

# Caregiver Advisor Program

CRIS HEALTHY AGING

Carle Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-217-383-2543.

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-217-326-0340.

12205K



Funded through a grant from ECIAAA.



CarleHealth



CarleHealth

CRISHealthAging.org | carle.org

CCH1091123





---

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

As a caregiver, you are depended upon for your support by your family and friends. 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?**

Yes, if you're an unpaid family member or friend who 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**

Vermilion County  
(217) 443-2999  
309 N. Franklin St.  
Danville, IL 61832

[CRISHealthyAging.org](http://CRISHealthyAging.org)