

Helpful Links For Seniors and Families

- Agencies on Aging (<http://www.suburban-age.org>)
- Benefits and Insurance (<http://www.benefitscheckup.org>)
- Housing
 - Illinois Housing Development Authority Users can search for seniors housing resources by county.
 - New Lifestyles Online is an online source for senior living and care options.
 - Seniorhousing.net is a comprehensive guide to retirement communities, assisted living residences, Alzheimer's facilities, and nursing homes nationwide.
 - Alternatives for Seniors provides information on senior housing and services in the Chicago area and in five other states.

Agencies on Aging

- AgeOptions, (<http://www.suburban-age.org>) the Area Agency of Suburban
- Illinois Department on Aging (<http://www.state.il.us/aging>) add link on our website
- Northeastern Illinois Area Agency on Aging (<http://www.ageguide.org>) add link on our website

Benefits and insurance

- BenefitsCheckUp
- Medicare (<http://www.medicare.gov>)
- How do I get Medicare? Medicare Interactive explains the enrollment process (<http://www.medicareinteractive.org>)
- The Senior Health Insurance Program (SHIP) (<http://www.idfpr.com>) Is a free statewide health insurance counseling service for Medicare beneficiaries and their caregivers, sponsored by the Illinois Division of Insurance. Includes a Medicare Supplement Premium Comparison Guide and other resources.Medicare Supplement Premium Comparison Guide and other resources.
- Social Security (<http://www.ssa.gov>) information is available at the government's Social Security site.
- The Illinois Department of Aging's Circuit Breaker (<http://www.state.il.us/aging/lrx/cbrx/cbrx-main.htm>) program provides grants to senior citizens and persons with disabilities. These include property tax grants, license plate discounts, and prescription drug assistance.

Housing

- Illinois Housing Development Authority (<http://www.ihda.org>) Users can search for seniors housing resources by county.
- New Lifestyles Online (<http://www.newlifestyles.com>) is an online source for senior living and care options.
- Seniorhousing.net (<http://www.seniorhousing.net>) is a comprehensive guide to retirement communities, assisted living residences, Alzheimer's facilities, and nursing homes nationwide.
- Alternatives for Seniors (<https://www.alternativesforseniors.com>) provides information on senior housing and services in the Chicago area and in five other states.

Local Services

- Elmhurst Community Hospital (<http://www.emhc.org>) Senior Services Overview includes information on Northwest Community's Adult Day Center
- Low Income Energy Program (LIHEAP) (<http://www.ildceo.net/dceo/Bureaus/LIHEAP/Illinois+LIHEAP>) provides assistance to low-income families for household utility costs.
- **Addison Park District** - www.addisonparkdistrict.org
- **Addison Public Library** www.addisonlibrary.org
- Village of Addison (<http://www.addisonadvantage.org>)

Legal

- Prairie State Legal Services (<http://www.pslegal.org>) offers free legal services for low- income persons and those over 60.
- Legal Assistance Foundation of Metropolitan Chicago (<http://www.lafchicago.org>) provides free legal aid to low-income persons.
- National Academy of Elder Law Attorneys (<http://www.naela.org>) provides information on finding and choosing an elder law attorney.

Nursing Homes and Long-term Care

- Illinois Department of Public Health (<http://www.idph.state.il.us>) Includes information on selecting long-term care facilities
- Illinois Citizens for Better Care (<http://www.illinoiscares.org>) A nursing home residents' advocacy and service organization.
- Medicare (<http://www.medicare.gov>) Offers detailed information about the past performance of every Medicare and Medicaid certified nursing home in the country.
- The National Clearinghouse for Long-Term Care Information (http://www.longtermcare.gov/LTC/Main_Site/index.aspx) Provides information and resources to help individuals and families plan for long-term care needs.

Other Services

- The Illinois Assistive Technology Program (<http://www.iltech.org>) is a statewide, not-for-profit agency that focuses on using assistive technology to help people with disabilities live independently.

Organizations

- AARP and AARP/Illinois (<http://www.aarp.org/states/il>)
- SeniorNet (<http://www.seniornet.com>) is a nonprofit organization of computer-using adults, age 50 and older. SeniorNet's mission is to provide older adults education about and access to computer technology to enhance their lives and enable them to share their knowledge and wisdom.