

Resources to Support Caregivers While Sheltering In Place

Are you caring for a loved one? Are you feeling overwhelmed?

There are organizations that offer valuable resources for those who are caring for an adult 60+ and for those with Alzheimer's disease or a related disorder. There are also resources available for relatives raising children. These resources include respite services, financial assistance, legal services, Caregiver Counseling Centers, training and education and support groups. There is a Caregiver Resource Center in each county to help you access the services you need.

Not sure who to contact?

Caregiver Resource Centers give you information about available services. The Centers assess your situation and help connect you to programs to assist you.

Caregiver Counseling Centers help to coach/counsel you through troubling times, such as how to bring the family together or to help an older adult accept needed services.

To find a Caregiver Resource Center or Caregiver Counseling Center in your county, [click here](#).

Additional Resources: Recorded Webinars/Teleconferences for Caregiver Support and Information

AARP Weekly Tele-Town Hall

AARP is hosting weekly live Tele-Town Hall with Coronavirus Information on Thursdays at 12pm
[AARP Live Tele-Town Hall](#)

National Health Council Webinar (Recorded on March 26)

[Coronavirus Preparedness for People with Chronic Diseases: What Do Caregivers Need to Know?](#)

Wellmed Caregiver Support Webinar (English) (Recorded on March 18)

[Coping With the Coronavirus Outbreak while Caregiving](#)

Wellmed Caregiver Support Webinar (Spanish) (Recorded on March 27)

[Cómo Hacerle Frente al Brote del Coronavirus en su Papel de Cuidador](#)

Alzheimer's Foundation

[Coronavirus Information for Alzheimer's Caregivers](#) (English & Spanish)
Includes COVID-19 information for families affected by Alzheimer's disease and other dementias. It also includes steps caregivers can take to help prevent the spread, caregiving tips and therapeutic activities.

Alzheimer's Association

[Coronavirus \(COVID-19\): Tips for Dementia Caregivers](#)

National Alliance of Caregiving and Caring Across Generations

[See Tips for Sandwich Caregivers in the Era of COVID-19](#)

This tip sheet can be helpful to all caregivers responsible for both the young and old.

Resources for Relatives Raising Children

Illinois State Board of Education, Meals available during COVID-19

isbe.net/nutrition

Some districts have expanded meal services to include any child under the age of 18. Call your school district office or school office to find specifics including days and times of meal pick-up. Call 211 to find additional food resources in the community.

For more information on services available through AgeGuide for relatives raising children, [click here](#).

To support our community while we shelter in place, AgeGuide will be sharing new resources each week to help older adults and their loved ones stay informed, healthy and connected. AgeGuide has also compiled resources to support older adult and families during COVID-19 on its website which will be updated regularly. To see our resource page, [click here](#).

AgeGuide Northeastern Illinois was established in 1974. Services funded or coordinated by AgeGuide meet the diverse needs of the most rapidly growing population in Illinois. Over 681,000 seniors age 60 and over live in the agency's eight-county service area:

DuPage, Grundy, Kane, Kankakee, Kendall, Lake, McHenry, and Will Counties

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