

FORWARD

This directory lists agencies, institutions and organizations which provide services to older adults and their families in the Barrington area.

Inclusion or exclusion in this directory does not imply approval or disapproval of any agency, institution or organization.

This directory is produced by the Barrington Area Council on Aging with funding support from Advocate Good Shepherd Hospital.

To order additional copies or for any information regarding this directory or senior services, contact the Barrington Area Council on Aging, 6000 Garlands Lane, Suite 100, Barrington, IL, (847) 381-5030.

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ADULT DAY CARE

A daycare center that offers health-related and rehabilitative services, social involvement, and activities to meet the needs of the physically and/or mentally impaired elderly on a daily, weekly or part-time basis. An assessment of the individual is required prior to beginning any program.

Adult Day Care at The Moorings(847) 956-4027

811 East Central Road
Arlington Heights, IL

Advocate Adult Day Care.....(847) 824-5142

9375 Church Street
Des Plaines, IL 60016

Alden Poplar Creek Nursing Center.....(847) 884-0011

1545 Barrington Road
Hoffman Estates, IL 60194-1018

Cherished Place Adult Day Services(847) 368-7398

800 West Oakton Street
Arlington Heights, IL 60005

Condell Day Care Center for Intergenerational Care.....(847) 816-4585

700 South Garfield
Libertyville, IL 60048

Condell Dayhab.....(847) 990-5805

700 South Garfield
Libertyville, IL 60048

Family Alliance, Inc.(815) 338-3590

2028 North Seminary Avenue
Woodstock, IL

The Lutheran Home and Services.....(847) 368-7400

800 West Oakton Street
Arlington Heights, IL 60005

Northwest Community Hospital Day Care.....(847) 618-3370

901 Kirchoff Road
Arlington Heights, IL 60005-2300

Palatine Township Senior Center(847) 991-1112

505 South Quentin Road
Palatine, IL 60067
Monday — Friday; 11:00 am to 3:00 pm.

The Wealshire Adult Day Services(847) 883-9000

150 Jamestown Lane
Lincolnshire, IL

AGING AGENCIES

Agencies that can help locate community services for senior citizens, their families and caregivers.

LOCAL AGENCIES

Check with your local Chamber of Commerce, township or village office for information on community agencies or senior centers that also provide information and referral. Many of the agencies listed below are case coordination units.

Barrington Area Council on Aging.....(847) 381-5030
6000 Garlands Lane, Suite 100
Barrington, IL 60010

BACOA's mission is to promote the independence, dignity and well-being of older adults and their family caregivers in the Barrington area. BACOA serves as a vital resource for older adults which supports the community, caregivers and fosters mutually supportive connections between young people and older adults.

Catholic Charities Lake County(847) 546-5733
Senior Services
116 N. Lincoln Avenue
Round Lake, IL
Serving Lake County

Catholic Charities Northwest Cook(847) 253-5500
NW Senior Services
1801 W. Central Road
Arlington Heights, IL
Serving Barrington, Palatine, Hanover and Wheeling Townships

Kenneth Young Center(847) 524-8800
1001 Rohlwing Road
Elk Grove Village, IL 60007
Serving Elk Grove and Schaumburg Townships

North Shore Senior Center.....(847) 784-6000
161 Northfield Road
Northfield, IL
Serving Maine, New Trier and Northfield Townships

Palatine Township Senior Citizens Council.....(847) 991-1112
505 South Quentin Road
Palatine, IL 60067
Serving Palatine Township

Senior Service Associates,(815) 344-3555
McHenry Township Recreation Center **(800) 339-3200**
3519 N. Richmond Road
McHenry, IL
Serving McHenry, Kane and Kendall Counties

FEDERAL

The Older Americans Act appropriates funds to state agencies on aging to establish supportive services aimed at maintaining the independence of seniors.

Eldercare Locator (800) 677-1116
www.eldercare.gov

The Eldercare Locator connects older Americans and their caregivers with sources of information on senior services. This service links those who need assistance with state and local area agencies on aging and community-based organizations that serve older adults and their caregivers

STATE

Each state has a State Department on Aging. The State Agency can direct you to local services.

Illinois Department on Aging.....(800) 252-8966

Area Agencies on Aging

Agencies that oversee state and federal services in specific geographic areas.

Age Options (Suburban Area Agency on Aging).....(708) 383-0258
Serving Suburban Cook County Townships

Northeastern Illinois Area Agency on Aging(800) 528-2000
Serving eight Northeastern Illinois counties

Chicago Department on Aging.....(312) 744-4016
Serving the City of Chicago

AARP.....(312) 458-3600
222 N. LaSalle Suite 710
Chicago, IL

CAREGIVER SERVICES

COUNSELING

Family Alliance — Woodstock.....(815) 338-3590

Family Services of Barrington Area.....(847) 381-4981

Lake County Health Department.....(847) 377-8310

EDUCATION & TRAINING

Barrington Area Council on Aging.....(847) 381-5030

Catholic Charities Northwest Cook(847) 253-5500

Family Alliance — Woodstock(815) 338-3590

Kenneth Young Center(847) 524-8800

Lake County Health Department(847) 377-8310

Alexian Brothers Senior Services(847) 956-5465

CAREGIVER SUPPORT GROUPS

Barrington Area Council on Aging(847) 381-5030
First Wednesday every month from 7:00 pm — 9:00 pm.

Alexian Brothers Senior Services Department.....(847) 956-5465
“Tender Loving Caregivers” support programs. Several support groups offered on Tuesdays every month from 7:00 pm - 9:00 pm.

Catholic Charities Caregiver Program(847) 253-5500
Third Wednesday every month from 7:00 pm - 8:30 pm at the Arlington Heights Senior Center.

Family Alliance - Woodstock.....(815) 338-3590
2028 North Seminary
Woodstock, IL
Third Monday of the month. Also, a dementia support group on the 4th Wednesday.

CAREGIVER RESPITE

Catholic Charities Lake County(847) 546-5733
Round Lake

Catholic Charities Northwest Cook(847) 253-5500
Arlington Heights

Kenneth Young Center(847) 524-8800
Elk Grove Village

Senior Service Associates.....(815) 344-3555
McHenry

COUNSELING/SOCIAL WORK

Agencies which assist individuals and families to resolve problems or relieve temporary grief.

Family Alliance-Woodstock.....(815) 338-3590

Family Service of Barrington Area.....(847) 381-4981

Depression Awareness.....(800) 421-4211

FAMILY MEDIATION

Debra Feldman and Associates(847) 913-1700
Buffalo Grove

Jerry Kessler - Attorney and Mediator.....(847) 433-2323
Highland Park

GRIEF COUNSELING

Hospice of Northeastern Illinois(847) 381-5599
Provides grief counseling

Sherman Hospital.....(847) 429-2110
Post-suicide group third Monday at 7:30.

St. Michael's Episcopal Church.....(847) 381-2323
Grief Support Group meets the fourth Monday of the month at 7:30 pm for anyone in the area.

DRIVING

Secretary of State(800) 252-2904

55 ALIVE DRIVING COURSE.....(888) 227-7609
www.aarp.org

A two-day course developed by the American Association of Retired Persons (AARP). Those who successfully complete the course are eligible for a discount on the liability portion of their auto insurance. Course is also available online.

