



## Connecting Older Adults with Community-based Resources and Options

**AgeOptions** is a nonprofit organization connecting adults aged 60 and over and those who care about them with resources and services that allow them to live their lives to the fullest while remaining in their homes and communities for as long as they are able. AgeOptions has been the Area Agency on Aging of suburban Cook County since 1974. We serve a diverse population of 522,000 older adults in 130 communities within 30 townships.

### Services provided through AgeOptions and partner agencies:

- **Information and Assistance** is provided by trained specialists who are available by phone to answer questions about social services, housing, transportation, health and medication insurance, and benefits and resources for older adults and people with disabilities
- **Benefits Access** provides assistance in checking eligibility and applying for prescription assistance, Medicare, energy discounts, property tax programs, SNAP and more
- **Nutritional Meals** are available at community dining programs or can be delivered to one's home
- **Chore/Housekeeping** provide assistance in maintaining the cleanliness and functionality of one's home
- **Caregiver Support** offers help to those caring for a loved one, including counseling, education, in-home and out-of-home respite care, support groups and other services
- **Adult Protective Services** provide community education and intervention aimed at eliminating abuse, neglect, and exploitation of older adults and people with disabilities over 18 years of age
- **Illinois Pathways to Health** connects people who are interested in bettering their health & well-being with programs that are proven to do just that. Find workshops near you at [www.ilpathwaystohealth.org](http://www.ilpathwaystohealth.org).
- **SMP** empowers beneficiaries in Illinois to prevent, detect and report healthcare fraud. (800)699-9043
- **Cultural Services and Supports**, provided by specific ethnic organizations, include referrals, translation & other services that are culturally appropriate to limited English proficient persons

*For more information on these and other programs and services for older adults, call AgeOptions at (708)383-0258. You may also contact one of the community agencies listed on the back of this sheet.*

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*STATEMENT OF NON-DISCRIMINATION* AgeOptions does not discriminate in admission to programs or treatment of employment in compliance with appropriate State and Federal statutes. If you feel you have been discriminated against, call AgeOptions at (800)699-9043 or (708)383-0258.

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## Contact an Agency in Your Area

Services and programs are available to people with disabilities aged 18 and over and adults aged 60 and over.

North Suburbs	West Suburbs	South Suburbs
<p><b>Barrington, Hanover, and Wheeling Townships</b></p> <p>Catholic Charities Northwest (847)253-5500</p>	<p><b>Berwyn, Cicero, and North Proviso Township</b> <i>(excluding Brookfield and LaGrange Park)</i></p> <p>Solutions for Care (708)447-2448</p>	<p><b>Bloom, Bremen, Calumet, Rich and Thornton Townships</b></p> <p>South Suburban Senior Services of Catholic Charities (708)596-2222</p>
<p><b>Elk Grove and Schaumburg Townships</b></p> <p>Kenneth Young Center (847)524-8800</p>	<p><b>Lyons, Riverside, and Norwood Townships</b> <i>(Including Brookfield and LaGrange Park)</i></p> <p>Aging Care Connections (708)354-1323</p>	<p><b>Lemont, Orland, Palos and Worth Townships</b></p> <p>Pathlights (formerly known as PLOWS Council on Aging) (708)361-0219</p>
<p><b>Evanston and Niles Townships</b></p> <p>North Shore Senior Center - Niles Office (847)784-6000</p>	<p><b>Oak Park and River Forest Townships</b></p> <p>Oak Park Township Senior Services (708)383-8060</p>	<p><b>Stickney Township</b></p> <p>Stickney Township Office on Aging (708)636-8850</p>
<p><b>Maine, New Trier, and Northfield Townships</b></p> <p>North Shore Senior Center - Northfield Office (847)784-6000</p>	<p><b>Leyden Township</b></p> <p>Leyden Family Services Senior Citizens Program (847)451-0330</p>	<p><b>Palatine Township</b></p> <p>Palatine Township Senior Citizens Council (847)991-1112</p>
<p><b>Check out AgeOptions' referral portal:</b>  <a href="https://services.ageoptions.org/">https://services.ageoptions.org/</a>  <b>to find resources near you!</b></p>		
Suburban Cook Cultural Services and Support		
<p><b>Hispanic/Latino Communities</b></p> <p>Alivio Medical Center (773)254-1400</p>	<p><b>Arab American Communities</b></p> <p>Arab American Family Services (708)599-2237</p>	<p><b>Korean Communities</b></p> <p>Hanul Family Alliance (847)439-5195</p>
<p><b>Indo-Asian Communities</b></p> <p>Metropolitan Asian Family Services (847)824-9414</p>	<p><b>Chinese-American Communities</b></p> <p>Xilin Senior Services (847)607-6555</p>	
Countywide Information and Assistance		
<p><b>Suburban Cook County</b></p> <p>AgeOptions (708)383-0258</p>	<p><b>City of Chicago</b></p> <p>Chicago Department of Family and Support Services – Senior Services (312)744-4016</p>	<p><b>Collar Counties Outside of Cook County</b></p> <p>AgeGuide (800)528-2000</p>