

RESOURCES FOR CAREGIVERS

Some 44 million Americans, age 18 and older, provide unpaid assistance and support to older adults and adults with disabilities, according to a recent study by AARP and the Family Caregiver Alliance. The report also points out that 66 percent of adults over 65 with disabilities received their care exclusively from family and friends; only 9 percent get all of their care from paid caregivers.

If you care for a relative or spouse who lives in your home, a senior living facility, or across the country, you'll find help and encouragement when you call Addison Park District. Addison Park District, Adult Services Coordinator provides resources and support to help you care for yourself while caring for others.

Caregiver Links

While this list is by no means comprehensive, some sites that can provide information and resources include:

[Aging Parents and Elder Care](#) includes sections on elder care products and a free e-newsletter

[American Association of Caregiving Youth](#) aims to provide information and resources to children and adolescents, 18 and younger, who provide assistance to relatives or household members.

[The Alzheimer's Association](#) provides information and resources on Alzheimer's disease; the site includes information on the Association's 24/7 Helpline, which provides information, referrals and support in 140 languages.

[Caregiver.com](#) is an online caregiver magazine.

[Caregiverstress.com](#) includes tips and resources for dealing with caregiver stress.

[Caring.com](#) offers information, articles and resources for those caring for parents and other loved ones.

[Catholic Charities Northwest](#) provides supportive services to seniors and their family caregivers in northwest Cook County.

[Family Alliance](#) provides supportive services for seniors and caregivers in McHenry County

[Family Caregiver Alliance](#) is a community-based nonprofit organization that addresses the needs of families and friends providing long-term care at home. It also offers an online support discussion group.

Family Caregiving 101 offers advice and assistance for family caregivers; the site also includes a message board.

Hospice & Palliative Care of Northeastern Illinois provides care and guidance on end-of-life and loss; it serves patients and families in Lake, McHenry, Cook, Kane, DuPage and Boone counties

Kenneth Young Center is a not-for-profit, comprehensive provider of senior citizen and mental health support services. Based in Elk Grove Village, it provides counseling, service coordination and in-home services for the elderly for persons living in Elk Grove and Schaumburg Townships.

Lake County Health Department

National Alliance for Caregiving is a coalition of national organizations focusing on family caregiving. The site features the Family Care Resource Connection, which reviews and rates books, videos, Web sites, and other resources dealing with family caregiver issues.

The National Association of Professional Geriatric Care Managers offers information on finding and working with a professional geriatric care manager.

National Family Caregivers Association includes resources, a nationwide events calendar and an online message board. It also features the Caregiver Community Action Network, comprised of current or former family caregivers who can help with information and support.

Senior HelpLine, sponsored by the Illinois Department on Aging, provides information on programs and services, and links persons 60 years of age and older and their caregivers to local services.