

BANNER

NEWS

DOWNERS GROVE
TOWNSHIP

featuring:

- ▶ PLAN AHEAD
TAKE CHARGE
- ▶ TOWNSHIP PROGRAMS
FOR SENIOR CITIZENS
- ▶ SAFETY PROGRAMS
FOR OLDER ADULTS
- ▶ IN-HOME HELP
- ▶ SENIOR CITIZEN
ADVISORY COMMITTEE



Often, older persons who are frail and can no longer live independently in their own homes ask the question: Will I have to move to a retirement community or is it possible for me to remain at home with the help of certain services? Planning ahead can help make the decision easier, particularly when there is a sudden loss of independence. The following life situation illustrates the type of assistance available in our community.

Living alone at the age of 85, Mrs. Smith suffers from Osteoporosis and high blood pressure. One day, Mrs. Smith used her **Emergency Call Button** to summon help after she became dizzy, falling and breaking her hip. The responding paramedics found her **File of Life** that contained pertinent medical information and emergency contact information. This important document hastened her admittance to the hospital.

Experiencing depression as a result of the new challenges she faced, Mrs. Smith's children contacted the Township for help. First they were encouraged to notify her physician of her depression. Then a referral was made to **DuPage County Senior Services**, who provide a vast array of in-home services. Her children wanted to assure her well-being and safety at home and relieve the loneliness she was experiencing.

Receiving transportation through the Township's **Dial-A-Ride** program, Mrs. Smith was able to attend an **Adult Day Care Center**. While at home, the Sheriff's **Guardian System** made computerized calls on prearranged days and times to further ensure her well being. Local police and fire departments conducted a **Home Safety Inspection** to assure safety in her home. A **Lock Box** was also installed to help first responders gain immediate entry into her home, in an emergency.

As Mrs. Smith's condition improved, she resumed her independent lifestyle with activities at a Senior Center and volunteer work at a local school where she tutors and reads stories to children. She was grateful for the many services offered in her community.

Additional information about some of the services mentioned above can be found in this newsletter.

Pace Bus serving Dial-A-Ride riders



Dial-A-Ride - is a curb-to-curb transportation program within Township boundaries. It is provided Monday through Friday from 8 am - 4 pm for residents who are over age 65 or disabled. A fare of \$5.00 for each one-way trip is paid on the bus. An RTA Permit is required (see below). It is necessary to register and reserve rides in advance. Call the Township office at **630-719-6685**.

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Benefit Access Applications - formerly known as Circuit Breaker, program provides:

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For additional information please contact Downers Grove Township Senior Services at **630-719-6682**, visit our website at **www.dgtownship.com** or contact DuPage County Senior Services at **800-942-9412** or visit them at **www.dupageco.org/seniorsvcs**



*Hanna Benioff, Coordinator, Senior Citizens Services
 with Angela Bentson and Jody Kanikula, Metropolitan Family Service, DuPage*

File of Life - is a card that lists your vital medical information to assist emergency response personnel in an emergency. The card fits inside a magnetic pouch that is placed on the refrigerator door for immediate access. A pocket size card is also provided. The card accompanies you to the hospital. Available for \$1.00 at the Township office.

Guardian Program - is a computerized phone system that calls registered persons on prearranged days and times to check on their well-being. If you fail to respond help is summoned to your home. Register at the DuPage County Sheriff's Office **630-407-2400**.

Lock Box Program - enables law enforcement personnel to gain entry into a residence during an emergency. A key to your residence is stored in a lock box outside your home. In an emergency, the key code and location of the Lock Box is dispatched electronically to the responding deputy, who can then access the residence. Approximate cost is \$30.00, call DuPage County Sheriff's Office at **630-407-2400** for more information.

SPARR (Sheriff's Program for At-Risk Residents) - stores personal information and a photograph at the DuPage County Sheriff's Office. Participants wear a bracelet with a SPARR number imprinted on it. This provides rescuers with immediate access to information. To register contact the Sheriff's Office at **630-407-2400** or visit www.dupageco.org/sheriff.

SMART 911 - allows you to provide emergency medical and household information to 9-1-1 dispatchers and first responders. The program is secure and confidential. Information can be attached to landline or cell phones. To register, visit www.smart911.com.

Personal Response Devices - are designed to summon help in an emergency by pressing a button on a necklace or wristband that you wear. For a list of companies that offer this service call the Township office at **630-719-6682**.

ICE (In Case of Emergency) - enables emergency personnel to contact a family member or close friend immediately. You enter the name of emergency contact(s) in your cell phone address book under the name "ICE". You can list multiple emergency contacts as "ICE1", "ICE2", etc.

Medic Alert + Safe Return - is a program of the Alzheimer's Association. It provides a bracelet or necklace, clothing labels, and a wallet ID card, for a small fee. For more information email info@alz.org or call **800-272-3900** or **866-403-3073/tty**.

Elder Abuse & Neglect - assistance for adults who are unable to act on their own behalf or manage their own affairs, or who are in immediate danger due to physical or emotional abuse, unsafe or hazardous living conditions, exploitation, neglect or abandonment. Call DuPage County Senior Services at **800-942-9412**, calls are confidential. After hours/weekends **800-279-0400**.

