

General Resource Guide for Illinois Seniors

**Rush
Alzheimer's
Disease
Center**



Rush Alzheimer's Disease Center

2019



Using This Resource Guide

The purpose of this resource guide is to inform seniors about the general resources available to them as a citizen of Chicago or its surrounding areas. The Rush Alzheimer's Disease Center maintains this resource guide to enhance public access to information about human service resources available. The resources listed are government funded and may not be active at any given time. It is advised that you as a user of this guide to call the organization for further information. The inclusion of any organization, agency, or service in this resource guide does not imply or constitute an endorsement or recommendation, nor does exclusion imply disapproval. The Rush Alzheimer's Disease Center neither guarantees nor makes any representations to the accuracy or completeness of the information contained in its resource guide. The Rush Alzheimer's Disease Center does not claim responsibility for any actions taken by any of the organizations or agencies included in the resource guide. Under no circumstances shall the Rush Alzheimer's Disease Center or its employees be liable for any direct, indirect, incidental, special, punitive, or consequential damages that may result in any way from the use of the information included in this resource guide.

The resources listed in this resource guide were generated by the frequency of requests for certain resources within the last year. For more information regarding specific resources in your area or any social service needs, please feel free to call the Rush Alzheimer's Disease Center:

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(312) 563-1432

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Table of Contents

| | |
|---|---------|
| BenefitsCheckUp | Page 3 |
| Eldercare Locator | Page 4 |
| Educational Opportunities | Page 5 |
| Golden Diners Program & Meals on Wheels | Page 6 |
| Grandparents Raising Grandchildren | Page 7 |
| Housing Assistance | Page 8 |
| Household Utilities | Page 9 |
| Legal Services | Page 10 |
| Phone Discount Program | Page 11 |
| Prescription Assistance & Medicare Assistance | Page 12 |
| Senior Agencies within Chicago | Page 13 |
| Senior Discounts | Page 14 |
| Senior Information & Assistance Offices (Chicago) | Page 15 |
| Senior Information & Assistance Offices (Suburbs) | Page 16 |
| Senior Transportation | Page 17 |
| Social Clubs | Page 18 |
| Tax Support | Page 19 |
| Veterans Care | Page 20 |
| Volunteer Opportunities | Page 21 |



BenefitsCheckUp

Created by the National Council on Aging, BenefitsCheckup is a free resource for seniors to access benefits that they may qualify for through federal, state, and private programs. After answering a few questions, the user will receive an informational page regarding the benefits he/she qualifies for and how to access them from the BenefitsCheckUp team. Although policies and benefits change, the system is updated frequently and users can check on a regular basis to see if they qualify for any benefits.

Some benefits include:

- Medications
- Healthcare
- Income Assistance
- Food & Nutrition
- Housing & Utilities
- Tax Relief
- Veteran Support Services

For more information about BenefitsCheckUp, please log onto benefitscheckup.org to fill out a brief application or contact the Illinois Department on Aging at (800) 252-8966/ (888) 206-1327 (TTY).



Eldercare Locator

The Eldercare Locator is the only national information and referral resource to provide support to consumers across the spectrum of issues affecting seniors. The Eldercare Locator is a public service of the U.S. Administration for Community Living and is administered by the National Association of the Area Agencies on Aging. **The Locator's National Call Center is open five days a week 9:00 a.m. to 8:00pm.** The Eldercare Locator serves a trusted gateway for older adults and caregivers searching for information and resources on a wide range of topics, including transportation, home and community-based services, housing and health insurance.

Eldercare Locator

(800) 677-1116

eldercare.gov



Educational Opportunities

City Colleges of Chicago

Senior citizens (aged 65 or older) may register for credit courses tuition-free if they meet certain income and residency requirements. Tuition-free registration is available each term beginning on the Monday of the week prior to the week classes begin, subject to available space in courses. Seniors may register at any other time during the registration cycle, but will not qualify for the Senior Citizen Tuition Waiver. Seniors are responsible for paying all applicable charges and must make payment arrangements for any non-covered tuition and charges at the time of registration. For more information, please contact City Colleges of Chicago at 773-COLLEGE.

