

DEMENTIA FRIENDLY NAPERVILLE

RESOURCE GUIDE

Version 1.7

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As used in this Resource Guide the terms "dementia" and "dementias" include symptoms of Alzheimer's disease and related diseases.

I. Education and Information for Care Partners

Alzheimer's Association	<p>The Alzheimer's Association provides a free 24/7 Helpline staffed by master's-level clinicians and specialists that provides confidential support and information to all those affected in over 200 languages. See Appendix 1 for more information about this valuable resource.</p> <p>The Alzheimer's Association also offers webinars including Effective Communication Strategies, 10 Warning Signs of Alzheimer's, Dementia Conversations, Living with Alzheimer's for Younger Onset, Understanding Alzheimer's disease and Dementia. Through a variety of programs may provide treatment, current information, and local referral.</p> <p>For care partners, the Alzheimer's Association offers Resources for New Caregivers online, including what caregivers can expect at each stage of dementia, learning to care for a person with dementia, and how to get support. See www.alz.org/help-support/caregiving.</p>
	<p>24/7 Helpline: (800) 272-3900 www.alz.org</p> <p>Alzheimer's Association Illinois Chapter 850 Essington Rd., Suite 200, Joliet, IL 60435 alz.org/illinois (847) 933-2413</p>
Dementia Friendly Illinois	<p>An excellent resource for those wanting to understand and learn to live with dementia and Alzheimer's disease. Provides tips on practical caregiving. Helps find support groups for caregivers. Provides information about events, training sessions and webinars all aimed to assist those caring for or living with dementia.</p>
	<p>www.ilbrainhealth.org</p>
Lewy Body Dementia Association Lewy Line	<p>Individuals living with Lewy body dementia, care partners, and others can connect to the licensed professionals with LBDA Support Services through the LBDA Lewy Line or email.</p>
	<p>LBDA Lewy Line: (800) 539-9767. E-mail LBDA Support Services – support@lbda.org</p>
Northwestern University	<p>The Mesulam Center for Cognitive Neurology and Alzheimer's Disease offers a variety of programs for dementia patients, and support groups for caregivers.</p>
	<p>300 E. Superior St., Tarry 8, Chicago, IL 60611 www.brain.northwestern.edu (312) 908-9339</p>

National Institute of Mental Health	<p>Information about Alzheimer's disease and related dementia plus news, tips and resources for caregivers. The NIA conducts and supports research about health issues for older people, and is the primary Federal agency for Alzheimer's disease research.</p> <hr/> <p>www.nia.nih.gov/health/alzheimers (800) 222-2225</p>
Alzheimer's Foundation of America	<p>Resources for Alzheimer's and dementia caregivers. Offers a toll-free helpline 9am to 9pm ET seven days a week staffed by licensed, dementia-trained social workers; accepts calls in 90+ languages.</p> <hr/> <p>322 Eighth Avenue, 16th Floor, New York, NY 10001 Helpline: (866) 232-8484 alzfdn.org/caregiving-resources (866) 232-8484</p>
U.S. Administration on Community Living	<p>Offers families and caregivers information on housing, mental health resources, eldercare location, disability information and tips on emergency preparation, planning checklists, and ways to seek assistance after a disaster.</p> <hr/> <p>www.acl.gov (202) 401-4634</p>
Family Caregiver Alliance (FCA)	<p>FCA offers online resources for caregivers to improve their quality of life.</p> <hr/> <p>235 Montgomery St., Ste 930, San Francisco, CA 94104 www.caregiver.org/caregiver-resources/ (800) 445-8106</p>

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II. Support Activities for Care Partners

Memory Café

Memory Café is a social gathering designed for people living with memory loss, dementia, or Alzheimer’s disease, and their care partners with the goal of providing a welcoming, supportive environment where individuals can engage in stimulating activities (such as games, crafts, or music), and have informal conversations with others who are facing similar challenges. Memory Café is a free event; there are no charges.

Memory Café Schedule

- First Tuesday of the month from 1:00 – 2:30pm at Fort Hill Activity Center (20 Fort Hill Dr.) and
- Second Tuesday of the month from 2:00 – 3:30pm at 95th Street Library (3015 Cedar Glade Dr.)

Pre-registration is encouraged; however, walk-ins are always welcome. For more information or to register, email DementiaFriendlyNaperville+info@gmail.com.

Care Partner Support Groups

Care partner support groups create a safe, confidential, supportive environment or community and a chance for participants to develop informal mutual support and social relationships. They also educate and inform participants about dementia and help participants develop methods and skills to solve problems. They typically meet monthly, either in-person or through the use of electronic means.

Care partner support groups are continuously being organized, so if those listed below do not meet your needs, check with the Alzheimer’s Association’s 24/7 Helpline at (800) 272-3900. Directions for using their online Community Resource Finder can be found in Appendix 2.

In-Person Support Groups

Currently there is one in-person support group that meets in Naperville and several in nearby communities. All groups normally require registration to attend. See immediately below for how to register to attend the Naperville Care Partner Support Group. For all other support groups, there are two ways to register: (1) Call the Alzheimer’s Association’s 24/7 Helpline for registration assistance, or (2) Use the Alzheimer’s Association’s Community Resource Finder to register; instructions are also in [Appendix 2](#).

Care Partner Support Group Hosted at Naperville Public Library	This support group meets on the fourth Tuesday of each month from 1:00 pm to 2:00 pm. For additional information or questions about this support group click here , call (630) 710-7502, or email DementiaFriendlyNaperville+info@gmail.com .
	Location: 3015 Cedar Glade Drive, Naperville, IL 60564. Participants must register in advance by emailing DementiaFriendlyNaperville+info@gmail.com .

Care Partner Support Group Hosted by Westmont Public Library	This support group meets the first Thursday of the month from 6:00 pm – 7:00 pm.
	Location: 428 N. Cass Ave., Westmont, IL 60559
Adult Child Care Partner Support Group Hosted by Batavia Covenant Church	This support group meets the 3rd Tuesday of the month from 5:30 pm – 6:30 pm.
	Location: 1314 Main Street, Batavia, IL 60510
Spouse Care Partner Support Group Hosted by Batavia Covenant Church	This support group meets the 3rd Tuesday of the month from 3:00 pm – 4:00 pm.
	Location: 1314 Main Street, Batavia, IL 60510
Care Partner Support Group Hosted by Willow Falls Senior Living	This support group meets the 3rd Thursday of the month from 5:30 pm – 7:00 pm.
	Location: 1681 Willow Circle Drive, Crest Hill, IL 60403

Care Partner Support Group Hosted by Victorian Village	This support group meets on the 3rd Tuesday of every month from 5:00 pm - 6:00 pm Central.
	Location: Victorian Village, 12600 Renaissance Circle, Homer Glen, IL 60491

