



 Carle Health



## **CAREGIVER ADVISOR PROGRAM**

**Are you providing care for a loved one?  
We can help.**

As a caregiver, your family and friends depend on you for your support. As rewarding as that is, sometimes it is difficult. The Caregiver Advisor Program provides information and support services to help caregivers and grandparents raising grandchildren cope with their caregiving roles.

# Free Caregiver Advisory Program

## Am I a Caregiver?

Are you an unpaid family member or friend that helps with.....

- Rides to medical appointments
- Shopping
- Aiding in activities of daily life such as:
  - Getting dressed
  - Cooking
  - Showering
  - Cleaning
- Collecting mail or picking up medicine

## Caregiver Advisor Offerings

- **Information** about available community resources/services
- **Assistance** in gaining access to community resources
- **Support groups, education and counseling** for caregivers
- **Respite care** temporary or intermittent relief for caregivers
- **Supplemental services** to complement caregiver services
- **Information about legal rights** including visitation, guardianship, adoption and formal caregiving relationships

## Contact Us!

**Champaign County**  
217-355-1543  
4116 Fieldstone Rd.  
Champaign, IL 61822



**Vermilion County**  
217-443-2999  
309 N Franklin St  
Danville, IL 61832

**We're on the web!**  
[crishealthyaging.org](http://crishealthyaging.org)

