



aging care connections

Because Aging Well Matters

111 W. Harris Avenue

La Grange, IL 60525

Phone: 708-354-1323 | Fax: 708-354-0282

www.agingcareconnections.org

Monday - Friday | 8:30 a.m. - 4:30 p.m.



Adult Protective Services

24-hour hotline: 1-866-800-1409



www.facebook.com/agingcareconnections



<https://twitter.com/agingcareconns>



**We need passionate
volunteers like you!
To volunteer with
Aging Care Connections,
please call 708-354-1323.**

Aging Care Connections employees maintain the principles of confidentiality in keeping with ethical values in the provision of social services. Information concerning or obtained from an older person, family member or contact is not disclosed in any form without permission



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Programs and Services





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Because Aging Well Matters

Aging Care Connections' mission is to enrich the quality of life in our community by providing older adults and their families with guidance and support that enhances the ability to age well.

Aging comes with wisdom, understanding and new opportunities. As individuals age, priorities change and so do lifestyles. Aging is a normal part of life and when the entire community supports each other, everyone has the opportunity to have the best experience in their later years.

Aging Care Connections is a leader in providing client-centered care that focuses on improving the quality of life for the older adults we serve. Our services are delivered in a caring and compassionate manner by a team of highly skilled, objective and unbiased experts in the field of aging. We have the most comprehensive information on programs and services in the community that help older adults find solutions to their emotional, physical, mental, financial and healthy living needs.

Aging Care Connections assists individuals from various backgrounds and works diligently to provide the additional support they need, including access to translators, so they can effectively benefit from our services.



Some of our programs and services include:

- Adult Protective Services
- Aging Well Neighborhood
- Benefits Assistance
- Caregiver Support
- Comprehensive Care Coordination
- Congregate Meals
- Grandparents Raising Grandchildren
- Home Delivered Meals
- Information & Assistance
- In-home Assistance
- Support Groups
- Transitional Care
- Transportation Assistance

Adult Protective Services

Abuse of older adults and adults with disabilities is the least recognized form of violence. Our Adult Protective Services program helps vulnerable older adults and adults with disabilities experiencing abuse, neglect or exploitation. Our highly experienced staff investigates reports and works to prevent future abuse.

Adult Protective Services staff investigates the following types of abuse: confinement, emotional abuse, financial exploitation, physical abuse, sexual abuse and willful deprivation.

What if the individual has a cognitive impairment?

Our staff is highly trained in working with impaired individuals and the challenges that may be faced if the suspected abuser is also the individual's guardian or power of attorney.



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If needed, our staff can petition the court for guardianship or power of attorney to ensure the client's needs are met.

How to report suspected abuse?

All reports are anonymous, confidential and can be made Monday-Friday 8:30 a.m. to 4:30 p.m. by calling Aging Care Connections at 708-354-1323. Reports can also be made 24-hours a day, seven days a week by calling: 1-866-800-1409.

What happens after the report?

After the report, an Adult Protective Services staff member assesses the situation and discusses it with the individual in need of services. Next steps are made based on the individual's wishes and goals. The steps might include: obtaining the individual's consent to receive assistance, providing services as needed to keep them safe, and assisting the individual with staying in their own home or finding other living accommodations.

Insert is funded by

Rotary
Club of LaGrange, IL



Aging Well in the Community

The **Aging Well Neighborhood Program** brings together older adults, businesses, healthcare and social services, and health education to create a “Health Neighborhood” that supports life-long wellness, prevention and an age-friendly community in Greater Lyons Township.

Programming includes: evidence-based health workshops, expert speakers, preventative screenings, support groups and healthy choices information. The Business Partner Program works with local businesses to support the rapidly growing older adult population—ensuring they are adapting and welcoming of this group. Composed of older adults, Aging Well Teams work to provide educational and social activities in the Lyons, Riverside, and South Proviso Townships. We also provide individual support for at-risk older adults.



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Ongoing Aging Well Programs

- Healthy Options and Choices Information
- Preventive Screenings
- Expert Speakers
- Evidence-Based Health Workshops: Take Charge of Your Health and Take Charge of Your Diabetes
- Physical Activities: Walk for Health, Walk with Ease and Matter of Balance
- Support Groups: Family Caregiver Support and Friday Morning Regulars Men's Group

Who to contact for more information?

Contact Alyson Scanlon at 708-603-2259 or AWN@agingcareconnections.org for more information or to register for Aging Well Neighborhood programs and activities.



Care Coordination

Care Coordination is a specialized program that provides access to vital services for the health and stability of older adults who live independently in the Leyden, Lyons, Norwood Park, Riverside or South Proviso Townships. Our Care Coordinators partner with older adults and their families to evaluate and develop personalized care plans that meet each older adult's goals, health and social needs. The assessment is standardized across Illinois and provides an in-depth look at the needs of the individual.