Support Groups That Use Electronic Means to Connect

Alzheimer's Connected	This is an <u>online social networking community</u> for care partners and people with dementia. Participants may pose questions, offer support and create groups around specific topics.
	Get started at www.alzconnected.org .
Lewy Body Dementia Association's Care Partner Support Group	This is a <u>private Facebook group</u> for care partners of individuals with Lewy Body Disease.
	Request membership in this group at

	www.facebook.com/groups/LBDACarePartnerSupportGroup .
LBD Caring Spouses	<p>This is an <u>email-based group</u> for people whose husband or wife is living with one of the Lewy body disorders: dementia with Lewy bodies or Parkinson's disease dementia. The moderators are all volunteers and are spouses of Lewy Body Disorder patients.</p> <p>Go to groups.io/g/LBDCaringSpouses for more information and to apply for membership in this group.</p>
Dementia Care Partner Support Group	<p>This is a <u>Zoom-based group</u> for family and friends caring for individuals diagnosed with Alzheimer's disease or a related dementia.</p> <p>Meetings take place via Zoom on the 1st Friday of each month from 10:30 am - 2:00 pm. For more information and to register, contact Danielle Dodson, MSW, LCSW at danielle.dodson@aah.org or (847) 720-6458 for more information and to register.</p>
Dementia Grief Support Group	<p>The Advocate Memory Center and Advocate Aurora Hospice periodically offer this 8-session <u>Zoom-based group</u> for family and friends who have lost a loved one to dementia within the past two years. Meetings are held every other week.</p> <p>Interested individuals should contact Shane Villanueva, MA, CGCS at (630) 571-8603 or Danielle Dodson, MSW, LCSW at daniellele.dodson@aah.org or (847) 720-6458.</p>
Lewy Body Dementia Care Partner Support Group	<p>This <u>Zoom-based support group</u> is offered by Advocate Health Systems for family and friends caring for individuals diagnosed with Lewy Body Dementia. Meetings take place via Zoom on the 3rd Wednesday of each month from 2:00 pm - 3:30 pm.</p> <p>Interested individuals should contact Shane Villanueva, MA, CGCS at (630) 571-8603 or Danielle Dodson, MSW, LCSW at daniellele.dodson@aah.org or (847) 720-6458.</p>
Younger Onset Dementia Care Partner Support Group	<p>This <u>Zoom-based support group</u> is offered by Advocate Health Systems for family and friends caring for individuals diagnosed with any form of dementia at age 65 or before.</p> <p>The Care Partner meeting is offered in a hybrid format and can be attended either in-person (in Des Plaines, IL) or via Zoom on the 2nd Wednesday of each month from 5:30 pm – 7:00 pm.</p> <p>A concurrent meeting for those diagnosed with early-stage Young Onset dementia is also offered (in-person only). A brief screening is required prior to participation in the group.</p>

	Interested individuals should contact Shane Villanueva, MA, CGCS at (630)571-8603 or Danielle Dodson, MSW, LCSW at daniellele.dodson@aah.org or (847) 720-6458.
Parkinson’s Disease Care Partner Support Group (Northwestern)	<p>This group meets on the second Wednesday of the month from 2:00 pm -3:00 pm. Information about joining the group is provided after registering.</p> <hr/> <p>Contact to register: Erin Cecchi, LCSW, at erin.cecchi@nm.org</p>

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III. Educational Videos

This section of the Resource Guide contains three sets of educational videos:

- the videos in the first set address specific situations care partners may be faced with; and
- the videos in the second set directed at leaders and workers in businesses and other organizations in their community.

The topics of each video in each group are listed alphabetically; nothing is implied by the order in which they are listed. For each video a link to a YouTube video (click on the name to view the video), the name of the organization that created the video, and the video's running time are listed.

Videos for Care Partners		
Video Title	Author	Time
Aggressive Language and Behaviors	UCLA Health	4:43
Agitation and Anxiety	UCLA Health	5:45
Alcohol Abuse	UCLA Health	4:22
Depression/Apathy	UCLA Health	4:04
Hallucinations	UCLA Health	4:03
Lack of Eating	UCLA Health	3:22
Paranoid Thoughts	UCLA Health	1:58
Refusal to Bathe	UCLA Health	4:28
Refusal to Take Medications	UCLA Health	4:03
Repetitive Behaviors	UCLA Health	3:45
Repetitive Phone Calls	UCLA Health	5:45
Repetitive Questions	UCLA Health	3:56
Sexually Inappropriate Behaviors	UCLA Health	4:52
Sleep Disturbances	UCLA Health	5:04
Stop Driving	UCLA Health	3:14
Sundowning	UCLA Health	3:39
Wandering	UCLA Health	4:05

For more information about UCLA Health see www.uclahupportealth.org.

Videos for Community Businesses and Organizations		
Video Title	Author	Time
Elder Rights	AgeGuide Northeastern Illinois	5:08
Faith-Based Communities	AgeGuide Northeastern Illinois	6:24
First Responders	AgeGuide Northeastern Illinois	9:23
Healthcare	AgeGuide Northeastern Illinois	8:52
Restaurants	AgeGuide Northeastern Illinois	11:44
Retail	AgeGuide Northeastern Illinois	9:47
Transportation	AgeGuide Northeastern Illinois	7:55

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IV. Services Providers

Dementia Friendly Naperville	<p>Dementia Friendly Naperville offers a Memory Café - a social gathering of individuals living with dementia and their care partners. It offers a place for both caregivers and care recipients to socialize together and connect with others in similar situations. Activities vary and include education, music, games, and arts.</p> <p>Memory Cafés are offered at the Naperville Public Library, 95th Street Branch, on the second Tuesday of every month from 2:00 pm to 3:30 pm. Register online at www.naperville-lib.org. Walk-ins are always welcome.</p>
<p>(630) 710-7502 for more information</p>	
DuPage County Community Services	<p>DuPage County Community Services offers several programs that facilitate an independent lifestyle for county residents, aged 60 or older, and provides information on other benefits for which seniors may qualify. Services include day services, emergency home response systems, homemaker services and money management for frail adults who are at least 60+.</p>
<p>421 N. County Farm Road, Wheaton, IL 60187 Click for DuPage Community Services (630) 407-6500</p>	
Senior Services of Will County	<p>Senior Services provides many programs to empower those 60+ to live self-sufficient, safe and healthy lives. Senior Services of Will County also acts as the representative of the Illinois Department of Aging within our communities. Folks seeking to see if they qualify for our services may call our intake line at 815-740-4225. Case managers will follow up to see what programs might be right for you or your loved ones.</p>
<p>251 N. Center St., Joliet, IL 60435 willcountyseniors.org (815) 723-9713</p>	
Family Caregiver Programs	<p>Financial assistance is available for both individuals with dementia and caregivers to help keep the individual safe in their home for as long as possible. Services available include the creation of an individualized care and resource plan using the online T-Care Assessment tool. Services can include chore, housekeeping and grocery shopping services; assistance with rent/mortgage and/or utilities; short term medication; supplies; home improvements for accessibility and safety; transportation including ride services, vehicle adaptations and gas cards.</p> <p>Funds can also be used for technology such as wander prevention systems, Amazon Alexa devices, security cameras, robotic pets and</p>

	<p>sensory quilts; dentures, hearing aids and wearable GPS devices; and in home, facility or adult day services for short term respite.</p> <hr/> <p>In DuPage County: 421 N. County Farm Road, Wheaton, IL 60187 Click for the DuPage Family Resource Center (630) 407-6500</p> <hr/> <p>In Will County 251 N. Center St., Joliet, IL 60435 Click for the Will County Family Resource Center (815) 723-9713</p>
Riverwalk Adult Day Services	<p>Riverwalk Adult Day Services offers an online Stress Busters training program for caregivers. The class meets for 90 minutes online once a week for nine weeks. The class can accommodate groups of up to eight people.</p> <hr/> <p>305 W. Jackson Ave, Naperville, IL 60540 www.riverwalkaduldayservices.com/ (630) 357-8166</p>
Metropolitan Family Services	<p>Senior counseling helps physically, emotionally and/or economically vulnerable older adults function as independently as possible. It includes in-home or office assessments, family and individual counseling, support groups, case management and links to resources. Family caregiver support groups give children of aging parents, spouses and long-distance caregivers an opportunity to share caregiving concerns, learn to balance their needs with those of their loved ones, manage stress, feel supported by others who share their journey, and get helpful tips and resources.</p> <hr/> <p>600 South Washington St., Naperville, IL 60540 www.metrofamily.org (630) 717-0447</p>
In-Home Senior Respite Program	<p>Provides screened and trained volunteers recruited from faith organizations and the general community. Volunteers may provide either weekly or intermittent respite visits to a particular family.</p> <hr/> <p>222 E. Willow Avenue, Wheaton, IL 60187 (630) 784-4875</p>
Ray Graham Association	<p>Provides specialized residential services for adults and developmental disabilities experiencing dementia and Alzheimer's.</p> <hr/> <p>901 Warrenville Road, Suite 500, Lisle, IL 60532 www.raygraham.org/ (630) 620-2222</p>