- Richard J. Daley College 7500 S. Pulaski Rd
- Kennedy-King College 6301 S. Halsted
- Malcolm X College 1900 W. Jackson
- Olive-Harvey College 10001 S. Woodlawn
- Harry S Truman College 1145 W. Wilson Ave
- Harold Washington College 30 E. Lake Street
- Wilbur Wright College 4300 N. Narragansett

Lifelong Learning at The Art Institute

Opportunities are available year round, including classes and workshops. For more information, call (312) 857-7641 or e-mail lifelonglearning@artic.edu.

Osher Lifelong Learning Institute

Full -and half- a year programs are available at Northwestern. Please call (312) 503-7881 or log onto <https://sps.northwestern.edu/osher-lifelong-learning/>.



Golden Diners Program

The Golden Diners Program offers senior citizen a healthy meal, activities, and the company of community friends. Hot lunches are served to adults (aged 60 and older) at nearly 70 community sites each week throughout the Chicagoland area. Some activities include health education sessions, exercise classes, and trips. For more information about the serving times for lunch, participating locations, or to reserve a meal, please call (312) 744-4016 or visit your local Chicagoland senior center listed on page 11.

Meals on Wheels

Meals on Wheels delivers meals to seniors who are homebound. If you are interested in learning more or to enroll, please contact the Information and Assessment Department at (312) 744-4016.

Catholic Charities also provides home-delivered meals. To qualify, you must:

- Be 60 years or older
- Live in Cook County or Lake County
- Annual gross income at or below 130% of Federal Poverty Income (For 2019, the annual income cap is \$16,612.)

For more information, please contact Catholic Charities at (312) 655-7500.



Grandparents Raising Grandchildren

In Illinois, more than 200,000 children younger than 18 years old are living in a grandparent-headed household. The Illinois Department on Aging and the Illinois Task Force on Grandparents Raising Grandchildren work to locate and assist older adults who are taking care of their grandchildren. The five basic services offered include:

- Information to caregivers about available services
- Assistance to caregivers in gaining access to services
- Individual counseling, support groups, and caregiver training
- Short term respite care for the caregivers
- Supplemental services, if available, such as assistive devices, home modification, legal assistance, transportation, and school supplies

Please contact the Illinois Department on Aging at (800) 252-8966/(888) 206-1327 (TTY) for more information.



Housing Assistance

The U.S. Department of Housing and Urban Development (HUD) has a range of programs to help senior citizens with their household needs. These programs assist with:

- Staying in your home
- Finding an apartment (includes a housing choice voucher, public housing, and other affordable rentals)
- Finding housing with services included (e.g., assisted living, retirement communities, etc.)

For more information, please call the U.S. Department of Housing and Urban Development at (800) 569-4287. The Chicago Housing Authority can also assist.

Chicago Housing Authority Regional Office

(312) 742-8500

Hours: Monday-Friday 8:00am-5:00pm

Central Office

60 E. Van Buren

South Office

10 W. 35th Street, 5th Floor

West Office

2750 W. Roosevelt Road



Household Utilities

Low Income Home Energy Assistance Program (LIHEAP)

LIHEAP can help you with your fuel bills so you can stay warm in the winter and cool in the summer. By doing so, you can reduce your risk of health and safety problems. The amount of aid and how often you may receive it depends upon where you live. Any low-income household can apply. Priority is to be given to those low-income households with seniors, people with disabilities, and young children.

Weatherization Assistance Program (WAP)

WAP can help make your home more energy efficient. By doing so, you can reduce your heating and cooling expenses. The amount of help and how often you may receive it depends upon where to live.

National Energy Assistance Referral (866) 674-6327

Local Utility Discounts

Local utility discount programs may offer discounts for seniors on services such as natural gas, electric, and phone services. For more information, call your local utility provider.



Legal Services

CARPLS operates a free telephone hotline where anyone can speak directly with attorneys who offer legal advice and assistance. This organization also provides document preparation assistance at four court-based self-help centers for people who are representing themselves in court. CARPLS also locates low-cost attorneys in your area.

