



Caring Together, Living Better

A Project of AGE**OPTIONS**

Caring Together, Living Better is a community-based partnership developed to address the needs of family caregivers of adults over 60. By partnering with local faith-based organizations and social service agencies, we provide FREE assistance to caregivers in the south suburbs of Cook County.

Are you a family caregiver?

You are a family caregiver when you give unpaid help to an older person who relies on you. A family caregiver can be anyone – a spouse, partner, daughter, son, relative, friend or neighbor. This help may include:

- Preparing meals
- Bathing and getting dressed
- Grocery shopping
- Cleaning the house
- Helping with medications
- Scheduling appointments and activities
- Paying household bills
- Accompanying to the doctor

The loved one you are caring for may live in your own home, across town or in another state.

Volunteer-based Services

These programs provide a wide range of caregiver services through a network of local volunteers. Services vary by location, but include:

- Substitute care to give the caregiver a break
- Chore/homemaker assistance
- Transportation assistance
- Caregiver support and educational workshops
- Social events for caregivers

Volunteer Project Locations

Blue Island:

Metropolitan Family Services
13136 S. Western Ave. (708)974-2300

Harvey:

Kizer Memorial Church of God in Christ
15001 S. Paulina Ave. (708)596-0436

Valley Kingdom Ministries

17100 S. Halsted St. (708)339-9300

Markham:

Victory Christian Assembly Baptist Church
2901 W. 159th St. (708)596-9673

Midlothian:

Word Made Flesh Worship Center
3709 W. 147th Pl. (708)597-7989

Riverdale:

Shekinah Chapel Lutheran Church
13800 S. Wabash Ave. (708)849-5711

Robbins:

Bethel African Methodist Episcopal Church
3355 W. 139th St. (708)389-0477

South Holland

Covenant United Church of Christ
1130 E. 154th St. (708)333-5956

Caregiver Resource Center

South Suburban Senior Services of Catholic Charities

15300 S. Lexington Ave., Harvey (708)596-2222

In addition to the volunteer-based services, caregivers and older adults can find the following at South Suburban Senior Services:

- Home-delivered meals
- Caregiver counseling and training
- Housekeeping and personal care
- Prescription assistance