AgeGuide	<p>AgeGuide provides kits in rolling suitcases, containing books, music, games and other items. Kits are available free of charge to community organizations, care facilities and caregivers and can be checked out for a month at time.</p> <p><i>"Tales and Travel Memories"</i> is a one-hour program that takes individuals diagnosed with dementia on an imaginary trip to another country utilizing books, music, artifacts, folktales and interesting facts about each destination. Destinations include Central America, Canada, Japan and Mexico.</p> <p><i>Music & Memory/Alive Inside</i> is an inter-generational program partnering with volunteer high school students who conduct interviews with participants and deliver a playlist of songs based on the participants interests and feedback from the interview. Personalized music can activate cognition, boost spirits, decrease pain, brighten moods, provide respite, and have many other positive impacts on people living with cognitive challenges.</p> <p>The <i>Good Memories Choir</i> is an 8 week sing along program for people living with Alzheimer's or another dementia and their caregivers. No musical experience or training is needed.</p>
	<p>1910 S. Highland Ave. Ste. 100, Lombard, IL 60148 www.ageguide.org (800) 528-2000</p>
American Red Cross	<p>The Military and Veteran Caregivers Network (MVCN) hosts online support groups to offer caregivers the opportunity to connect and engage with peers to support one another.</p> <p>These groups are hosted using Zoom video so caregivers are able to interact face to face using a computer or mobile device, or join by phone.</p>
	<p>1293 Windham Parkway, Romeoville, IL 60446 www.redcross.org/military-veteran-caregiver-network (630) 378-0344</p>
Department of Veterans Affairs	<p>The Department of Veteran Affairs (VA) Caregiver Support Program (CSP) offers clinical services to caregivers of eligible and covered Veterans enrolled in the VA health care system. The program's mission is to promote the health and well-being of family caregivers who care for our Nation's Veterans, through education, resources, support, and services.</p>
	<p>There is a CSP team CSP Team Locator located at every VA facility. For more information see www.va.gov/family-member-benefits/comprehensive-assistance-for-family-caregivers/.</p>

DuPage Senior Citizens Council	<p>Serves seniors in DuPage County as well as some surrounding communities. Services include home meal delivery, community dining, well-being checks, health and wellness education, yard clean ups, minor home repairs, pet care and food assistance, contractor referrals, friendly phone calls and intergenerational activities.</p> <hr/> <p>1990 Springer Drive, Lombard, IL 60148 http://www.dupageseniorcouncil.org (630) 620-0804</p>
Family Caregiver Alliance National Center on Caregiving	<p>Education and online support groups for caregivers.</p> <hr/> <p>101 Montgomery Street Suite 2150, San Francisco, IL 94104 www.caregiver.org (800) 445-8106</p>
AIM Center for Independent Living	<p>Provides services in DuPage County to persons with disabilities. Appointment only at this time.</p> <hr/> <p>3130 Finley Road, Suite 500, Downers Grove, IL 60515 www.aim-cil.org (630) 469-2300</p>
Disability Resource Center	<p>In Will County provides advocacy; peer counseling; information and referral; independent living skills; and transition services.</p> <hr/> <p>77 N. 129th Infantry Drive, Joliet, IL 60435 www.drcjoliet.org (815) 729-0162</p>
Local Term Care Ombudsman Program	<p>Long Term Care Ombudsmen help when residents or family members have questions and concerns about the rights of older consumers receiving long-term care; quality of care or treatment from a long-term care service provider; appeals regarding transfers, discharges, discontinuance or changes in services; and billing and charges, including those covered by Medicare and Medicaid. Anyone can file a complaint about a long-term care service provider. Complaints may be filed anonymously.</p> <hr/> <p>DuPage County: DuPage County Department of Community Services (DuPage County) 421 North County Farm Road, Wheaton, IL 60187 www.dibbern.com/ombudsman/il-long-term-care-ombudsman.htm (800) 942-9412; Main Intake Line: (630) 407-6500</p> <hr/> <p>Catholic Charities, Diocese of Joliet (Will County) 16555 Weber Rd., Crest Hill, IL 60403 catholiccharitiesjoliet.org</p>

(815) 724-1120

Rush Caring for
Caregivers

The Rush Center for Excellence in Aging offers a comprehensive program of care partner support designed to lessen caregiver stress and improve their physical and emotional health and well-being. Services are delivered in person, by phone, or videoconference. There is no charge for the initial consultation and subsequent services are covered by most insurances.

For more information, see aging.rush.edu/caringforcaregivers or call (312) 563-0350, or email caregivers@rush.edu

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V. Financial Assistance

AgeGuide	Can provide supplemental funds to help pay for short term services, adaptive services and supplies for anyone with Alzheimer's or related dementia.
	1910 S. Highland Ave. Ste. 100, Lombard, IL 60148 www.ageguide.org (800) 528-2000
DuPage County Community Services	Can provide supplemental funds to assist with utility bills, rent payments, caregiver respite, assistive equipment and devices to reduce social isolation.
	421 N. County Farm Road, Wheaton, IL 60187 www.dupagecounty.gov/government/departments/community_services/index.php (630) 407-6500
DuPage Physicians Medical Assistance Program (DPMAP)	DuPage Human Services provides financial assistance and help with prescription bills, medical supplies & healthcare fees for those that live in DuPage
	421 N. County Farm Road, Wheaton, IL 60187 www.rxresource.org/prescription-assistance/dupage-physicians-medical-assistance-program.html 630-407-6500

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VI. Legal Assistance

Prairie State Legal Services	<p>Legal services include arranging for and providing assistance in resolving civil legal matters, protecting legal rights, providing legal advice, community legal education and conducting research concerning legal rights and responsibilities by an attorney-at-law or a person under the supervision of an attorney. Clients shall be 60 years and older who have a problem that requires assistance from an attorney or a paralegal. Efforts will be extended to those who are homebound and those residents who are in institutions. Case priorities shall be set to target basic human needs to include but not limited to health care, shelter, income maintenance and safety.</p> <p>31W001 East North Avenue Suite 100, West Chicago, IL 60185 www.pslegal.org (800) 690-2130</p>
Legal Advocates for Seniors and People with Disabilities	<p>LASPD provides low-cost legal services to seniors and people with disabilities who are facing financial hardships and are victims of harassment by unsecured creditors.</p> <p>180 North Michigan Avenue, Suite 908, Chicago, IL 60601 www.mylegaladvocates.org (866) 785-3328</p>
National Academy of Elder Law Attorneys	<p>The mission of the NAELA is to educate, inspire, serve, and provide community to attorneys with practices in elder and special needs law. Members of NAELA are attorneys who are experienced and trained in working with the legal problems of older Americans and individuals of all ages with disabilities. Use their directory to find a local attorney www.naela.org/findlawyer</p> <p>1577 Spring Hill Rd. Suite 310, Vienna, VA 22182 www.naela.org (703) 942-5711</p>
National Elder Law Foundation	<p>The National Elder Law Foundation (NELF) is the only national organization certifying practitioners of elder and special needs law. NELF's Certified Elder Law Attorney designation is itself certified by the American Bar Association. There are over 500 CELAs across the country, and our numbers are growing steadily.</p> <p>6336 N. Oracle Rd., Ste. 326 #136, Tucson, IL 85704 www.nelf.org (520) 881-1076</p>
Strohschein Law Group	<p>Services include estate planning, long-term care planning, care coordination, guardianship, estate and trust administration and probate litigation.</p>

