

Care Partner Resource Directory

ESSE ADULT DAY SERVICES



MIDWESTERN UNIVERSITY | CAPSTONE PROJECT 2022

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Caring for Others:

Understanding Dementia

- [Alzheimer's Association](#): A variety of resources to individuals diagnosed with Alzheimer's or Dementia and their care partners, some of them being condition overview, treatment and research, programs and support, how to plan for the future, training information for daily care, safety, and navigating different stages and behaviors, list of care options, and financial and legal planning.
- [Alzheimer's Society](#): Overview of types of dementia, symptoms and diagnosis, treatments, and guides for care partners and individuals diagnosed.
- [Alzheimers.gov](#): Learn about Alzheimer's, related dementias, and mild cognitive impairments and where to find more information.
- [Alzheimer's Foundation of America \(AFA\)](#): Resources for clinical research trials, fact sheets, and information about dementia and Alzheimer's disease.
- [Dementia Care Central](#): Resources for finding clinical trials and to learn about dementia types, causes, stages, diagnosis, and treatment.
- [Lewy Body Dementia Association](#): Overview of Lewy Body Dementia, resources for finding support, information about research, and caregiving publications covering a variety of topics.
- [Illinois Cognitive Resource Network](#): Information regarding brain health, mild cognitive impairments, and resources for people diagnosed with dementia such as condition overview, steps after diagnosis, supports, and research involvement.
- [National Institute on Aging](#): Overview of Alzheimer's disease and related dementias including causes, symptoms and diagnosis, treatment, and clinical trials.
- [Positive Approach to Care](#): Discusses what dementia is, four truths of dementia, types of dementia, parts of the brain, and provides [videos](#) to learn more about living with dementia.

Behaviors & Personality Changes (Including Wandering)

- [UCLA Health](#): A collection of training videos to help care partners understand how to navigate a variety of challenging behaviors.
- [Alzheimer's Los Angeles](#): A collection of training videos that highlight common concerns when caring for someone with dementia and provides practical advice that can be used today.
- [Lewy Body Dementia Association](#): Caregiving publications provides a collection of information regarding behavioral symptoms and the different factors that may influence behavior.
- [Alzheimer's Association](#): Topics discussed include aggression/anger, anxiety/agitation, depression, hallucinations, repetition, sundowning, wandering, and suspicions/delusions.
- [National Institute on Aging](#): Information about agitation/aggression, rummaging/hiding objects, wandering, hallucinations, delusions, and paranoia, and sundowning.
- [Dementia Care Central](#): Behavior, mood, and emotional challenges with dementia and strategies for coping. For information about aggression and dementia: causes, coping & solutions for caregivers, click [here](#). For information about sundowning and disorientation in dementia: what is it and how to deal with it, click [here](#). For information about causes of hallucinations and delusions in dementia and caregiver tips for coping, click [here](#).
- [U.S. Department of Veterans Affairs](#): Video series for managing dementia behaviors which includes communicating with someone with dementia, understanding the ABC's of dementia behavior, wandering, and case scenarios. For the ABC's of behavior observation form, click [here](#).

- [Alzheimer's Society](#): Discusses a variety of topics related to dementia and challenging behaviors including wandering, agitation, medication refusal, and making challenging decisions.
- [Family Caregiver Alliance](#): 7:19 Video for learning how to best approach behavioral issues presented by your loved one. For a tip sheet on dealing with behavioral issues, click [here](#). For a guide to understanding dementia behaviors, click [here](#).
- [Alzheimer's Foundation of America](#): Provides tips about what care partners should watch for, do, and be prepared when it comes to wandering behaviors.

Additional Resources

- [Angel Sense](#): Wearable GPS for the elderly and wandering prevention that offers tracking & locating, smart alerts for wandering, fall detection, SOS call direct & automatic pick-up, and the ability to share live locations with first responders.
- [24/7 Wandering Support for a safe return](#): Nationwide emergency response service in collaboration with MedicAlert which offers 24/7 emergency response, relay of health profile to first responders, family notification, and community help.

