

Are you looking for free resources to help you thrive as you age?



AgeOptions is here to help with information and resources for older adults, individuals living with a disability, and their caregivers in suburban Cook County at no cost to you!



Meet with our Community Health Workers to schedule an assessment!

Help With:

- Access to Food & Nutritional Meals
- Assistance with Accessing Benefits
 - Medicare Savings Program
 - SNAP Eligibility & Application
 - Energy Savings Programs
- Caregiver Support
 - Counseling & Education
 - Respite Care
 - Support Groups
- Health Promotion
- Health Self-Management
 - Workshops: Cancer, Chronic Disease, Diabetes
 - Fall Prevention Workshops
- Home Preservation
- Legal Aid

Contact Taisha at Taisha.Selby@ageoptions.org or (708) 835-5440 to schedule an appointment

Statement of Non-discrimination AgeOptions does not discriminate in admission to programs or treatment of employment in compliance with appropriate or State and Federal statutes. If you feel you have been discriminated against, call AgeOptions at (800)699-9043 or (708) 383-0258. **Funding Statement** This document is prepared and printed with Federal Older Americans Act, State of Illinois General Revenue and AgeOptions funds. The Illinois Department of Aging and the U.S. Administration on Aging are recognized for the support of AgeOptions. Neither is responding to the contents of this document.

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