

The Chicago Department of Family and Support Services (DFSS) Senior Services Division offers a variety of citywide programs designed to address the diverse needs and interests of older Chicagoans and their caregivers. **In general, all Chicagoans aged 60 and older are eligible for services. Some programs have lower ages of eligibility, call us!**

**Call Information and Assistance at 312-744-4016 or call 311
Monday – Friday, 8:30 am to 4:30 pm or email aging@cityofchicago.org**

In-Home Support Services

Caregiver Respite

Caregiver Respite provides a break from caring for loved ones. A variety of options include in home care - home care aides, hiring of a personal friend or family, and residential care in a facility. Support is available for up to two weeks annually.

Caregiver Support

People who care for their aging family or loved ones (caregivers) can receive supportive services such as one-on-one or family counseling, support groups, food boxes, information and referrals, help purchase of goods or services, and education opportunities. A range of ages qualify – please call for information.

Caregiver Training & Education

The Savvy Caregiver™ Training Program is a 12-hour education program for family caregivers taking care of those with Alzheimer's Disease and related disorders. Each free weekly session is 2-hours over six weeks. A Caregiver Manual is provided. Training opportunities are available throughout the year.

Chore Services

Short-Term Chore service provides assistance with light housekeeping, laundry, shopping or other household support due to a life change, illness, disability, or temporary situation. **Heavy-Duty Chore is an intensive cleaning** for those whose living conditions pose a threat to their health and safety. Services include trash removal, moving heavy furniture, help with clutter, packing and more.

Grandparents & Older Relatives Raising Children

Grandparents or older relatives aged 55+ who have primary responsibility for a child under 18 or loved one with severe disabilities aged 19-59 are eligible for services including one-on-one or family counseling, support groups, information and referrals, education opportunities, and help purchasing goods or services such as clothes, school supplies, toys, and more.

Adult Protective Services (APS)

Elder Rights, Legal Services, Protection, & Advocacy

Certified APS workers respond to reports of alleged abuse of Chicagoans aged 60+ and those with disabilities aged 18-59. Concerns including physical, emotional, and sexual abuse, self-neglect, neglect, confinement, and / or financial exploitation. APS stops the abuse and develops a plan for safety, well-being, and prevention.

Case Advocacy & Support (CAS)

CAS provides a Well-Being Check to Chicagoans aged 55+ living in the community who may be experiencing challenges living independently or are at-risk to themselves or others. The Team meets with the older adult, assesses their situation, then provides helpful referrals to services and links to community supports.

Intensive Case Advocacy Services (ICAS)

ICAS provides ongoing support to Chicagoans aged 55+ who are experiencing challenges living independently in the community by helping clients to access supports that prolong the ability to remain living at home. ICAS can also help those who are moving, experiencing transitions, health challenges, and more.

Legal Services

Legal Services protects the rights of older Chicagoans on matters such as: housing, guardianship, Powers of Attorney for health care and property, bankruptcy, fraud, employment, family law, financial and foreclosure counseling, reverse mortgages, and Advance Directives.

Ombudsman Program

Ombudsmen protect, defend and advocate for residents in long-term care facilities such as nursing homes, assisted living, and more.

Ombudsmen protect resident rights, resolve complaints, provide information, and ensure quality care for Chicago's long-term care residents over aged 19.

Senior Health Insurance Program (SHIP)

SHIP helps Medicare beneficiaries access Medicare, drug plans, and more. SHIP Counselors host educational programs and one-on-one counseling to help older adults and people with disabilities by providing objective information about health insurance to those who have questions about Medicare.

Senior Medicare Patrol

The Senior Medicare Patrol (SMP) Program educates consumers about Medicare & Medicaid fraud, waste, and abuse. Program staff and volunteers help Chicagoans to prevent, detect, and report Medicare and Medicaid abuse.

Congregate Dining

Meals

Nutritious meals in a group setting are provided each weekday to nearly 50 community locations throughout Chicago. These meals promote better health through improved nutrition and reduced social isolation. Culturally specific meals are available.

Home Delivered Meals

Microwave-ready frozen or hot meals delivered to home-bound older adults 60 years of age or older who are unable to prepare meals for themselves and have no other means of acquiring nutritious and / or dietary-specific meals.

Brain Health Initiative

Community Programs

This free virtual and call-in training program is available to all Chicagoans and is targeted to residents living in apartment buildings.

The programs focuses on behaviors to maintain healthy brains throughout life.

Foster Grandparents

An opportunity for seniors to make a difference in a child's life. This program recognizes senior volunteers as a presence in the community. Volunteers make a difference in the lives of children and youth by mentoring and tutoring in communities across the city. This program includes travel, meal reimbursements, and a monthly stipend.

Senior Companion Program

Seniors make a difference in the lives of lonely, isolated older adults by reading, visiting and chatting, preparing light meals and more. This program recognizes senior volunteers as a presence in the community and includes travel, meal reimbursements, and a monthly stipend.

Chicago Fitness Plus

Senior Centers

Award-winning fitness programs that boost endurance, strength, balance and flexibility. Our centers are equipped with age-friendly exercise equipment and staffed by experienced, certified senior fitness professionals who lead group exercise classes and one-on-one training in-person or online.

Health & Wellness Program

Evidence-based health promotion and disease prevention programming is provided at all Senior Centers through monthly presentations, health screenings, and consultations with wellness nurses, dietitians, pharmacists, and social workers.

Life Enrichment Programs

A variety of social, educational & recreational activities for older adults tailored to the interests of the local community. Life Enrichment programming designed to keep participants active while providing opportunities to foster personal growth and creativity.