

CAREGIVERS SUPPORT INFORMATION

ALWAYS CHECK WITH THE FACILITY AS TIMES AND DATES MAY CHANGE

<u>SUPPORT GROUPS FOR CAREGIVERS</u>	ADDRESS	PHONE	MEETING DATE	SUBJECT	CONTACT	EMAIL
ARLINGTON HTS. LUTHERAN HOME	800 W. OAKTON	847-253-3710	2ND THURS 1-2:30 PM	CAREGIVING-ELDERLY	SHARON	
ARLINGTON HEIGHTS SENIOR CENTER CATHOLIC CHARITIES HOUSED HERE	1801 W. CENTRAL	847-253-5500 X333	3RD WEDS 7-8:30 PM	CAREGIVER SUPPORT	MICHAELA	
DEERFIELD-PATTY TURNER CTR.	375 ELM ST	847-940-4010	2ND/4TH WEDS 1:15 PM	CAREGIVER SUPPORT	MARGIE FISHER	
DEERFIELD-THE FRIEND CENTER	1601 LAKE COOK RD.	847-374-0500	3RD THURS 7-8 PM		NINA OR SARA	
EVANSTON/SKOKIE VALLEY SENIOR SERVICES	840 DODGE	847-424-5661	1ST WEDS 3-4:30 PM		LAURETTA HART	
HIGHLAND PARK- FAMILY SERVICES	777 CENTRAL	847-432-4110	1ST/3RD THUR 7-8:30 PM	SR. CAREGIVER SUPP.	JENIFER AIELLO	
HOFFMAN ESTATES-ST. ALEXIS HOSPITAL	1555 BARRINGTON	847-839-6481	1ST THURS 7-9:00 PM	CAREGIVER SUPPORT	SUSAN SINTEON	
MORTON GROVE-BETHANY TERRACE	8425 N. WAUKEGAN	847-965-8200X229	3RD FRI, 1:30-2:30 PM		3RD MON 7:00-8:00 P	
NORTHBROOK-BRANDEL CENTER	2155 PFINGSTEN	847-412-7303	3RD THURS 11:00 AM			

<u>SUPPORT FOR DEMENTIA</u>	ADDRESS	PHONE	MEETING DATE	SUBJECT	CONTACT	EMAIL
DEERFIELD-WEINBERG COMMUNITY CTR	1501 LAKE COOK,	877-236-7863	1ST WEDS 7-9:00 PM	CAREGIVER SUPPORT	SARA SANDERMAN	
EVANSTON-MATHER PAVILION	820 FOSTER	847-492-2525	2ND WEDS 1-2:30 PM	CAREGIVER SUPPORT	JOANNE MALLETA	
EVANSTON-CJE SENIOR LIFE	1015 W. HOWARD ST	847-508-1000	1ST/3RD WEDS 11-NOON			
GLENVIEW TERRACE	1511 GREENWOOD RD.	847-729-9090	3RD WEDS 6-7:30 PM	FAMILY SUPPORT	MIRANDA WHITE	
GLENVIEW COMMUNITY CHURCH	1000 ELM		4TH THURS 2-3:00 PM			
MORTON GROVE-BETHANY TERRACE	8425 N. WAUKEGAN	847-965-8100	2ND TUES 1-2:30 PM	CARING/ CAREGIVER	ROSA CAPUTO	
NORTHBROOK-ARDEN COURTS	3240 MILWAUKEE	847-795-9000	CALL FOR INFORMATION	FAMILY SUPPORT	COURTNEY	
NORTHFIELD-NORTH SHORE SENIOR CTR	161 NORTHFIELD RD.	847-272-6250	2ND TUES 1-2:30 PM	FAMILY SUPPORT	DEANA LESHT	
PARK RIDGE-SUNRISE ASSISTED LIVING	1725 W. BALLARD RD.	847-824-1724	TUES 7:00 PM -CALL	ALZHEIMERS SUPPORT	RANDY MONROE	
PARK RIDGE-NESSSET PAVILION	1774 W. BALLARD	847-318-2501	THURS 1:30-3:00 PM	FAMILY SUPPORT	SANDY	
SKOKIE-HOME INSTEAD SENIOR CTR	8816 BRONX	847-673-1250	1ST TUES 6:30-7:30 PM	CAREGIVER SUPPORT	TESSA SYLVESTRE	
SKOKIE-RUSH NORTH SHORE MEDICAL CTR	9701 KNOX	847-933-6582	1ST TUES 7:00 PM	SPOUSE SUPPORT	SOCIAL SERVICES	
WILMETTE LIBRARY-FAMILY CARE GIVING	1242 WILMETTE AVE	847-256-5025	LAST MON 7:00 PM	FAMILY SUPPORT	BONNIE FORKOSH	