Free Hotline (312) 738-9200

Other Free/Low-Cost Legal Services for Seniors

Center for Disability and Elder Law
(312) 376-1880

Chicago Bar Association Senior Citizens Will Program
(312) 554-2001

Chicago Volunteer Legal Services
33 N. Dearborn Street, Suite 400
(312) 332-1624

Tip: There are 5 important documents that all individuals should have no matter their age. These documents include a Medical Directive, Power of Attorney for Healthcare and HIPPA, Power of Attorney for Finances, a Living Trust, and a Will. Having these documents in place will make a crisis situation more bearable for you and your family. For document preparation, please find a local elder law or estate planning attorney.



Phone Discount Program

Lifeline Link-Up can help you get monthly discounts on your basic wireless or home telephone services. The discounts can include a lower phone bill or free wireless minutes. You can get help from this program if you have limited income or you are currently enrolled in Medicaid, SSI, TANF, LIHEAP, SNAP, Public Housing or Section 8. Call your local telephone company and ask for the sales department. Tell customer service that you would like to apply for Lifeline Link-Up. Participating providers can be found here: <http://linkupillinois.org/phone-providers/>



Prescription & Medicare Assistance

State Health Insurance Assistance Programs (SHIPS) offer local, personalized counseling and assistance to people with Medicare and their families. SHIPs can help with the following:

- Medicare questions (i.e., benefits, coverage, and coinsurance)
- Medicare Complaints & Appeals
- Joining or leaving a Medicare Advantage Plan (HMO/PPO)
- Medicare Prescription Drug Plan (Part D)

Log onto www.shiptacenter.org to find an office in your area or call (877) 839-2675. Prescription & Medicare Assistance can also be found at your local Senior Service Agency (page 14).



Senior Discounts

Senior discounts are often offered at common places in your community. Below are just a few. Always remember to ask at the checkout counter as discount programs can change.

Retail

- Kohl's
- Ross
- Walgreens
- Banana Republic
- Walmart
- TJ Maxx
- Target
- Marshall's
- Home Depot
- JoAnn Fabrics
- Savers

Restaurants

- Dunkin Donuts
- Golden Corral
- Burger King
- Denny's
- Applebee's
- Dairy Queen
- Chick-fil-A
- KFC
- Red Lobster
- Olive Garden
- iHop



Senior Information & Assistance Programs (Chicago)

| |
|---|
| <p>City Hall 121 N. La Salle Street, Room 100 (312) 744-4016/TDD: (312) 744-6777 Monday-Friday 9am-5pm</p> |
| <p>Northeast Senior Center* 2019 W. Lawrence Avenue (312) 744-0784/TDD: (312) 744-0784 Monday- Friday 8:30am-4:30pm; Saturday 9am-4pm</p> |
| <p>Northwest Senior Center* 3160 N. Milwaukee Avenue (312) 744-6681/TDD: (312) 744-0321 Monday-Friday 8:30am-4:30pm; Saturday & Sunday 9am-4pm</p> |
| <p>Southeast Senior Center* 1767 E. 79th Street (312) 747-0322/TDD: (312) 744-0322 Monday-Friday 8:30am-4:30pm; Saturday & Sunday 9am-4pm</p> |
| <p>Southwest Senior Center* 6117 S. Kedzie Avenue (312) 747-0440/TDD: (312) 744-0323 Monday-Friday 8:30am-4:30pm; Saturday & Sunday 9am-4pm</p> |
| <p>Central West Senior Center* 2101 W. Ogden Avenue (312) 746-5300/TDD: (312) 744-0319 Monday-Friday 8:30am-4:30pm; Saturday & Sunday 9am-4pm</p> |

*Also offers different fun senior programs!



Senior Information & Assistance Programs (Suburbs)

If your town is not listed below, call your local Village Hall for more information about the nearest senior resource center or log onto suburbanresourceguide.com.

