

# Family Caregiver Support Program

## We're here to help!

You may be a daughter, a son or a spouse, a sister or brother, a niece or nephew—or simply a good friend. You do what you need to do to help an older family member or friend in need. **You are a family caregiver and you are not alone!**

The Family Caregiver Support Program provides valuable resources for those who are giving unpaid care to adults age 60+ and for those with Alzheimer's disease or a related disorder. **The program includes:**

- **Caregiver Resource Centers** give information about available services. The Centers assess your situation and help connect you to programs to assist you.
- **Alternatives to take a break from caring of your elder called Respite Services** includes options to help in the home or at another location.
- **Options to obtain support in unforeseen circumstances called Gap-Filling Services**, covering a variety of items to assist you.
- **Legal Services** to help you take care of your loved ones.
- **Caregiver Counseling Centers** to coach/counsel you through troubling times, such as how to bring the family together or to help the senior accept needed services.
- **Training and education** to assist you to take care of yourself or to learn “how-to” care giving skills to aid your older family member.
- **Support groups** to share experiences and to understand that you are not alone.



Caregiver Support Programs are available in the eight counties AgeGuide serves: DuPage, Grundy, Kane, Kankakee, Kendall, Lake, McHenry and Will. If you would like further details about the Caregiver Support Program or services for older adults, contact AgeGuide Northeastern Illinois at (800) 528-2000 (toll-free in Illinois).

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