Advocate Good Shepherd Hospital Health Advisor(800) 323-8622

Driving Assessment and Rehabilitation Programs

Advocate/Lutheran General Hospital(847) 723-5542
Park Ridge, IL

Alexian Brothers Hospital.....(847) 981-5556
Elk Grove Village, IL

Evanston Northwestern Healthcare(847) 733-5348
Evanston, IL

Marianjoy Rehab Center(630) 588-7826
Wheaton, IL

Optimal Mobility Solutions(630) 922-1600
Chicago, IL

Rehabilitation Institute of Chicago(312) 238-6277
Chicago, IL

Handicapped Plates(217) 782-2709

Temporary Handicapped Parking Placards

Barrington Township(847) 381-5632

Cuba Township(847) 381-1924

Ela Township(847) 438-7823

Palatine Township.....(847) 358-6700

License Plate Discount.....(800) 252-2904

Must apply and qualify for the Circuit Breaker program to be eligible. Once the Circuit Breaker application is approved, the form will automatically be forwarded to the Secretary of State's Office.

EDUCATION

Seminars and educational programs aimed towards seniors' abilities and interests.

College of Lake County(847) 478-1833
Grayslake

Elderhostel(617) 426-7788
Educational trips around the world/country.

Harper College(847) 925-6000
Palatine

EDUCATION: CONTINUED

Roosevelt University Institute for Continued Learning(847) 619-8283
Schaumburg

University of Illinois Cooperative Extension Service(847) 223-8627
Grayslake

Community School District 220(847) 381-6300
Barrington

The Garlands of Barrington Lifelong Learning Program(847) 756-3200
Barrington

ELDER ABUSE

Older persons aged 60 and over are protected under Illinois Law from being physically, emotionally or financially victimized. There are six areas in which abuse can occur:

Physical Abuse is inflicting physical pain or injury upon an older person.

Confinement is restraining or isolating an older person for other than medical reasons.

Sexual Abuse is any sexual activity with an older person when that person is unable to understand, is unwilling to consent, or is threatened or physically forced.

Emotional Abuse is verbal attacks, threats of abuse, harassment or intimidation toward an older person.

Passive Neglect is a caregiver failing to provide the older person with the necessities of life including food, shelter, clothing and medical care. Deprivation is willfully denying an older person the necessities of life.

Financial Abuse is the misuse or withholding of an older person's resources by another, to the disadvantage of the older person and/or the advantage of another.

Catholic Charities Lake County(847) 546-5733
Round Lake

Catholic Charities Northwest.....(847) 253-5500
Arlington Heights

Senior Services Associates(800) 339-3200
McHenry County

Illinois Department on Aging.....(800) 252-8966
For other counties

EMPLOYMENT

Barrington Career Center.....(847) 304-4157
600 Hart Road
Barrington, IL 60010
www.barringtoncareercenter.com

Provides private career counseling, informational seminars, mock interviewing, resource library, employment listings and fully equipped workstations available to clients at no charge.

EMPLOYMENT: CONTINUED

Illinois Department on Aging.....(800) 252-8966
Administers the Senior Community Service Employment Program, which provides retraining, and employment opportunities for adults age 55 and older.

Northeastern Illinois Area Agency on Aging(800) 528-2000
Kankakee, IL
Administers the Senior Community Service Employment Program, which provides retraining, and employment opportunities for adults age 55 and older.

Operation ABLE
Job hotline(312) 782-7700

Umbrella organization of over 35 community based agencies which provide employment services to older workers (45+)

Service Employment Redevelopment.....(847) 336-1004
“Jobs for Progress”
147 Genesee Street
Waukegan, IL 60085

FINANCIAL ASSISTANCE

BEC ASSESSMENT (BENEFITS ELIGIBILITY CHECKUP)

An assessment which helps determine eligibility for a variety of state and federal financial assistance programs.

Barrington Area Council on Aging.....(847) 381-5030

Catholic Charities Lake County(847) 546-5733

Catholic Charities Northwest Cook County.....(847) 253-5500

Senior Services Associates(815) 344-3555
McHenry County

National Council on Aging Website.....www.ncoa.org

BILL PAYING/DEBT MANAGEMENT

In addition to governmental programs, there may be agencies in your community which provide bill paying assistance. To find out which agency in your community may be available to assist, call:

Illinois Department on Aging Senior HelpLine.....(800) 252-9866

Catholic Charities Lake County(847) 546-5733

Catholic Charities Northwest Cook County.....(847) 253-5500

Debt Counsel for Seniors and the Disabled(800) 992-3275
Chicago

Senior Service Associates.....(815) 344-3555
McHenry County

Forté Services for Seniors.....(847) 530-2778
Specializes in bookkeeping, bill paying and other customized administrative services to seniors and their caregivers.

BILL PAYING/DEBT MANAGEMENT: CONTINUED

- Full Service Office Suites**.....(847) 382-0656
Barrington, IL
Home/Business records and maintenance.
- Larissa Eliashevsky**.....(847) 382-8920
Barrington, IL
Home/Business records and maintenance
- Mature Management**(847) 363-3042
Specializes in financial and social services for older adults.

CIRCUIT BREAKER
See Tax Assistance section

FOOD STAMPS

Program assists seniors and other qualified low-income individuals by providing financial assistance for purchasing food.

- Illinois Department of Human Services**.....(800) 843-6154
www.dhs.state.il.us
Oversees several departments including the Illinois Department of Healthcare and Family Services.
Provides access to medical assistance, employment and food stamps.

To receive food stamps in Cook County Barrington contact:

- Human Capital Development Office — Elgin**(847) 931-2700

To receive food stamps in Lake County contact:

- Human Capital Development Office — Park City**.....(847) 336-5212

To receive food stamps in McHenry County contact:

- Human Capital Development Office — Woodstock**(815) 338-0234

- The National Council on Aging Website**www.ncoa.org

GENERAL ASSISTANCE

A program through the township office that provides money or vouchers for food, rent, utilities, clothes and medical care for people ineligible for other assistance programs.

- Algonquin Township**(847) 639-2329
- Barrington Township**.....(847) 381-5632
- Cuba Township**.....(847) 381-1924
- Ela Township**(847) 438-7823
- Palatine Township**(847) 358-6700
- Wauconda Township**.....(847) 526-2631

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP)

Designed to assist eligible low-income households pay for winter energy services. LIHEAP will provide a onetime benefit to eligible households to be used for energy bills. The amount of the payment is determined by income, household size, fuel type, and geographic location.

Contact your Township office. (See GENERAL ASSISTANCE above)

Illinois Department of Commerce and Community Affairs

Energy information Line

Monday – Friday, 9:00 a.m. - 4:30 p.m.

Chicago Office(312) 814-7179
(800) 252-8643

QUALIFIED MEDICARE BENEFICIARY (QMB)

Pays the Medicare Part B premiums, deductibles and co-insurance amounts for eligible individuals.

Illinois Department of Health and Family Services.....(800) 843-6154

SPECIFIED LOW INCOME MEDICARE BENEFICIARY (SLMB)

Pays the Medicare Part B premiums for low-income seniors.

Illinois Department of Health and Family Services.....(800) 843-6154

SUPPLEMENTAL SECURITY INCOME (SSI)

Provides a minimum income for aged, blind and disabled individuals who are not eligible for regular Social Security benefits.

SSI.....(800) 772-1213

REVERSE MORTGAGES

Allows an older adult to use the equity in their home to meet living expenses. Counseling is required prior to receiving a loan.