Calumet Township Community Center

12633 S. Ashland Avenue
Calumet Park, IL
(708) 388-6606

Freedom Activity Center

Senior Corner
6252 W. Birmingham
Chicago Ridge, IL
(708) 636-4900

Village of Hazel Crest

Senior Activities
3000 W. 107th Place
Hazel Crest, IL
(708) 335-9600

Homewood-Flossmoor Park District

Irwin Community Center
18120 S Highland Avenue
Homewood, IL
(708) 957-7275

Harvey Park District

Gloria Taylor Center
14821 Broadway Street
Harvey, IL
(708) 331-3857

Senior Sunshine Club

1601 S. Chicago Road
Chicago Heights, IL
(708) 756-5350

Golden Age Chateau

15652 S. Homan Avenue
Markham, IL
(708) 331-0233

Sauk Village Senior Center

21801 Torrence Avenue
Sauk Village, IL
(708) 753-5141

Thornton Township

333 E. 162nd Street
South Holland, IL
(708) 596-6040 ext. 3170

Tinley Park Senior Drop-in Center

8125 W. 171st Street
Tinley Park, IL
(708) 342-4200



Senior Transportation

Reduced Fare & Free Ride Programs on CTA

The Regional Transportation Authority (RTA) issues Reduced Fare and Ride Free permits to eligible riders throughout the region. The RTA Reduced Fare Permit allows individuals aged 65 and older, qualified individuals with disabilities, and Medicare recipients to ride all RTA fixed-route services (regularly scheduled CTA, Metra, and Pace buses or trains in Cook, DuPage, Kane, Lake, McHenry, and Will Counties) at a reduced fare. To apply for this program, please visit your local senior resource center. For Chicagoans, the following locations offer assistance with enrolling in this program:

City of Chicago Family & Support Services

City Hall, Room 100
121 N. LaSalle Street

Southeast Senior Center

1767 E. 79th Street

Southwest Senior Center

6117 S. Kedzie Avenue

For more transportation opportunities for seniors in your community, please contact Cháron Cannon, MSW at (312) 563-1432.



Senior Clubs

Many senior centers offer opportunities for socialization and activity. Please contact your local senior center to find opportunities in your community. Below are a few organizations that offer activities, trips, and etc.

79th Street Seniors

1767 E. 79th Street

(312) 747-0189

Offers dance classes, Golden Diners Program, games, educational groups, and much more.

Little Brothers Friends of the Elderly

355 N. Ashland Avenue

(312) 455-1000

Offers senior trips, fitness, companionship programs, parties, and much more.

Orland Park Senior Social Club

Featured events include comedy nights, dinner dance, and other social events. For more information, please sign up for their newsletter at TheSeniorNewsletter.com or call (708) 942-5112.



Tax Support

Free tax help is available to people age 60 and older. Trained volunteers from nonprofit organizations provide free tax counseling and basic income tax return preparation for senior citizens. To find your nearest location, please contact the following organization:

Center For Economic Progress

567 W Lake Street, #1150

(312) 252-0280

Items needed for basic tax preparation

- Social Security Card
- Photo ID
- Previous Year Tax Forms (W-2 and 1099)
- Checking and Savings Account Numbers

Appointments are strongly recommended. This service is only available during tax season. The income level is below \$54,000.



Veterans Care

Typical Veteran Administration (VA) benefits include disability compensation, pension, education and training, health care, home loans, insurance, vocational rehabilitation, and employment. Other opportunities include:

Aid and Attendance (A&A) may increase a veteran's monthly pension if one of the conditions below are met:

- You require help performing daily functions, which may include bathing, eating, or dressing.
- You are bedridden.
- You are a patient in a nursing home.
- Your eyesight is limited to a corrected 5/200 visual acuity or less in both eyes, or concentric contraction of the visual field to 5 degrees or less.

Housebound veterans are also eligible for an increased monthly pension amount if they are substantially confined to their immediate premises because of a permanent disability.

Programs specifically for elderly veterans include the following:

Geriatrics Program & Research

Eligibility for Long-Term Care

Home-Based and Community Services

Nursing Home and Residential Care

Please visit your local Veterans Administration Department for more information about these programs or call (800) 964-3013.



Volunteer Opportunities

The following places are always looking for more volunteers:

- Hospitals
- Food Pantries
- Schools (including after-school programs)
- Zoos
- Museums

Here are some organizations in Chicago that can match you with a volunteer position in your community:

Chicago Cares
2 N. Riverside Plaza, Suite 1800
Chicago, IL
(312) 780-0801

Volunteermatch.org