



## **IIIB Counseling Service Description**

### **Program Description**

Counseling services for individuals 60 and older in the counties of DuPage, Grundy, Kane, and Lake.

To continue the goal of fostering a counseling service system in Illinois, agencies will be funded to provide personal counsel to help individuals and families cope with personal problems and/or develop and strengthen capacities for more adequate social and personal adjustments.

### **Service Activities**

- A. Direct interaction between a trained counselor and an individual, family or group providing purposeful therapeutic assistance in coping with personal problems and improving social functioning.
- B. The therapeutic nature of the relationship between client(s) and counselor is to be particularly stressed and should be adapted to meet the individual needs of the client(s). Work may be short or long term, including brief crisis assistance.
- C. Case finding is encouraged as it relates to locating and attracting to the program those in need of the program's particular type of therapeutic assistance.
- D. Community education is acceptable especially as it relates to programs dealing with making the elderly population more aware of counseling services and the population's mental health needs. Prevention programs are especially desirable.
- E. Services may include, but are not limited to:
  - a) dealing with anxiety or depression
  - b) guardianship issues
  - c) coping/corrective issues centered around elder abuse
  - d) issues of life/role transitions
  - e) interpersonal relationships
  - f) emotional or mental problems stemming from improper medication use.



## IIIB Counseling Service Description

### FY22 Service Projections

#### IIIB Counseling

If a current grantee is awarded the grant they are required to serve, at minimum, the number of persons and units as projected by AgeGuide for FY22 below:

<u>County Projection</u>	<u>Persons</u>	<u>Units</u>
DuPage	260	2539
Grundy	50	505
Kane	120	1775
Lake	350	2700