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Your Update from AgeOptions

December 2019

## Caring Together, Living Better Is Featured in National News Stories



Caring Together, Living Better (CTLB) was featured in two national news stories recently. Publications in the USA Today network, including the [Rochester \(New York\) Democrat and Chronicle](#), and [Next Avenue](#), the PBS-affiliated news service for the nation's older population, each wrote about the partnership among AgeOptions and faith-based and community organizations.

[CTLB](#) is a highlight of AgeOptions caregiver programs. CTLB partners in south and west suburban Cook County support and empower family caregivers by connecting them to local resources and providing volunteer-based programs and support services.

More than 70 percent of family caregivers report feeling stressed emotionally. That statistic undoubtedly comes as no surprise to those who are caring for older family members and friends, people with disabilities or grandchildren, not only during the holidays but year-round.

The AgeOptions Caregiver Support team reminds caregivers that programs and services are available for caregivers. Information is available on the AgeOptions website. Click [here](#) to find a Caregiver Resource Center near you and [here](#) for information on AgeOptions services and programs for caregivers. If you or someone you know are a caregiver and would like information about services and programs, please visit the links above or call AgeOptions at (708)383-0258.

**AgeOptions.**

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