



# Caregiver Support Programs

*Are you taking care of a parent or adult relative?*

*Do you often find being a caregiver being stressful or overwhelming?*

*Do you wish you could have some help or a caring person to talk to?*

*You are not alone.*

## *Who is a Caregiver?*

A caregiver is someone who assists anyone over 60 or anyone with a disability between the ages of 18 and 59 with the following tasks:

- Transportation
- Meal preparation
- Housework
- Personal hygiene
- Money management
- Medication Management
- Anything else you are not being paid to do.

With Oak Park Township Senior Services, there are services for caregivers, like you, to assist with processing your feelings, getting financial support, or to get some time for yourself without neglecting your loved one.

### ***Services available include the following:***

- **One-on-One Counseling:** A chance to talk regularly or periodically with and receive support from a trained specialist on the stress, fears, and indecisiveness in being a caregiver
- **Respite:** A paid caregiver or caregiver provider takes care of your loved one, giving you the break you need.
- **Support groups:** An opportunity to meet with other caregivers to share strengths and address current concerns and limitations in a safe, therapeutic setting.
- **Trainings and Workshops:** To learn new skills and sharpen current ones
- **Financial Assistance (aka Gap Filling):** Temporary assistance for Caregivers and Senior Citizens who are raising children that are not theirs (aka Grandparents Raising Grandchildren)
- **Memory Café:** Fun activities specifically for those with memory/ cognitive conditions and their caregivers.

***Are you interested in our services, or do you have any questions? Please do not hesitate to contact us!***

***Our number is (708) 383-8060, extension 3116.***

**We are here for you!**