

# family caregivers support program

The Caregiver Support Program can assist you with a variety of services:

**Home Delivered Meals:** “Meals on Wheels” prepares nutritious meals, delivered to the doorsteps of eligible seniors who need to sustain a healthy and balanced diet.

**Support Groups:** Join a support group with other family caregivers where you can share tips and resources. Also available are support groups for Grandparents raising Grandchildren.

**Benefit Check Up:** Senior Services-Area Agency on Aging staff helps seniors to obtain federal, state, and city benefits and services, including several pharmaceutical programs.

**Case Management:** Professional case managers assess an elderly person’s needs and their eligibility for additional services and resources.

**Information and Assistance:** A wide variety of support programs and resources available in your community.

**Respite Care:** Need a temporary break or time off from your caregiving responsibilities? A variety of short term in-home and community based care options are available to family caregivers.

**Legal Counsel:** Professional legal assistance on a variety of legal issues.

**Caregiver Counseling:** Reliable agencies provide professional counseling. Caregivers can also access professionals who facilitate support groups and, in some cases, offer financial counseling.

For more information contact 312-744-4016 or call 311.



City of Chicago  
Rahm Emanuel, Mayor



CITY OF CHICAGO  
DEPARTMENT OF FAMILY AND SUPPORT SERVICES  
COMMISSIONER EVELYN DIAZ