

**We all need  
a “time out” once  
in awhile.**

## **Respite Services Available**

### **Caregivers:**

You may be eligible for respite services!

Central Illinois Agency on Aging, Inc. may be able to help if you are:

- ♥ a caregiver of an individual 60 years of age or older, or
- ♥ a caregiver age 55 or older raising a grandchild under 18, and
- ♥ Live in Fulton, Marshall, Peoria, Stark, Tazewell, or Woodford County.

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We can provide help on a temporary basis so you can take a break from caregiving.

**Call our  
Information &  
Assistance Caregiver  
Support Program**

**(309) 674-2071  
Toll Free 1-877-777-2422**



**Central Illinois  
Agency on Aging, Inc.  
700 Hamilton Boulevard  
Peoria, IL 61603**

Telephone: (309) 674-2071

Fax: (309) 674-3639

Toll Free 1-877-777-2422

TTY/TDD (309) 674-8265

Web Address: <http://www.ciaoa.net>

Facebook: <http://www.facebook.com/ciaoa.illinois>



**Serving in Fulton, Marshall,  
Peoria, Stark, Tazewell and  
Woodford Counties**

Central Illinois Agency on Aging, Inc. does not discriminate in admission to programs or activities to treatment of employment in programs or activities in compliance with the Illinois Human Rights Act, the U.S. Civil Rights Act, Section 504 of the Rehabilitation Act, the Age Discrimination Act, the Age Discrimination in Employment Act, and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have a right to file a complaint with the Illinois Department on Aging. For information, call 1-800-252-8966 (Voice & TDD), or Keith Rider President/CEO, Central Illinois Agency on Aging, Inc.



## **Caregivers**

Current estimates suggest that there are more than 44 million family caregivers in America, of which 59% work or have worked while providing care.

**Sometimes life doesn't  
turn out “just like”  
we planned it!**



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**Suddenly you are a  
caregiver for a senior  
60 years of age or older or  
a grandchild under 18.**

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**We can help  
you locate resources  
to smooth the transition.**

# What is a Caregiver?

A caregiver can be anyone . . . a family member, a friend, a neighbor who can be relied upon to provide unpaid help to a senior.

A caregiver can be a grandparent or relative caregiver raising a child in their own home.

If you provide these services to anyone:

- ♥ Help with errands
- ♥ Prepare meals
- ♥ Laundry
- ♥ Pay bills
- ♥ Transportation
- ♥ Personal care
- ♥ Shopping
- ♥ Yardwork
- ♥ Housekeeping
- ♥ Help with homework
- ♥ Handle legal and financial issues

## You Are A Caregiver!

To check on other program eligibility [www.benefitscheckup.org](http://www.benefitscheckup.org)



# Caregiver Support Program

- ♥ **Information about:** help in the home, transportation assistance, home-delivered meals, medication management, back safety videos, geriatric assessments, adult day services, in-home health services and others.
- ♥ **Assistance to connect you to:** energy assistance, lifeline services, phone discounts, Benefit Access, Medicaid, in-home training, home modifications, legal and financial assistance, and other services.
- ♥ **Referrals to appropriate agencies**
- ♥ **Community educational programs**
- ♥ **Counseling in person and by phone**
- ♥ **Support groups for caregivers and grandparents raising grandchildren (English & Spanish)**

## ♥ Caring Connection ♥

Caring Connection is a monthly meeting that is open to caregivers, agencies, and organizations. It is a network of organizations committed to providing services to caregivers, being an informed voice to educate the general public about caregiver needs and caregivers about services available to meet their needs, promoting the resources currently available, generating additional resources, and serving in an advisory capacity for caregiver services to facilitate problem-solving among agencies and organizations serving family caregivers.



## Caregiver Information

- Interested in the respite program
- Interested in caregiver information
- Interested in Grandparents' Survival Guide

- Interested in caregiver educational/training sessions
- Please add me to the Caring Connection mailing list
- Other (specified)

Name of Caregiver: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip Code: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Best time to contact: \_\_\_\_\_

Suggestion for future topics and/or information for caregivers that you would be interested in: \_\_\_\_\_