	<p>455 Dunham Rd. Suite 200, St. Charles , IL 60174 www.strohscheinlawgroup.com (630) 300-0627</p>
Kane County Law Library & Self-Help Legal Center	<p>The Kane County Law Library & Self Help Legal Center is located within the Kane County Judicial Center and is open to the public. The Library houses the County's core of legal research materials, including print products and online databases. The professional library team provides outstanding service supporting its governing statute and furthering open and equal access to legal and governmental information. Must inquire in person to make an appointment</p> <p>37 W777 Route 38, 2nd Floor, St. Charles , IL 60174 www.kclawlibrary.org/ (630) 406-7126</p>
DuPage Legal Aid Services	<p>DuPage Legal Aid is dedicated to providing the highest level of legal representation possible to lower income residents of DuPage County in many areas of the law.</p> <p>126 S. County Farm Road, Wheaton, IL 60187 www.dupagelegalaid.org (630) 653-6212</p>
Administer Justice	<p>Free law clinic for low-income residents.</p> <p>27W500 North Avenue, West Chicago, IL 60195 www.administerjustice.org (855) 818-4554</p>
DuPage County Bar Association Lawyer Referral Service	<p>Assists individuals to find an attorney in their hometown.</p> <p>126 S. County Farm Rd., Wheaton, IL 60187 www.dcba.org (630) 653-7779</p>
DuPage County State's Attorney	<p>Combined efforts to work with State's Attorney's office on behalf of seniors and persons with disabilities</p> <p>421 N. County Farm Rd, Wheaton, IL 60187 www.dupagecounty.gov/statesattorney/ (630) 407-6500</p>
Hope Fair Housing Center	<p>Promoting equal housing, lending and insurance opportunities for people of all income levels</p> <p>245 W. Roosevelt Road #15-107, West Chicago, IL 60185 www.hopefair.org</p>

	(630) 690-6500
AIM Center for Independent Living	Provides advocacy and services to persons with disabilities in DuPage County. Appointment only.
	3130 Finley Road, Suite 500, Downers Grove, IL 60515 www.aim-cil.org (630) 469-2300
Disability Resource Center	Provides advocacy and services to persons with disabilities in Will County. Appointment only.
	77 N. 129th Infantry Drive, Joliet, IL 60435 www.drcjoliet.org 815-729-0162
Office of the Public Guardian	Serves as guardian for individuals with an estate of \$25,000 or more. They are paid from the estate of the person for whom they are guardian as directed by the court. Statute defines the responsibilities of this office and includes preparing inventories of property, monthly contact, receiving periodic reports from caregivers, etc.
	1730 Park Street, Suite 117, Naperville, IL 60563 (630) 578-1112

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VII. Local Government

Forest Preserve District of DuPage County	Offers "Mindful Nature Strolls" designed for seniors with limited mobility or memory impairment. A one mile (or less) guided nature stroll on flat-surfaced trails appropriate for wheelchairs, walkers and canes. Specially trained volunteers increase participant confidence by providing companionship as well as safety.
	3S580 Naperville Road, Wheaton, IL 60189 www.dupageforest.org (630) 933-7200
Forest Preserve District of Will County	Offers a variety of in-person and virtual programs for seniors.
	17540 Laraway Road, Joliet, IL 60433 www.reconnectwithnature.org (815) 727-8700
Naperville Township	Provides information about financial assistance for seniors. Also has a program to loan walkers and other medical devices for seniors.
	139 Water Street, Naperville, IL 60540 www.napervilletownship.com (630) 355-2786
Lisle Township	Provides information about financial assistance for seniors.
	4711 Indiana Ave., Lisle, IL www.lisletownship.com/senior-services (630) 968-2087
Naperville Fire Department	Through this program, Naperville senior citizens receive in-home safety information as well as fire and fall prevention tips. Every home visit includes a written home safety survey with smoke detectors (if needed), a carbon monoxide detector, kitchen fire extinguisher, and other goodies.
	1380 Aurora Ave., Naperville, IL 60540 www.naperville.il.us/services/naperville-fire-department/ (630) 305-5900
Naperville Police Department	The "Caring Hands" program allows residents to voluntarily provide critical information about themselves or loved ones to Naperville's Firefighters and Police Officers before they have any type of interaction. Information provided includes methods of communication, sensory and medical issues, as well as approach and de-escalation techniques. The Fast Track Program provides radio devices to help locate missing persons with disabilities.

	<p>320 W. Jackson Ave., Naperville, IL 60540 www.naperville.il.us/services/naperville-police-department/ (630) 848-5000</p>
Naperville Park District	<p>Offers a variety of in-person and virtual programs for seniors.</p> <p>1350 Aurora Ave., Naperville, IL 60540 www.napervilleparks.org/ (630) 420-6666</p>
Naperville Public Library	<p>Offers many virtual programs for adults. Go to: www.facebook.com/watch/naperlib/</p> <p>200 W. Jefferson Ave., Naperville, IL 60540 www.naperville-lib.org (630) 961-4100</p>
Social Security Local Offices	<p>Serves residents of: Aurora, Carol Stream, Eola, Fox Valley, Naperville, Warrenville, West Chicago, Wheaton and Winfield. Hours: Mon, Tues, Thurs, Fri 9-3pm, Wed, 9-noon</p> <p>1325 N. Lake Street, Naperville, IL 60506 (877) 274-5412</p>
Social Security Local Offices	<p>Serves residents of: Burr Ridge, Clarendon Hills, Dairen, Downers Grove, Glen Ellyn, Glendale Heights, Hinsdale, Lisle, Oak Brook, Westmont, and Willowbrook. Hours: Mon, Tues, Thurs, Fri 9-3pm, Wed, 9-noon</p> <p>7440 Providence, Woodridge, IL 60517 (866) 303-2724</p>
Illinois Department of Public Health (IDPH)	<p>Assures that long term care facilities meet the licensing requirements of the state and that they comply with federal and state rules and regulations.</p> <p>245 W. Roosevelt Road #5, West Chicago, IL 60185 www.idph.state.il.us (800) 252-4343 (Central Complaint Registry)</p>

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VIII. Adult Day Services

Naperville Senior Center	<p>Eligible adult participants include those who are socially isolated or who have recently been discharged from a hospital, nursing home or rehabilitation center. Activities including walking, cards, and games, singing, pet therapy, movie matinees and dancing.</p> <hr/> <p>1504 N. Naper Blvd. Ste 120, Naperville, IL 60563 www.napervilleseniorcenter.com (630) 857-3017</p>
Riverwalk Adult Day Services	<p>Provides a healthy, monitored environment for adults to socialize with other adults, staff, and guests. Nutritious snacks and a lunch are provided throughout the day or, if they prefer, participants can bring their own meals. Activities include performances, visits from animals, games and directed exercise.</p> <hr/> <p>305 W. Jackson Ave., Naperville, IL 60540 www.riverwalkadulthoodservices.com (630) 357-8166</p>
Tabor Hills Senior Day Services	<p>The program is for seniors over the age of 55 who would benefit from the socialization, stimulation, supervision, safety and security offered by a senior day program, as well as caregivers who need to regain a sense of themselves and would benefit from respite from the duties of caregiving. All participants have access to programs and services on campus. With a physician referral, physical, occupational, and speech therapy is available to participants in our state-of-the-art rehabilitation suite. A hair salon (reasonable fee) and ice cream parlor (free for participants) are also available. Special performances and activities in our Healthcare and Supportive Living Facility will include Senior Day participants, if desired.</p> <hr/> <p>1347 Crystal Avenue, Naperville, IL 60563 www.taborhills.org/senior-day-services (630) 778-6677</p>
Universal Metro Asian Services	<p>Adult day services centers provide a venue for the elderly to get involved in structured and fun-filled activities. We provide breakfast, hot lunch, and snacks to our participants. On-site medical monitoring is available by trained nurses. Yoga and fitness sessions, health education and seminars, recreational activities, and round-trip transportation services from their home to the centers by our experienced drivers are also available free of charge for those who qualify.</p> <hr/> <p>1032 E. Ogden Ave., Naperville, IL 60563 www.umasinc.com (630) 705-1208</p>