Communication Strategies

- [National Institute on Aging \(NIA\)](#): Tip for improving verbal and nonverbal communication with your loved one.
- [U.S. Department of Veterans Affairs](#): 14:46 video that looks at behavioral changes as a form of communication when working with someone with dementia.
- [AgingInPlace](#): Caregiver Tips for Alzheimer's in Home Care
- [Alzheimer's Association](#): Tips for successful communication with individuals diagnosed with Alzheimer's based on the stages of disease progression.
- [Dementia Care Central](#): How dementia and Alzheimer's affects communication and tips to help caregivers. Additional videos to learn how to [approach](#), [speak](#), [converse](#), and communicate by [touch](#) with people with dementia.
- [AgeOptions](#): Communication tips for people with dementia.
- [Alzheimer's Foundation of America](#): Understanding behaviors as forms of communication.
- [Family Caregiver Alliance](#): Communication tip sheet when caring for someone with dementia. Additional tips for [communication](#), [interacting](#), and common [pitfalls](#) are also provided.
- [Alzheimer's Los Angeles](#): Navigating changes in communication and [tips](#).

Help with Daily Care

- [Dementia Care Central](#): Techniques to assist with tasks of daily living when working with someone diagnosed with dementia.
- [Family Caregiver Alliance](#): Tip sheet that provides hands-on skills for caregivers. For a tip sheet related to personal care issues, click [here](#).

Bathing & Showering

- [Alzheimer's Association](#): Tip sheet that provides information on how to prepare, help, and adapt the bathing process in addition to considerations and after-bath care suggestions.
- [AgeOptions](#): Covers safety concerns when bathing/showering, transferring into and out of the bathtub, bathroom related falls, and bathing advise.
- [National Institute on Aging \(NIA\)](#): Bathing, dressing, and grooming: Alzheimer's caregiving tips.

- [Alzheimer’s Society](#): How does dementia affect washing and dressing? How to support a person with dementia to wash, bathe, shower, get dressed, and change clothes. When a person with dementia doesn’t want to change their clothes or wash.
- [Dementia Care Central](#): How to safely and effectively assist an individual with dementia with bathing
- [Family Caregiver Alliance](#): 6:29 Video for learning how to assist your loved one with activities of daily living (ADLs) such as bathing and dressing. For a tip sheet about bathing, click [here](#).
- [UCLA Health](#): 4:29 Video that provides training strategies for when a loved one refuses to bathe.
- [Alzheimer’s Los Angeles](#): 3:00 Video that provides strategies for overcoming the challenges faced by many care partners when it comes to bathing. For a tip sheet on bathing, click [here](#).

Dressing

- [Alzheimer’s Association](#): Tip sheet for assisting your loved one with dressing and grooming.
- [AgeOptions](#): Provides suggestions for overcoming challenges related to donning/doffing cloths, getting clothes out, and fasteners.
- [National Institute on Aging \(NIA\)](#): Bathing, dressing, and grooming: Alzheimer’s caregiving tips.
- [Alzheimer’s Society](#): How does dementia affect washing and dressing? How to support a person with dementia to wash, bathe, shower, get dressed, and change clothes. When a person with dementia doesn’t want to change their clothes or wash.
- [Alzheimer’s Foundation of America](#): Tips to assist with dressing.
- [Dementia Care Central](#): Helping persons with dementia with dressing, grooming, and personal care. Dressing tips for dementia [video](#).
- [Family Caregiver Alliance](#): 6:29 Video for learning how to assist your loved one with activities of daily living (ADLs) such as bathing and dressing. For a tip sheet on dressing and grooming, click [here](#).
- [Alzheimer’s Los Angeles](#): 6:32 Video training video for managing daily wellness activities—dressing.

Grooming

- Alzheimer’s Association: Tip sheet for assisting your loved one with [dressing, grooming, and dental care](#).
- [AgeOptions](#): Advice and products that will help with standing at the sink and hold/use grooming items at the sink.
- [National Institute on Aging \(NIA\)](#): Bathing, dressing, and grooming: Alzheimer’s caregiving tips.
- [Alzheimer’s Society](#): Personal grooming and dementia.
- [Dementia Care Central](#): Helping persons with dementia with dressing, grooming, and personal care. Grooming tips for dementia [video](#) and when they are in a [late stage](#) dementia.
- Family Caregiver Alliance: [6:29 Video](#) for learning how to assist your loved one with activities of daily living (ADLs) such as bathing and dressing. For a tip sheet on dressing and grooming, click [here](#). [6:43 Video](#) to learn how to assist in daily cleaning and routine check-ups of dental and oral care. For a tip sheet about dental care, click [here](#).
- [Alzheimer’s Los Angeles](#): 7:22 Video training video for managing daily wellness activities—hygiene & grooming.

