

General Caregiving Resources

City of Chicago Senior Services Area Agency on Aging

Central Information and Assessment: 312-744-4016

<http://egov.cityofchicago.org/city/webportal/portalEntityHomeAction.do?entityName=Senior+Services&entityNameEnumValue=1>

“One Stop Link” to eldercare service providers and services offered by the Department of Family and Support Services. Programs include Case Management Services, Caregiving Resources, Respite Care, Legal Assistance, Home Delivered Meals, Life Enrichment Programs and more resources for seniors and caregivers. There are five regional senior centers and twelve satellite senior centers located across the city.

Illinois Department on Aging

<http://www.state.il.us/aging/>

You can find here the qualifications for different state-subsidized programs for seniors (like the Community Care Program or Circuit Breaker) and lists of local senior centers, CLESE agencies (Coalition for Limited English Speaking Elderly), etc.

National Academy of Elder Law Attorneys

www.naela.org

You can search for local elder law attorneys here.

National Association of Professional Geriatric Care Managers

www.caremanager.org

You can search for local geriatric care managers here.

Barrington Area Council on Aging, Inc. (BACOA)

847-381-5030

<http://www.bacoa.org>

Provides assistance in coordinating the services an older adult needs, from in-home assessments for homebound seniors to resources and information for caregivers and activities for active seniors.

Council for Jewish Elderly/CJE SeniorLife

773-508-1000

www.cje.net

CJE SeniorLife also provides a special program called the North/Northwest Culture Bus which offers day trips to various sites throughout the great Chicagoland area. It's designed for people with mild memory loss and provides socialization for them along with respite for caregivers. For pre-screening or more information about the program, contact Program Coordinator Bonnie Scherkenbach at 847-382-7959.

Caregiver Support Websites

American Association of Retired Persons

www.aarp.org/family/caregiving

Includes tip sheets, articles, interactive features, support groups, and planning guides.

American Medical Association

www.ama-assn.org

The "Patients" section provides a "Caregiver Self-Assessment" questionnaire designed to help caregivers analyze their own stress and health risks and work with their physicians for care and resources.

Eldercare Locator

www.eldercare.gov

Administration on Aging sponsored national database of state and local organizations that serve older adults.

Family Caregiver Alliance

www.caregiver.org

This site offers a full range of information on caregiving and caring for oneself.

National Family Caregiver Association

www.nfcacares.org

Extensive information and resources to educate, support, and empower caregivers.

Videocaregiving

www.videocaregiving.org

Through the use of short videos depicting real people in real life situations, this site provides insights and ideas for more effective and more relaxed caregiving.

Senior Housing Resources:

Senior Housing Finder (also available through the Alzheimer's Association website)

www.seniorhousingfinder.org

You can search for facilities nation-wide and indicate specific criteria in your search.

Medicare

www.medicare.gov

See the "Compare Nursing Home" or "Compare Home Health Agencies" feature at the bottom of the page, where you can find inspections and ratings.

Illinois Supportive Living Program

www.sfillinois.com

Information regarding SLFs, which provided services similar to assisted living facilities, but do accept Medicaid and provide subsidized services (however, SLFs do not have special care units for people with Alzheimer's and other dementias).

Resources for Alzheimer's Disease and Dementia

Alzheimer's Association Helpline (toll free, available 24/7, nationally)

1.800.272.3900

www.alz.org

www.alz.org/illinois

On the national website, you can find information about the disease as well as their "Know the 10 Signs" for early detection. On the chapter website, you can find support group listings as well as community resources (both links are on the left side of the web page). There are also message boards, listings of education classes, and a wealth of information about Alzheimer's disease/dementia written for individuals with a diagnosis, caregivers, and professionals.

Rush Alzheimer's Disease Center

http://www.rush.edu/Rush_Document/CaregiversManual.pdf

A comprehensive guide for people who care for a loved one with Alzheimer's disease.

National Library of Medicine - Medline Plus

www.nlm.nih.gov/medlineplus/alzheimerscaregivers.html

This site provides links to numerous agencies and organizations with resources on caregiving in the areas of nutrition, coping, finances, research, genetics, legal information and more.

Alzheimer's Disease Education and Referral Center

www.nia.nih.gov/alzheimers

Sponsored by the National Institute on Aging, this site includes a comprehensive collection of information. Notable is their Guide for Caregivers of People with Alzheimer's and their newsletter.

Alzheimer's Store

www.alzstore.org

Provides unique products designed to make care tasks and activities easier and safer.

Mayo Clinic

www.mayoclinic.com/health/alzheimers-caregiver/AZ00038

Provides coping tools addressing daily routines, family issues, long term plans, and self care.

The Hartford

www.thehartford.com/alzheimers

Information on dementia and driving with practical tools for monitoring driving and deciding when to limit or stop driving.

Lynda A. Markut & Anatole Crane

Dementia Caregivers Share Their Stories: A Support Group in a Book

A book written for caregivers and formatted as an actual support group would be. The book's focus is to help those caring for someone with Alzheimer's or other forms of dementia. Its authors are support group leaders, including a former caregiver from the Chicago area and a

former caregiver who also works for the Alzheimer's Association in Wisconsin. Available at Amazon, Barnes & Noble or other booksellers.