



## CAREGIVER NEWS

**1-800-798-0988**

[www.alternativesforyou.org](http://www.alternativesforyou.org)

Serving older adults and their families for more than 30 years.

Designated by the State of Illinois, Alternatives is the lead advocate throughout ten counties including Rock Island, Henry, Mercer, LaSalle, Putnam, Knox, Henderson, Warren, McDonough and Bureau.

Alternatives also provides Ombudsman services in Brown, Hancock, Schuyler, Adams, Pike and Calhoun County.

It is our mission to promote the independence and quality of life for older adults, adults with disabilities, and their families.

### We Are Here For You!! COVID-19 Emergency Funds

Alternatives has funding available to assist older adults (60+) with **emergency need** and **supplies** during this COVID-19 crisis.

Funds can be used for any older adult, who has an **emergent need** for: food, cleaning supplies, personal hygiene items, medical supplies, transportation or any other critical items that they are unable to obtain due to lack of access or being isolated in their home.

**If you or someone you know is in need of assistance contact us!**

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### Preserve Memories...

Looking to preserve memories for yourself or a loved one? Here are some great ideas!

**Family Cookbook-** The smell or taste of certain dishes can bring back a lot of great memories. Consider reaching out to family members and ask them to email you a copy of their favorite recipes. To make copies you can contact your local print shop of Fedex Office. Many can also help you design the cookbook if you are unable.

**Create a "Family" Social Media Page-** Create a private family (or friend) page on social media. Encourage family members to share old photos and tell positive stories. If you have access to a smart device you can take a picture of a picture so you will have a digital copy of old photos available to share.

**Interview a Family Member or Friend-** Give a family member or friend 3-4 questions a few days in advance and record their answers on video. Examples of questions might be "What was your favorite memory of your mother/father?", "What was elementary school like for you?", "It's Saturday night in (town they grew up in) and you're 16 years old, what did you do for fun?".

**Scrapbooking-** Now is a great time to organize the boxes of old photos you have in your closet! There are a lot of great scrapbooking materials you can buy online. Be sure to add captions of Who, What and When if you are able!

**Have an Online Friend/Family Reunion-** Utilize programs such as Zoom or Facetime to connect with old friends or family members! Write down what you remember about the conversation in a journal.

**\*Enclosed you will find helpful information about the Illinois Home Care Ombudsman Program!**

## Education and Support

### Our Services Include:

**Care Coordination**– helping you to live longer in your own home, professionally certified care coordinators provide free, in home assessments to identify and set up supports for individuals at their home or for nursing home residents wanting to move back into the community.

**Ombudsman**– providing a listening ear, Ombudsmen meet with nursing home residents to help resolve concerns or complaints. For individuals receiving managed care, the ombudsman is the advocate for concerns with services provided through managed care.

**Adult Protective Services**– investigating and resolving reported cases of abuse, neglect or financial exploitation for older adults, (over age 60) or adults with disabilities, (age 18-59).

**Assistance with Money Management**– assisting individuals with bill paying, including writing checks, budgeting and balancing their checkbook.

**Bridges Community Program**– Bridges is the designated Aging and Disability Resource Center for the lower two thirds of LaSalle County. Offering options counseling and assistance with benefits registration including Medicare, Medicaid, state supported programs or other available benefits. Bridges offers a full calendar of events, classes and potlucks for older adults.

### Looking for online or over the phone support? Check out these great resources!!

#### **Resource Information for Older Adults and Adults with Disabilities**

Alternatives – 1-800-798-0988 [www.alternativesforyou.org](http://www.alternativesforyou.org)  
Western Illinois Area Agency on Aging- 309-793-6800 [www.wiaaa.org](http://www.wiaaa.org)  
Illinois Department on Aging- [www2.illinois.gov/aging](http://www2.illinois.gov/aging)

**Dementia Care/Support** – [www.alz.org](http://www.alz.org) or 1-800-272-3900

#### **Emotional/Mental Health Support**

Non Emergency Emotional Support- Friendship Line (Adults 60 or older and adults 18-59 with a disability) 1-800-971-0016

For Texting Illinois Call4Calm Text Line is a free, 24/7 service for people seeking emotional support due to the stress related to COVID-19. Text TALK to 552020 for English or HABLAR for Spanish. Crisis Text Line serves anyone, in any type of crisis, 24-hours a day. Text HELLO to: 741741.

Warm Line is a team of Wellness Support Specialists who have experienced mental health and/or substance use recovery in their own lives. Call: 1-866-359-7593 M-F 8am-5pm except holidays.

#### **Meditation Apps**

Headspace, Calm, Insight Timer

#### **Physical Fitness**

[www.ymca.net](http://www.ymca.net) (free online fitness classes)  
Yoga with Adriene (Free yoga class on YouTube)  
[www.movewithcolour.com](http://www.movewithcolour.com) (cardio/dance class)

#### **Grief Support Counseling**

Heartland Hospice (Individual Counseling) 1-800-365-6554  
[www.betterhelp.com](http://www.betterhelp.com)

### **Alzheimer's Disease & Related Disorders (ADRD) Supportive Gap-Filling Service**

The Supportive Gap Filling service provides limited funds that persons with dementia or a related disorder (diagnosed or undiagnosed) and/or their primary caregivers may spend on services and supports that enhance their ability to live in the community.

Funds can be used to purchase goods, supplies, or items to meet the care recipient or caregivers needs. However eligibility is subjected to program guidelines and cost limitation per individual. Examples: care related services, seat risers, wanderer alarms, wheelchairs and monitors etc. Funds available on first come basis.

**For more information about this program please call  
Alternatives at 309-277-0167**

**If you do not care to receive this quarterly newsletter please email  
[eberberich@alternativesforyou.org](mailto:eberberich@alternativesforyou.org) and you will be taken off of the mailing list. Thank you.**