Toileting & Incontinence

- [AgeOptions](#): Advice and products that can help one use the toilet and deal with incontinence issues, including getting to the bathroom, donning/doffing clothing, toilet hygiene, and going to the bathroom at night.
- [Alzheimer's Society](#): Toilet problems, continence, and dementia—tips for helping a person with dementia maintain a health bladder/bowel and reduce accidents.
- [National Association for Continence](#): Articles and resources to help care partners assist their loved ones who struggle with incontinence.
- [Dementia Care Central](#): Helping persons with dementia use the toilet safely and coping with incontinence.
- [Alzheimer's Foundation of America](#): Brief tip sheet covering the causes of incontinence and strategies to manage it.
- [Alzheimer's Los Angeles](#): Tip sheet on toileting and what you can do to support someone with dementia.
- [Alzheimer's Association](#): Causes of incontinence and tips for managing incontinence.
- [U.S. Department of Veterans Affairs](#): 4:32 Video about dealing with incontinence.
- [Family Caregiver Alliance](#): 4:45 Video that covers how to deal with waning toileting skills and problems with incontinence. Tip sheet when helping someone to the [toilet](#) or caring for someone with [incontinence](#).
- [AARP—Home Alone Alliance](#): Video series for managing incontinence, including managing incontinence at home, helping someone to the toilet, and selecting incontinence products.

Mobility & Transfers

- [AgeOptions](#): Advice and products to help with getting in and out of the car and bed, sit and stand from a chair, couch, or toilet, and cover issues that may increase falls risks as well as how to address falls when they happen.
- [Dementia Care Central](#): Balance problems associated with Alzheimer's and dementia: Causes and solutions.
- [AgingInPlace](#): A comprehensive list of independently reviewed mobility products including mobility scooters, wheelchairs, lifts, and mobility accessories. In addition, they review mobility options for aging in place and provide a guide to mobility chairs: manual, power, and accessories.
- [Family Caregiver Alliance](#): 6:19 Video that contains tips and instructions on how to transfer your loved one who has limited mobility. For a tip sheet for transferring a person with mobility limitations, click [here](#).
- [AARP—Home Alone Alliance](#): Video series for mobility, including preparing your home for safe mobility, transferring, and what to do when someone falls.

Eating, Drinking, & Preparing Meals

- [Alzheimer's Society](#): A robust collection of information regarding eating/drinking and dementia, topics discussed include poor appetite, drinking/hydration, changes in eating habits and food preference, managing overeating, how physical/sensory difficulties can affect eating, improving the eating experience, and meal preparation.
- [AgeOptions](#): Kitchen safety discussed as well as advice and product ideas that will help with preparing meals, opening jars and packages, and kitchen clean up.
- [National Institute on Aging \(NIA\)](#): Healthy eating and Alzheimer's disease, including tips to make mealtimes easier and safe for your loved one.
- [Alzheimer's Foundation of America](#): Three eating tips for loved ones diagnosed with Alzheimer's disease.

- [Alzheimer's Los Angeles](#): Tip sheet with strategies for assisting someone with dementia with eating and drinking.
- [Dementia Care Central](#): How dementia affects one's ability to eat and caregiver suggestions to encourage eating. Eating safely with dementia [video](#).
- [Family Caregiver Alliance](#): 6:54 Video that provides information about nutrition, balanced eating, and successful meal planning. For a tip sheet on feeding and nutrition, click [here](#).
- [AARP—Home Alone Alliance](#): Video series for managing low appetite including information on helping to feed a person with dementia.

Using the Telephone

- [Illinois Telecommunications Access Corporation](#): Free equipment offered to those hard of hearing which consist of amplified phones, cell phone amplifiers, and more.
- [Angel Sense](#): Wearable GPS for the elderly and wandering prevention that offers tracking & locating, smart alerts for wandering, fall detection, SOS call direct & automatic pick-up, and the ability to share live locations with first responders.

