



**DO YOU:**

- Help someone regularly with their everyday needs? Do those needs include transportation, meals, personal care and paying bills?
- Feel overwhelmed or stressed and need additional support?

**ARE YOU:**

- Raising someone under the age of 18, who is not your 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 style="text-align: center;"><b>Barrington, Hanover, Palatine, and Wheeling Townships</b></p> <p style="text-align: center;">Catholic Charities- Northwest <b>Arlington Heights</b></p> <p style="text-align: center;">(847) 253-5500</p>	<p style="text-align: center;"><b>Berwyn and Cicero Townships</b></p> <p style="text-align: center;">Solutions for Care <b>North Riverside</b></p> <p style="text-align: center;">(708) 447-2448</p>	<p style="text-align: center;"><b>Bloom Bremen, Calumet, Rich, and Thornton Townships</b></p> <p style="text-align: center;">South Suburban Senior Services of Catholic Charities <b>Harvey</b></p> <p style="text-align: center;">(708)596-2222</p>
<p style="text-align: center;"><b>Elk Grove and Schaumburg Townships</b></p> <p style="text-align: center;">Kenneth Young Center <b>Elk Grove Village</b> (847) 524-8800</p>	<p style="text-align: center;"><b>Lyons, Riverside, Proviso, Leyden, and Norwood Park Townships</b></p> <p style="text-align: center;">Aging Care Connections <b>LaGrange</b> (outposts in Melrose Park)</p> <p style="text-align: center;">(708) 354-1323</p>	<p style="text-align: center;"><b>Lemont, Orland, Palos, and Worth Townships</b></p> <p style="text-align: center;">PLOWS Council on Aging <b>Palos Heights</b></p> <p style="text-align: center;">(708) 361-0219</p>
<p style="text-align: center;"><b>Evanston and Niles Townships</b></p> <p style="text-align: center;">North Shore Senior Center <b>Niles</b></p> <p style="text-align: center;">(847) 864- 3721</p>	<p style="text-align: center;"><b>Oak Park and River Forest Townships</b></p> <p style="text-align: center;">Oak Park Township Senior Services <b>Oak Park</b></p> <p style="text-align: center;">(708) 383-8060</p>	<p style="text-align: center;"><b>Stickney Township</b></p> <p style="text-align: center;">Stickney Township Office on Aging <b>Stickney</b></p> <p style="text-align: center;">(708) 636-8850</p>
<p style="text-align: center;"><b>Maine, New Trier, and Northfield Townships</b></p> <p style="text-align: center;">North Shore Senior Center <b>Northfield</b> (847) 784-6040</p>		