Xilin Association	<p>Xilin's adult day services provides therapeutic activities, health related services, and an individualized care plan for medically and/or cognitively frail elderly adults between 8:30am to 2:30pm. The activities are specially designed for seniors to prevent memory loss, create independence through a structured, secure and therapeutic setting, and relieve caregivers from burning out. Our adult day services include personal care plans that are developed and monitored by an onsite nurse, nutritional meals that are designed and monitored by a dietician, transportation arrangements upon request, an interdisciplinary team that works with participants and regularly communicates with family members on the participant's progress.</p>
	<p>1163 E. Ogden Ave. Suite 610, Naperville, IL 60563 www.xilin.org (630) 355-4322 x107</p>
Community Adult Day Center	<p>Adult Day Services - limited to 17 clients daily. Provides socialization and structure in a dignified and pleasant environment for adults needing daytime care. Exercise, daily activities, snacks, hot meals. 7:30-5:45</p>
	<p>4501 Main Street, Downers Grove, IL 60515 http://www.communityadulthoodcenter.org/ (630) 968-1060</p>
Elder Day Center, Inc.	<p>Comprehensive adult day program with recreation and health maintenance, exercise and nutrition, memory care, caregiver support, activity programming and nursing care.</p>
	<p>328 W. Wilson St., Batavia, IL 60510 www.elderdaycenter.org (630) 761-9750</p>
Esse Adult Day Services	<p>ESSE offers a safe nurturing environment enabling adults to participate in cognitive and physical activities throughout the day while caregivers receive the much-needed respite that is deserved.</p>
	<p>27 S. Edgelawn, Aurora, IL 60506 www.esseadulthoodcare.org (630) 791-9319</p> <p>515 S. Wheaton Avenue, Wheaton, IL 60187 www.esseadulthoodcare.org (630) 260-6773</p> <p>41 N. Park Blvd., Glen Ellyn, IL 60137 www.esseadulthoodcare.org (630) 793-9773</p>

<p>Expression at Advocate Lutheran General</p>	<p>EXPRESSIONS is a memory-enhancement day services program for people diagnosed with early-stage Alzheimer's disease or related dementia. Sessions provide a safe, positive, strength-based environment that allows participants to learn, share and engage together.</p> <hr/> <p>9375 W Church St, Des Plaines, IL 60016 www.advocatehealth.com/luth/health-services/senior-services (847) 723-7770</p>
<p>MedTec Senior Day Center</p>	<p>By engaging in social and enriching activities, members keep their minds sharp and spirits high while providing a break for family and other caregivers. Provides transportation, meals, an on-site nurse, group activities, a game room, library, computer center, music, arts & crafts, and games.</p> <hr/> <p>1415 Bond Street, Suite 111, Naperville, IL 60563 www.medtechealthcare.com/naperville (630) 995-3408</p>

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IX. Home Care

Non-Medical Home Care Providers

Assisting Hands – Downers Grove	Our home care services range from providing personal care to preparing meals, light household upkeep to companion care and more. 5120 Belmont Rd. Suite 1, Downers Grove, IL 60515 www.assistinghands.com (630) 352-3656
Assisting Hands - Naperville	24/7 live-in care; hourly companionship; post-hospital discharge support; transportation; Alzheimer's/dementia care; fall prevention; Parkinson's; medication management; palliative/hospice; first aid and CPR 5120 Belmont Rd, Suite I, Woodridge, IL 60563 assistinghands.com/8/illinois/chicagoland-naperville/ (630) 305-9100
Brightstar Care	Provides a range of home care services, from companionship to skilled nursing and one hour to 24/7 care. <i>Also provides: Home Nursing Care</i> 1809 Mill St. Suite F, Naperville, IL 60563 www.brightstarcare.com/naperville-south-dupage (630) 778-2005
Cure Home Care Services	Personal care, meal preparation, medication reminders, light housekeeping, companionship, respite care 29w701 Butterfield Road, Warrenville, IL60555 curehomecare.com (630) 836-9977
Elder Bridge	Meal preparation, shopping and errands, medical reminders, incidental transportation, recreational activities, companionship 799 Roosevelt Rd Bldg 6, Ste 122, Glen Ellyn, IL 60137 www.elderbridge.com (630) 793-9308
European Best Care	Bathing services, personal care, assistance with exercise, medication reminders, respite care, meal preparation, housekeeping, laundry, transportation to appointments, grocery shopping, and companionship. NOTE: all care givers are independent contractors. 931 W. 75th Street, Unit 137, Naperville, IL 60565 www.europeanbestcare.com

(630) 202-2421	
Everest Healthcare Solutions	<p>Assistance with activities of daily living, housekeeping, laundry, meal preparation, medication monitoring, shopping.</p> <p><i>Also provides:</i> Home Health Care</p> <p>Provides services as prescribed by a physician including nursing services and other therapy services (P.T., O.T., speech therapy, medical social services).</p>
	<p>75 Executive Drive, Suite 104, Aurora, IL 60504</p> <p>www.everest-solutions.com</p> <p>(630) 405-7244</p>
Home Instead Senior Care	<p>Services include companionship, personal care, meals and nutrition, transportation, household duties, respite care, hospice care, 24/7 live-in care.</p>
	<p>500 E. Ogden Ave. Suite 204, Naperville, IL 60563</p> <p>www.homeinstead.com</p> <p>(630) 519-1446</p>
Homewatch Caregivers	<p>In-home care services include elder care, dementia care, care for chronic conditions, hospital discharge care and respite care.</p>
	<p>300 East Fifth Avenue Suite 380C, Naperville, IL 60563</p> <p>www.homewatchcaregivers.com/naperville/</p> <p>(331) 214-3272</p>
Right at Home	<p>After our initial meeting with you, we develop a Custom Care Plan. This plan is tailored to a person's specific needs, and we make detailed recommendations on exactly what kind of services we feel would benefit them. We then arrange a follow-up meeting to go over the Custom Care Plan in detail and modify it as your client sees fit.</p>
	<p>1783 S. Washington St. Ste 108B, Naperville, IL 60565</p> <p>www.rightathome.net/chicago-southwest-suburbs</p> <p>(630) 717-8477</p>
Synergy Home Care	<p>Personal care needs, light housekeeping, companionship, live-in care, 24 hour care, recovery assistance, respite care, errands and transportation, meal preparation</p>
	<p>799 Roosevelt Road, Bldg 4, Suite 105, Glen Ellyn, IL 60137</p> <p>www.synergyhomecare.com</p> <p>(630) 517-0068</p>
Visiting Angels Living Assistance Service	<p>Visiting Angels Senior Care and In Home Assisted Living Services can assist elderly people located in Glen Ellyn, Lombard, Wheaton, Carol Stream, Winfield, Downers Grove, Oak Brook and Naperville, Illinois and surrounding areas in Du Page County, Illinois. Because we are an essential personal home care services franchised agency and not a</p>