Enhancing Safety

Home Modification & Safety

- [Alzheimer's Foundation of America](#): Video that illustrates practical design and technology that can be used to increase safety and independence of someone living with Alzheimer's.
- [U.S. Department of Veterans Affairs](#): Videos providing information about home safety and tips for minimizing potential danger.
- [Dementia Care Central](#): Home safety measures all caregivers of those with dementia should know. For information about preventing wandering in persons with Alzheimer's and dementia, click [here](#).
- Family Caregiver Alliance: Videos for learning how to make the [kitchen](#), [bathroom](#), and [bedroom](#) safer for someone with dementia.
- [UCLA Health](#): 5:44 Video that provides training strategies for home safety.
- [Alzheimer's Los Angeles](#): 5:06 Video to learn simple things care partners can do to make their loved ones feel more relaxed and less confused at home which can help prevent accidents. For a tip sheet on keeping the home safe, click [here](#).
- [Alzheimer's Society](#): Making your home dementia friendly booklet that covers multiple areas of the home and provides practical tips. Also discusses [equipment](#) to improve the home environment.
- [AgeOptions](#): There's no place like home: creating safe environments for people with Alzheimer's including kitchen and bathroom safety. In addition, no/low cost solutions for everyday activity challenges, including: functional, health condition, environment, daily activities
- [AgingInPlace](#): Provides home modification advise based on area of the home, lists home modifications products, and provides additional information for increased safety.
- [Alzheimer's Association](#): Topics discussed include preparing for emergencies, medication safety, dementia and driving, and home safety.
- [National Institute on Aging \(NIA\)](#): Information on driving safety, disaster preparedness, and home safety.
- [Dementia Care Central](#): Guide for assistive technology, aids & apps for persons with dementia & caregivers.

Where to Access Assistive Technology

- [Devices for Disabled](#): Accepts equipment donations and offers free durable medical equipment for those in need.
- [Illinois Assistive Technology Program](#): Provides a free Reuse program for new and gently used equipment and an AT exchange program which facilitates the buying and selling of equipment between both parties.
- [Parentgiving](#): Online store that offers home health care products and senior care supplies at amazing prices for seniors or care partners.
- [Illinois Telecommunications Access Corporation](#): Free equipment offered to those hard of hearing which consist of amplified phones, cell phone amplifiers, and more.
- [Illinois Department of Human Services](#): Offers a collection of assistive technology related resources, research, and education.

Additional Resources

- [Angel Sense](#): Wearable GPS for the elderly and wandering prevention that offers tracking & locating, smart alerts for wandering, fall detection, SOS call direct & automatic pick-up, and the ability to share live locations with first responders.
- [24/7 Wandering Support for a safe return](#): Nationwide emergency response service in collaboration with MedicAlert which offers 24/7 emergency response, relay of health profile to first responders, family notification, and community help.
- [S.A.L.T](#): Milton township developed the SALT council to meet the needs of senior citizens by reducing crime and abuse and enhancing safety.

Fall Prevention

- [Caring.com](#): Senior fall prevention guide, which includes causes of falls, common consequences, lifestyle changes that can help prevent falls, home modifications for fall prevention, fall prevention checklist, and how to help after a fall.
- [AgeOptions](#): Fall risk assessment available and information about issues that may increase the risk of falling, how to address them, and what to do if one does fall.
- [Alzheimer's Foundation of America](#): Brief tip sheet to help reduce the risk of falls.
- [mmLearning.org](#): Collection of fall prevention training videos for care partners.

Caring for Myself:

Care Partner Health

- [Caring.com](#): A caregiver's guide to coping with stress and burnout.
- [Alzheimer's Foundation of America](#): Tips for managing caregiver stress.
- [National Institute on Aging \(NIH\)](#): Tips for caring for yourself, getting help with Alzheimer's caregiving, and frequently asked questions about caregiving.
- [Alzheimer's Association](#): Resources for being a healthy caregiver, tips for managing stress, and how to cope with caregiver depression.
- [AgingInPlace](#): Caregiver burnout facts, how to cope or prevent burnout, self-care tips, information on respite care, advanced care planning, and more.
- [Alzheimer's Society](#): Information about the importance of looking after yourself, getting help and support, and maintaining your health and wellbeing.
- [Dementia Care Central](#): Tips for dementia and Alzheimer's caregivers: handling difficult emotions, managing stress, & asking for help.

