



**DO YOU:**

- Help a family member, friend, or neighbor regularly with their everyday needs? Do those needs include transportation, preparing meals, personal care and paying bills?
- Feel overwhelmed or stressed and need additional support?

**ARE YOU:**

- Raising a relative under the age of 19, who is not your biological child, and need information and assistance?

**YOU ARE A CAREGIVER AND WE CAN HELP!**



***One of our Caregiver Specialists can help you with:***

- Getting relief from the stress of caring for a loved one
- Finding classes on dementia, stress relief, and other helpful information
- Linking you to resources for medical equipment/home modification
- Connecting you to legal resources for Relatives Raising Children

**CALL US TODAY TO LEARN MORE ABOUT OUR CAREGIVER PROGRAMS AT:**

**708-383-0258 or 1-800-699-9043**

**AgeOptions** is a nonprofit organization connecting older adults and those who care for them with resources and service options so they can live their lives to the fullest. Since 1974, our mission has been to sustain and promote independence for older persons in their own homes and communities.

## Contact the Caregiver Specialist in Your Area

North Suburbs	West Suburbs	South Suburbs
<p><b>Hanover Township</b></p> <p><u>Hanover Township</u></p> <p><b>Hanover</b></p> <p>(630) 483-5660</p>	<p><b>Berwyn and Cicero Townships</b></p> <p><u><a href="#">Solutions for Care</a></u></p> <p><b>North Riverside</b></p> <p>(708) 447-2448</p>	<p><b>Bloom, Calumet, and Thornton Townships</b></p> <p><u>Metropolitan Family Services</u></p> <p>(773) 692-1033</p>
<p><b>Barrington, Elk Grove, Palatine, Schaumburg, and Wheeling Townships</b></p> <p><u><a href="#">Kenneth Young Center</a></u></p> <p><b>Elk Grove Village</b></p> <p>(847) 524-8800</p>	<p><b>Lyons, Riverside, Proviso, Leyden, and Norwood Park Townships</b></p> <p><u><a href="#">Aging Care Connections</a></u></p> <p><b>LaGrange</b> (outposts in Melrose Park)</p> <p>(708) 354-1323</p>	<p><b>Bremen, Lemont, Orland, Palos, Rich, and Worth Townships</b></p> <p><u><a href="#">Pathlights</a></u></p> <p><b>Palos Heights</b></p> <p>(708) 361-0219</p>
<p><b>Evanston and Niles Townships</b></p> <p><u><a href="#">North Shore Senior Center</a></u></p> <p><b>Niles</b></p> <p>(847) 864- 3721</p>	<p><b>Oak Park and River Forest Townships</b></p> <p><u><a href="#">Oak Park Township Senior Services</a></u></p> <p><b>Oak Park</b></p> <p>(708) 383-8060</p>	<p><b>Stickney Township</b></p> <p><u><a href="#">Stickney Township Office on Aging</a></u></p> <p><b>Burbank</b></p> <p>(708) 636-8850</p>
<p><b>Maine, New Trier, and Northfield Townships</b></p> <p><u><a href="#">North Shore Senior Center</a></u></p> <p><b>Northfield</b></p> <p>(847) 784-6040</p>		

**\*\*Click the link in the agency's name to complete an intake screener. A caregiver specialist will follow up with you to determine what services you may be eligible for!**