



## Connecting Older Adults with Community-based Resources and Options

**AgeOptions** is a nonprofit organization connecting adults aged 60 and over and those who care about them with resources and services that allow them to live their lives to the fullest while remaining in their homes and communities for as long as they are able. AgeOptions is the Area Agency on Aging of suburban Cook County. We serve a diverse population of 602,017 older adults in 130 communities within 30 townships.

### Services provided through AgeOptions and partner agencies:

- **Information and Assistance** is provided by trained specialists who are available to answer questions about social services, housing, transportation, health and medication insurance, and benefits and resources for older adults and people with disabilities
- **Housing Assistance** offers local assistance & resources to live affordably and safely in your home
- **Benefits Access** provides help checking eligibility and applying for prescription assistance, Medicare, energy discounts, property tax programs, SNAP and more
- **Nutritional Meals** are available at community dining programs or can be delivered to your home
- **Chore/Housekeeping** provides help in maintaining the cleanliness and functionality of your home
- **Caregiver Support** offers help to those caring for a loved one, including counseling, education, in-home and out-of-home respite care, support groups and other services for older adults, those with Alzheimer's or related disorders, and relatives raising children
- **Adult Protective Services** provide community education and intervention aimed at eliminating abuse, neglect, and exploitation of older adults and people with disabilities over 18 years of age
- **Illinois Pathways to Health** provides workshops for participants to learn skills to better manage their chronic conditions or pain, skills to prevent falls and strategies for self-care for caregivers. Find workshops near you at [www.ilpathwaystohealth.org](http://www.ilpathwaystohealth.org).
- **SMP** empowers beneficiaries in Illinois to prevent, detect and report healthcare fraud. (800)699-9043
- **Cultural Services and Supports**, provided by specific ethnic organizations, include referrals, translation & other services that are culturally appropriate to limited English proficient persons

*For more information on these and other programs and services for older adults, call AgeOptions at (708)383-0258. You may also contact one of the community agencies listed on the back of this sheet.*

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STATEMENT OF NON-DISCRIMINATION AgeOptions 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 AgeOptions at (800)699-9043 or (708)383-0258.

**Updated 10/1/24 8:30**

## Contact an Agency in Your Area

Services and programs are available to people with disabilities aged 18 and over and adults aged 60 and over.

Highlights indicate new areas or partners as of October 1, 2024.

| South Suburbs                                                                                                              |                                                                                                                    |                                                                                                              |                                                                                            |
|----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| <b>Bloom, Calumet, and Thornton Townships</b><br><br>Metropolitan Family Services<br>(773) 692-1033<br># corrected 10/1/24 | <b>Bremen, Lemont, Orland, Palos Rich and Worth Townships</b><br><br>Pathlights<br>(708)361-0219                   |                                                                                                              | <b>Stickney Township</b><br>Stickney Township Office on Aging<br>(708)636-8850             |
| West Suburbs                                                                                                               |                                                                                                                    |                                                                                                              |                                                                                            |
| <b>Berwyn and Cicero Townships</b><br>Solutions for Care<br>(708)447-2448                                                  | <b>Lyons, Riverside, Norwood Townships, and Proviso Townships</b><br>Aging Care Connections<br>(708)354-1323       | <b>Oak Park and River Forest Townships</b><br>Oak Park Township Senior Services<br>(708)383-8060             | <b>Leyden Township</b><br>Leyden Family Services Senior Citizens Program<br>(847)455-3929  |
| North Suburbs                                                                                                              |                                                                                                                    |                                                                                                              |                                                                                            |
| <b>Palatine Township</b><br><br>Palatine Township Senior Citizens Council<br>(847)991-1112                                 | <b>Evanston, Niles, Maine, New Trier, and Northfield Townships</b><br>North Shore Senior Center<br>-(847)784-6000  | <b>Elk Grove, Schaumburg, Barrington, Wheeling Townships</b><br>Kenneth Young Center<br>(847)524-8800        | <b>Hanover Township</b><br>Hanover Township Department of Aging Services<br>(630) 483-5600 |
| <b>Hispanic/Latino Communities</b><br><br>Alivio Medical Center<br>(773)254-1400                                           | <b>Arab Communities</b><br>Arab American Family Services<br>(708)599-2237                                          | <b>Polish Communities</b><br>CLESE (Coalition of Limited Speaking Elders)<br>(312)461-0812                   | <b>Korean Communities</b><br><br>Hanul Family Alliance<br>(847)439-5195                    |
| <b>Indo-Asian Communities</b><br><br>Metropolitan Asian Family Services<br>(847)824-9414                                   | <b>Chinese Communities</b><br>Xilin Senior Services<br>(847)607-6555                                               | <a href="#">AgeOptions Provider Referrals - can enter address and determine the local partner to contact</a> |                                                                                            |
| Countywide Information and Assistance                                                                                      |                                                                                                                    |                                                                                                              |                                                                                            |
| <b>Suburban Cook County</b><br><br>AgeOptions<br>(708)383-0258                                                             | <b>City of Chicago</b><br><br>Chicago Department of Family and Support Services – Senior Services<br>(312)744-4016 |                                                                                                              | <b>Collar Counties Outside of Cook County</b><br><br>AgeGuide<br>(800)528-2000             |

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