



# **Alzheimer Caregiver Resource Guide**

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## **Introduction**

There are an estimated 210,600 Illinoisans with Alzheimer's disease (AD). Seven out of 10 persons with AD live at home with family or friends who provide 75 percent of their care.

Families struggle to keep the person with AD at home as long as possible but, for many, the lack of knowledge about community-based services may result in premature nursing home placement.

Families face difficult physical, emotional and financial burdens while providing care during the prolonged duration of the disease.

The information provided in this booklet may provide assistance in locating services and resources in your community.

## **Illinois Department of Public Health (IDPH)**

The Alzheimer's Disease Demonstration Project is a study on service use by persons with memory problems and their caregivers.

For information contact the Department's Division of Chronic Disease Prevention and Control 217-782-3300 or TTY (hearing impaired use only) 1-800-547-0466, or visit <<http://www.idph.state.il.us/public/hb/hbalzheimer.htm>>

## **Illinois Department on Aging (IDOA)**

The Illinois Department on Aging provides services to persons 60 years of age and older, and to their caregivers. A number of services may be available in your community:

- Adult day services
- Comprehensive care coordination
- Congregate meal sites
- Counseling
- Education
- Employment services
- Family caregiver resource centers
- Individual needs assessment
- Information and assistance / outreach
- Legal and financial assistance
- Respite (services that give caregivers time off)
- Transportation

Some in-home services also may be available in your area:

- Friendly visiting
- Home-delivered meals
- Home health
- Homemaker /senior companion
- Residential repair and renovation
- Volunteer money management

For more information, contact the Illinois Department on Aging Senior Helpline, 1-800-252-8966, or the Web site: <[www.state.il.us/aging](http://www.state.il.us/aging)>.

## **Elder Abuse and Neglect**

Elder abuse and neglect services assist people 60 years of age and older who are victims of abuse, neglect or financial exploitation.

To report suspected abuse or neglect, or for more information, please call 1-866-800-1409 (voice) or 1-888-206-1327 (TTY for the hearing impaired) 24 hours a day, 7 days a week.

For more information, visit the Web site: <<http://www.state.il.us/aging/1abuselegal/abuse.htm>>

## **Senior Health Insurance Program**

Administered by the Illinois Department of Financial and Professional Regulation, Illinois Division of Insurance, the Senior Health Insurance Program (SHIP) is a free statewide counseling service offered to assist Medicare beneficiaries and their caregivers with insurance issues, including bills and explanations of benefits.

Insurance comparison guides and booklets on long-term care insurance also are available.

For more information, call 1-800-548-9034 or TDD (hearing impaired use only) 217-524-4872; or visit the Web site: <[www.idfpr.com/DOI/Ship/ship\\_help.asp](http://www.idfpr.com/DOI/Ship/ship_help.asp)>.

## **Circuit Breaker**

Circuit Breaker is 1) a property tax, rent, shelter care or nursing home charge relief benefit. The grant is based on the total amount paid in comparison to total household income; 2) the office of the Illinois Secretary of State provides a license plate fee discount for one vehicle for qualified individuals. Qualified seniors or disabled persons (Illinois residents only) may apply.

For enrollment forms, call the Illinois Department of Aging at 1-800-252-8966 (voice and TTY) or visit the Web site: <[www.cbrx.il.gov](http://www.cbrx.il.gov)>.

## **Illinois Cares Rx**

The Pharmaceutical Assistance program and the Illinois SeniorCare program have combined to form Illinois Cares Rx.

Depending on income, seniors or disabled persons may qualify for help with medication costs. These programs also work with Medicare Part D for people who have Medicare Part A and/or B.

For more information contact:

The Illinois Department on Aging

Weekdays: 8:30 a.m.—5:00 p.m.

At 1-800-252-8966 (Voice and TTY)

Or visit the Web site: <[www.cbrx.il.gov](http://www.cbrx.il.gov)>.

