



# Your Guide to Aging Services

AgeGuide is one of over 600 such agencies throughout the United States created by Congress to implement the Older Americans Act and coordinate a wide variety of services to support persons age 60 and older, family caregivers and non-parent relatives raising children. AgeGuide awards funds to local organizations in each county within our designated area to provide these important services.

We are dedicated to connecting a vast network of providers to those who need them!

For additional information on getting connected: [www.ageguide.org](http://www.ageguide.org) – (800) 528-2000



## DuPage County Partner Agencies

### AgeGuide

(630) 239-5990

[www.ageguide.org](http://www.ageguide.org)

- **Health Promotion & Disease Prevention Education and Services** – Workshops that assist participants with managing one's health and preventing and managing chronic illness. Contact the provider for information on current workshops available.

### DuPage County Department of Community Services

(630) 407-6500

[www.dupageco.org/seniorsvcs](http://www.dupageco.org/seniorsvcs)

- **Information & Assistance** - Assistance with navigating and accessing a variety of resources, services and benefit programs
- **Options Counseling** - Empowers individuals to make informed decisions about long term services and supports by providing objective information, advice, and counseling. Available to adults of all ages, as well as concerned others, making long term support decisions regardless of income or financial assets.
- **Flexible Community Services** – Assistance paying for medications, unforeseen bills, supplies and items not covered by insurance
- **Residential Repair and Modification** – Assistance with home maintenance and/or making changes in the home to make it safer and accessible
- **Senior Health Insurance Program (SHIP)** - Free, objective, confidential information and assistance about Medicare and related benefits
- **Transportation** - Linkage to transportation options in the community
- **Caregiver Resource Center** - Information, resources and support for those who providing unpaid care to adults age 60+ and those with Alzheimer's disease or a related disorder; for grandparents and non-parent relatives age 55+ who are raising children under the age of 18; and older relatives, including parents, age 55+ providing care to adults ages 18-59 with disabilities

- **Long-Term Care Ombudsman Program** – Protects and improves quality of life for residents of long-term care facilities
- **Adult Protective Services** – Aids in the investigation and intervention for reports of abuse, neglect and financial exploitation of persons age 60+ and adults with disabilities aged 18-59 who live in the community

### AIM-Center for Independent Living

(630) 469-2300 \* TTY (630) 960-9687 [www.aim-cil.org](http://www.aim-cil.org)

- **Options Counseling for Adults with Disabilities** - Empowers individuals to make informed decisions about long term services and supports by providing objective information, advice, and counseling. Available to adults of all ages, as well as concerned others, making long term support decisions regardless of income or financial assets.

*\*Centers for Independent Living support persons with disabilities of all ages through: Advocacy, Independent Living Skills Training, Information and Referral, Peer Mentoring – to learn more, visit <https://www.incil.org/>*

### DuPage Senior Citizens Council

(630) 620-0804 [www.dupageseniorcouncil.org](http://www.dupageseniorcouncil.org)

- **Community Dining** - Community settings where older adults can enjoy a healthy meal, socialize with others and have access to other supportive services
- **Home Delivered Meals** - Healthy meals and well-being checks to homebound older adults
- **Friendly Visiting** – Regular visits by volunteers that are focused on developing a friendship and engaging in enjoyable and purposeful activities together

### Metropolitan Family Services

(630) 784-4800 [www.metrofamily.org](http://www.metrofamily.org)

- **Healthy IDEAS** – Provides screening and referral to ensure older adults get the help they need to manage symptoms of depression and live full lives
- **Counseling** - Individual and group counseling for older adults to support behavioral health and well-being
- **Caregiver Support Groups and Counseling** - Resources to improve and protect the well-being of family and non-parent relative caregivers, including: individual counseling, training and education, and support groups
- **Training Programs for Caregivers** – Classes to teach family and non-parent relative caregivers how to meet their loved ones needs

### Prairie State Legal Services

(630) 690-2130 \* (877) 965-7757 (*Older Adult Help Line*) [www.pslegal.org](http://www.pslegal.org)

- **Legal services** – No charge for older adults on those issues impacting health, adequate housing (including Long Term Care), safety and access to government benefits and other legal needs to meet their basic necessities