<u>CAREGIVER RESOURCES CENTERS</u>	ADDRESS	PHONE	PHONE #2	CONTACT	EMAIL
C OOK CTY-LEGAL ASSISTANCE FOUNDATION	111 W. JACKSON	312-341-1078	312-341-1041	COLLEEN CONNOLLY	cconnolly@lafchicago.org
EVANSTON-NORTH SHORE SENIOR CENTER	840 DODGE	847-864-3721	847-864-4601	LAURETTA HART	lhart@nssc.org
NORTHFIELD-NORTH SHORE SENIOR CENTER	161 NORTHFIELD RD.	847-784-6000	847-784-6088	HEATHER RESNICK	hresnick@nssc.org
OAK PARK-CAREGIVER RESOURCE CTR	418 S. OAK PARK AVE	708-383-8060		STEVEN SMITH	ssmith@oakparktownship.org

<u>ADULT DAY SERVICES</u>	ADDRESS	PHONE	PHONE #2	CONTACT	EMAIL
ARLINGTON HTS.-GLENKIRK	2501 W. CHESTNUT	847-272-5111		CORY	
CHICAGO-CJE SENIOR LIFE	3003 W. TOUHY	773-508-1000			
CHICAGO/EVANSTON-CJE SENIOR LIFE	1015 W. HOWARD	847-492-1400			

DES PLAINES-ADVOCATE OLDER ADULT SERV	9375 CHURCH ST.	847-824-5142	EDYTH HIRASAWA
NORTHBROOK-GLEN OAKS NURSING/REHAB	270 SKOKIE BLVD	847-498-9320	
PALATINE-CARING HEARTS ADULT DAY CTR	505 S. QUENTIN	847-991-1112	
SKOKIE-GREAT OPPORTUNITIES ADULT DAY	4555 CHURCH ST.	847-982-3318	
WHEELING-FOREVER YOUNG DAY -RUSSIAN	50 W. MILWAUKEE	847-229-0001	

HEARING LOSS

NORTHFIELD-NORTH SHORE SENIOR CTR	161 NORTHFIELD RD.	847-784-6040X6907	mblumer-reed@nssc.org
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ONLINE CAREGIVER SUPPORT

AARP	www.aarp.org/caregiving
AOA	www.aoa.gov/prof/aoaprof/caregiver/careprof/resources/caregiver_resources.sasp
ALZHEIMERS ILLINOIS	www.alzheimers-illinois.org
ALZHEIMER'S AND CAREGIVING CHATS	www.zarcrom.com/users/yeartorem/chats.html
CAPS	www.caps4caregivers.org
CAREGIVINGHELP.ORG	www.caregivinghelp.org
CAREGIVING ONLINE	www.caregiving.com
ELDERCARE ONLINE	www.ec-online.net
FAMILY CAREGIVER ALLIANCE	www.caregiver.org
FULL CIRCLE	www.fullcirclecare.org
HEALTHY CAREGIVER	www.healthycaregiver.com
HELPGUIDE.ORG	www.helpguide.com
WELLSCOPE FOUNDATION	www.wellspouse.org
MATHER	www.matherlifeways.com
STRENGTH FOR CARING	www.strengthforcaring.com

CAREGIVER RELATED

AARP	www.aarplifeanswers.com
NAT'L ALLIANCE FOR CAREGIVING	www.caregiving.org
NAT'L FAMILY CAREGIVERS ASSOC.	www.thefamilycaregiver FREE MEMBERSHIP
CAREGIVING ONLINE	www.caregiving.com
FAMILY CAREGIVER ALLIANCE	www.caregiver.org
WELLSCOPE FOUNDATION	www.wellspouse.org
ELDERCARE ONLINE	www.ec-online.net
HEALTHY CAREGIVER	www.healthycaregiver.com
AMERICAN GERIATRIC SOCIETY	www.healthinaging.org/eldercareathome
NATIONAL INSTITUTE OF HEALTH	www.eldercarefamilycenter.com
CJE SENIOR LIFE	http://www.caregivinghelp.org

BENEFITS

NATIONAL COUNCIL ON AGING	www.benefitscheckup.org
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CLOTHING