The Illinois Department on Aging(800) 252-8966

Senior HelpLine:
421 East Capitol Avenue
Springfield, IL 62706

HUD-Approved Counseling Agencies:

Financial Freedom: Eastern Great Lakes Region(773) 235-5803

Housing Authority of the County of Lake

33928 N. Route 45
Grayslake, IL 60030

Regular Line:.....(847) 223-1170

Hearing Impaired Number:(847) 223-1270

Northwest Suburban Housing Center.....(312) 341-5678

701 Lee St., Suite 602
Des Plaines, IL 60016

Northwest Self-Help Center (CEDA Site).....(847) 392-2332

1300 W. Northwest Highway
Mount Prospect, IL 60056

Local Agencies:

American Senior Income Reverse Mortgage.....(888) 738-3773

Schaumburg, Northbrook, Oak Brook, and O’Hare

ComCor Mortgage(847) 882-6240

642 Wainsford Dr.

FITNESS CENTERS

- Barrington Park District**(847) 381-0687
235 Lions Drive, Langendorf Park
Barrington, IL
- Buehler YMCA**.....(847) 359-2400
Northwest Highway & Countryside Drive
Palatine, IL
- Foglia YMCA**.....(847) 438-5300
1025 Old McHenry Rd.
Hawthorn Woods, IL
- Forest Grove Athletic Club**(847) 991-4646
1760 Hicks Rd.
Palatine, IL
- Advocate Good Shepherd Hospital Fitness Center**.....(847) 620-4500
1301 South Barrington Rd.
Barrington, IL
- South Barrington Park District**(847) 381-2570
3 Tennis Club Lane
South Barrington, IL

FOOD AND NUTRITION

FOOD PANTRIES

(Call to make appointment)

- Barrington Township Residents**.....(847) 381-5632
602 S. Hough
- Barrington Area Church Women United Social Ministries**(847) 382-9050
Must reside in the Barrington #220 School District.
- Cuba Township Residents**(847) 381-1924
28000 W. Cuba Road
- St. Anne Catholic Community — Project Hope**.....(847) 381-5721
120 North Ela Street
Barrington
- Wauconda-Island Lake Food Pantry**(847) 526-8684

GROCERY DELIVERY SERVICES

Services in which groceries may be ordered and delivered.

- Peapod**.....(800) 573-2763

HOME DELIVERED MEALS

- Barrington Area Meals with Wheels**(847) 381-5030
- Palatine Township Meals with Wheels** (847) 991-1112
- Ela Township/Wauconda Township
Call Catholic Charities**(847) 546-5733
- McHenry County Meals with Wheels**(815) 344-3555

CONGREGATE DINING

- Barrington Area Council on Aging**.....(847) 381-5030
- Ela Township**(847) 438-9160
- Greencastle of Barrington**(847) 381-5030
- Palatine Township Senior Citizens Council**..... (847) 991-1112
- Catholic Charities of Lake County (Latino Dining)**(847) 740-6748
Round Lake

GERIATRIC CARE MANAGERS

Offer comprehensive assessments, family counseling, advocacy on behalf of the older adult, consults with physician, assists in finding and supervising home help and a variety of other services.

- Care Management Unlimited**..... (847) 658-6110
- Debra Feldman & Associates**(847) 913-1700
- Eldercare Options**(847) 405-0201
Riverwoods, IL
- ElderLink**.....(847) 381-6569
Barrington, IL
- The Nursing Service Group, Inc.**.....(847) 382-1629
Barrington, IL
- Transitional Living Concepts, LLC**.....(847) 705-7155
Palatine, IL
- Partners in Senior Care, Inc.**(847) 546-9088
Grayslake, IL

HEALTH AND MEDICAL SERVICES

ALCOHOL/DRUG TREATMENT

- Alexian Bros. Behavioral Health Hospital**.....(847) 882-1600
1650 Moon Lake Blvd.

ALZHEIMER'S DISEASE (MEMORY LOSS)

Services designed for individuals and families of those suffering from dementing illness.

General Information

Alzheimer's Association.....(847) 933-2413

Skokie, IL

Helpline(800) 272-3900

Diagnostic Centers (Memory Loss)

A partial list of centers where you can receive a complete examination and determination of the evidence of Alzheimer's or other dementias. For a complete list, contact the Alzheimer's Association.

Advocate Medical Group - Lutheran General Hospital.....(847) 318-2500

Park Ridge, IL

Alexian Neurosciences Institute.....(888) 365-5240

Hoffman Estates, IL

Rush Alzheimer's Disease Center(312) 942-4463

Chicago, IL

Alzheimer's Housing

See "HOUSING" and "NURSING HOMES" section of this directory. Note: Many nursing homes offer Alzheimer's units.

ARTHRITIS

Arthritis Foundation.....(800) 283-7800

CANCER

Sources that offer information on various supportive services.

American Cancer Society

Illinois Division.....(312) 641-6150

Suburban Cook County.....(847) 358-3965

Lake County(847) 432-0577

Wellness Place.....(847) 221-2400

Palatine, IL

Provides education and support for people diagnosed with and surviving cancer.

DENTAL

Illinois Foundation for Dentistry(800) 893-1685

Mobile van makes home visits to seniors.

Harper College(847) 925-6534

Palatine, IL

Offers dental hygiene at reduced rates for seniors.

Lake County Health Department - Dental Services(847) 360-6525

DIABETES

- American Diabetes Association.....(800) 232-3472**
- Diabetes Supplies*
- American Medical Supply(800) 320-7140**
- Liberty Medical Supply(800) 633-2001**
- Matria Diabetes Self Care(800) 928-8220**

HEARING

Services and programs for individuals with hearing loss.

- Hear Now(800) 648-4327**
Denver, CO
Funding for hearing aids on a first-come/first-served basis.
Must meet income and medical expense requirements.
- LS & S Group.....(847) 498-9777**
Northbrook, IL
Products for hearing impaired
- Sonus(847) 593-0570**
Elk Grove Village, IL
- Suburban Hearing Services(847) 382-6010**

HOME HEALTH MEDICAL — MEDICARE CERTIFIED

Doctor referral required.

- Advocate Home Health.....(800) 564-2025**
- Gentle Homecare.....(847) 432-9100**
Deerfield, IL
- Northwest Community Hospital Home Health Care.....(847) 618-7800**
Arlington Heights, IL
- Orsini Nursing Agency(847) 734-7373**
Arlington Heights, IL

HOSPICE

At-home, long-term care facility and hospital based care of the terminally ill that combines medical, spiritual and social services. It is designed to help both the patient and the family.

- Hospice of Northeastern Illinois(847) 381-5599**
Barrington, IL
- Midwest Palliative & Hospice CareCenter(800) 331-5484**
Glenview, IL
- Rainbow Hospice.....(847) 685-9900**
Park Ridge, IL
- VITAS Hospice(630) 495-8484**
Lombard, IL
Referrals (800) 938-4827

INCONTINENCE

National Association for Continence(800) 252-3337

Mail-order incontinence supplies

HDIS.....(800) 538-1036

Medline.....(800) 950-8585

OSTEOPOROSIS

National Osteoporosis Foundation Chicago Chapter.....(312) 464-9887

PARKINSON’S DISEASE

Alexian Brothers Movement Disorders Clinic(847) 755-0460

American Parkinson’s Disease Association(800) 223-2732

www.apdaparkinson.org

Chicago Office — Glenbrook Hospital(847) 657-5787

Glenview, IL

National Parkinson Foundation, Inc.(800) 327-4545

Miami, FL

www.parkinson.org

Parkinson’s Disease Foundation.....(312) 733-1893

Chicago, IL(800) 457-6676

PHYSICIAN REFERRAL

Advocate/Good Shepherd Hospital(800) 323-8622

Alexian Brothers Medical Center(847) 437-5500

Northwest Community Hospital.....(847) 618-3463

Sherman Hospital.....(800) 397-9000

St. Alexius Medical Center(847) 843-2010

PUBLIC HEALTH DEPARTMENTS

Cook County(708) 450-5300

Lake County(847) 377-8400

McHenry County(815) 334-4510

STROKE

National Stroke Association(800) 787-6537

VISION IMPAIRMENT

- Alexian Rehabilitation Hospital**.....(847) 385-7336
Comprehensive Low Vision Program
- Barrington Area Council on Aging**.....(847) 381-5030
Low Vision Support Group
- Centers for Independent Living**
- McHenry County**(847) 695-5818
- Lake County**(847) 949-4440
- Suburban Cook County**.....(708) 209-1500
- Condell Medical Center Dayhab**(847) 990-5825
Low Vision Occupational Therapy and Support Group
- Deicke Center Low Vision Clinic**.....(630) 690-7115
Wheaton, IL
- Illinois Department of Human Services — Dept. of Rehabilitation Services**.....(847) 758-3483
Bureau of Blind Services
Arlington Heights, IL
- National Federation for the Blind — Newslines**(410) 659-9314
50 newspapers offered over the telephone
- Northwest Community Healthcare**.....(847) 618-3110
Low Vision Program
- SBC Telephone** (800) 244-4444 then press 6
Application for free directory and operator assistance from SBC
- Talking Books**(800) 227-0625

HOME MODIFICATION

Businesses which assist in making home repairs/modifications to provide a safe and accessible home environment for an older adult.

