



**Illinois Coalition on Mental Health and Aging  
Family/Informal Caregiver Resource Guide  
*November 2022***

What follows is a list of resources for family and informal caregivers, as well as the professionals who work with them. While not exhaustive, we hope you will find this helpful in navigating the many programs and resources that have been created for caregivers/care partners.

**Programs Featured in 11/04/2022 Webinar:**

**Caring for Caregivers – Rush University Medical Center**

Evidence-based assessment and customized intervention plan featuring education to assist with comfort in providing care safely, and brief psychotherapeutic intervention to determine what matters to each caregiver and care recipient and to build a plan that enables both to achieve their goals.

Contact: Caring for Caregivers: 312-563-0350

Rush Social Work and Community Health Helpline: 800-757-0202

[www.rush.edu/healthandaging](http://www.rush.edu/healthandaging)

**Stress-Busting Program for Family Caregivers**

**Stress-Busting Program for Family Caregivers**

The Stress-Busting Program (SBP) for Family Caregivers™ is an evidence-based program that provides support to family caregivers of persons with dementia or a chronic illness. It is proven to improve the quality of life of family caregivers by helping them learn about stress and its effects; practice stress management techniques and develop problem solving skills

Contact: Jennifer Kretzschmar 210.301.8826 [jkretzschmar@wellmed.net](mailto:jkretzschmar@wellmed.net)

<https://www.wellmedcharitablefoundation.org/caregiver-support/caregiver-stress-busters/>

**TCARE**

TCARE is an evidence-based caregiver assessment. Many government agencies and healthcare companies that have partnered with TCARE to improve the healthcare of informal caregivers. The site has some research information and downloadable articles that talk about the theory behind this caregiver assessment and planning software.

Contact: Linda Miller, TCARE Vice President of Government Programs, 918-991-8518

<https://www.tcare.ai/>

## **Other Programs and Resources to Support Caregivers**

### **AARP Family Caregiving website**

Many articles and resources pertaining to caregiving.

<https://www.aarp.org/caregiving/>

### **AARP Family Caregiving Guides**

Free publications that offer general overviews of preparing to be a caregiver. Available in multiple languages and for special populations, including the LGBTQ+ community.

<https://www.aarp.org/caregiving/prepare-to-care-planning-guide/>

### **Alzheimer's Association**

Resources for individuals affected by Alzheimer's and other dementias, research and treatment news, information for professionals and more. A 24/7 helpline is available for education, referrals, and caregiver support.

<https://www.alz.org/illinois>

800-272-3900

### **Alzheimer's Association's Caregiver Action Plan**

Create a personalized action plan for dementia caregiving and get access to information, support, and local resources.

<https://www.alzheimersnavigator.org>

**Downstate resources for Grandparents raising Grandchildren:** Support groups and resources available through the Egyptian Area Agency on Aging, Carterville, Illinois, 618-985-8311.

### **Caregiver Action Network**

National non-profit offering free educational materials, resources, and peer support videos for caregivers. This organization chooses how to celebrate National Family Caregivers (NFC) Month annually (typically in November) and spearheads the celebration of NFC Month nationally.

<https://www.caregiveraction.org/>

### **Caregiver Literacy Series**

This online series provides webinars on caregiving topics, podcasts and therapeutic workbooks. The Series is offered monthly and requires pre-registration. For more information, please contact the Alzheimer's Association (1-800-272-3900) or Becky Doiron, Southern Illinois Alzheimer's Association: (1-618-751-2004).

### **Catch-On (via Rush University Medical Center)**

Offers educational modules and information for older adults, families, and professionals.

<http://www.catch-on.org/>

### **Dementia Friendly Initiatives and Illinois Cognitive Resources Network (ICRN)**

Illinois was recognized as a Dementia Friendly state in 2017, as part of Dementia Friendly America. Currently, 25 communities in Illinois are designated as Dementia Friendly with many more in the process. The Illinois Cognitive Resources Network supports Dementia Friendly Illinois and has collected resources to help the efforts of communities in Illinois to become part of the Dementia Friendly America movement.

<https://ilbrainhealth.org/dementia-friendly/dementia-friendly-illinois/>

### **Dementia Friends Meetings & Dementia Friendly Champion Training**

Developed by the Alzheimer's Society in the United Kingdom, the Dementia Friends Initiative helps everyone in a community understand what dementia is and how it affects people to raise awareness. The Illinois Cognitive Resource Network sponsors dementia friends meetings and dementia friendly champion training.

<https://ilbrainhealth.org/dementia-friendly/>

### **Family Caregiver Alliance**

Website with many helpful fact sheets and resources for family caregivers. Many resources are available in multiple languages and for special populations. Also offers policy/advocacy/research findings related to family caregiving in the United States.

