



Caregiver Services

Supportive services for those giving unpaid, informal care to adults aged 60 and older and for those with Alzheimer's disease or a related disorder. All services are available free of charge and made possible through funding provided by Age-Guide Northeastern Illinois



Mission

We are a faith-based organization providing service to people in need and calling others of good will to do the same.

To Make a Donation

All donations can be sent to: Catholic Charities Development Office 16555 Weber Rd. Crest Hill, IL 60403 Please specify which ADRN Program you would like your donation to support. For more information call 815.723.3405.



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Caregiver Support Groups

Meetings are held on a monthly basis. Groups meet in person or there is an option to join virtually. Call for information on dates, times, or to register.

Caregiver Education Groups

These groups are designed to educate caregivers on programs, services, and supports for their loved ones as well as presenting topics pertaining only to the caregiver, such as self-care.

Groups are held throughout the year and a five-week caregiver education series is offered each fall.

Topics include, but are not limited to:

- Advanced Directives
- Caregiving Skills (lifting and transferring)
- Disease specific trainings
- Hospice and End of Life Care
- Legal Matters
- Medication Management
- Self-Care
- Supportive Services

Caregiver Counseling

One on one life coaching for those who are caregivers for a loved one.

Counseling assists the caregiver with:

- Role identity
- Permission to seek help
- Decision making and problem solving related to caregiving needs
- Issues of life/role transitions
- Interpersonal relationships
- Dealing with anxiety or depression
- Guardianship issues
- Health
- Nutrition
- Financial Literacy

Emergency Financial Assistance for Caregivers

This service provides gap-filling monetary assistance to help with unmet financial needs for caregivers. For example, unpaid utility bills, incontinence supplies, clothing, or durable medical equipment not covered by another source.

Respite funding is also available to pay for a period of respite in the home or in a skilled nursing facility to provide a needed period of relief for the caregiver. This may be one time or recurrent over the course of the year.

Kankakee County

249 S. Schuyler, Suite 300
Kankakee, IL 60901
815.933.7791
fax: 815.933.4601

Grundy County

Kelly Messer, Case Manager
815.933.7791 ext. 9950
fax: 815.933.4601



Caregiver Access Assistance

This service assists caregivers with obtaining access to community resources. Assistance is available in person, via email, or over the phone and includes:

- Information and Assistance
- Caregiver Needs Assessment
- Referral to available opportunities and services
- Access assistance to identify benefits from federal, state, and local agencies that the older adult may qualify for.
- Follow up as needed



Tailored Care (T-Care)

Tailored care is a quick and easy online caregiver self-assessment. **TCARE** is designed to support family members who are providing care to older adults. The **TCARE** assessment helps family caregivers manage their own needs by creating a customized care plan that can be used to combat burnout.

Evidence Based Programming

Stress-Busting

This program focuses on support, problem solving, education, and stress management for informal caregivers. Caregivers will learn about stress, managing difficult behaviors/conditions, grief, loss, depression, coping strategies, positive thinking, self-care, and choosing a path to wellness.



Relatives Raising Children Services

Many services outlined above are also available to older relatives tasked with raising non-biological children, including

- Caregiver Counseling
- Caregiver Access Assistance
- Emergency Financial Assistance
- Respite Funds

Support and educational groups meet every other month. Please call for dates and times or to register. Relatives raising children who attend these groups are provided a box of non-perishable food in partnership with the Northern Illinois Food Bank.

Email: ccu@cc-doj.org or afoltz@cc-doj.org • **Phone:** 815-523-9919
Kankakee County, 249 S Schuyler Avenue, Suite 300 • Kankakee, IL 60901