

**WHO can receive respite services?**

Informal unpaid caregivers, living with or without, and caring for individuals aged 60 and above.

**WHAT is respite care?**

A temporary break from your caregiving responsibilities.

**WHEN can I use services?**

Any day or time of the week.

**WHERE can respite take place?**

You can use respite for in-home care, adult day care or short nursing home stays.

**WHY is respite provided?**

This service is provided to relieve caregivers temporarily from the stress and responsibilities of caregiving.

**HOW much respite care is available?**

Families can receive free respite care annually based on funding and needs, with donations requested but not required.

**Eligibility: Informal/unpaid caregiver and or/care recipient must be a resident of Lyons, Riverside, Proviso, Leyden, or Norwood Park Townships.**

Funded in part by:

**Anti-Discrimination Statement**

Aging Care Connections does not discriminate in admission to programs or treatment of employment in compliance with appropriate state and federal statutes. If you feel you have been discriminated against, call 708-354-1323.

**Diversity Statement**

Aging Care Connections is committed to building a diverse, equitable, inclusive, accessible, and supportive work environment that fosters a sense of belonging. We believe that individuals with a variety of lived experiences, backgrounds, and strengths who share a passion for helping older adults and those that support them, are essential to successfully serving our diverse communities.

**Aging Care Connections**

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