<https://www.caregiver.org/>

### **Illinois Adult Protective Services**

To report suspected abuse, exploitation or neglect of an older person, call the statewide, 24-hour Adult Protective Services Hotline at 866-800-1409. For deaf and speech-impaired communication over the telephone, dial Illinois Relay at 711.

<https://ilaging.illinois.gov/protectionadvocacy/abuse.html>

### **Illinois Department on Aging and Illinois Aging Services**

The gateway to Illinois-specific programs, services, and assistance for older adults and family caregivers.

<https://ilaging.illinois.gov/> or 800-252-8966

<http://illinoisagingservices.org/>

### **Illinois Family Caregiver Coalition**

The Illinois Family Caregiver Coalition is an inclusive, statewide, nonpartisan coalition supporting and advocating for unpaid, informal caregivers. At press time, the website appeared to be down. Contact: Amy Brennan, Executive Director; Family Caregiver Coalition, 773-727-9340; amy.brennan@ageoptions.org

<http://ifccwebsite.org/>

### **Illinois Family Caregiver Support Program**

Website of the Illinois Department of Aging Caregiver Support Program. Includes State of Illinois programs for caregivers and links to national caregiving organizations. Respite, meals on wheels, advance directives, housing, in-home care, legal assistance and more.

[https://www2.illinois.gov/aging/xxprograms/caregiver/Pages/caregiver\\_links.aspx](https://www2.illinois.gov/aging/xxprograms/caregiver/Pages/caregiver_links.aspx)

### **Illinois Pathways to Health**

Various classes/workshops for health and caregiver support.

<https://www.ilpathwaystohealth.org/Programs>

### **Illinois Respite Coalition**

Offers respite services to informal caregivers of people with disabilities. Online application for services. In addition to offering access to statewide respite, the site has offers practical tips for informal caregivers and links to many of the major caregiver resource organizations including, Illinois Department on Aging and DCFS.

<http://www.illinoisrespitecoalition.org/>

773-205-3627

### **Memory Cafes**

Memory Cafes are stigma-free social settings where people living with dementia and their care partners can meet others and enjoy time together.

<https://www.memorycafedirectory.com/memory-cafes-in-illinois/>

### **Parkinson's Foundation**

Resources for individuals affected by Parkinson's disease, research and treatment news, information for professionals and more. An English and Spanish helpline is available for education, referrals and caregiver support, weekdays from 8:00 am to 6:00 pm Central time.

<https://www.parkinson.org/>

Contact: 800-473-4636

### **Powerful Tools for Caregivers**

Offered since 1998, the evidence-based PTC curriculum includes six class sessions for informal and family caregivers. The curriculum meets the Administration on Aging/Administration for Community Living's highest-level criteria of evidence-based disease prevention and health promotion programs. Website provides additional information for class leaders and caregivers as well as assistance identifying local training opportunities.

<https://www.powerfultoolsforcaregivers.org/>

### **The Rosalynn Carter Institute for Caregivers (RCI)**

RCI was established in 1987, rooted in former First Lady Rosalynn Carter's belief that there are only four types of people in the world: those who have been caregivers, who are caregivers, who will be caregivers, and who will need caregivers. In 2020, RCI expanded nationally to fulfill its promise to champion the family caregiver by building cross-sector partnerships, promoting evidence-based programs, and advocating for public policy.

<https://www.rosalynncarter.org/>

### **Savvy Caregiver**

Savvy Caregiver Program was designed to help caregivers of loved ones with dementia who are not living in a residential setting better understand the disease, and learn ways to manage day-to-day care with confidence while teaching the caregiver self-care techniques.

Contact: Shawnee Alliance Services 618-985-8322.

### **Space and Grace: Care for Caregivers**

Six-week support program for caregivers 50+ who are caring for older adults. 6 session/ 90 minutes per week. Group support – virtual. \$250 stipend (upon completion).

Chromebook/Small laptop provided.

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

Contact: Melissa Kahn

773-907-9788 or Jeanne McInerney 708-955-9298.

### **Support Groups for Caregivers**

City of Chicago Caregiver Support Groups, 312-744-4016

Alzheimer's Association Support Groups, 800-272-3900

Children of Aging Parents, 800-227-7294

CJE SeniorLife Caregiver Support Groups (Chicago), 773-508-1000

Well Spouse Foundation, 800-838-0879

Support Groups at Rush University Medical Center (Chicago), 800-757-0202

Senior Services of Oak Park and River Forest Support Group, 708-383-8060

Gilda's Club Chicago Caregiver Support Groups, 312-464-9900

Illinois Pathways to Health, 800-699-9043

### **In-Home Assistance**

#### **Illinois Community Care Program (CCP)**

Provides homemaker service (assistance with household tasks), Adult day services, and Emergency Response System ("Life Alert"), Medication dispenser and more. Eligibility: must be an Illinois resident and U.S. citizen who is age 60 or more and be in need of assistance with daily and household tasks. Asset limits apply (\$17,500 for individual; \$35,000 for couple).