- Extended Home Living**.....(847) 215-9490
Wheeling, IL
- Harmony Home Care**.....(847) 382-6200
Barrington, IL
- Homewatch CareGivers**(815)459-1502
Crystal Lake, IL - Serving McHenry County and SW Lake County, IL
- Lang Home Medical Equipment**.....(800) 606-5264
Buffalo Grove, IL
- Mark Drug Home Health**.....(847) 895-0011
Schaumburg, IL
- Mature Transitions, by Design**.....(847) 304-9129
Barrington, IL
- Med Serv**(847) 359-4607
Palatine, IL

HOME SUPPORT SERVICES (NONMEDICAL)

COUNSEL REGARDING HOME CARE OPTIONS

For free information and counsel regarding housing options for seniors see listing under AGING AGENCIES: LOCAL AGENCIES and STATE AGENCIES.

A Place For Mom.....(866) 333-2632
Rolling Meadows, IL(847) 303-9602

FRIENDLY VISITORS

Volunteers who provide friendship and companionship to homebound or isolated seniors.

Adopt-A-Grandparent Club(847) 381-5030
Program is a partnership between the Barrington Area Council on Aging and Barrington High School. Students visit with older adults.

Care 2 Share(847) 381-5030
Barrington Area Council On Aging
Adult volunteers visit older adults once a week

HOUSEKEEPING/PERSONAL CARE

A-Senior Corp.(847) 718-0718
Elk Grove Village, IL

At Home by Sunrise(847) 506-3100
Palatine, IL

Alpha Christian Registry(847) 551-3700
Carpentersville, IL

Brightstar Health Care(847) 782-8282
Cary, IL

Caring Home Care Services, Inc.(847) 439-7030
Elk Grove Village, IL

Comfort Keepers
Arlington Heights, IL(847) 577-5780
Barrington & Palatine, IL(847) 221-5300
Schaumburg, IL(847) 706-6798

Comforts of Home.....(847) 712-0363
Algonquin, IL

Complete Care
Barrington, IL(847) 382-9691
Schaumburg, IL(847) 885-8151

Elder Bridge(847) 882-5201
Hoffman Estates

European Service at Home.....(847) 202-1249
Palatine, IL

Freedom Home Care
 Buffalo Grove(847) 465-2620
 Grayslake(847) 223-3390
 Highland Park(847) 433-5788

Gentle Homecare.....(847) 432-9100
 Deerfield & Palatine IL

Griswold Special Care
 Green Oaks, IL(847) 573-9056
 McHenry & North Kane Counties(847) 961-6550

Harmony Home Care.....(847) 382-6200
 Barrington, IL

Home Helpers of Greater Woodfield.....(630) 671-0631
 Rosell, IL

Home Instead.....(847) 462-0303
 Cary, IL

Lifestyle Options(847) 240-7330
 Schaumburg, IL

LivHome.....(630) 368-0133
 Oak Brook, IL

Merit Home Health.....(630) 652-7900
 Lombard, IL

No Place Like Home Rehab Care Specialists(847) 507-3422
 Crystal Lake, IL

Orsini Nursing Agency(847) 734-7373
 Arlington Heights, IL

Partners in Senior Care.....(847) 548-1330
 Grayslake, IL

Right At Home
 Algonquin, Crystal Lake, McHenry.....(815) 342-6411
 Palatine.....(847) 303-0998

Traycee Services(847) 432-5190
 Highwood, IL

Visiting Angels.....(847) 516-9786
 Cary, IL

IN-HOME EMERGENCY RESPONSE SYSTEMS

Telephone systems that will automatically contact emergency numbers. Especially helpful for those who are homebound or who live alone. Systems are rented monthly and a one-time installation fee is charged.

Barrington Area Council on Aging.....(847) 381-5030
 ADT Companion Services

HOME SUPPORT: EMERGENCY RESPONSE: CONTINUED

- A P Lifeline of the North Shore**.....(847) 561-9279
- Advocate Good Shepherd Hospital**(847) 382-7277
- Direct Link of Greater Woodfield**(630) 671-0631
Roselle, IL
- Lifeline** (800)-543-3546

TELEPHONE REASSURANCE

Daily calls to check on the safety and well-being of homebound adults of any age.

- R.U.O.K. (Lake County only)**(847) 377-4000

HOSPITALS/MEDICAL CENTERS

- Advocate Good Shepherd Hospital**(847) 381-9600
Barrington, IL
- Alexian Brothers Medical Center**(847) 437-5500
Elk Grove Village, IL
- Centegra Memorial Medical Center**(815) 338-2500
Woodstock, IL
- Centegra Northern Illinois Medical Center**.....(815) 344-5000
McHenry, IL
- Northwest Community Healthcare**.....(847) 618-1000
Arlington, Hts. IL
- Sherman Hospital**.....(847) 742-9800
Elgin, IL
- St. Alexius Medical Center**(847) 843-2000
Hoffman Estates, IL
- St. Joseph Hospital**.....(847) 695-3200
Elgin, IL

HOUSING

COUNSEL REGARDING HOUSING OPTIONS

For free information and counsel regarding housing options for seniors see listing under AGING AGENCIES: LOCAL AGENCIES and STATE AGENCIES.

- A Place For Mom**.....(847) 303-1813
Rolling Meadows, IL

SENIOR RELOCATION SERVICES

- Gero Solutions**(847)705-2123
Palatine, IL
- Paxem**.....(847) 462-8266
Cary, IL

ALZHEIMERS HOUSING

Addolorata Villa	(847) 215-5531
Wheeling, IL	
Arden Courts Alzheimers Assisted Living	(847) 534-8815
Elk Grove Village, IL - Contact Shelly Valenzia	
Belmont Village	(847) 537-5000
Buffalo Grove, IL	
Brighton Gardens Sunrise	(847) 755-0735
Hoffman Estates, IL	
Care Center of Wauconda	(847) 526-5551
Wauconda, IL	
The Claremont	(847) 465-0200
Buffalo Grove, IL	
Crossbridge Health Care Center at Friendship Village	(847) 884-5050
Schaumburg, IL	
The Fountains at Crystal Lake — The Gardens	(815) 455-8400
Crystal Lake, IL	
Harbor House	(847) 465-1100
Wheeling, IL	
Lutheran Home and Services	(847) 368-7400
Arlington Heights, IL	
Manorcare Health Services	(847) 397-2400
Rolling Meadows, IL	
Prairieview at the Garlands	(847) 304-1996
Barrington, IL	
Sunrise of :	
Barrington	(847) 382-8888
Buffalo Grove	(847) 478-8484
Crystal Lake	(815) 444-6600
Schaumburg	(847) 517-9700
The Wealshire	(866) 654-7936
Lincolnshire, IL.....	(847) 883-9000

ASSISTED LIVING

Residential facilities for those who need help with activities of daily living (ADLs) bathing, dressing, grooming, eating, walking, taking medications and other personal care activities within an environment that helps the person remain as independent as possible.