Who can use Care Coordination?

Care Coordination is designed for older adults with multiple needs. They generally have difficulties performing daily tasks, such as: preparing meals, bathing, performing light housekeeping, grocery shopping or driving to doctor's appointments. These difficulties can be



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related to various issues, such as illness, financial, cognitive, disability or a lack of family support.

What happens after the assessment is complete?

Care Coordinators follow-up with the older adult receiving services by phone or at their home to ensure all their needs are being met. If new concerns or needs are identified, the Coordinators work with them to arrange additional services.

Who to contact for more information?

Care Coordinators are highly knowledgeable on programs and assistance available for older adults in the community. Coordinators discuss the various possible options and connect older adults and their families to the resources they prefer. To speak to a Care Coordinator, please call 708-354-1323.

The following are examples of services we provide: Adult Day Services, Benefit Access Program, Chore Housekeeping, Emergency Home Response Button, Home Delivered Meals, In Home Nonmedical Care and Transportation.

We are also able to connect individuals to federal, state, community and private pay services, such as: durable medical equipment, energy or assistance, mental health, and nursing home facilities.

Caregiver Support

Being the primary caregiver for a loved one is a special role that creates a deep bond, but the additional responsibilities can increase stress. Aging Care Connections' Caregiver Specialists are trained to help caregivers deal with being a primary caretaker and for caring for themselves. Specialists offer one-on-one support at home or via phone. We listen, we discuss, we guide and we solve problems together. Although we are unable to find solutions for every challenge, we can help



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make the day-to-day easier so caregivers can focus on the joys of their role.

Various support groups are offered to meet specific caregiver needs, such as: caregivers of older adults, individuals with Alzheimer's disease or dementia, and grandparents who are raising grandchildren. Occasional respite care is also available in various forms to offer a temporary break from caregiving.

What to expect from a support group?

The groups meet to share issues, concerns and questions while participating in educational sessions. This allows participants to provide emotional support for other people in the community experiencing the same challenges. Groups are facilitated by a Caregiver Specialist who can also connect participants with community resources to help alleviate some of the stress associated with the role of a caregiver.

How do individuals sign up?

Please call 708-354-1323 and ask to speak to a Caregiver Specialist or email info@agingcareconnections.org.

Healthy Eating

A healthy diet and lifestyle are important elements in the prevention of age-related diseases. To assist in the process, Aging Care Connections connects older adults to nutrition programs and services that provide hot, balanced meals.



Congregate Meals

The Congregate Meals Program provides older adults, their partners and caregivers with freshly prepared weekday lunches at Salerno's Pizzeria & Sports Bar. It also provides them



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with opportunities to socialize, participate in activities, educational events and learn about services that can improve their quality of life.

Home Delivered Meals

Our staff connects older adults with mobility limitations and potential dietary concerns to Home Delivered Meals. Once enrolled, individuals receive hot meals throughout the week that meet strict dietary needs, which may include: diabetic, diverticulitis and mechanical soft diets.

Who is eligible for meals?

Older adults aged 60 and over are eligible for the meals programs. There are no additional requirements for the Congregate Meals Program. To be considered for home delivered meals, the older adult must be home-bound and work with a Care Coordinator to complete an assessment. Aging Care Connections can also connect individuals to private pay meals or Farmers Market Coupons.

How does an individual get started?

For more information on the Congregate Meals Program, Home Delivered Meals, Farmers Market Coupons or private pay meals, please call 708-354-1323 and ask for an Information & Assistance Specialist.

Information & Assistance

As part of the Aging and Disability Resource Network, Aging Care Connections provides Information & Assistance, Benefits Assistance and Options Counseling Programs to adults age 60 and older, disabled individuals age 18 to 59, and their families. Each day our Specialists answer aging-related questions and connect individuals to local, state, federal and private pay resources.



Our Specialists link older adults and their families to programs and services available in the area that meet their individual needs. They



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also determine which requirements need to be met to qualify for assistance.

Some of the benefits that we assist with include:

- ComEd Residential Special Hardship
- Energy Assistance
- Furnace & Weatherization
- Medicaid/Medicare
- Property Tax Savings Exemptions
- Supplemental Nutrition Assistance Program
- Transportation Assistance

How do individuals contact a Specialist?

