

Iowa

When a family or individual is faced with a progressive condition such as DM1 or DM2 they are often presented with additional financial expenses as well as loss of a steady income. This section attempts to gather financial resources that are available on a state level for persons living in the United States. By no means is this section complete; we invite you to share with us any resources you've identified.

This is an on-going project. We will add more resources as we gather them; please send us resources you know of that are not currently listed.

Please be advised that each organization has its own eligibility and application requirements. None of these organizations are affiliated with the Myotonic Dystrophy Foundation. We hope you will share your experiences with us – let us know if you are successful in finding a good resource to help your family.

Caregivers

Family Caregiver Support: <https://www.iowaaging.gov/programs-services/familycaregiver-support>

Employment

Employment First (E1st): This program provides opportunities for all citizens, including those with significant disabilities, to participate in integrated employment and community life. <https://ivrs.iowa.gov/partners/iowa-employment-first>

Food Assistance Employment and Training: Employment and training services may be available to food assistance recipients. For information about eligibility, visit <https://dhs.iowa.gov/food-assistance/related-programs/employment-and-training>

Iowa Coalition for Integrated Employment (ICIE): provides lowans with a developmental disability to have fully integrated, competitive work opportunities, and fully integrated community living options. <https://dhs.iowa.gov/mhds/disability-services/employment>

PROMISE JOBS: is designed to assist cash assistance recipients to become self-sufficient through participation in work ready activities. <https://www.iowaworkforcedevelopment.gov/promise-jobs>

Financial Resources

Department of Human Services Online Application for State of Iowa Services (OASIS): Visit this link to apply for food assistance, cash assistance, and/or childcare assistance <https://secureapp.dhs.state.ia.us/oasis/oasis0100.aspx>

Family Investment Program (FIP): is Iowa's Temporary Assistance to Needy Families (TANF) program. FIP provides cash assistance to needy families as they become self-supporting so that children may be cared for in their own homes or in the homes of relatives. <https://dhs.iowa.gov/cash-assistance>

Family Self Sufficiency Grants (FSSG): The purpose of FSSG is to provide immediate and short-term assistance to PROMISE JOBS participant families, which will remove specific barriers related to obtaining or retaining employment. Removing these barriers to self-sufficiency might reduce the length of a time a family is dependent on the Family Investment Program (FIP). <https://dhs.iowa.gov/cash-assistance>

Iowa Individual Disaster Assistance Grant Program (IIAGP): offers grants to families whose household's annual income is at 200% or less of the federal poverty level. Each qualifying household may receive up to \$5,000. <https://dhs.iowa.gov/disaster-assistance-programs>

Refugee Cash Assistance (RCA): provides cash assistance for up to 8 months to needy families, including single adults, who enter the US as refugees who are not eligible for the Family Investment Program. <https://dhs.iowa.gov/cash-assistance>

Food & Nutrition

Buy. Eat. Live Healthy: is a free nutrition and cooking program for families with low income offered by Iowa State University Extension and Outreach. Participating parents learn how to plan and prepare healthy meals that are delicious, nutritious, and low-cost. Peer educators meet with participants one-on-one and in small groups. For more information, visit <https://www.extension.iastate.edu/humansciences/buy-eat-live-healthy> and <https://dhs.iowa.gov/food-assistance/related-programs/efnep-fnp>

Commodity Supplemental Foods Program (CSFP): provides supplemental food and nutrition education for the elderly ages 60 and over. Available foods include canned fruits and vegetables, hot and cold cereals, cheese, peanut butter and beans, pastas, caned and powdered milk. For qualification information, visit

<https://dhs.iowa.gov/foodassistance/related-programs/commodity-program>

Emergency Food Assistance Program (TEFAP): This program provides free meals and food at places like food pantries and soup kitchens. For more information and locations dial 211. You may also go to your local food pantry.

<https://dhs.iowa.gov/foodassistance/related-programs/emergency-food-assistance>

Farmers Market: More low-income lowans have increased access to locally grown farm fresh food at selected Farmers Markets due to the efforts of the Iowa Department of Human Services' Wireless EBT Project. This Project provides wireless point-of-sales machines to qualified vendors across the state, which enables vendors to accept the EBT food assistance card, MasterCard, Visa, or Discover.

