



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 is the Area Agency on Aging of suburban Cook County. We serve a diverse population of 602,017 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 to answer questions about social services, housing, transportation, health and medication insurance, and benefits and resources for older adults and people with disabilities
- **Housing Assistance** offers local assistance & resources to live affordably and safely in your home
- **Benefits Access** provides help 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 your home
- **Chore/Housekeeping** provides help in maintaining the cleanliness and functionality of your 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 for older adults, those with Alzheimer's or related disorders, and relatives raising children
- **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** provides workshops for participants to learn skills to better manage their chronic conditions or pain, skills to prevent falls and strategies for self-care for caregivers. Find workshops near you at 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.

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.

South Suburbs			
Bloom, Calumet, and Thornton Townships Metropolitan Family Services (773) 692-1033	Bremen, Lemont, Orland, Palos, Rich and Worth Townships Pathlights (708) 361-0219	Stickney Township Stickney Township Office on Aging (708) 636-8850	
West Suburbs			
Berwyn and Cicero Townships Solutions for Care (708) 447-2448	Lyons, Riverside, Norwood, and Proviso Townships Aging Care Connections (708) 354-1323	Oak Park and River Forest Townships Oak Park Township Senior Services (708) 383-8060	Leyden Township Leyden Family Services Senior Citizens Program (847) 455-3929
North Suburbs			
Palatine Township Palatine Township Senior Citizens Council (847) 991-1112	Evanston, Niles, Maine, New Trier, and Northfield Townships North Shore Senior Center (847) 784-6000	Elk Grove, Schaumburg, Barrington, Wheeling Townships Kenneth Young Center (847) 524-8800	Hanover Township Hanover Township Department of Aging Services (630) 483-5600
Suburban Cook Cultural Services and Support			
Hispanic/Latino Communities Alivio Medical Center (773) 254-1400	Arab Communities Arab American Family Services (708) 599-2237	Polish Communities CLESE (Coalition of Limited Speaking Elders) (312) 461-0812	Korean Communities Hanul Family Alliance (847) 439-5195
Indo-Asian Communities Metropolitan Asian Family Services (847) 824-9414	Chinese Communities Xilin Senior Services (847) 607-6555	<p align="center"> AgeOptions Provider Referrals Enter address to determine the local partner to contact https://www.ageoptions.org/resources/find-services-in-your-neighborhood/ </p>	
Countywide Information and Assistance			
Suburban Cook County AgeOptions (708) 383-0258	City of Chicago Chicago Department of Family and Support Services – Senior Services (312) 744-4016	Collar Counties of Cook County AgeGuide (800) 528-2000	

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