Addolorata Villa	(847) 215-5531
Wheeling, IL	
Alden Poplar Creek	(847) 884-0011
Hoffman Estates, IL	

HOUSING: ASSISTED LIVING: CONTINUED

Belmont Village

Buffalo Grove, IL(847) 537-5000
Carol Stream, IL(630) 510-1515
Glenview, IL(847) 657-7100
Oak Park, IL(708) 848-7200

Brighten Gardens Sunrise

Hoffman Estates, IL(847) 755-0735
Prospect Heights, IL(847) 797-2700

Church Creek Sunrise(847) 506-3200
Arlington Heights, IL

The Devonshire.....(847) 490-5800
Hoffman Estates, IL

Friendship Village.....(847) 884-5050
Schaumburg, IL.

The Fountains of Crystal Lake(815) 455-8400
Crystal Lake, IL

Hearth Stone.....(847) 368-7400
Arlington Heights, IL

Lake Barrington Woods(847) 842-8900
Lake Barrington, IL

Lutheran Home and Services.....(847) 368-7400
Arlington Heights, IL

The Moorings of Arlington Heights.....(847) 956-4095
Arlington Heights, IL

Paradise Park

Fox Lake(847) 973-8800
Lake Zurich.....(847) 973-8828

The Ponds of Wealshire(847) 883-9000
Lincolnshire, IL

Prairieview at the Garlands.....(847) 852-3500
Barrington, IL

Sunrise Assisted Living

Buffalo Grove, IL(847) 478-8484
Crystal Lake, IL(815) 444-6600
Schaumburg, IL(847) 517-9700

Village Cove.....(815) 337-2720
Woodstock, IL

SUPPORTIVE LIVING FACILITIES

The supportive living program was developed by the state of Illinois as an alternative to nursing home care for lower-income older persons (65 and older) or persons with disabilities (22 and older). It is similar to assisted living, combining apartment-style housing with personal care and other services as needed. Medicaid will help to fund care for those determined eligible for this kind of housing.

- Alexian Village of Elk Grove**.....(847) 437-8070
Elk Grove Village, IL
- Eastgate Manor**(847) 458-2800
Algonquin, IL
- Plum Creek - Rolling Meadows**(847) 670-8080
Rolling Meadows, IL
- Victory Centre of Bartlett**(630) 213-0100

CONTINUING CARE RETIREMENT COMMUNITIES (CCRC'S)

Also known as a Continuity Care Community (CCC) or life care community. These residences offer care to individuals and couples for the remainder of their lives. Most require an entrance fee plus a monthly maintenance charge.

- Covenant Village of Northbrook**.....(847) 480-6380
Northbrook, IL
- Eastgate Manor**(847) 458-2800
Algonquin, IL
- Erickson Retirement Community**.....(847) 793-1244
Lincolnshire, IL
- The Fountains of Crystal Lake**(815) 455-8400
Crystal Lake, IL
- Friendship Village**(847) 884-5050
Schaumburg, IL
- The Garlands of Barrington**(847) 756-3000
Barrington, IL
- Lutheran Home and Services**.....(847) 368-7400
Arlington Heights, IL
- The Moorings of Arlington Heights**.....(847) 956-4304
Arlington Heights, IL
- Presbyterian Homes/Lake Forest Place**(847) 604-8800
Lake Forest, IL

EMERGENCY HOUSING

- Catholic Charities Lake County**(847) 546-5733
- Catholic Charities Northwest Cook**(847) 253-5500

HOUSING: CONTINUED

RENTAL RETIREMENT

Rental housing designed for independent living. Usually supportive services such as meals, house-keeping, recreation, health care and assisted living are an extra cost.

- Addolorato Villa**(847) 537-2900
Wheeling, IL
- Barrington Horizon**(847) 381-2241
Barrington, IL
- Church Creek Sunrise**(847) 506-3211
Senior Living Community
Arlington Heights, IL
- The Devonshire**.....(847) 490-5800
Hoffman Estates, IL
- The Fountains of Crystal Lake**(815) 455-8400
Crystal Lake
- Friendship Village**(847) 884-5050
Schaumburg, IL
- Hawthorn Lakes of Lake County**(847) 367-2516
Vernon Hills, IL
- Lake Barrington Woods**(847) 842-8900
Lake Barrington, IL
- Liberty Arms Senior Apartments**(847) 487-8400
Wauconda, IL
- McHenry Villa on Boone Lagoon**(815) 344-0246
McHenry, IL
- Tamarack Retirement Residences**(847) 991-4700
Palatine, IL

SHARED HOUSING

Agencies which will match individuals looking for a home to share in exchange for rent or services.

- The Center for Concern**(847) 823-0475
Park Ridge, IL
- Interfaith Housing Center of the Northern Suburbs**.....(847) 501-5760
Winnetka, IL
- Resource Center for the Elderly**(847) 577-7070
Arlington Heights, IL

SUBSIDIZED

Facilities which receive government subsidies to provide low-rent housing for seniors who are able to live independently.

Cook County

For a list of other Cook County sites, contact

Housing Authority.....(708) 755-1700

Barrington Horizon(847) 381-2241
Barrington, IL

Goedke House.....(847) 253-5450
Arlington Heights, IL

Greencastle of Arlington Heights.....(847) 506-1010
Arlington Heights, IL

Greencastle of Barrington(847) 382-1650
Barrington, IL

Greencastle of Schaumburg(847) 985-3252
Schaumburg, IL

Greencastle of Palatine(847) 776-9420
Palatine, IL

Lake County

For a list of other Lake County sites, contact:

Housing Authority.....(847) 223-1170

Liberty Arms Senior Apartments(847) 487-8400
Wauconda, IL

Liberty Towers(847) 367-5503
Libertyville, IL

McHenry County

For a list of other McHenry sites, contact:

Housing Authority.....(815) 338-7752

The Villager(815) 459-7788
Crystal Lake, IL

Walden Oaks.....(815) 338-7630
Woodstock, IL

INSURANCE COUNSELING

Assistance with Medicare claims, selecting Medicare supplements and insurance, claims.

Barrington Area Council on Aging SHIP (Senior Health Insurance Program).....(847) 381-5030

Advocate Good Shepherd Hospital(847) 382-7277
Senior Advocate

JDavid Inc......(847) 490-3131
Certified Senior Consultant

Illinois Dept. of Insurance (SHIP)(800) 548-9034

LEGAL SERVICES

ADVANCED DIRECTIVES

Durable Power of Attorney for Property and/or Health Care. Allows an individual to authorize another person to handle personal and business affairs in the event he or she is unable to due to illness, absence or disability. For free forms, contact your attorney or:

Barrington Area Council on Aging.....(847) 381-5030

Advocate Good Shepherd Hospital – Chaplain Office(847) 381-9600 ext. 5062

Illinois Department on Aging.....(800) 252-8966

ASSISTANCE

Cook County States Attorney(312) 603-8634

Illinois Department of Insurance.....(800) 548-9034
(insurance scams/complaints)

Legal Assistance Foundation of Metropolitan Chicago.....(847) 475-3703

McHenry County States Attorney(815) 334-4159

Prairie State Legal Services – Lake/McHenry counties(800) 942-3940

ELDER LAW ATTORNEYS

National Academy of Elder Law Attorneys, Inc. www.naela.com

GUARDIANSHIP

A guardian is a person, institution or agency appointed by the Probate Court to manage the affairs of another person. For information, contact:

Catholic Charities – Cook County.....(847) 253-5500

Catholic Charities – Lake County(847) 546-5733

Senior Service Associates – McHenry County.....(815) 344-3555

State of Illinois.....(217) 785-8981

MAIL FRAUD

Mail Fraud Hotline(800) 654-8896

JUNK MAIL/PHONE SOLICITATION

Send your name, address, phone number and a brief note stating you want your name removed from junk mail lists to:

Direct Marketing Association

Mail Preference Service

P.O. Box 3861

New York, NY 10163-3861

National Do Not Call Registrywww.donotcall.gov

LIBRARY SERVICES

Barrington Area Library(847) 382-1300
505 N. Northwest Highway
Barrington, IL

Ela Area Public Library(847) 438-3433
135 S. Buesching Road
Lake Zurich, IL

Hoffman Estates Branch Library(847) 885-3511
1890 Hassel Road
Hoffman Estates, IL

Palatine Public Library(847) 358-5881
700 N. North Court
Palatine, IL

Schaumburg Library(847) 985-4000
130 South Roselle Rd.
Schaumburg, IL

Wauconda Library(847) 526-6225
801 North Main St.
Wauconda, IL

MEDICAID/PUBLIC AID

Medicaid.....(800) 252-8635
Administered by the Illinois Department of Human Services, this program helps cover some medical and prescription drug expenses for individuals with low income and assets.

MEDICAL EQUIPMENT

Companies that offer the rental or purchase of durable medical equipment and supplies. For complete listings, refer to your telephone Yellow Pages.

Advocate Home Care Products, Inc.(800) 564-2025

SUPPLIERS

Gulbrandson's Orthotics Limited(847) 516-8095
Cary, IL

Harmony Home Care.....(847) 382-6200
Barrington, IL

Hartland Home Medical Supply(815) 444-8870
Crystal Lake, IL

Lang Home Medical Equipment.....(847) 537-2257
Buffalo Grove, IL

- Elgin Mental Health Center**(847) 742-1040
Elgin, IL
- Northwest Community Healthcare**(847) 618-1000
Arlington Heights, IL
- Provena Saint Joseph Hospital Psychiatric Center**(847) 931-5521
Elgin, IL
- Sherman Hospital Psychiatric Emergency**(847) 429-8736
Elgin, IL

MENTAL HEALTH — OTHER SERVICES

- Alexian Brothers Behavioral Health Hospital**(847) 882-1600
Hoffman Estates, IL
- Ecker Center for Mental Health**
Psychiatric Emergencies(847) 888-2211
New Client Intake(847) 742-1371
General Information(847) 695-0484
Elgin, IL
- Family Service & Community Mental Health Center**(815) 385-6400
McHenry, IL
- Lake County Health Department**(847) 377-8180
Waukegan, IL

NURSING HOME AND REHABILITATION FACILITIES

A licensed nursing facility that provides a full range of care and medical services to those recovering from hospitalization or suffering from chronic illness, dementia or other factors that make it impossible for them to live at home.

LOCAL FACILITIES

- Addolorata Villa**(847) 537-2900
Wheeling, IL
- Alden**
Alden Estates of Barrington — Barrington, IL(847) 382-6664
Alden Long Grove — Long Grove, IL(847) 438-8275
Alden Poplar Creek — Hoffman Estates, IL(847) 884-0011
- The Arlington**(847) 419-1111
Long Grove, IL
- ASTA Care Center of Elgin**.....(847) 742-8822
Elgin, IL
- Brighton Gardens**.....(847) 797-2700
Prospect Heights, IL
- Care Center of Wauconda**(847) 526-5551
Wauconda, IL

NURSING HOME/REHAB FACILITIES: CONTINUED

Church Creek at Sunrise	(847) 506-3200
Arlington Heights, IL	
The Claremont	(847) 465-0200
Buffalo Grove, IL	
Fair Oaks	(815) 455-0550
Crystal Lake, IL	
The Fountains of Crystal Lake	(815) 455-8400
Crystal Lake, IL	
Friendship Village	(847) 884-5000
Schaumburg, IL	
Harbor House	(847) 465-1100
Wheeling, IL	
Lexington Healthcare	
Bloomington, IL	(630) 980-8700
Lake Zurich, IL	(847) 726-1200
Schaumburg, IL	(847) 352-5500
Streamwood, IL	(630) 837-5300
Lutheran Home and Services	(847) 253-3710
Arlington Heights, IL	
Manor Care	
Arlington Heights, IL	(847) 392-2020
Elgin, IL	(847) 742-3310
Elk Grove Village, IL	(847) 301-0550
Libertyville, IL	(847) 816-3200
Rolling Meadows, IL	(847) 397-2400
The Moorings Health Center	(847) 364-2435
Arlington Heights, IL	
Rosewood	(847) 776-4700
Inverness, IL	
St. Joseph's Home for the Elderly	(847) 358-5700
Palatine, IL	
The Wealshire	(847) 883-9000
Lincolnshire, IL	

INFORMATION

For background information on nursing homes:

Illinois Citizens for Better Care

(312) 663-5120
Chicago, IL

The Association for the Protection of the Elderly

www.aepepe.org

Information on "How to Select a Nursing Home"

www.nursinghomeabuse.com
Remedies for abuse or neglect and how to ensure good care.

Medicarewww.medicare.gov
Click on the link “Nursing Home Compare” or “Home Health Compare”.

Nursing Home Abuse and Neglect Resource Center.....www.nursinghomealert.com
The nursing home abuse and neglect resource center for the elderly and their families.

ASSISTANCE WITH NURSING HOME COMPLAINTS

Suburban Cook County
Cook County Legal Aid(847) 475-3703
Nursing Home Ombudsman

Lake County
Legal Assistance Foundation of Metropolitan Chicago (Evanston)(888) 401-8200
Nursing Home Ombudsman

McHenry County
Senior Service Associates.....(847) 741-0404

Illinois Department on Aging.....(800) 252-8966

PHARMACEUTICAL ASSISTANCE

The State of Illinois offers three programs to help seniors pay for medications. Pharmaceutical companies also offer pharmaceutical assistance for needy seniors by application process.

Illinois Rx Buying Club(866) 215-3462

Circuit Breaker Pharmaceutical Assistance and Illinois Senior Care
Senior HelpLine(800) 252-8966
or call **Barrington Area Council on Aging**.....(847) 381-5030

Medicare Approved Discount Cardswww.medicare.gov

RESPITE CARE

A service that provides temporary care of an older person. The purpose is to allow the caregiver some short-term relief from the day-to-day responsibilities. Respite care may be provided in or out of the home.

IN-HOME RESPITE

Care provided a few hours per week. Also see listings under HOME SUPPORT SERVICES (NON-MEDICAL): HOUSEKEEPING/PERSONAL CARE.

Lutheran Home Community Companion Volunteers(847) 253-3710

Countryside Association for the Handicapped.....(847) 438-8855
Respite to developmentally disabled individuals.

OUT-OF-HOME RESPITE

These facilities accommodate short-term stays. All require a doctor’s assessment or physical at least one week prior to stay. Some facilities have a minimum stay requirement. All are dependant on bed/room availability.

Alden Poplar Creek(847) 884-0011
Hoffman Estates, IL

RESPIRE CARE: CONTINUED

The Claremont(847) 465-0200
Buffalo Grove, IL

Harbor House(847) 465-2974
Wheeling, IL
One day respite.