Contact: Chicago Department on Aging, 312-744-4016

### **Illinois Home Services Program (HSP)**

Provides homemaker service (assistance with household tasks), Adult day services, and Emergency Response System (“Life Alert”) and more. Eligibility: must be an Illinois resident and U.S. citizen who is under age 60 and be in need of assistance with daily and household tasks. Asset limits apply. Contact: Department of Human Services, 800-843-6154.

### **Personal Assistance/Homemaker Program**

Allows qualified individuals with disabilities who live in the city of Chicago to receive in-home services. Services are limited to four (4) hours per week. For individuals who are waiting for or do not qualify for other in-home assistance, contact the Mayor’s Office for People with Disabilities (MOPD), 312-744-7050.

### **US Department of Veterans Affairs Caregiver Support Program**

Family caregivers of eligible Veterans of all eras can apply for various supports and services through the VA. These services may be of benefit to both the veteran in need of assistance as well as the family caregiver.

<https://www.caregiver.va.gov/>

### **Cultural & Language Responsive Supports**

#### **Casa Central**

- Language: Spanish, English
- Comprehensive – all ages, childcare, housing, employment, old adult programs
- 1343 N California Ave Chicago, IL 60622
- 773-645-2300
- <https://www.casacentral.org/our-programs/seniors/>

#### **Chinese American Service League (CASL)**

- Language: Mandarin, Cantonese, English
- Comprehensive – all ages, Alzheimer’s program, case management, meals, employment training, immigration, legal, housing, financial assistance
- 2141 S. Tan Court, Chicago, IL 60616
- [www.caslservice.org](http://www.caslservice.org)

#### **CJE SeniorLife**

- Language: Russian, English
- Comprehensive services and referral for older adult and caregivers
- 3003 W. Touhy Ave., Chicago, IL 60645
- 773-508-1000
- [www.cje.net](http://www.cje.net)

### **Hana Center**

- Language: Korean, Spanish, English
- Comprehensive – all ages, employment, immigration, legal, education (job readiness, English language, citizenship classes), advocacy, counseling, housing
- 4300 N California Ave, Chicago, IL 60618
- 773-583-5501
- <https://hanacenter.org/>

### **Latino Alzheimer’s and Memory Disorders Alliance**

- Language: Spanish, English
- 6112 W Cermak R, Cicero, IL 60804
- 224-715-4673
- <https://www.latinoalzheimersalliance.org/care-caregiver-programs>

### **Midwest Asian Health Association**

- Language: Mandarin, Cantonese, English
- Comprehensive - Health insurance navigation, health education and screenings, mental health, bullying/suicide program, substance abuse, gambling, employment, immunization
- 230 W Cermak Rd, 2<sup>nd</sup> Fl Chicago, IL 60616
- 312-225-8659 (English) or 312-225-6806 (Chinese)
- <https://maha-us.org/>

### **Public Policy Initiatives and Model Programs**

#### **American Psychological Association’s Caregiver Briefcase**

Educational materials for professionals about family caregiver mental health.

<https://www.apa.org/pi/about/publications/caregivers>

#### **Identifying and Reaching Family Caregivers Webinar**

This webinar, funded by The John A. Hartford Foundation and the Michigan Health Endowment Fund, highlights innovative state strategies to identify and reach more family caregivers.

[Identifying and Reaching Family Caregivers: Innovative State Strategies - Center for Health Care Strategies \(chcs.org\)](https://www.chcs.org/identifying-and-reaching-family-caregivers)

### **National Strategy to Support Family Caregivers – 2022 Report**

This recent report was developed jointly by the Advisory Councils established by the RAISE Family Caregiving Act and the Supporting Grandparents Raising Grandchildren Act, with extensive input from family caregivers, the people they support and other stakeholders. The Strategy includes nearly 500 actions that can be adopted at every level of government and across the public and private sectors to ensure that family caregivers have the resources they need to maintain their own health, well-being, and financial security while providing crucial support for others.

[https://acl.gov/sites/default/files/RAISE\\_SGRG/NatlStrategyToSupportFamilyCaregivers.pdf](https://acl.gov/sites/default/files/RAISE_SGRG/NatlStrategyToSupportFamilyCaregivers.pdf)