

Are you caring for a spouse, parent, relative, or friend? We are here to help!

Caregiver Services Programs include FREE services such as:

- ★ **Education & Training:** Learn new skills to care for you and loved ones
- ★ **Gap-Filling Funds:** Help buying essential items like clothing, furniture, grab bars, eyeglasses, technology, and hearing aids
- ★ **One-on-One Counseling:** Help with decisions, self-care, and support
- ★ **Support Groups:** Share your stories, successes, and challenges caring for your loved ones with fellow caregivers

Respite gives you a FREE short-term break Options include:

- ★ **In-Home:** Help with activities at home like bathing or cooking
- ★ **Facility-Based:** Short-term stay at a nursing home

Programs are for individuals of any age who are caring for:
A Chicago resident age 60+ OR under age 60 with
Alzheimer's disease or Related Dementias

Contact the DFSS Senior Services Division Information and Assistance Unit

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