<https://dhs.iowa.gov/foodassistance/related-programs/farmers-market>

Food Assistance: formerly known as Food Stamps, is a program to help people with low income and few assets to buy food for a better diet. This program is open to anyone who qualifies. For general information and information on eligibility, visit

<https://dhs.iowa.gov/food-assistance>

National School Lunch Program and School Breakfast Program: provides healthy free or reduced priced meals for children. To qualify children must meet income guidelines, receive food assistance, or be a migrant, homeless, or foster child. For more information or to apply contact your child's school. [https://dhs.iowa.gov/food-](https://dhs.iowa.gov/food-assistance/related-programs/school-food-program)

[assistance/related-programs/school-food-program](https://dhs.iowa.gov/food-assistance/related-programs/school-food-program)

Spend Smart. Eat Smart.: This website provides great ideas on how to plan, shop, and cook to get the most out of your food dollars. For more information visit

<https://dhs.iowa.gov/foodassistance/related-programs/spend-smart-eat-smart>

Summer Food Service Program: provides free meals during the summer months to some communities and day camps. Children 18-years-old or younger are eligible. For more information call the Bureau of Nutrition, Health, and Transportation Services at 515-281-

5356. <https://dhs.iowa.gov/food-assistance/related-programs/summer-food-program>

Women, Infants, and Children Program (WIC): is a supplemental nutrition program for babies, children under the age of 5, pregnant women, breastfeeding women, and women who have had a baby in the last 6 months. WIC helps families by providing healthy foods, nutrition education, and referrals to other health care agencies. For more information, visit <https://idph.iowa.gov/WIC>

Housing

Low-Income Home Energy Assistance Program (LIHEAP): is a federally funded program designed to assist low income families meet the cost of home heating by providing a onetime payment to the heating utility. <https://humanrights.iowa.gov/dcaa/liheap>

Money Follows the Person partnership for Community Integration Project: provides opportunities for individuals in Iowa to move out of Intermediate Care Facility for Intellectually Disabled and into their own homes in the community of their choice. Grant funds provide funding for the transition services and enhanced supports needed for the first year after they transition into the community.

<https://dhs.iowa.gov/ime/members/medicaid-a-to-z/mfp>

Non-Emergency Medical Transportation (NEMT): services are for members with full Medicaid benefits, who need travel reimbursement or a ride to get their medical appointments. <https://dhs.iowa.gov/ime/members/medicaid-a-to-z/nemt>

Projects for Assistance in Transition from Homelessness (PATH): Iowa PATH workers reach out to adults who are homeless and live with mental illness, substance abuse and trauma, offering them connections to hope, healing, resilience, housing, treatment and recovery in Iowa's mental health system of care.

<https://dhs.iowa.gov/mhds/mentalhealth/housing-iowa>

Weatherization Assistance Program: is a federal grant program established to help reduce the heating and cooling costs for low-income persons, particularly the elderly, disabled, and children, by improving the energy efficiency of their homes, thereby reducing household energy bills. <https://humanrights.iowa.gov/dcaa/weatherization>

Living with Disabilities and/or Elderly

Resource Centers and Intermediate Care Facilities: Iowa has two State Resource Centers in Glenwood and Woodward that provide a full range of active treatment and habilitation services to individuals with severe intellectual disabilities. For more information on center visit the Glenwood Resource Center web page:

<https://dhs.iowa.gov/mhds/disabilityservices/resource-centers/glenwood> and the Woodward Resource Center web page: <https://dhs.iowa.gov/mhds/disability-services/resource-centers/woodward>

State Supplementary Assistance (SSA): is a program to meet the additional special needs of aged, blind, and disabled people not met by the standard benefit rate paid by Supplemental Security Income (SSI). <https://dhs.iowa.gov/ime/members/medicaid-a-to-z/state-supplementary-assistance>

Medical & Health-Related

Breast and Cervical Cancer: Medicaid is available for women needing breast and cervical cancer treatment if they do not have health insurance coverage and are not eligible for Medicaid under one of the coverage groups.