## **Illinois Rx Buying Club**

The Illinois Rx Buying Club is a discount program for medications designed to help seniors and persons with disabilities who are not eligible for Illinois Cares Rx.

Contact the Illinois Department on Aging Senior Helpline at 1-800-252-8966, or the Web site: [www.illinoisrxbuyingclub.com](http://www.illinoisrxbuyingclub.com).

## **Social Security**

For information about Social Security, visit your local Social Security office or call the Social Security Administration at 1-800-772-1213 or TTY (hearing impaired use only) 1-800-325-0778. Benefit information is also available on the Web site: [www.ssa.gov](http://www.ssa.gov).

## **Supplemental Security Income (SSI)**

SSI pays monthly benefits to persons 65 years of age and older or disabled individuals with limited income. Benefits eligibility depends on assets as well as income. To apply for or to check eligibility, call your local Social Security office. To locate the closest office, call 1-800-772-1213 or TTY (hearing impaired use only) 1-800-325-0778; or visit the Web site [www.ssa.gov](http://www.ssa.gov). Information is also available in Spanish.



## Medicaid

For information about Medicaid, call the local Illinois Department of Human Services office, Bureau of Customer Inquiry and Assistance at 1-800-252-8635 or TTY (hearing impaired use only) 1-800-447-6404 Monday through Friday, 7:30 a.m. to 7 p.m. (except state holidays) or visit the Web site: [www.dhs.state.il.us/ts/fss/il444-0565n.asp](http://www.dhs.state.il.us/ts/fss/il444-0565n.asp).

## Medicare

For questions about Medicare benefits, call 1-800-MEDICARE (1-800-633-4227) (for English press 1; for Spanish press 2); or TTY (hearing impaired use only) 1-887-486-2048.

The handbook, *Medicare and You*, is available on the Web site: [www.medicare.gov](http://www.medicare.gov).

## Food Stamps

People who meet eligibility requirements may apply for food stamps. Applicants must fill out an application and submit it to their local Illinois Department of Human Services office by mail, fax or in person. Call 1-800-843-6154 or TTY (hearing impaired use only) 1-800-447-6404 in Illinois for office locations and eligibility information. An application may be obtained online at: [www.idhslink.com](http://www.idhslink.com)

## **Hospice Care**

End-of-life-care – including pain management and emotional support – can be provided by a specially trained team of caregivers. For information about local Hospice programs, contact your physician or call the National Hospicelink at 1-800-331-1620 or visit the Web site at <[www.hospiceworld.org/](http://www.hospiceworld.org/)>.

## **BenefitsCheckUp**

The National Council on Aging's BenefitsCheckUp is a quick and easy way to locate programs available to assist with in-home help, prescription drugs, health care, utilities and other costs.

Fill out a quick and simple questionnaire at <[www.benefitscheckup.org](http://www.benefitscheckup.org)>. Your answers are confidential and information about local services will be provided. This is a free service.

## **Veterans' Benefits**

For veterans' benefit assistance, contact your local Veterans' Administration office or call the Illinois Department of Veterans' Affairs at 217-782-6641 or TTY (hearing impaired use only) 217-524-4645.

Benefit information and local office listings are also available on the Web sites: <[www.va.gov](http://www.va.gov)> or <[www.state.il.us/agency/dva/](http://www.state.il.us/agency/dva/)>.

## **Eldercare Locator**

A nationwide directory assistance service is designed to help persons locate local support services across the country. Call 1-800-677-1116 Monday through Friday, 8 a.m. to 7 p.m.

## **Alzheimer's Association**

The Alzheimer's Association provides –

- Local support groups, education programs and other services
- Informational brochures, videotapes and other resources
- Safe Return, the only nationwide program that assists in the identification and safe, timely return of persons with dementia who wander and become lost
- 24/7 Contact Center provides general information and care consultation at anytime, including nights and holidays.

