



# Caring Together, Living Better

A Project of AGE<sup>OPTIONS</sup>

Caring Together, Living Better is a partnership of faith-based and community organizations dedicated to supporting the approximately 1 in 4 west suburban families that are caring for an older adult.

## **Where is this partnership located?**

- Bellwood, Cicero, Maywood and Melrose Park

## **What is the purpose of the partnership?**

- Build a community-driven support system for family and friends who care for older adults (“caregivers”)
- Helping caregivers balance caregiving (including arranging doctors’ appointments, preparing meals, wound care and all the associated costs and stresses) with employment, child care and other parts of their lives

## **Who is involved?**

- AgeOptions is the project leader, with partners Solutions for Care and Aging Care Connections
- We invite everyone who has an interest in improving home-and community-based care for older adults to participate, including churches, community organizations, hospitals, elected officials, older adults and caregivers

## **What services are offered?**

- 5 local partner churches/organizations are developing volunteer-based programs to meet needs expressed by local caregivers
- Information and assistance connecting with community resources
- Help with chores and errands
- Respite care—substitute care for older adults so caregivers can take a break
- Training for family caregivers to learn communication techniques, goal-setting skills, stress management and draw upon their faith for strength in caregiving

## **Why should I get involved?**

- Caregivers play a vital role and they need community support

## **How can I get involved?**

- Contact AgeOptions at 708-383-0258 to volunteer with one of the 5 local partners
- Spread the word to caregivers who may need assistance
- Provide financial or in-kind support to our local and regional services
- Sign up to volunteer with one of the 5 local programs

# The Caring Together, Living Better Partners

MAYWOOD	CICERO
<p><b>Neighborhood United Methodist Church</b>            1817 Washington Boulevard            Maywood, IL 60153            (708) 681-5887</p> <ul style="list-style-type: none"> <li>• Volunteer respite*</li> </ul> <p><b>St. Eulalia Catholic Church</b>            Quinn Community Center            1851 S. 9th Avenue            Maywood, IL 60153            708-343-6120</p> <p>(Please contact Sarah Stein from AgeOptions at 708-383-0258 for more information about this program.)</p>	<p><b>Cicero Area Project</b>            5243 W. 25th Street            Cicero, IL 60804            (708) 222-8301</p> <ul style="list-style-type: none"> <li>• Educational workshops: learn about power of attorney, health insurance, etc.</li> <li>• Chore Assistance</li> </ul> <p><b>Vida Abundante</b>            1819 54th Ave            Cicero, IL 60804            (708) 863-6305</p> <ul style="list-style-type: none"> <li>• Caregiver café (coffee and educational topic)</li> </ul> <p>(Please contact Sarah Stein from AgeOptions at 708-383-0258 for more information about this program.)</p>
BELLWOOD	MELROSE PARK
<p><b>Faith Cathedral Church</b>            3100 Saint Charles Road            Bellwood, IL 60104            (708) 493-4972</p> <ul style="list-style-type: none"> <li>• Wellness workshops: learn about health issues and also self-care</li> </ul>	<p><b>St. Paul Lutheran Church</b>            1025 W. Lake Street            Melrose Park, IL 60160            708-343-1000</p> <ul style="list-style-type: none"> <li>• Caregiver Support Groups</li> </ul>
<p>* Respite: a volunteer will care for the older adult while the family caregiver takes a break</p>	