<https://dhs.iowa.gov/ime/members/medicaid-a-to-z>

Care for Kids Early Periodic Screening, Diagnosis, and Treatment for Children (EPSDT): EPSTD is also known as the “Care for Kids” Program and focuses on providing Medicaid eligible children age birth to 20 years with preventive health care services including physicals, immunizations, vision, hearing and dental exams.

<https://dhs.iowa.gov/ime/members/medicaid-a-to-z/care-for-kids-epsdt>

Consumer Choices Options (CCO): is an option available under the Home-and Community-Based Services (HCBS) Waivers that gives you control over a targeted amount of Medicaid dollars so that you can develop a plan to meet your needs by directly hiring employees and/or purchasing other goods and services.

<https://dhs.iowa.gov/ime/members/medicaid-a-to-z/consumer-choices-option>

Consumer Directed Attendant Care (CDAC): services are designed to help people do things that they normally would do for themselves if they were able. CDAC is a direct, hands-on service, which takes place in the home or community.

<https://dhs.iowa.gov/ime/members/medicaid-a-to-z/cdac>

Dental Wellness Plan: provides dental coverage for adult Iowa Medicaid members, age 19 and older. As a Dental Wellness Plan member, you have access to full dental benefits during the first year. <https://dhs.iowa.gov/dental-wellness-plan>

Early ACCESS: is Iowa's system for providing early intervention services. It is available to infants and toddlers from birth to age three years who have a health or physical condition affecting their growth or development, or delays in their ability to play, think, hear, see, eat, talk, or move.

<https://dhs.iowa.gov/https%3A//dhs.iowa.gov/ime/members/medicaid-a-to-z/earlyaccess>

Family Planning Program (FPP): The FPP is for men and women who are 12-54 years of age. The FPP helps with the cost of family planning related services.

<https://dhs.iowa.gov/ime/members/medicaid-a-to-z/FPP>

Hawki (Health and Well Kids in Iowa): program is part of the Children's health Insurance Program (CHIP). Iowa offers Hawki health coverage for uninsured children of working families. No family pays more than \$40 a month. Some families pay nothing at all. A child who qualifies for Hawki health insurance will get their health coverage through a Managed Care Organization (MCO). <https://dhs.iowa.gov/hawki>

Health Homes: a health home provides whole person, patient-centered, coordinated care for all stages of life and transitions of care. Iowa Medicaid is implementing a Health Home program for Medicaid members with specific chronic conditions. Members must have one chronic condition and be at-risk for a second condition such as hypertension, overweight, heart disease, diabetes, asthma, substances abuse and mental health. Health homes will not cost extra for the Medicaid member.

<https://dhs.iowa.gov/ime/members/medicaid-ato-z/health-home>

IA Health Link: Most Iowa Medicaid members are enrolled in the IA Health Link managed care program. This program provides health coverage through a Managed Care Organization (MCO) of your choosing. <https://dhs.iowa.gov/iahealthlink>

Iowa Health and Wellness Plan: Provides comprehensive health coverage at low or no cost to Iowans between the ages of 19 and 64. <https://dhs.iowa.gov/ihawp>

Long Term Care: services are available for Medicaid members to help them maintain a good quality of life in settings such as nursing homes, hospice, intermediate care facilities, and in their communities to help through HCBS Waiver services. Services are intended to help people reach the highest degree of independence possible.

<https://dhs.iowa.gov/ime/members/medicaid-a-to-z/long-term-care>

Medicaid for Employed People with Disabilities (MEPD): MEPD is a Medicaid coverage group that allows people to work (and earn income) and still remain eligible for Medicaid because the earnings do not count against income eligibility rules.