- [U.S. Department of Veterans Affairs](#): Offers self-care activities and handouts, tips and tools, publications & resources by topic, and REACH VA to assist care partners with challenges such as taking care of yourself and stress management.
- [Positive Approach to Care](#): Articles covering a variety of topics related to dementia care, including: [5 tips](#) for reducing conflict in dementia care, [4 ways](#) to manage feelings of grief and loss while the individual is still alive, and [3 tips](#) for letting go of guilt when you need caregiving help.
- [Family Caregiver Alliance](#): Collection of resources for care partners addressing the following topics stress, spirituality, relaxation & meditation, general self-care, health, and grief/loss.
- [American Association of Retired Persons \(AARP\)](#): Articles and resources regarding the following topics: dementia, in-home care, long-term care, medical, end of life care, financial & legal, life balance, and tools & guides.

Support Groups

- [Illinois Cognitive Resource Network](#): Video emphasizing the importance of attending a support group and resources for accessing support groups.
- [Lewy Body Dementia Association](#): Connects individuals with support groups in their area by selecting your state.
- [Alzheimer's Association](#): Virtual support groups facilitated by trained individuals for caregivers, individuals living with Alzheimer's and others dealing with disease.
- [Alzheimer's Foundation of America](#): Free weekly, telephone based support groups, facilitated by AFA's licensed social workers, designed to give caregivers a place to connect and share with one another.
- [U.S. Department of Veterans Affairs](#): Caregiver Support Programs (CSP) Teams/Caregiver Support Coordinator, caregiver support line, and peer support mentoring program.
- [Dementia Care Central](#): Forum where you can share advice, experiences, stories, suggestions, and find support and answers for your caregiving questions.
- [Alzheimer's Society](#): Community forums for care partners which are categorized based on the following: support from other members, information and resources, and Alzheimer's Society news notices, and videos.
- [ALZConnected](#): Forum for care partners to share concerns or provide advice with others who understand.
- [Lotsa Helping Hands](#): Free caregiving coordination website that allows the creation of private communities where care partners can post tasks, they need assistance with. Families and friends can join their community and sign up for tasks.

Helplines

- [AFA Helpline](#): Licensed social worker helpline that is available from 9 am to 9 pm (ET) to assist callers with various topics related to dementia and care related tasks.
- [U.S. Department of Veterans Affairs](#): Caregiver support line available for counseling with a social worker, monthly educational calls, or information related to caregiving supports and services.
- [NAMI HelpLine](#): 1-800-950-NAMI (6264)
- Elder Abuse 24-Hour Hotline: 1-866-800-1409 (Voice) 1-888-206-1327 (TTY)

Education & Training

Learning with Modules

- [Health Resources & Services Administration](#): Training modules for care partners to learn about dementia, how to take care of their own health, and how to cope with the challenges of being a care partner.

- [John Hopkins University: Free Dementia Online Course](#): Five-week course discussing the global challenge of living with dementia for individuals, their families, communities, and society. Topics are broken down into the brain, person, home and family environment, caregiving community, and social/policy challenges.
- [Dementia Dialogues](#): Free, five-module training course designed to educate care partners about how to care for people with dementia.
- [Powerful Tools for Caregivers](#): Six-week virtual class series that help care partners improve in self-care behaviors, management of emotions, self-efficacy, and use of community resources.
- [Building Better Caregivers](#): 6-week online self-paced workshop for care partners of veterans who are enrolled in VA Healthcare.
- [Alzheimer's Association](#): Free Alzheimer's and dementia programs available to care partners that discuss a variety of topics such as responding to dementia-related behaviors, effective communication strategies, and legal/financial planning.

Learning with Videos

- [Family Caregiver Alliance](#): Information and related resources based on diagnosis, tips and videos on a variety of care related topics, strategies/support for care partners, and a list of events & classes.
- [Caregiver Action Network](#): Offers caregivers an online community, top 10 tips for care partners, and a toolbox that contains checklists, resources, and videos for learning.
- [Positive Approach to Care](#): Free [video](#) resources to learn more about living with dementia, [podcasts](#) with Teepa Snow where they discuss uncommon dementia care challenges and come up with solutions, online [dementia journal](#), free [events and webinars](#), and online store for purchasing additional resources such as training DVDs.
- [Teepasnow](#): Free video clips that provide training tips when caring for someone with dementia.
- [American Association of Retired Persons \(AARP\)](#): How-to caregiver training videos addressing preparation for hospital stays, operating specialized medical equipment, special diets, managing incontinence, wound care, mobility, managing medications. In addition, they provide caregiving [video](#) tips and hacks.
- [UCLA Alzheimer's and Dementia Care Program](#): Education webinars and training video series covering a range of topics to help care partners understand and manage behaviors and common challenges associated with dementia.
- [Alzheimer's Los Angeles](#): Access to tip sheets and videos covering a variety of topics such as challenging behaviors and assistance with activities of daily living (ADLs).
- [mmLearning.org](#): A collection of training videos that cover a variety of topics related to caregiving.