Rx Drug Disposal Programs - expired and unused medications can be disposed in Rx collection boxes at certain police departments in DuPage County. Medications that are put in the trash or in water supplies may pollute our environment. For locations of Rx Boxes in DuPage County visit www.dupagehealth.org/rxbox or contact the DuPage County Health Department at **630-682-7400**. The Downers Grove Police Department has a new medications disposal program. Contact officer Mary Wennerstom via email mwennerstom@downers.us or call **630-434-5681**.



*Lynn Dralle, Emergency Medical Services Coordinator,
Westmont Fire Department*

Counseling and Case Management - in the client's home or in the office. Provided by professionals who help elderly persons and their families in coping with emotional, personal, family or financial worries:

- 1) DuPage County Senior Citizens Services - **800-942-9412** or **630-407-6502/tty**
- 2) Metropolitan Family Services DuPage - **630-784-4800**

Community Care Program - offers adult day care, homemaker services and emergency response systems to frail, older adults age 60 and older. Homemaker services include personal care, meal preparation, light housekeeping, laundry, shopping, and transportation. Fees are based on need and are calculated on a sliding scale call **800-942-9412** or **630-407-6502/tty**.

Home Delivered Meals - are provided Monday-Friday to homebound persons age 60 or older. Volunteers also check on the safety and well-being of clients, call **800-942-9412** or **630-407-6502/tty**.

Home Maintenance Program - provides minor home repairs and modifications at affordable costs. Services include minor plumbing, electrical repairs, leaky faucets, toilets and installation of safety equipment such as grab bars and ramps. Also offered is a referral list of insured contractors. Contact the DuPage Senior Citizens Council at **630-620-0804**.

Private Home Health Care Agencies - provide medical and social services such as homemakers, companions, nursing care, speech, physical and occupational therapy. A list of agencies can be requested from DuPage County Senior Citizens Services at **800-942-9412**.

Private Care Managers - help to select appropriate services such as home health, medical and financial care, as well as, counseling and advocacy. A list of care managers is available at the Township office.

Library Services - many public libraries deliver books to homebound persons. Call your library to inquire.

SUPPORT AND RESPITE FOR FAMILIES WHO PROVIDE CARE FOR AGING RELATIVES

Resource Center - for caregivers of older relatives is provided by DuPage County Senior Services, call **800-942-9412**.

In-Home Senior Respite - trained and screened volunteers visit frail older persons who share a home with family so that family caregivers can get a respite. Visits are social only; call Metropolitan Family Services DuPage at **630-784-4800**.

Short-Term Respite Services - are provided by many nursing facilities. A list of nursing facilities can be requested from DuPage County Senior Citizen Services at **800-942-9412**.

Adult Day Care Center - located in Downers Grove for older adults who need daytime care. Participants enjoy social activities while their family caregiver gets a respite, call **630-969-1060**.

Support Groups - a list of support groups in our area is available at the Township office, or on www.caregiver.com/regionalresources/states/il/support/dupage.htm



*DuPage Senior Citizens Council Home Maintenance Program
Ralph King building a ramp for a senior resident*

LEGAL ISSUES

Advance Directives - communicate your wishes in advance. The documents listed below enable you to express how you want to be treated if you are seriously ill and unable to speak for yourself:

1. **Living Wills & Durable Powers of Attorney for Health Care** - forms are available at the Township office or from the Department on Aging at www.state.il.us/aging or call **800-252-8966**.
2. **Five Wishes** - is an expanded document that includes emotional and spiritual needs in addition to medical needs. It also helps to structure discussions with your family and physician. Document available at www.agingwithdignity.org.

Prairie State Legal Services - provides free civil legal services for persons age 60 and older in areas such as Medicare and Medicaid, landlord/tenant disputes, homeless issues, consumer issues, advance directives, and nursing facility law. Not handled are criminal or fee producing cases. For more information call **630-690-2130**.

The Illinois Attorney General's Consumer Fraud Bureau - provides advocacy, information and referrals to seniors victimized by fraud or deception. Call **877-844-5461** (Springfield) or **312-814-3580** (Chicago).

HOUSING OPTIONS

Housing options for older persons include independent living, assisted living facilities, subsidized housing, shared housing, supportive living, continuing care communities and skilled nursing facilities. Call DuPage County Senior Services at **800-942-9412** or our Township at **630-719-6682**.

Shared Housing - two shared housing programs exist in DuPage County:

1. **Shared Housing Program** - matches home providers with individuals who are seeking affordable housing. Call DuPage County Community Services at **800-942-9412**.
2. **Shared Homes for Seniors** - provide affordable family-style living and support services. Call Senior Home Sharing at **630-407-0440** and ask about **Park Place** in Downers Grove.



Park Place, Downers Grove

Preserving Home Ownership - free, confidential, unbiased information and counseling to senior homeowners about tax relief options, reverse mortgages, and low-cost home repair programs. Provided by the DuPage Homeownership Center, for more information call **630-260-2500**.

INSURANCE

Senior Health Insurance Program (S.H.I.P) - counselors, trained by the Illinois Department on Aging, answer questions about Medicare, Medicare supplement, long-term care insurance, Medicare HMOs and more. Call DuPage County Senior Services at **800-942-9412** or **630-407-6502/tty**.

DIRECTORIES

DuPage County Senior Citizens Services publishes the following publications:

1. Senior Resource Directory
2. Long Term Care Facilities Directory
3. Senior Housing Directory
4. Home Health Care Agencies - **800-942-9412** or email seniorsvcs@dupageco.org

The Township office provides a listing of services and information for senior citizens call **630-710-6682** for more information.

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