Offices are located in Bloomington, Carterville, Collinsville, Dixon, Joliet, Kankakee, Peoria, Quincy, Rockford, Skokie and Springfield. For more information contact:

Alzheimer's Association  
225 N. Michigan Avenue, Floor 17  
Chicago, IL 60601-7633  
Phone 1-800-272-3900  
<[www.alz.org](http://www.alz.org)>

## **Alzheimer's Disease Assistance Centers**

There is help for individuals and families when Alzheimer's disease is suspected.

Some of the symptoms or early warning signs of AD may include the following:

- memory loss or unexplained confusion affecting job or home skills
- difficulty in performing familiar tasks and chores
- forgetting words or substituting inappropriate words
- disorientation to time and place (e.g., getting lost in familiar surroundings)
- poor or decreased judgment (e.g., wearing a winter coat on a hot summer day)
- problems with abstract thinking (e.g., difficulty balancing a checkbook)
- misplacing things in inappropriate places (e.g., putting the iron in the freezer)
- changes in mood or behavior (e.g., rapid mood swings for no apparent reason or cursing)
- drastic changes in personality (e.g., suspiciousness)
- lack of interest and involvement in usual activities

If several of these symptoms or warning signs are present, the person should be evaluated by a physician. Frequently, the early symptoms of AD, which include forgetfulness and loss of concentration, are mistakenly dismissed as normal signs of aging.

It is important to determine the actual cause of the cognitive (mental process including memory and judgment) symptoms. The symptoms may not be caused by AD. Many causes, such as depression, drug interaction, thyroid problems and vitamin deficiencies, are reversible if detected early and treated appropriately. An early diagnosis of AD can increase the chance of potential benefits from approved medications. It also allows the person with AD to participate in health care, financial and legal decisions.

Illinois has three state-funded Alzheimer's disease assistance centers. They offer a variety of services to the public including:

- Clinical services (consulting) for persons with memory problems and their families including diagnosis and treatment
- Research and clinical trials including brain bank autopsy program
- Educational services for the lay public as well as and professionals

The centers' service areas and contact information are provided below.

**Persons residing in Cook, DuPage, Grundy, Kane, Kankakee, Kendall, Lake, McHenry, and Will counties may contact one of the following:**

**Rush-Presbyterian-St. Luke's Medical Center  
Rush Alzheimer's Disease Center**

710 S. Paulina St.  
8 North JRB  
Chicago, IL 60612  
Phone 312-942-4463  
Fax 312-942-4154  
< [www.rush.edu/radc](http://www.rush.edu/radc) >

**Northwestern University  
The Feinberg School of Medicine  
Cognitive Neurology and Alzheimer's Disease  
Center**

320 E. Superior St.  
Searle 11-450  
Chicago, IL 60611-3008  
Phone 312-908-9339  
Clinic phone 312-695-9627  
Fax 312-908-8789  
< [www.brain.northwestern.edu](http://www.brain.northwestern.edu) >

**For all other counties in Illinois, contact  
Southern Illinois University School of  
Medicine for information.**

Their program includes local service providers in communities such as Alton, Breese, Carbondale, Champaign, Danforth, Dixon, Edwardsville, Effingham, Freeport, Galesburg, Golconda, Greenville, Jacksonville, Jerseyville, Macomb, Mattoon, Moline, Mount Morris, Mount Vernon, Normal, Olney, Peoria, Pontiac, Quincy, Rockford, Springfield and Urbana:

**Southern Illinois University School of  
Medicine  
Center for Alzheimer Disease and Related  
Disorders**

751 N. Rutledge St.

P. O. Box 19643

Springfield, IL 62794-9643

Phone 217-545-8249

Fax 217-545-1903

< [www.siumed.edu/cadrd/](http://www.siumed.edu/cadrd/) >

Social Security Disability Insurance pays benefits to you and certain members of your family if you are "insured," meaning that you worked long enough and paid Social Security taxes. Benefit information is also available on the Web site:

< [www.ssa.gov](http://www.ssa.gov) > .

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