Learning with Books

- [The 36-Hour Day: A Family Guide to Caring for People with Alzheimer's Disease, Other Dementias, and Memory Loss in Later Life](#)
- [A Dignified Life: The Best Friends Approach to Alzheimer's Care – A Guide for Family Caregivers](#)
- [Alzheimer's Basic Caregiving – An ABC Guide](#)
- [Creating Moments of Joy Along the Alzheimer's Journey: A Guide for Families and Caregivers, Fifth Edition, Revised and Expanded](#)
- [The Caregiver's Guide to Dementia: Practical Advice for Caring for Yourself and Your Loved One](#)
- [Alzheimer's Through the Stages: A Caregiver's Guide](#)
- [The Caregiver Helpbook, Powerful Tools for Caregivers](#)
- [The Best Friends Approach to Alzheimer's Care, Revised 1st Edition](#)
- [Coping with Behavior Change in Dementia: A Family Caregiver's Guide](#)

- [The Dementia Handbook: How to Provide Dementia Care at Home](#)
- [The Forgetting: Alzheimer's: Portrait of an Epidemic](#)
- [Loving Someone Who Has Dementia: How to Find Hope while Coping with Stress and Grief](#)
- [Learning To Speak Alzheimer's: A Groundbreaking Approach for Everyone Dealing with the Disease](#)
- [The Best Friends Book of Alzheimer's Activities, Vol. 1](#)
- [Activities to do with Your Parent who has Alzheimer's Dementia](#)

Care Partner Resources

- [Metropolitan Family Service](#): Local services offered which include family caregiver support groups, behavioral health services, senior counseling, and legal help. Additional services include, adult protective services, grandparents raising grandchildren, older caregivers project, senior counseling, and senior homeowners' program.
- [AgeOptions](#): Provides a robust collection of resources for care partners including free, personalized advice to enhance health, independence, and aging-in-place through their Active Daily Living platform.
- [Aging In Place](#): Variety of resources for care partners that provide advice to care for themselves and their loved ones, tips for comfortably aging in place, and home care reviews of nationwide service providers.
- [Alzheimers.gov](#): Tips and resources for care partners of individuals living with Alzheimer's and related dementias.
- [Caring.com](#): Wide range of care partner topics and related resources that contain essential information when caring for a loved one.
- [Positive Approach to Care](#): Free online dementia journal that contains articles for daily living and videos that demonstrate hands-on skills when working with a loved one diagnosed with dementia.
- [Alzheimer's Foundation of America](#): Care Connection Webinars are free and open to the public.
- [Dementia Friendly America](#): Offers training guides, tools, and video resources for care partners who want to advocate for a dementia friendly community and develop a partnership with local organizations in order to foster access, independence, and community engagement opportunities for their loved one.

Elder Care Options:

Short-Term Care

- [Alzheimer's Association](#): Information on in-home care, adult day centers, and respite.
- [Dementia Care Central](#): Types, cost, paying for, and finding respite care for Alzheimer's and dementia care partners.
- [AgeOptions](#): Information about overnight respite care and an introduction to adult day programs.
- [Caring.com](#): Various resource when researching and selecting the next appropriate eldercare option your loved one.
- [AgingInPlace](#): Search engine for in-home senior care based on location.
- [U.S. Department of Veterans Affairs](#): The following services are available to eligible veterans and their care partners: adult day health care centers, home-based primary care, home hospice care, homemaker and home health aides, remote monitoring care, respite care, and skilled home care.

