



Linn Country Triad

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