	<p>nursing agency, Visiting Angels Senior Care and In Home Assisted Living Services does not dictate to you what your schedule is to be. It is our job to assist those we serve by adjusting our schedules to keep your loved one comfortable in their homes.</p> <hr/> <p>1415 Bond St. #123, Naperville, IL 60563 www.visitingangels.com (877) 790-1112</p>
MedTec In-Home Care	<p>Provides professional support with everyday tasks. Services include companionship, personal care, meals, and household tasks. Home care aides speak several languages including English, Korean and Spanish. Services are also available through the Community Care Program for those qualified. Licensed for both DuPage and Will Counties.</p> <hr/> <p>1415 Bond St. #111, Naperville, IL 60563 http://www.medtechealthcare.com/ (847) 470-4701</p>

Home Health Care and Home Nursing Care Providers

1776 Senior Care	<p>Home Nursing Care: in-home nursing, geriatric care management, medical alert systems</p> <hr/> <p>800 Roosevelt Road, E114, Glen Ellyn, IL60137 www.1776seniorcare.com/ (630) 469-4515</p>
American Home Health	<p>Home Health Care: Adult home care, adult private duty, adult supportive services, adult infusion nursing <i>Also provides: Non-Medical Home Care</i></p> <hr/> <p>1600 N. Farnsworth Avenue, Suite 3, Aurora, IL 60505 www.ahhc-1.com (630) 236-3501</p>
DMJ Home Health Care	<p>Home Health Care: skilled nursing, PT, OT, speech therapy, home health aide, medical social worker</p> <hr/> <p>2720 E. New York Street, Aurora, IL 60502 www.dmjhomehealthservices.com (630) 340-3527</p>
Maxim Health	<p>Home Nursing Care: Our team of nurses, therapists and home health aides (HHAs) provide a comprehensive level of care and support in the comfort of the home. We work with patients, families, and physicians to implement a plan that promotes clinical excellence and outstanding customer service. Maintaining a fulfilling daily life for our patients by</p>

	<p>providing exemplary nursing care is our priority.</p> <p>377 E. Butterfield Rd. Suite 100, Lombard, IL 60148 www.maximhealthcare.com (877) 306-8309</p>
MCM Loving Health Care	<p>Home Health Care: Services include skilled nursing, physical therapy, occupational therapy, speech pathology, medical social services and home health aide.</p> <p>1620 Pebblewood Ln. #232, Naperville, IL 60563 www.mcmlovinghc.com (630) 548-9200</p>
Metro Home Health Care	<p>Home Health Care: Services include skilled nursing, physical therapy, occupational therapy, speech pathology, medical social services and home health aide.</p> <p>1032 E. Ogden Ave. Suite 106, Naperville, IL 60563 www.mhhcinc.com (331) 472-1318</p>
Resilience Home Health, Corp.	<p>Home Health Care: Post surgical care, wound care, medication management, nutrition assessment</p> <p>3845 McCoy Drive, Studio 103, Aurora, IL 60504 www.resiliencehomehealth.com (630) 236-8800</p>

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X. Memory Care Facilities

Alden Estates of Naperville	Offers short-term rehabilitation, transitional care, post-acute services ,respite
	1525 Oxford Lane, Naperville, IL 60565 www.aldenstatesofnaperville.com (630) 983-0300
Arbor Terrace Naperville	Arbor Terrace Naperville provides residents with a lifestyle focused on wellness and meaningful social connections. Our assisted living, Bridges program, and dementia care options allow us to provide individualized care and assistance for everyone who calls our community home.
	2920 Leverenz Road, Naperville, IL 60564 www.arborcompany.com/locations/illinois/naperville (630) 219-3670
The Auberge Naperville	Auberge at Naperville includes a specially designed neighborhood to serve the special needs of individuals living with Alzheimer's disease, dementia and other forms of memory loss. Every day we make it a goal to go above and beyond to enrich the lives of our residents. With our SPARK Lifestyle program, a Montessori-inspired philosophy for care, we create a specialized, life-enriching environment that affords each individual maximum self-expression.
	1936 Brookdale Rd., Naperville, IL 60563 www.aubergenaperville.com (630-778-9221
Harbor Chase of Naperville	Offers assisted living, memory care, independent living, respite care and skilled nursing.
	1619 N. Mill St., Naperville, IL 60563 www.harborchase.com/harborchase-naperville 630-701-6040
Meadowbrook Naperville	Meadowbrook offers a safe & secure environment for individuals with Alzheimer's & dementia. There are a variety of activities, specially-trained staff, and a sense of comfort people will grow to rely.
	720 Raymond Drive, Naperville, IL 60540 www.meadowbrookrehabilitation.com 630-355-0220
Monarch Landing	Price all inclusive, private rooms, skilled nursing, respite/short term stay, nurse on staff, dr. visit, secured courtyard, small pets

	<p>2308 N Rte 59, Naperville, IL 60563 www.thespringsatmonarchlanding.com (630) 300-1246</p>
Pearl of Naperville	<p>Provide a safe, secure, homelike environment where residents maintain an optimal level of self-care for as long as possible. Residents are stimulated mentally, physically and socially to utilize their abilities</p> <p>200 W. Martin Ave., Naperville, IL 60540 www.pearlnaperville.com 630-355-4111</p>
Spring Meadows Naperville	<p>Offers independent living, assisted living support services, memory care support services and respite care.</p> <p>504 River Rd., Naperville, IL 60563 www.assistedliving.com/illinois/naperville/spring-meadows-at-naperville/ 630-548-4488</p>
Sunrise of Naperville	<p>One of two communities on the Naperville Campus offering a variety of care including assisted living, short-term stays, coordination of hospice care, as well as care for Alzheimer's and dementia.</p> <p>960 E. Chicago Ave., Naperville, IL 60540 www.sunriseseniorliving.com/communities/sunrise-of-naperville/about.aspx 630-579-1400</p>
Sunrise of Naperville - North	<p>One of two communities on the Naperville Campus offering a variety of care including assisted living, short-term stays, coordination of hospice care, as well as care for Alzheimer's and dementia.</p> <p>535 W. Ogden Ave., Naperville, IL 60563 www.sunriseseniorliving.com/communities/sunrise-of-naperville-north/about.aspx 630-305-9400</p>
The Springs at Monarch Landing	<p>The Springs at Monarch Landing offers rehabilitation, memory support assisted living, enriched living, respite, and skilled care</p> <p>2308 N. Route 59, Naperville, IL 60563 www.thespringsatmonarchlanding.com 630-300-1200</p>
Alden Courts of Waterford	<p>Semi/private rooms, meals, full daily activities and highly skilled staff trained to assist with bathing, medication management, dressing and eating</p>

