

# Family Caregiver Support Program

Are you...

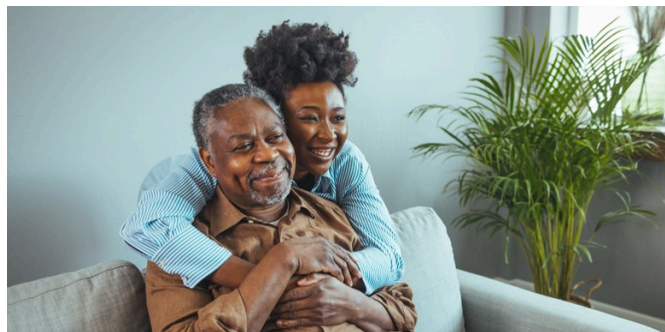
- Helping a loved one with daily tasks, errands, or medical needs?
- Managing grocery shopping, driving to appointments, or handling insurance calls?
- Coordinating care from across town or the country?
- Caring and advocating for your grandchild or minor relative?

**If yes, you're a caregiver!**

Caring for someone can be deeply rewarding and incredibly challenging. It's normal to feel tired, stressed, or unsure. The Family Caregiver Support Program can help!

This program provides valuable resources and supports to informal (unpaid) caregivers who provide some form of care to:

- **Someone who is 60+ years or older;**
- **A person of any age living with Alzheimer's Disease or related dementia;**
- **A child 18 and under that is not the biological child of the caregiver;**
- **A person 19-59 years old with a disability**



*You may be a daughter, son, spouse, sibling, or friend caring for someone else. Caregiving is an act of love, but you deserve care too!*

## Support comes in many ways! Caregiver Programs include:



**Training & Education:** Supports caregivers in learning new self-care and stress management skills.



**Gap-Filling Support:** Limited financial assistance to help meet unmet needs related to caregiving.



**Support Groups/Counseling:** Offers support through individual conversations and shared experiences with fellow caregivers.



**Respite:** Offers caregivers a brief period of relief from their day-to-day duties. Available through in-person services, out-of-home services, or adult day centers.

## Additional Resources:

**TCARE:** A short questionnaire that identifies common caregiver stressors and connects you to local resources!



**Trualta:** An online platform with a library of lessons, webinars, and support groups for families managing care at home.



## Connect with your local Caregiver Resource Center (CRC) to learn more about caregiver related services and resources!

North Suburbs	West Suburbs	South Suburbs
<b>Hanover Township Dept. of Aging Services</b> Bartlett, IL   630-483-5660  Hanover Township	<b>Solutions for Care</b> North Riverside, IL 708-447-2448  Berwyn and Cicero Townships	<b>Metropolitan Family Services</b> Chicago, IL   773-692-1033  Bloom, Calumet, and Thornton Townships
<b>Kenneth Young Center</b> Elk Grove Village, IL 847-524-8800  Barrington, Elk Grove Village, Palatine, Schaumburg, and Wheeling Townships	<b>Aging Care Connections</b> La Grange, IL   708-354-1323  Lyons, Riverside, Proviso, Leyden, and Norwood Park Townships	<b>Pathlights</b> Palos Heights, IL 708-361-0219  Bremen, Lemont, Orland, Palos, Rich, and Worth Townships
<b>North Shore Senior Center</b> Niles, IL   847-864-3721  Evanston and Niles Townships	<b>Oak Park Township Senior Services</b> Oak Park, IL   708-383-8060  Oak Park and River Forest Township	<b>Stickney Township Office on Aging</b> Burbank, IL   708-636-8850  Stickney Township
<b>North Shore Senior Center</b> Northfield, IL   847-784-6041  Maine, New Trier, and Northfield Township	<div> <p><b>Not sure of the Township you or your loved one lives in? Scan this QR code to visit the AgeOptions Referral Tool.</b></p> <p>Select “Caregiver Resource Center” and enter the address where you care for your friend or family member (this is often their home) to find the Center near you.</p>  </div>	



The Illinois Department on Aging does not discriminate against any individual because of his or her race, color, religion, sex, national origin, ancestry, age, order of protection status, marital status, physical or mental disability, military status, sexual orientation, gender identity, pregnancy, or unfavorable discharge from military service in admission to programs or treatment of employment in programs or activities. If you feel you have been discriminated against, you have a right to file a complaint with the Illinois Department on Aging. For information call the Senior HelpLine: 1-800-252-8966; 711 (TRS).

For assistance, contact the  
**AgeOptions Caregiver Programs Team**  
 (English/Spanish)

(708) 383-0258 | [info@ageoptions.org](mailto:info@ageoptions.org)