Manor Care
Arlington Heights, IL(847) 392-2020
Elk Grove Village, IL(847) 301-0550
Libertyville, IL(847) 816-3200

Maplewood Care(847) 697-3750
Elgin, IL

The Moorings of Arlington Heights.....(847) 364-2435
Arlington Heights, IL

Oak Crest Residence.....(847) 742-2255
Elgin, IL

SOCIAL/RECREATION

SENIOR CENTERS

Arlington Heights Senior Center(847) 253-5532
Arlington Heights, IL

Barrington Area Council on Aging.....(847) 381-5030
Langendorf Park
Barrington, IL

Cary Grove Senior Center.....(847) 639-8118
Cary, IL

Ela Township Senior Center.....(847) 438-9160
Lake Zurich, IL

Palatine Township Senior Citizens Council.....(847) 991-1112
Palatine, IL

SENIOR CLUBS/SOCIAL GROUPS

Keenagers – St. Francis de Sales Church(847) 438-6622
Lake Zurich, IL
Second Friday, September-June, 1-4PM

Senior Breakfast Club(800) 323-8622
Advocate Good Shepherd Hospital
Barrington, IL

Senior Citizens of the Barrington Area.....(847) 381-0687
Barrington, IL
Meets Fridays at Langendorf Park

LaFarge Program — St. Anne’s Catholic Church.....(847) 381-5799
Barrington, IL
Classes for persons 55 and over.

PARK DISTRICTS

Barrington Park District(847) 381-0687

Palatine Park District(847) 991-0333

South Barrington Park District(847) 381-7515

YMCA

Buehler YMCA.....(847) 359-2400
Palatine, IL

Foglia YMCA.....(847) 438-5300
Lake Zurich, IL

OTHER SOCIAL/RECREATION

District 220 Senior Pass(847) 381-6300
Barrington, IL
Offers discounts for School District 220 performances.

Flying Wheels Travel — Minnesota(507) 451-5005
Specializes in worldwide travel and cruises for the physically challenged.

Golden Age Passport.....(217) 492-4150
Provides free admission to national parks, historic sites and monuments, and discounts on camp-grounds. Purchase at National Parks.

Greyhound Bus Lines(847) 888-1500
Discounts for seniors.

Hunting/Fishing Licenses(312) 814-2070

Mayflower Tours(630) 960-3430
Guided bus or flying tours across the country.

McHenry County Senior Services(815) 344-3555
McHenry, IL

Northern Illinois Special Recreation Association.....(847) 459-0737
Offers leisure activities to the homebound of all ages.

SOCIAL SECURITY

Provides monthly income to qualified individuals 62 years of age and older, disability benefits to those workers disabled before age 65, and survivor's benefits.

Social Security Administration

www.ssa.gov/chicago/fos.htm

Elgin.....	(847) 742-5096 or (847) 742-6329 (TTY)
Prospect Heights	(800) 772-1213 or (800) 325-0778 (TTY)
Waukegan.....	(847) 244-7909 or (800) 772-1213
Woodstock.....	(815) 338-3751

SUPPORT GROUPS

ALCOHOL

Alcoholics Anonymous	(847) 359-3311
Palatine & Rolling Meadows, IL	
Al Anon	(847) 381-2323
St. Michael's Church Barrington, IL	
Al Anon	(847) 618-4110
Northwest Community Healthcare Arlington Heights, IL	
One Day at a Time	(847) 359-0042
Holy Family Parish Inverness, IL	
Reformers Unanimous	(847) 438-4494
Quentin Road Bible Church Lake Zurich, IL	

ALZHEIMER'S

Alzheimer's Association Northern Illinois Office 24 hour Toll-free help line	(800) 272-3900
Alzheimer's Association (help line)	(847) 933-2413
BACOA Alzheimers Education and Support Group	(847) 381-5030

ARTHRITIS

Arthritis Foundation	(312) 372-2080 (800) 735-0096
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CANCER

American Cancer Society	(847) 358-3965
Ovarian Cancer Group For patients and survivors	

Advocate Good Shepherd Hospital(800) 323-8622
A Time to Heal
Breast cancer support group.
Oncology Hotline at Good Shepherd.....(847) 842-4847

Advocate Good Shepherd Hospital(800) 842-4847
Community Cancer Support Group
Provides cancer patients, their families and friends an opportunity to meet and discuss similar problems, concerns and educational topics.

Advocate Good Shepherd Hospital(800) 842-4847
“Y-ME” Breast Cancer Support Group
An open-door, mutual-support forum for women diagnosed with breast cancer.

Northwest Community Healthcare.....(847) 618-3463
Look Good ... Feel Better
Beauty program taught by a certified professional cosmetologist for women undergoing chemotherapy and radiation treatment.

Northwest Community Healthcare.....(847) 618-3463
Prostate Cancer
Education and support group for patients, their families and friends.

Northwest Community Healthcare.....(847) 618-3463
Group for breast cancer patients, their families and friends.

Wellness Place.....(847) 221-2400
Education and support for cancer patients.

CAREGIVER SERVICES

Caregiver - See page 8

CONGESTIVE HEART FAILURE

Advocate Good Shepherd Hospital(847) 842-4343
Cardiac and Pulmonary Rehab.

DEPRESSION

Advocate Good Shepherd Hospital(800) 323-8622
Depression screenings.

Northwest Community Healthcare.....(847) 618-4080
Women and Depression
Support and education for women experiencing depression.

DIABETES

Advocate Good Shepherd Hospital(847) 381-0123 ext 5858
Adult Support Groups

Northwest Community Healthcare.....(847) 618-4475

SUPPORT GROUPS: CONTINUED

LOW VISION

Barrington Area Council on Aging Education and Support.....(847) 381-5030

Also see Vision Impairment, page 20

PARKINSON’S DISEASE

American Parkinson’s Disease Association(847) 657-5787

Alexian Movement Disorders Clinic(888) 365-5240

Barrington Area Council on Aging.....(847) 381-5030

Parkinson Disease Education Group

SMOKING

Advocate Good Shepherd Hospital(847) 381-0123

Ex-Smokers Support Group

Designed for those who have quit smoking and want to share experiences and support each other.

Northwest Community Healthcare.....(847) 618-3463

Freedom from Smoking

STROKE

Northwest Community Healthcare.....(847) 618-7974

Yes I Can!

Education and support for stroke survivors, families and friends.

TAX ASSISTANCE/RELIEF

CIRCUIT BREAKER/PROPERTY TAX

Tax relief program that offers a cash grant to individuals 65 and older whose yearly income meets income eligibility requirements.

Illinois Department of Revenue(800) 624-2459

HOMESTEAD EXEMPTION

Allows homeowners 65 and older to reduce the assessed value of their property

Cook County Assessor (312) 443-7550 or (847) 818-2444

Lake County Assessor.....(847) 377-2050

McHenry County Assessor(815) 334-4290

PROPERTY TAX DEFERRAL

Defers all or part of property taxes on the home for an individual 65 and older or those legally disabled who own their own home and meet income requirements. When the home is sold, or homeowner dies, the state will be repaid the amount of the tax deferral plus interest.

Cook County Treasurer(312) 443-5100

Lake County Treasurer(847) 377-2323

McHenry County Treasurer.....(815) 334-4260

INCOME TAX AID (TAX COUNSELING FOR THE ELDERLY)

Yearly program sponsored by AARP and coordinated by various local organizations.

AARP.....(888) 227-7669

Barrington Area Council on Aging.....(847) 381-5030

TRANSPORTATION

GENERAL TRANSPORTATION

Pace Bus Dial-A-Ride(847) 364-7223

Barrington Township(800) 273-5939

Cuba Township(800) 273-5939

Ela Township(847) 438-6677

McHenry County(800) 671-6717

Amtrak.....(800) 872-7245

Discounts for seniors.

RTA Reduced Fare Program

Allows seniors and persons with disabilities to ride all Pace, Metra, and CTA services for approximately half the full fare. To register call:

RTA Travel Center(312) 836-7000

Subsidized Taxi Service

To obtain discount vouchers, contact:

Barrington Township.....(847) 381-5632

Cuba Township(847) 381-1924

MEDICAL TRANSPORTATION

Advocate Good Shepherd Hospital(888) 574-5700

Transportation to hospital and physician offices.