	<p>1991 Randi Drive, Aurora, IL 60505 www.aldecourtsofwaterford.com (630) 851-1466</p>
Bright Oaks of Aurora	<p>Private rooms, respite/short term stay, nurse on staff, dr. visits, secured courtyard, small pets</p> <p>1340 River Street, Aurora, IL 60506 brightoaksseniorliving.com/ (630) 892-8800</p>
Alden Gardens of Waterford	<p>Residential home, semi/private room, 24 hour supervision care, hydration program, physical fitness activities, meals, specialized training staff</p> <p>1955 Randi Drive, Aurora, IL 60504 www.aldegardensofwaterford.com/ (630) 851-1880</p>
Sunrise of Bloomingdale	<p>Residential home, semi/private room, respite/short term stay, nurse on staff, doctor visits, secured courtyard, small pets</p> <p>129 E. Lake Street, Bloomingdale, IL 60108 www.sunriseseniorliving.com (630) 295-8600</p>
Autumn Leaves of Bolingbrook	<p>Choice of private or companion apartment floor, trained licensed Nurses, nutritious meals a day, assistance with daily activities with dressing, bathing, hygiene, and mobility</p> <p>351 Lily Cache Lane, Bolingbrook, IL 60440 www.autumnleaves.com (888) 662-8886</p>
Atria at River Trail	<p>Residents receive assistance with medication management, activities of daily living all in a secure environment 24 hours.</p> <p>370 N. Weber St, Bolingbrook, IL 60440 www.atriaseniorliving.com 331-253-6511</p>
Encore Memory Care at Bolingbrook	<p>Around-the-clock staff, 3 meals @ day, social, recreational activities: cooking/kitchen, gardening, housework, scrapbooking, puzzles, reading sorting & organizing</p> <p>351 Lily Cache Lane, Bolingbrook, IL 60440 encore-memorycare.com/bolingbrook/ 630-759-0797</p>
Belmont Village at	Prices all inclusive, semi/private room, respite/short term stay, nurse

Geneva Road	on staff, dr. visits, secured courtyard, small pets 545 Belmont Lane, Carol Stream, IL 60188 www.belmontvillage.com/locations/geneva-road/ (630) 510-1515
Windsor Park Manor	Skilled nursing facility, short-term rehabilitation service, secured outdoor yard, silent paging system signals 124 Windsor Park Drive, Carol Stream, IL 60188 http://www.windsorparkillinois.org (630) 682-4491
Birches Assisted Living	Private rooms, respite/short term stay, nurse on staff, dr. visits, secured courtyard, small pets 215 55th Street, Clarendon Hills, IL 60514 www.birches.net (630) 789-1135
Oak Trace	Residential home, semi/private room, skilled nursing facility, respite/short term stay, nurse on staff, dr. visit, secured courtyard, small pets 250 Village Drive, Downers Grove, IL 60516 www.oaktraceseniorliving.com/retirement-community-downers-grove/ (630) 769-6200
Saratoga Grove- A Providence Life Service Community	Pricing all inclusive, private room, skilled nursing facility, respite/short term stay, nurse on staff, dr. visits, secured courtyard, small pets 3460 Saratoga Avenue, Downers Grove, IL 60515 www.providencelifeservices.com (630) 969-2900
Arden Courts of Glen Ellyn	Staffed trained professional nurses available 24-hours a day, assistance in arranging medical care, including physical rehabilitation services available 2 S 706 Park Blvd, Glen Ellyn, IL 60137 www.arden-courts.com (630) 469-5500
Atria Park of Glen Ellyn	Price all inclusive, semi/private room, respite/short term stay, nurse on staff, dr. visits, secured courtyard, small pets 95 Carleton Avenue, Glen Ellyn, IL 60137 www.atriaseniorliving.com

	(630) 469-5555
Maple Glen Memory Care Community	<p>Nurses on site 24-hr @ day, specialty care models are living well programming , music as therapy</p> <p>750 S. Park Blvd, Glen Ellyn, IL 60137 www.koelschseniorcommunities.com 630-474-2852</p>
Brookdale of Glen Ellyn	<p>Residential home, daily activities that promote practice of mental, physical daily life skills, community meals</p> <p>60 N Nicoll Avenue, Glen Ellyn, IL 60137 www.brookdale.com (630) 446-1600</p>
Villa St Benedict	<p>Residential home, private room, secured Alzheimer's/dementia unit, price dependent levels of care, age restriction, respite/short term stay, day services, scheduled transportation, small pet</p> <p>1920 Maple Avenue, Lisle, IL 60532 www.villastben.org (630) 725-7000</p>
Brookdale of Lisle	<p>An apartment-like homes, safety features, and the comfort of caring staff. Programs provides a daily path of engagement that will allow you to flourish.</p> <p>1700 Robin Lane, Lisle, IL 60532 www.brookdale.com/en/communities/brookdale-lisle/skilled-nursing.html 630-810-0500</p>
Bickford - Oswego Cottage	<p>Residential rooms, daily programs, activities and entertainment, secured courtyard, assistance with bathing, dressing and medicines, pet friendly</p> <p>3712 Grove Road, Oswego, IL 60543 www.enrichinghappiness.com (630) 554-8811</p>
Harbor Chase of Plainfield	<p>Price all inclusive, semi/private room, nurse on staff, dr. visits, secured courtyard</p> <p>12446 S Van Dyke Road, Plainfield, IL 60585 www.harborchase.com (815) 267-3510</p>
American House Cedarlake Village	<p>Meals/meals options, balance activities that stimulate sense, encourage socialization & nurture spirit, replicate routines,</p>

	housekeeping, covered parking, small pets
	14804 S Van Dyke Road, Plainfield, IL 60544 www.americanhouse.com (815) 267-9153
Senior Star at Weber Place	Price all inclusive, private room, respite/short term stay, nurse on staff, dr visits, secured courtyard, small pets
	605 Edward Drive, Romeoville, IL 60446 www.seniorstar.com (815) 439-2033
Autumn Leaves of St. Charles	24/7 residential living in a private or companion rooms, trained nurses, personalized memory care activities, recreational activities, physical exercise
	10 N. Peck Rd, St. Charles, IL 60175 www.autumnleaves.com (630) 485-4510
Brighton Gardens of St. Charles	Team trained to value each senior and to recognize their different preferences and needs, meals, trained staff 24 hours a day, physical fitness
	600 Dunham Road, St Charles, IL 60174 www.sunriseseniorliving.com (630) 587-6120
Brighton Gardens of Wheaton	Residential home, semi/private rooms, respite/short term stay nurse on staff, dr. visits, secured courtyard, small pets
	831 E Butterfield Road, Wheaton, IL 60189 www.sunriseseniorliving.com (630) 681-1234
Sunrise of Willowbrook	Residential home, semi/private room, respite/short stay term stay, nurse on staff, dr. visits, secured courtyard, small pets
	6300 Clarendon Hills Road, Willowbrook, IL 60527 www.sunriseseniorliving.com (630) 734-9954
Cedarhurst of Naperville / Woodridge	Private studio, 1 and 2 bedroom apartments, licensed nurses, professional, caregiving staff 24 hours daily.
	3333 75th Street, Woodridge, IL 60517 www.cedarhurstLiving.com (630) 313-4992 or 630-442-1525

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XI. Other Mental Health Resources

Suicide & Crisis Lifeline	Also known as the 988 Lifeline . Using the 988 Lifeline is free. When you call, text, or chat the 988 Lifeline, your conversation is confidential. The 988 Lifeline provides you judgment-free care. Connecting with someone can help save your life.
	Call: 988 Text: 988 Chat: 988lifeline.org
DuPage County Crisis Services	Assists with urgent mental health issues that require immediate attention, including those that may require hospitalization. Also provides psychiatric evaluations and short-term crisis counseling intervention.
	115 N. County Farm Road, Wheaton, IL 60187 www.dupagehealth.org/183/Crisis-Services (630) 627-1700
Rush Memory Clinic, Rush Alzheimer's Disease Center	Comprehensive geriatric assessments and family consultation.
	600 S. Paulina Street, Suite 130, Chicago, IL 60612 www.rush.edu/services/memory-clinic (312) 947-7232
Linden Oaks Behavioral Health	Geriatric assessment for individuals with signs and symptoms of dementia for evaluation and referral. Available 24 x 7.
	801 S. Washington Street, Naperville, IL 60540 www.edward.org/lindenoaks (630) 305-5500
Ecker Center for Mental Health	Provides an array of mental health services to those with mental illness including intervention, recovery, crisis, psychiatric, outpatient, residential, case management and more.
	409 Illinois Ave Unit 1A, St. Charles, IL 60174 www.eckercenter.org (847) 695-1265
Kane County Behavioral Health Council	A strategic partnership of caring organizations striving to improve the quality of life in Kane County.
	1240 Highland Ave., Aurora, IL 60506 www.kanecountymentalhealth.org

