



CAREGIVER NEWS

1-800-798-0988

www.alternativesforyou.org

Caregiver Support— one-on-one support services with Caregivers feeling overwhelmed in their caregiving role with the goal of reducing stress and strengthening their natural support system.

Care Coordination— professionally certified Care Coordinators provide free, in-home assessments to identify and set up supports for individuals living independently in the community.

LTC Ombudsman— meet with nursing home residents to help resolve concerns or complaints. They provide a listening ear to residents and families.

Adult Protective Services— investigate and resolve reported cases of self neglect, abuse, neglect, or financial exploitation for older adults, (over age 60) and adults with disabilities (age 18-59).

Money Management Program— assist individuals with bill paying, writing checks, budgeting and balancing their checkbook.

Bridges Community Center- Aging & 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 for active older adults.

Where do I find support? Where can I get help?

It's okay to ask those questions, whether in loneliness or anger.

My name is David Beebe and I am a Caregiver Counselor with Alternatives and a Caregiver. Being a Caregiver sandwiched between managing my immediate family and caring for my aging mother, I know its no easy job. Your situation may involve the difficult transition of roles and the feeling of parenting your parent or spouse. Perhaps you feel lost when parenting grandchildren in a new generation. On top of the "normal" stress of providing day-to-day care, could be additional family and relationship dynamics that make giving care more difficult.

When overwhelmed by the strain of caregiving, it can feel lonely. I'm here to say you are not alone. If you are a Caregiver who is overwhelmed, need a safe space to share your concerns, or explore resources and support, please reach out. There are others who have felt similar emotions to what you are feeling. Whether you are caring for your parents, spouse, or are an older adult raising children, being a caregiver is not an easy role. You don't have to go it alone.

Alternatives Caregiver Support Program

Call: 800-798-0988 (M-F 8am-4pm)

Email: Alternatives@alternativesforyou.org

Website: alternativesforyou.org

National Support Organizations

Alzheimer's Association

Website: alz.org

24/7 Hotline: 800-272-3900

Support for those with dementia

Parkinson's Foundation

Website: parkinsons.org

Call: 800-473-4636

(M-F 8am-6pm)

Support for those with Parkinson's Disease

AARP Family Caregiving Resource Support

Website: aarp.org/caregiving

Call: 1-877-333-5885

(M-F, 7am-7pm)

Caregiver tools & resources

VA Caregiver Support Line

Call: 1-855-260-3274

(M-F 7am-9pm, Sat 7am-4pm)

Veteran's caregiver support connections

24/7 Mental Health Crisis Support

Dial 9-8-8

For Veterans, Dial 9-8-8, then Press 1
Crisis hotline for those with mental health needs & suicide prevention

National Association on Mental Illness (NAMI) Helpline

Call: 800-950-6264

(M-F 9am-9pm)

Support for those living with mental illness & substance abuse issues & their families

If you do not care to receive this quarterly newsletter please email ehanna@alternativesforyou.org and you will be taken off of the mailing list. Thank you.

It is Alternatives' mission to promote the independence & quality of life for older adults, adults with disabilities, & their families.

Alternatives programs have served 10 Counties in Midwestern Illinois since 1984.

Designated by the State of Illinois, Alternatives is the lead advocate for adults over 60 and their caregivers in their service area of Rock Island, Henry, Mercer, LaSalle, Putnam, Knox, Henderson, Warren, Bureau, and McDonough Counties.

Additionally, Alternatives' Ombudsmen serve Brown, Hancock, Schuyler, Adams, Pike, and Calhoun Counties.



11th Annual Quad Cities
Caregiver Conference
November 12, 2022 | Golden Leaf Center | Davenport, IA

Saturday, November 12, 2022

**Golden Leaf Center
2902 E Kimberly Rd
Davenport, IA 52807**

9:00 a.m.—10:00 a.m. James Cory Johnson, LISW
Program General Caregiver Support Services (PGCSS) Coordinator
VA Caregiver Support Program

10:30 a.m.—11:30 a.m. Dr. Elaine Eshbaugh
University of Northern Iowa

Presenting "Beyond the Basics: Dementia Caregiving"

8:00 a.m.—12:00 p.m. Vendor Fair

Attendees will have the opportunity for question & answer sessions with in-person presenters, visit local provider booths, enjoy refreshments, pick up a caregiver book during our give away, & have the chance to win door prizes from our vendors & sponsors.

Resident & Family Support Council

The Long-Term Care Ombudsman Program's Resident & Family Support Council connects and educates residents of long-term care facilities & their family members who may face issues related to care in Illinois.



Meeting are held the 2nd & 4th Tuesdays of the month at 3:00 p.m.

Registration is **NOT** required for virtual council meetings.

There are several ways to connect to a Council meeting:

- Email Lee.Moriarty@illinois.gov to receive a invitation for future meetings
- Join via Zoom link: bit.ly/3xpoY3p
- Scan QR code for more information



To view past presentations on YouTube, visit their page by typing **IL LTC Ombudsman** in YouTube's search function



A Trivia Event that Celebrates All Generations!

To purchase tickets by phone: Bill Horrell at 309-277-0167

To purchase tickets online: Scan QR code to register



Categories will be themed by decades starting with the 1930's & ending in the late 2000's.

One free mulligan for each team member born in a different decade.

All proceeds from this event will go directly to services provided by Alternatives.

Fun for Friends & Family of All Ages!

Friday, November 4, 2022

The Rock—302 First Street Coal Valley, IL
Doors open at 6:15 p.m. Trivia starts at 7 p.m.

\$15 per ticket or \$100 for a table of 8

Cash prizes to 1st, 2nd, & 3rd place teams!