FISH (For I Shall Help).....(847) 381-7474

Advantage Ambulance.....(630) 894-8484

VETERAN’S BENEFITS

Department of Veterans Affairs.....(800) 827-1000

Edward Hines VA Hospital.....(708) 202-8387

For eligibility information(708) 202-4485

North Chicago VA Medical Center.....(847) 688-1900

VOLUNTEER OPPORTUNITIES

- Barrington Area Council on Aging.....(847) 381-5030**
- Barrington Area United Way(847) 842-9930**
- Advocate Good Shepherd Hospital(847) 381-9600 ext. 5093**
- Hospice of Northeastern Illinois(847) 381-5599**
- Illinois Department of Aging Senior HelpLine.....(800) 252-8966**
- Lake County United Way(847) 775-1000**
- Vitas Hospice(630) 495-8484**
- Volunteer Center of Northwest Suburban Chicago.....(847) 228-1006**

COMMON HOME CARE QUESTIONS

Who pays for home health services?

Medicare, Medicaid or your insurance carrier may pay for all or some portion of your services based on your insurance plan's coverage and your medical need. Your home health service representative should work with your insurance carrier so you receive the maximum coverage for care we provide. Any portion of a bill that is not covered by insurance, will be the responsibility of the patient. We will be happy to provide you with an estimate of what these costs may be after your first evaluation visit at home.

How long will service last?

Most insurance companies, including Medicare and Medicaid, use the following criteria for the continuation of home health services:

Are the services medically necessary and ordered by a physician?

Are these services that a skilled professional (nurse or therapist) can provide?

Is the patient "homebound" or confined to the home while receiving services?

What if we need more help?

You and your family may decide that you need additional help at home. If you would like more assistance than is covered by your insurance plan, additional in home support services such as housekeeping, 24-hour nursing, meal preparation and companionship can be provided by a private duty agency.

HOW TO SELECT HOME SUPPORT SERVICES

These questions are guidelines and should be individualized to the patient's specific needs.

1. Is the agency licensed and bonded in the State of Illinois?
2. Ask to see their Federal Employment Identification Number (FEIN).
3. What kind of background checks do you run on your caregivers?
4. Do the caregivers speak English?
5. Who is responsible for the caregiver's taxes and social security?
6. Are the caregivers covered by worker's compensation insurance in case they are injured in your home?
7. What kind of certifications (including CPR) do the caregivers have?
8. What are your hourly (or live-in) rates?
 - a. Weekdays
 - b. Weekends
 - c. Shift differential
 - d. Transportation Charge
 - e. Any additional charges (such as placement fee)
 - f. Is there a minimum charge (i.e. 3 hours)?
9. How is the billing and payment of services handled? Be sure to get an itemized invoice on company letterhead detailing services rendered.
10. If we choose to, can we interview potential caregivers? If yes, is there a charge?
11. What can we expect from the caregiver?
12. What happens when my caregiver takes time off?
13. Is someone from the agency available at all times to answer questions, comments or complaints?

TIPS FOR CHOOSING AN ASSISTED LIVING FACILITY

The following tips are provided to help residents and their families decide which Assisted Living community best fits their needs.

- **Atmosphere:** The staff should warmly greet you and residents should appear comfortable. Pick a place where you would want to be.
- **Food Service:** Make sure there are regular, nutritional, quality meals each day. Are special diets an option? Dine at the community to experience the food.
- **Physical Features:** The residences should be spotless, easy to get around and accommodating to wheelchairs and walkers. Is there a 24-hour emergency response system inside the residence?
- **Staffing:** How extensive is the staff training? What is the staff-resident ratio? Does the community conduct background checks? Is the staff employed by the community or a third party contractor?
- **Services:** Is there 24-hour assistance with bathing, dressing, grooming or other personal care activities? Is transportation provided for errands, doctor visits, etc.?
- **Contracts, Costs and Finances:** Do you lease or buy-in? Are the rents, fees raised annually? When may a contract be terminated? Make sure you know the refund policy and what the basic level of care includes. Know what additional services are available and the cost. Make sure all fees for services are revealed. At what point would a resident be required to move? If they will not be moved do the costs/fees change at some point?
- **Medication and Health Care:** Is there a written care plan for residents? How many licensed staff? Can medications be administered? Are there other levels of care on site?
- **Activities:** Are there organized activities? Exercise, computers, lectures, outing in the community? Is resident feedback welcome?
- **License:** Ask if the community is licensed by the State of Illinois. If so, they can provide health related services such as blood pressure, injections, and medication management.

YOUR FIRST HOME HEALTH VISIT CHECKLIST

Expect to receive a pre-visit call prior to your first visit. You will receive a two hour time frame during which that visit will occur.

If you are being discharged from the hospital, have your hospital discharge papers ready for the first visit.

Have insurance card available for review.

Have all medications, pill bottles and medication information sheets from your pharmacy available for review.

Make sure you have the necessary space cleared if home medical equipment is arriving.

To get the most out of your home care experience, we recommend you have a family member present and ready to participate.

LOCAL NUMBERS

Barrington Area Chamber of Commerce	(847) 381-2525
Barrington Area Council on Aging	(847) 381-5030
Barrington Area Library.....	(847) 382-1300
Barrington Area Meals on Wheels	(847) 381-5030
Barrington Park District.....	(847) 381-0687
Barrington Township.....	(847) 381-5632
Cuba Township	(847) 381-1924
Dundee Township	(847) 428-8092
Ela Township.....	(847) 438-7823
FISH.....	(847) 381-7474
Advocate Good Shepherd Hospital.....	(847) 381-9600
Advocate Good Shepherd Hospital Transportation	(888) 574-5700
Pace Bus.....	(847) 364-7223
Palatine Township.....	(847) 358-6700
South Barrington Park District.....	(847) 381-7515

TOLL FREE NUMBERS

AIDS Hotline	(800) 243-2437
Alzheimer's Disease Hotline	(800) 272-3900
American Association of Retired Persons (AARP)	(800) 424-3410
American Cancer Society - National	(800) 227-2345
American Cancer Society – Suburban Cook County	(847) 317-0025
American Diabetes Association	(800) 342-2383
American Heart Association.....	(800) 242-8721
National Kidney Foundation.....	(800) 622-9010
Amtrak	(800) 872-7245
Arthritis Foundation.....	(800) 283-7800
Drug and Alcohol Abuse— National	(800) 729-6686
Eldercare Locator (www.eldercare.gov).....	(800) 677-1116
Emergency and Disaster Services.....	(800) 782-7860
Hearing Aid Action Line.....	(217) 782-4733

STATE OF ILLINOIS NUMBERS

Department of Aging	
Illinois Senior HelpLine.....	(800) 252-8966
Illinois Rx Buying Club.....	(866) 215-3462
Department of Human Services.....	(800) 843-6154
Department of Insurance	
Consumer Assistance	(866) 445-5364
Health Insurance & HMO.....	(877) 527-9431
Senior Health Insurance Program	(800) 548-9034
Department of Public Aid	(800) 447-4278
Department of Revenue	(800) 732-8866
Circuit Breaker – Illinois Department of Revenue	(800) 624-2459
Circuit Breaker – Pharmaceutical	(800) 356-6302
Department of Tourism	(800) 226-6632
Secretary of State	(800) 252-8980
Medicare General Information.....	(800) 633-4227
Poison Control, Northeastern Illinois	(800) 222-1222
Social Security Administration	(800) 772-1213
Toll Free Directory Assistance.....	(800) 555-1212