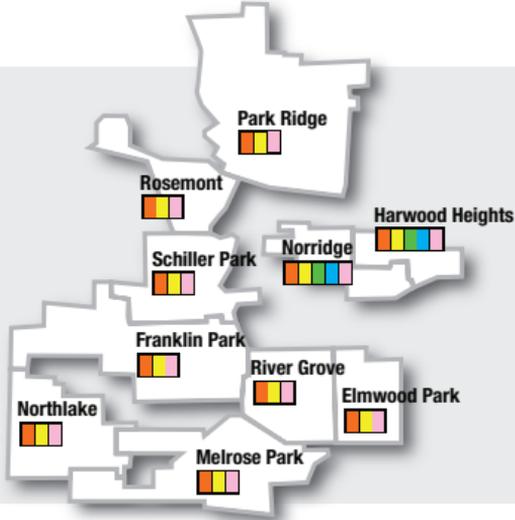
For more information or to schedule an in-person appointment with an Information & Assistance Specialist, please call 708-354-1323 between Monday - Friday from 8:30 a.m. – 4:30 p.m. or email, info@agingcareconnections.org.

What if the individual lives out of Aging Care Connections' service area?

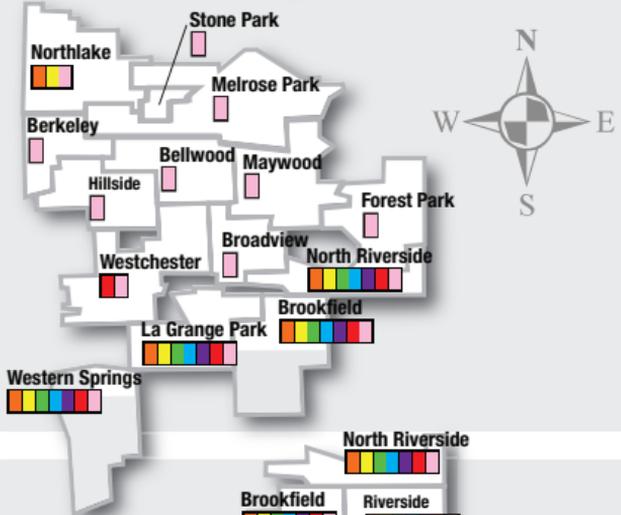
Individuals can call our specialists with any aging-related questions—even if they do not reside within the 38 communities that we serve. If our specialists are not able to help an individual directly, we can refer them to an organization in their area that may be able to assist them.

Service Area

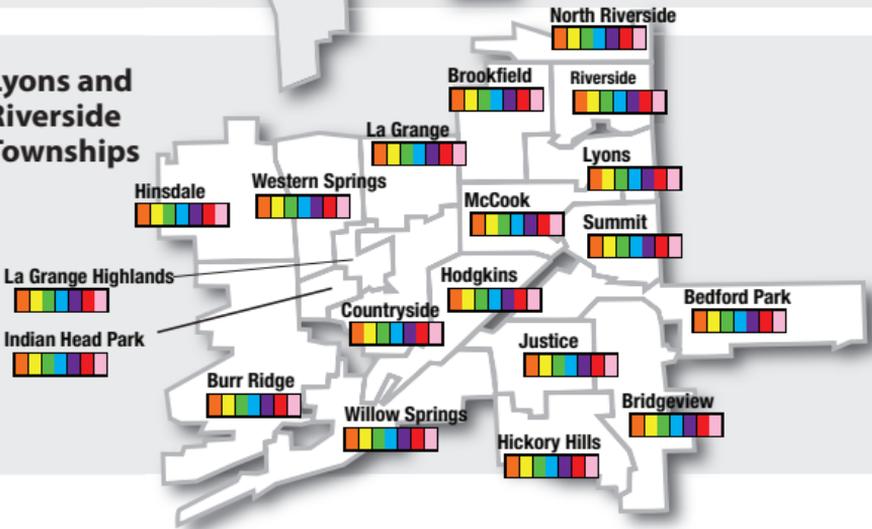
Norwood Park and Leyden Townships



Proviso Township



Lyons and Riverside Townships



- Adult Protective Services
- Care Coordination
- Aging and Disability Resource Network
- Benefits Assistance and Options Counseling
- Chore Housekeeping, Transportation, Congregate and Home Delivered Meals
- Transitional Care Services
- Caregiver Support Services

Communities Served

- Bedford Park
- Bellwood
- Berkeley
- Bridgeview
- Broadview
- Brookfield
- Burr Ridge
- Countryside
- Elmwood Park
- Forest Park
- Franklin Park
- Harwood Heights
- Hickory Hills
- Hillside
- Hinsdale
- Hodgkins
- Indian Head Park
- Justice
- La Grange
- La Grange Highlands
- La Grange Park
- Lyons
- Maywood
- McCook
- Melrose Park
- Norridge
- Northlake
- North Riverside
- Park Ridge
- Riverside
- River Grove
- Rosemont
- Schiller Park
- Stone Park
- Summit
- Westchester
- Western Springs
- Willow Springs



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