Long-Term Care

- [Alzheimer's Association](#): Information about long-term care and hospice.
- [Lewy Body Dementia Association](#): The Role of Palliative and Hospice Care in Lewy Body Dementia.
- [AgeOptions](#): Information about long term care insurance, palliative care, hospice care, assisted living facilities and factors/tips in choosing the next level of care for you loved one.
- [National Institute on Aging \(NIH\)](#): Information about the different types of long-term care options and paying for care.
- [Caring.com](#): Various resource when researching and selecting the next appropriate eldercare option your loved one.
- [Alzheimer's Foundation of America](#): Understanding the Differences Between Palliative and Hospice Care.
- [Get Palliative Care](#): Information about Alzheimer's Disease and how palliative care can help, including how to get palliative care through their [provider directory](#).

Additional Resources

- [Illinois Department on Aging \(IDOA\)](#): Variety of resources for care partners, some topics include housing options, advanced directives, legal assistance, senior health assistance program, community care program, and more.
- [Next Step in Care](#): Care partner guides for implementing a safe and smooth transition when planning the next level of care for their loved one and training videos discussing wound care, mobility, medication management, and more.
- [AgeOptions](#): Offers information, guidance, and assistance when making decisions about long-term care
- [Alzheimer's Foundation of America](#): Tip sheet when transitioning one's loved one between levels of care.

Community Resources:

Township Services

The following townships within DuPage County provide an array of services to seniors and care partners which are listed below: [Addison](#) [A], [Bloomingtondale](#) [B], [Downers Grove](#) [D], [Lisle](#) [L], [Milton](#) [M], [Naperville](#) [N], [Wayne](#) [Wy], [Winfield](#) [Wf], [York](#) [Y], [Wheaton](#) [Wt]

- Adult Day Care Services (D, N)
- Adult Protective Services/Safety Programs (L, M, N)
- Assistive Technology/Durable Medical Equipment/Medical Lending Closet (D, N, Wy, Y)
- Caregiver Education/Services (D)
- Driver's License Assistance/Discounted License Plate/Vehicle Stickers/Handicapped Parking Permits (B, D, N, Wy, Y)
- Financial Relief Programs/Tax Assistance/Legal Assistance (B, D, L, M, Wy, Wf, Y, Wt)
- Food Pantry & Assistance (A, B, D, L, M, Wy, Wf, Y, Wt)
- General Assistance/Grant Program/Financial Aid (A, B, L, M, N, Wy, Y)
- Health Services (B, D, L, M, Wy, Wt)
- Homemaker/Home Health Aide Service (D)
- Illinois State Health Insurance Program (S.H.I.P) & Medicare Counseling (N, Wy, Y)
- In-Home Care Services (D, Wt)

- In-Home Senior Respite Program (D)
- Low Income Home Energy Assistance Program (L.I.H.E.A.P) (B, D, L, N, Wy, Y, Wt)
- Meal/Senior Nutrition Program (B, D, N, Y)
- Prescription Discount Cards and Medication Resources (B, D, M, Y)
- Resource Directory (D, L)
- S.N.A.P (Wy, Y)
- Senior Activity Center/Recreation (B, N, Wy, Y)
- Senior Homestead Exemption/Property Tax Relief Programs (A, L, M, N, Wy, Wf, Y, Wt)
- Senior Housing Programs & Shelter Assistance (D, M, N, Wt)
- Senior Newsletter (B, Wy, Y)
- Short Term Overnight Care for Older Adults (D)
- Support Groups/Educational Classes/Counseling (D, L)
- Transportation Program, Ride DuPage, & RTA Ride (A, B, D, L, M, N, Wy, Wf, Y, Wt)
- Veterans Assistance (B, L, M, N, Wy, Wf, Y)