FINALLY IT FITS	www.finallyitfits.com
INDEPENDENT YOU	www.independentyou.com

CARE APPAREL www.careapparel.com

SHOES www.footsmart.com

JEANS/SLACKS FOR WHEELCHAIR www.wheelchairjeans.com

BUCK AND BUCK www.buckandbuck.com

AMERICAN CANCER SOCIETY CATALOG www.tlccatalog.org

HEALTH

AMERICAN GERIATRICS SOCIETY www.americangeriatrics.org

AMERICAN ASSOC. GERIATRIC PSYCHIATRY www.aagppa.org

GERIATRIC MENTAL HEALTH FOUNDATION www.gmhfonline.org

MAYO CLINIC www.mayoclinic.com

NATIONAL INSTITUTE OF HEALTH www.nih.gov

NATIONAL LIBRARY OF MEDICINE www.nlm.nih.gov

MEDICAL DICTIONARIES www.medline.org

GERIATRIC HEALTH INFORMATION www.miahonline.org

PALLIATIVE CARE www.caregiving.org/care.pdf

POSITIVE AGING www.postiveaging.org

DISEASE SPECIFIC

ALZHEIMERS' ASSOCIATION www.alz.org

AMERICAN ASSOC. OF PEOPLE W/DISABILITY www.ascp.com

AMERICAN CANCER SOCIETY www.ca.cancer.org

AMERICAN HEART ASSOC. www.americanheart.org

AMERICAN LUNG ASSOC. www.lungusa.org

AMERICAN PAIN SOCIETY www.ampainsoc.org

ARTHRITIS FOUNDATION www.arthritis.org

EYE DISEASES www.nei.nih.gov

INCONTINENCE www.incontinence.org

LEWY BODY DEMENTIA www.lewybodydementia.org

MENTAL HEALTH www.nmha.org

NATIONAL CANCER INSTITUTE www.cancer.gov

NATIONAL PARKINSON ASSOC www.cancer.gov

NAT'L INST. DEAFNESS AND COMMUNICATE www.nided.nih.gov

NATIONAL MULTIPLE SCLEROSIS SOCIETY www.nmss.org

NATIONAL OSTEOPOROSIS FOUNDATION www.nof.org

NATIONAL SPINAL CORD INJURY ASSOC. www.spinalcord.org

NATIONAL STROKE ASSOC. www.stroke.org

DRIVING RELATED

AAA FOUNDATION www.aaafoundation.org www.seniordrivers.org

AARP DEFENSIVE DRIVING CLASSES www.aarp.org/drive

INFORMATION ON MEDICATIONS

DRUG DIGEST www.drugdigest.com

RX LISTS-SIDE EFFECTS, COSTS www.rxlist.com
MEDICARE PART D www.medicare.gov
NEEDY MEDS www.needymeds.com
BENEFITSCHECKUP www.benefitscheckup.org
PHARMACEUTICAL ASSISTANCE INFO www.rxhope.com
ILLINOIS DEPARTMENT ON AGING www.state.il.us/aging

HOUSING

AMER. ASSOC. HOMES & SERVICES FOR AGED www.aahsa.org
ASSISTED LIVING FEDERATION www.alfa.org
A PLACE FOR MOM www.aplaceformom.com
CONSORTIUM ON ASSISTED LIVING www.ccal.org
IL HOUSING DEVELOPMENT www.ihda.org
NEW LIFESTYLES www.newlifestyles.com
NURSING HOME INFORMATION www.medicare.gov/NHCCCompare
NAT'L CITIZENS COALITION FOR REFORM www.nccnhr.org
ILLINOIS DEPARTMENT OF PUBLIC HEALTH www.idph.state.il.us
SENIOR ALTERNATIVE FOR LIVING www.snioralternatives.com
HOME MODIFICATION INFORMATION www.homemods.org
BOOKLETS www.medicare.gov/booklets

ASSISTIVE DEVICES

FUNCTIONAL SOLUTIONS www.beabletodo.com
IL. ASSISTIVE TECHNOLOGY PROJECT www.iltech.org
ABLEDATA www.abledata.com
ALZHEIMER'S STORE www.thealzheimersstore.com

ILLINOIS DEPARTMENTS

AGING www.state.il.us/aging
INSURANCE www.idfpr.com/ship
PUBLIC AID www.state.il.us/dpa
SECRETARY OF STATE www.sos.state.il.us

FEDERAL

MEDICARE www.medicare.gov
SOCIAL SECURITY www.ssa.gov

LEGAL INFORMATION

AMERICAN BAR ASSOCIATION www.abanet.org/aging
NATIONAL ASSOC. OF ELDER LAW ATTORNEY www.naela.org
NATIONAL SENIOR CITIZENS LAW CENTER www.nslc.org