



aging care connections

Your Source For Senior Care

**...making a difference in
the lives of older adults
and their families.**

MISSION

*...to enrich the quality of life of older adults
and their families through a range of programs
and services that enhance their well-being
and independence.*

Formerly Southwest Suburban Center on Aging





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“We are the connection to the most comprehensive, expert information, programs and services enabling older adults to remain independent and their families to make the best, most informed decisions regarding needed care in their lives.”

About Us

The programs and social services offered by Aging Care Connections are provided to adults age 60 and older and their family members.

Programs and services are designed to provide options for care to seniors in order to enhance their ability to remain as independent as possible in their own communities. Aging Care

Connections employs professionally-trained staff who can assess the needs of older adults facing a change in health or functional ability on an individual basis. A case manager can offer information, assistance and referral to in-home services designed to address the needs identified. Programs and services can also provide support and assistance to family members caring for older adults. Caregivers can receive valuable information on a wide range of programs, services, support and resources currently available.

Founded in 1971 as Southwest Suburban Center on Aging, Aging Care Connections covers a twenty-two community service area located within Lyons, Riverside and south Proviso Townships. The boundary lines of the agency are: 87th Street on the south, Roosevelt Road on the north, Harlem Avenue on the east and County Line Road on the west. The following communities are included within this area:

Bedford Park

Bridgeview

Broadview

Brookfield

Burr Ridge

Countryside

Hickory Hills

Hinsdale

Hodgkins

Indian Head Park

Justice

La Grange

La Grange Highlands

La Grange Park

Lyons

McCook

North Riverside

Riverside

Summit Argo

Westchester

Western Springs

Willow Springs

If you, or someone you know, is in need of assistance, but resides outside of our service area, please contact Aging Care Connections at 708-354-1323, and we will refer you to the appropriate agency.



Programs and Services

INFORMATION AND ASSISTANCE COORDINATED POINT OF ENTRY

Aging Care Connections provides comprehensive information about local, state and national resources important to older adults and their family members. An Information and Assistance Specialist is available daily to answer questions, make referrals, and discuss options for care. Aging Care Connections can provide a skilled professional able to access services through direct referrals to service providers; linkage to assessment for in-home care and benefits; and information on aging issues, chronic illness and support networks. Aging Care Connections is your local point of entry to a statewide network of care coordination units able to provide help throughout the state with timely, appropriate, and accurate information.

COMPREHENSIVE CARE COORDINATION

Aging specialists with knowledge and experience in the field of aging are available to provide consultation on resources and comprehensive assessment to older adults and their families in a variety of settings. Staff are able to offer consultation in the home, local rehab facilities and the hospital. Assessments are based on the unique needs of each older adult and existing resources. Care managers consider multiple factors such as physical, emotional, and financial needs, as well as strengths and support systems. The result is a plan of care utilizing public and private resources, family support, and the older adult's preferences. Care coordinators assist

with the implementation of the plan by making referrals and linkage to services. Continued coordination of services and ongoing care management are provided to ensure that services are adequate and appropriate to the changing needs of the older adult. Family members play an important role in the process and are encouraged to contact care managers with their questions and concerns.

■ **CHORE HOUSEKEEPING**

This service is available to older adults in need of assistance with light housekeeping, shopping and laundry. Workers are selected and assigned by Aging Care Connections to provide housekeeping for two hours each week or bi-monthly.

■ **TRANSPORTATION**

Senior buses are available on a daily basis to provide one-way or round-trip rides to Aging Care Connections, nutrition site, grocery stores, doctors' appointments, area hospitals, and shopping malls. Transportation is limited to a specific geographic area. If the senior bus is not appropriate for your needs, Aging Care Connections may be able to assist with referrals to other forms of transportation. Specific situations can be reviewed on a case by case basis.

■ **HOME DELIVERED MEALS**

Assessment for the home delivered meal program provided by Community Nutrition Network is available to homebound older adults unable to prepare nutritious meals for themselves.

■ **COMMUNITY CARE PROGRAM**

The Illinois Department on Aging's subsidized in-home care program provides a variety of services for older adults who need assistance with activities of daily living on a regular basis.

Eligibility for this program is based on the need for care and financial criteria. A Care Coordinator is able to provide an in-home assessment to determine eligibility for this program. Services provided by the Community Care Program include: homemaker services, adult day care, and emergency home response systems.

■ **RESPIRE**

Respite is one of many services offered to support caregivers of older adults. Trained respite workers can supervise and assist a loved one with bathing, grooming, dressing and meal preparation, giving the caregiver the opportunity to take a break, run an errand or engage in a social activity.

■ **ELDER ABUSE**

Our agency has been designated as an Elder Abuse Provider Agency by the Illinois Department on Aging and AgeOptions (the Area Agency on Aging of suburban Cook County) to investigate reports of suspected physical and emotional abuse, neglect, or financial exploitation. Comprehensive casework services and support are available to victims of abuse as they seek alternatives in these difficult situations. Anyone can report a case of elder abuse in good faith and be immune from liability. All information is kept completely confidential.

■ **BENEFITS ASSISTANCE**

Aging Care Connections provides trained staff and volunteers to assist and educate seniors about benefits and services to which they may be entitled. Benefits include pharmaceutical assistance programs, public assistance eligibility and Medicare claims. Staff is also available to discuss Medicare D Plan options and to further assist with enrollment.