Local Services

- [Metropolitan Family Service](#): Local services offered which include family caregiver support groups, behavioral health services, senior counseling, and legal help.
- [Senior Service Associates](#): Programs serve Kane, Kendall, and McHenry County and include information/assistance, assessment/care coordination, caregiver assistance, adult protective services, emergency services & home repair, long-term care ombudsman, friendly visits, recreation/education/health, transportation services, caregiver assistance, and a resource library.
- [Meals on Wheels America](#): Offers nutritious meals, friendly visits, safety checks, and additional services based on the community program available in your area.
- [Illinois Department of Healthcare and Family Services](#): In-home service, Adult Day Service, and Emergency Home Response Service available to eligible elderly individuals receiving medical services through managed care organizations.
- [Illinois Department on Aging \(IDOA\)](#): Variety of resources for care partners, some topics include housing options, advanced directives, meal programs, legal assistance, transportation programs, adult protective services, Alzheimer's and dementia resources, senior health assistance program, community care program, and more.
- [DuPage County Community Services](#): Senior services offers a resource directory, housing directory, long-term care directory, and a list of home health care agencies that are local.
- [DuPage Senior Citizens Council](#): Offers a variety of services to seniors including meals, community dining, well-being checks, health & wellness, yard clean ups, minor home repairs, pet care & food assistance, contractor referrals, friendly visits, friendly phone calls, and intergenerational activities.
- [Elderworks](#): Provides a local and federal resource [directory](#) to support seniors and their families, a [directory](#) of partners and support services covering a range of topics, and access to a senior housing referral [database](#) for community and home care providers
- [Age Options](#): Public resource directory that is based on location and includes: transportation, housing options, help in your home, caregiver services/supports, food and meals-nutrition assistance, money saving programs, and medical equipment.
- [Dementia Care Central](#): Free memory care, assisted living, and home care provider referral service offered, information regarding medical alert devices, and financial assistance for dementia and Alzheimer's care based in funding source and care location.

- [Aging In Place](#): Assistance for care partners with accessing medical alert systems, hearing aids, adjustable beds, modifying their home, finances, staying mobile, taking care of a parent, and patient care by accessing [in-home care](#).
- [Alzheimer's Association](#): Provides an overview of alternative care options such as in-home, respite, long-term, hospice, and adult day centers and additional resources regarding care providers and creating a care team.
- [State Health Insurance Assistance Program \(SHIP\)](#): Assists care partners navigate Medicare and make informed health insurance decisions that optimize access to care and benefits.

Community Service Locator

- [CRIS Community Resource Information System](#): Search engine based on zip code addressing the following topics: COVID-19, housing/utilities, disaster services, food, transportation, clothing/personal/household items, legal/public safety health/wellness/dental, mental health, individual/family support, income supports/employment, education, veterans, persons with disabilities, and consumer/information services.
- [Community Resource Finder](#): Search engine based on zip code that can be utilized to find a variety of resources which are categorized by: program and events, care at home, community services, housing options, and medical services.
- [Health Connection HUB](#): Search engine based on zip code that connects you to local programs and services, including foods/goods, housing, transit, health, care, money, education/work, legal, seniors, and ID/DD.
- [Medicare.gov](#): Search engine based on zip code that connects you to the following resources: doctors/clinicians, hospitals, nursing homes, home health services, hospice care, inpatient rehabilitation facilities, long-term care hospitals, and dialysis facilities.
- [Caring.com](#): Service locator and extensive information regarding assisted living, memory care, in-home care, independent living, nursing homes, and hospice provided.
- [AgingInPlace](#): Search engine for in-home senior care based on location.
- [National Respite Locator Service](#): Search for local respite programs, respite fundings, and family care partner and consumer information.
- [National Adult Day Services Association \(NADSA\)](#): Overview of Adult Day Care services, service locator, tips for choosing a center, and a guide of questions that should be asked during a site visit.
- [National Center for Assisted Living \(NCAL\)](#): An overview of assisted living, payment information, protecting residents, and how to find an assisted living community.
- [Home Instead](#): Home care locator based on location, types of services offered may include personal care services, nurse directed care, hospice support, meal prep & home helper, transportation, and companionship. For information on a Dementia Home Care Grant, click [here](#).
- [Family Caregiver Alliance](#): Services by State tool helps care partners locate programs and services for their loved one, including: disease specific organizations, government health disabilities programs, legal help, resources on living arrangements, home services, and policies for care partners.
- [Illinois Department on Aging \(IDOA\)](#): Older adults and care partners can benefit from the provider profile search platform to access a variety of services offered through the Community Care Program and Area Agency on Aging.
- [Eldercare Locator](#): Search engine connects you to resources in your community that provide information and assistance for older adults and caregivers.

- [AgeGuide](#): Network of services for older adults and care partners based on county. They also offer a senior nutrition program which may take place in community dining locations or through home delivered meal providers.
- For information on Alzheimer's disease and related dementia funding, click [here](#).
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#): Behavioral health treatment locator for older adults, care partners, individuals diagnosed with dementia or Alzheimer, additional [resources](#) for older adults on suicide prevention and postvention.