



# Naperville

## Seniors & Families Resources

### Care Managers

- Trinity Advocacy Group - <https://trinityadvocacygroup.com/>
- Living Life w Dignity - <https://www.lifewithdignity.net/>
- North Shore Patient Advocates - <https://northshorern.com/>
- Rick Graffagna, Senior Solutions; 630-246-2579; [www.SeniorSolutions3.com](http://www.SeniorSolutions3.com) (no fee)
- Elderwerks Resource Center: 855-462-0100; elderwerks.org; [help@elderwerks.org](mailto:help@elderwerks.org) (no fee)

### Counseling, Mental Health, and Warm Lines

- Friendship Line: 800-971-0016
- Metropolitan Family Services: 630-784-4800
- Suicide Crisis Line: 988
- Kathleen Crombie, M.A. CBT Coach and Professional Organizer for clutter and hoarding. Runs an 8-week support group that meets virtually. 510-390-8187
- AARP warm line: 888-281-0145
- NAMI DuPage: 630-752-0066

### General Assistance/Home Resources

- DuPage County Senior Services: (grandparents raising grandchildren, low-income free caregiving, home delivered meals, LIHEAP applications) 630-407-6500
- Will County Senior Services: 815-723-9713
- Home For Life: custom home modifications: 630-466-2611; [www.homeforlifeadvantage.com](http://www.homeforlifeadvantage.com)
- Townships: NAPERVILLE 630-355-2786; LISLE: 630-968-2087; WHEATLAND: 630-717-0092
- Hoarding/item removal: Junk Removal Dudes: 815-757-9696; 1-800-Got Junk; Paxem Inc: 847-829-4437

### In-Home Healthcare

- Metro Home Visiting Physicians: 630-416-0754, 1240 Iroquois Ave St 200
- VNA Healthcare: 630-892-4355
- Visiting Physicians Association: 630-756-5270
- Northwestern Medicine: find an in-home physician: 630-933-2374
- Visiting Angels: in-home assistance, no medical: 630-790-1112, 1415 Bond St

### Insurance & Benefits Assistance

- Medicare: [www.medicare.gov](http://www.medicare.gov) – chat with live agents; 1-800-MEDICARE (800-633-4227)
- SHIP counselors: found at DuPage Co. community services, or Naperville Township
- Medicaid: Health Benefits Hotline: 1-800-843-6154
- Social Security: 1-800-772-1213 or [www.socialsecurity.gov](http://www.socialsecurity.gov) to create an online account & see benefits



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## Legal

- Adult Protective Services/elder abuse reporting hotline: 866-800-1409
- Ombudsman Advocates for Nursing Home Residents/Reporting Nursing Facilities: 800-252-4343
- Prairie State Legal Services Senior Line: 815-965-2134
- Will County Legal Assistance: 815-727-5123
- National Elder Law Foundation (find a certified elder law attorney): <https://nelf.org/>

## Support Groups

- Alzheimer's Support "Memory Café": 2nd Tuesday/month, call Lisa Kirchner at (630)710-7502
- Caregiving and Self-Care: Encore Memory Care: 4<sup>th</sup> Wednesday/month. Call Pam Graffagna; 312-888-6375; [pgraffagna@encorecares.com](mailto:pgraffagna@encorecares.com)
- Caregivers (Metropolitan Family Services): 630-784-4876
- Caring for the Caregiver: 630-897-4035
- Life Transition- Women 60+: 630-784-0019
- Grandparents Raising Grandchildren: 630-294-0019
- Grief: Belmont Village 630-510-2510
- Grief: Touchstone 630-353-4526
- Grief: Your Story Counseling; <https://yourstoryinc.com/event/grief-and-loss/>; 630-442-1895

## Transportation

- Ride Assist Naperville (RAN): [www.rideassistnaperville.org](http://www.rideassistnaperville.org) (transportation to medical apts)
- Ride DuPage: operated through PACE: 630-407-6500