■ SUPPORT GROUPS

Aging Care Connections, in partnership with local community organizations, offers the following support groups: an Alzheimer's Caregivers Support Group, a Reminiscing Support Group, a Caregivers Support Group, a Grandparents Raising Grandchildren Support Group, a Caregivers with Adult Family Members Who Have a Mental Illness, and a Men's Support Group. For further information please contact the Information and Assistance Office at (708) 354-1323, extension 15 or via e-mail at info@agingcareconnections.org, or visit our web site at www.agingcareconnections.org.

■ CAREGIVER SUPPORT PROGRAM

The Caregiver Support Program includes many levels of assistance to those caring for an older adult. On a daily basis, Aging Care Connections' staff is available to answer questions, provide information on resources currently available and make appropriate referrals by phone. In addition, one-on-one visits from our case management staff can provide comprehensive in-home assessment, problem solving and service referrals. We offer a respite program enabling caregivers to take a break. Through our support groups, advice and emotional support is shared among caregivers. Finally, we offer a Caregiver Resource Center containing books, films and resource material. These services offer support for those in the caregiver role.

Aging Resource Center Program

The Aging Resource Center (ARC) Program offers older adults and their families the opportunity to explore and secure community resources and services prior to discharge from Adventist La Grange Memorial Hospital and local



skilled care facilities. On-site assessment for services, connection to information about community resources, and follow-up in the

community are provided through the ARC Program to ensure a smooth transition back home.

The Aging Resource Center Hospital Program: The Aging Resource Center office is located on the first floor of the Patient Care Center at Adventist La Grange Memorial Hospital. An Aging Resource Specialist completes on-site assessment for services and provides information to patients in their hospital room, in family waiting rooms, or in the Aging Resource Center office. Patients and families are also encouraged to visit the ARC office during walk-in hours for community resources, health information, and educational materials. The ARC office is open Monday – Friday 10 a.m. – 3 p.m. Other times are available by appointment.

The Aging Resource Center Short-Term Rehab Program: Not all patients go directly home from the hospital. Some require short-term rehab as a stepping stone in their transition back into the community. An Aging Resource Specialist is available to meet with patients and families **by appointment only** on-site at local skilled care facilities prior to discharge. The Aging Resource Specialist can provide on-site assessment for services and information about resources to help plan the return home.

For more information about the Aging Resource Center Program, please call (708) 245-8083 or e-mail arc@agingcareconnections.org.

Community Partnerships

HEALTH CLINIC

Aging Care Connections Senior Health Center is an outpatient clinic of the Department of Geriatrics of Adventist La Grange Memorial Hospital. In collaboration with Aging Care Connections, the Senior Health Center is staffed by a physician specializing in the medical care of adults age 60 and over. The Senior Health Center physician works closely with the Aging Care Connections professional staff to assure that all the needs of patients are met. Additional services provided include health education, medication counseling and individual consultation on health-related topics. Physicians accept Medicare assignment and several insurance providers. To make an appointment, please call 708-579-4073.



MENTAL HEALTH PROGRAM

Aging Care Connections and Pillars have combined resources to offer support services to older adults experiencing emotional difficulties or adjustments to changes in their lives. This service is available to homebound individuals, at Aging Care Connections, or at Pillars. For more information, please call 708-354-1323.

Educational Opportunities

Aging Care Connections provides a variety of educational programming for those navigating the changes in life associated with aging. These programs address the complex and multi-dimensional issues related to aging. Included are health and wellness programs, seminars related to managing the needs of seniors facing changes in their lives, and professional development opportunities.

Educational programs are offered regularly to families, caregivers, the community and professionals who wish to increase their understanding of aging issues. Growing older is inevitable, but getting the best care is optional. At Aging Care Connections, we connect you to the most comprehensive, expert information, resources and programs to enhance the well-being and independence of older adults.

Other Services

This is only a sampling of the core programs and services available through Aging Care Connections. Numerous other programs and services can be explored to provide the most comprehensive care and choice in long-term care options. Please feel free to contact Aging Care Connections if you are interested in a service that

is not listed. **We are here to help you find solutions. Aging Care Connections is your source for senior care.**



Making a Difference

VOLUNTEER OPPORTUNITIES

Volunteers are the lifeblood of Aging Care Connections. Only with a dedicated group of volunteers can we offer a range of programs and services every month to the more than 8,000 individuals and families we serve each year. Volunteering is a source of great satisfaction for those who participate. If you would like to volunteer or would like more information on these activities, please call Aging Care Connections.

FUNDING

Funding for Aging Care Connections is provided in part by federal and state government agencies, AgeOptions (the Area Agency on Aging of suburban Cook County), local municipalities, townships, West Suburban United Way and South-Southwest Suburban United Way.

Because of recent cuts in funding on all levels, the raising of funds is critical. Our organization must raise 50% of the budget in order to continue to offer excellent programs to assist older adults. Aging Care Connections also depends on contributions from foundations, civic and religious organizations, individuals, corporations and fundraising events. We invite you to support Aging Care Connections' services and programs by making a donation. Please contact the Development Office for information on making a donation. All donations are tax-deductible in accordance with IRS guidelines.

Thank you!



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**How to contact
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For information on programs or services
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708-354-1323

or

e-mail: info@agingcareconnections.org

Or please refer to the web site at:

www.agingcareconnections.org

**111 West Harris Avenue
LaGrange, Illinois 60525**

Hours:

**Monday through Friday,
8:30 am to 4:30 pm**

**(Flexible hours by appointment
when necessary)**