	(630) 966-9393
National Alliance on Mental Illness (NAMI) of DuPage County	Provides education, advocacy and support group programs for people living with or impacted by mental illness. Call or visit their web page to find a program near you.
	115 N. County Farm Road, Wheaton, IL 60187 www.namiillinois.org (800) 752-0066
Advocate Good Samaritan Hospital	Evaluation and diagnostic mental health services for older adults who suffer from depression and chronic behavioral issues associated with dementia
	3815 Highland Avenue, Downers Grove, IL 60515 www.advocatehealth.com/gsam/ (630) 275-5900
Thomson Memory Center	Comprehensive diagnostic testing for memory, attention and learning problems.
	17W662 Butterfield Road, Suite 302, Oakbrook Terrace, IL 60181 www.thomsonmemory.com (847) 469-7537

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Appendix 1

Alzheimer's Association 24/7 Helpline¹

The Alzheimer's Association® 24/7 Helpline (800.272.3900) is available around the clock, 365 days a year. Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with dementia, caregivers, families and the public.

Contact the Helpline day or night to:

- Speak confidentially with master's-level care consultants for decision-making support, crisis assistance and education on issues families face every day.
- Learn about the symptoms of Alzheimer's and other dementias.
- Find out about local programs and services.
- Get general information about legal, financial and care decisions, as well as treatment options.
- Receive help in your preferred language through our bilingual staff or translation service, which accommodates more than 200 languages.
- Dial 711 to connect with a TRS operator.

Our professional staff has the knowledge to address a variety of topics:

- Memory loss, dementia and Alzheimer's disease.
- Medication and treatment options that may delay clinical decline or help temporarily address symptoms for some people.
- Safety issues.
- Tips for providing quality care.
- Recommendations for finding quality care providers.
- Strategies to reduce caregiver stress.
- Legal and financial documents for future care.
- Aging and brain health.
- Referrals to local community programs and services.

Three ways you can connect with our Helpline:

1. **Call us.** We are available around the clock, 365 days a year at 800.272.3900. Dial 711 to connect with a TRS operator.
2. **Chat with us.** Visit alz.org/helpline and click the "Live Chat" green button on the page to connect with a member of our Helpline staff. Live chat is typically available from 7a.m.-7p.m. (CST) Monday through Friday.
3. **Online.** Complete the form found at [alz.org/contact us](https://alz.org/contact-us) to let us know how we can help you. We will respond to you within 24 hours.

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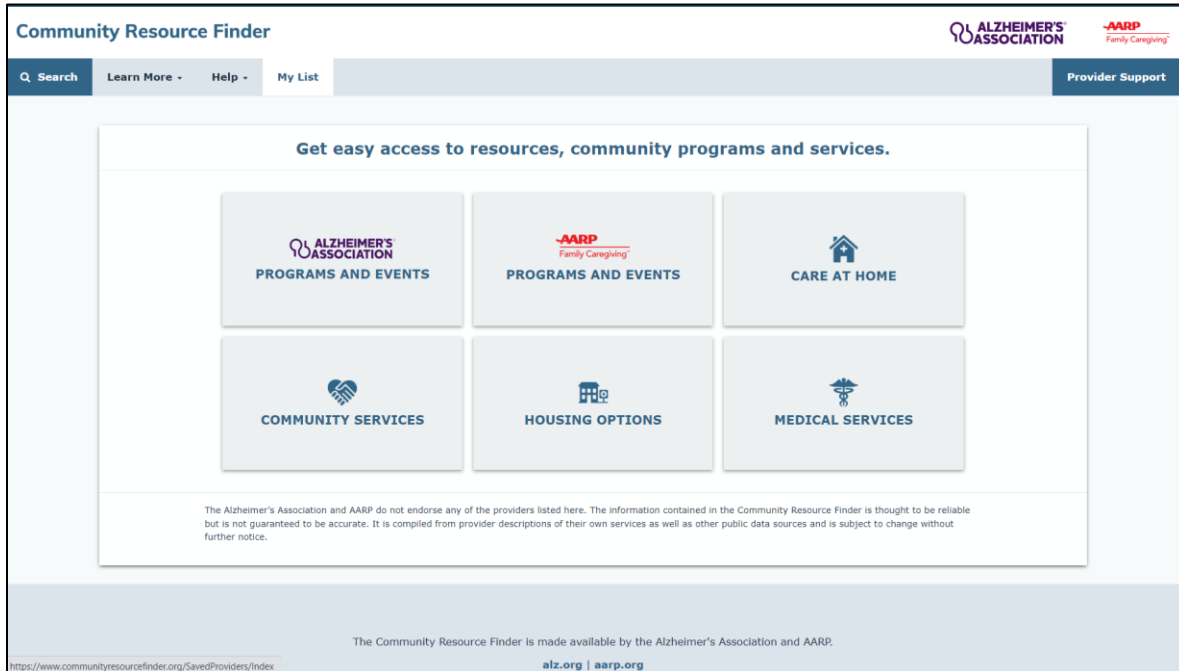
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Appendix 2

Using Alzheimer's Association's Community Resource Finder

Use the Alzheimer's Association's Community Resource Finder to locate additional dementia support groups in your area.

1. Go to www.communityresourcefinder.org. This screen will appear. Click on **Programs and Events**.



2. On the following screen, select **Alzheimer's Support Groups**. Below this type in your ZIP code (see the example below). Then click on the **SEARCH** button. This will bring up a list of all dementia support groups in your area. To find a group in a specific city or town, enter the name of the city or a ZIP code if you have it; specify a radius of 5 miles.

The screenshot shows a "Conduct a Search" form. It has a title "Conduct a Search" and a subtitle "Choose the category and enter your city or zip code." Below the subtitle, there are six radio button options for selecting a category: Alzheimer's Association Chapters, Alzheimer's Early Stage Programs, Alzheimer's Education Programs, Alzheimer's Events, Alzheimer's Social Engagement Programs, and Alzheimer's Support Groups (which is selected). Below the radio buttons is a text input field containing the ZIP code "60540". At the bottom of the form, there are two buttons: "CLOSE" and "SEARCH".

4. Click the SEARCH button to go to the next screen to adjust your search:

The screenshot shows a web form titled "Adjust your search" with a "Tool Tips" icon and a dropdown arrow in the top right. The form is divided into four numbered sections:

- 1 Service**: A dropdown menu currently showing "Alzheimer's Support Groups".
- 2 Location**: Labeled "City & State", it contains a "City" text input, a "State" dropdown menu, and a "Zip Code" text input. There are also empty input fields for "City" and "State" with an "OR" label between them.
- 3 Details**: Labeled "Radius", it has a dropdown menu set to "5 miles" and a "Business/Event Name" text input with the placeholder "Business name or part of the name".
- 4 Advanced Filters**: Labeled "Delivery Methods", it contains four checkboxes: "In Person" (checked), "Online", "Phone/Webinar", and "Zoom Meeting".

At the bottom of the form are two buttons: "RESET FILTER" on the left and "SEARCH AGAIN" on the right.

Be sure "Alzheimer's Support Groups" is checked

Enter the City and State where the support group meets. Preferred: Enter the ZIP code.

Use the dropdown to select a Radius of 5 miles. This will create a list that is easier to scroll through.

IMPORTANT: Check "In Person" to specify an in-person support group.

Then click **SEARCH AGAIN** to get the shortest list possible. When you find the group you are looking for, follow directions to register.