<https://dhs.iowa.gov/ime/members/medicaid-a-to-z/mepd>

Medicaid for Kids with Special Needs (MKSN): MKSN members receive coverage from the IA Health Link Program. <https://dhs.iowa.gov/ime/members/medicaid-a-to-z/MKSN>

Medicaid Fee-for-Service (FFS) Programs: Most Iowa Medicaid members are enrolled in the IA Health Link managed care program, with coverage provided by a Managed Care Organization. However, some Medicaid members will continue to receive Medicaid coverage through the Medicaid Fee-for-Service (FFS) programs. This includes members who qualify for or receive services from the FFS programs listed below in the following bullets. For more information, visit <https://dhs.iowa.gov/ime/members/FFS>

- American Indian or Alaska Native Program: American Indians and Alaskan Natives may choose to enroll in the Managed Care program. If you are a member who identifies as American Indian or Alaskan Native, contact Iowa Medicaid Member Services at 1-800- 338-8366 to learn about enrolling in the IA Health Link Managed Care program. <https://dhs.iowa.gov/ime/members/FFS>
- Health Insurance Premium (HIPP): The HIPP program helps people get or keep health insurance through their employer by reimbursing the cost of the health insurance premium. HIPP helps by paying for the insurance premium. For more information, visit <https://dhs.iowa.gov/ime/members/medicaid-a-to-z/hipp>
- Medically Needy: If your income is too high for Medicaid but your medical costs are so high that it uses up most of your income, you may qualify for some payment help through the Medically Needy plan. If you qualify, you are responsible for paying some of the costs of your medical expenses.

<https://dhs.iowa.gov/ime/members/medicaid-a-to-z/medically-needy>

- Medicare Savings Program (MSP): Medicaid is a joint federal and state program that helps pay medical costs for individuals with limited income and resources. Individuals with Medicare Part A and/or Part B, who have limited income and resources, may get help paying for their out-of-pocket medical expenses from their State Medicaid Program. Iowa has programs that can help pay for your Medicare expenses, like your premiums, deductible, and coinsurance. <https://dhs.iowa.gov/ime/members/medicaid-a-to-z/medicare-savings-program>
- Presumptive Eligibles (PE): PE provides Medicaid for a limited time while the formal Medicaid eligibility determination is made by the Iowa Department of Human Services (DHS). The goal of the presumptive eligibility process is to offer immediate health care coverage to people likely to be Medicaid eligible, before there has been a full Medicaid determination. <https://dhs.iowa.gov/ime/providers/tools-trainings-and-services/medicaid-initiatives/pe>
- Program of All-Inclusive Care for the Elderly (PACE): PACE is a program that blends Medicaid and Medicare funding. The PACE program must provide all Medicare and Iowa Medicaid covered services as well as other services that will improve and maintain the member's overall health status. The focus of the PACE program is to provide needed services that will allow persons to stay in their homes and communities. <https://dhs.iowa.gov/ime/members/medicaid-a-to-z/hcbs/pace>
- Qualified Medicare Beneficiary (QMB): Under the QMB program, Medicaid only pays Medicare premiums, deductibles, and coinsurance for persons who are qualified Medicare beneficiaries. If you have Medicare Part A and your resources and income are within QMB limits, you could be eligible as a qualified Medicare beneficiary. <https://dhs.iowa.gov/ime/members/FFS/QMB>
- Specified Low-Income Medicare Beneficiary (SLMB): SLMB will only pay your Medicare Part B premium. The income limit is over 100 percent but less than 135 percent of the federal poverty level. <https://dhs.iowa.gov/ime/members/FFS/SLMB>

- Three Day Emergency: Up to 3 days of Medicaid is available to pay for the cost of emergency services for people who do not meet citizenship, alien status, or social security number requirements. The emergency services must be provided in a facility such as a hospital, clinic, or office that can provide the required care after the emergency medical condition has occurred.

<https://dhs.iowa.gov/ime/members/FFS>

Additional Resources

Child Care Assistance (CCA): is available to children of income-eligible parents who are absent for a portion of the day due to employment or participation in academic or vocational training or PROMISE JOBS activities. Assistance may also be available for a limited period of time for children of a parent looking for employment. For more information visit <https://dhs.iowa.gov/child-care>

Muscular Dystrophy Foundation (MDA): Iowa-based Clinics

<https://www.mda.org/office/iowa>