

DFSS Senior Services: At a Glance

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

A break from caring for loved ones. Options include in-home care - home care aides, hiring of a friend or family, and residential care in a facility.

Caregiver Support

People of any age who care for their aging loved ones (family caregivers) can receive assessment, support groups (including memory cafes), information and referrals, and help purchasing essential goods.

Caregiver Training & Education

Savvy Caregiver™ is a free 6-week program for family caregivers taking care of those with Alzheimer's Disease and related disorders. **Stress-Busting for Family Caregivers** is a **free 9-week program** for family caregivers taking care of a loved one with dementia through stress management and problem-solving skills.

Chore Services

Provides temporary assistance with light housekeeping due to a life change or illness for older Chicagoans aged 60+. **Intensive cleaning** including trash removal, help with clutter, and packing for a move. Lawn care, snow removal, and extermination services available for homeowners.

Grandparents & Older Relatives Caring for Children

Grandparents or older relatives aged 55+ who have primary responsibility for a child age 18 and under or loved one with disabilities aged 19-59 can receive support groups, information and referrals, training & education, & help buying essential items like clothes, school supplies, & more.

Elder Rights, Legal Services, Protection & Advocacy

Adult Protective Services (APS)

Certified APS workers respond to reports of alleged abuse of Chicagoan aged 60+ and those with disabilities aged 18-59. Concerns including physical, emotional and sexual abuse, self-neglect, neglect, confinement, and / or financial exploitation.

Benefits Access Assistance (BAA)

The BAA program assists Chicagoans age 60+ and individuals with disabilities to apply for Free Rides for Public Transit, and Senior license plate fee discounts.

Case Advocacy & Support (CAS)

CAS provides a Well-Being Assessment to Chicagoans aged 55+ 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 provides case management supports to Chicagoans aged 55+ who are experiencing challenges living independently in the community by helping clients to access supports to prolong their ability to remain living at home. ICAS can also help those who are moving, experiencing transitions, health challenges, and more.

Legal Services

Free Legal Services protects the legal rights of older Chicagoans on matters such as: housing, guardianship, Power 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 health care fraud, waste, and abuse. Program staff and volunteers help Chicagoans with Medicare and Medicaid to **prevent, detect, and report** Medicare & Medicaid abuse.

Congregate Dining

Meals

Nutritious meals in a group setting are provided each weekday to 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

Nutritious microwave-ready frozen or hot meals are 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 meals.

Community Programs

Senior Food Box Program

A **food box delivery** of fresh produce, frozen meats, and shelf-stable items to older adults 60+. Meat and Vegetarian options available.

Brain Health Initiative

This free virtual training program is available to all Chicago residents. The program focuses on behaviors to maintain healthy brains throughout life.

Buried in Treasures (BiT)

BiT is an 8-week program for Chicagoans who want to reduce clutter and / or downsize. What's in your Closet is a 90-minute program to see if BiT is right for you. Also featured is WRAP, a program to help Chicagoans build and maintain healthy behaviors.

Foster Grandparents

An opportunity to make a difference in a child's life and senior volunteers a presence in the community. Volunteers make a difference by mentoring and tutoring youth 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 and 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 Programs

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 provides an opportunity to foster personal growth and creativity and are designed to keep older adults engaged and active in the community.

Senior Services: At a Glance

Regional Senior Centers

Monday through Friday 8:30 am to 4:30 pm

CENTRAL WEST

2102 W. Ogden Ave.
312-746-5300

NORTHWEST

3160 N. Milwaukee Ave.
312-744-6681

SOUTHEAST

1767 East 79th St.
312-747-0189

NORTHEAST

2019 W. Lawrence Ave.
312-744-0784

RENAISSANCE COURT

78 East Washington St.
312-744-4550

SOUTHWEST

6117 S. Kedzie Ave.
312-744-0440

Satellite Senior Centers

Monday through Friday 8:30 am to 4:30 pm

- Abbot Park: 49 East 95th Street
312-745-3493
- Auburn Gresham: 1040 West 79th Street
312-745-4797
- Austin: 5701 West Congress Parkway
312-743-1538
- Chatham: 8300 S Cottage Grove Avenue
312-745-0401
- Edgewater: 5917 N. Broadway Street
312-742-5323
- Englewood: 653-657 West 63rd Street
312-745-3328
- Garfield Ridge: 5674-B South Archer
Avenue 312-745-4255
- Kelvyn Park: 2715 North Cicero Avenue
312-744-3350
- North Center: 4040 North Oakley Avenue
312-744-4015
- Norwood Park: 5801 N. Natoma Avenue
773-775-6071
- Pilsen Center: 2021 South Morgan Street
312-743-0493
- Portage Park: 4100 North Long Avenue
312-744-9022
- South Chicago: 9233 S. Burley Avenue
312-745-1282
- Roseland: 10426 S. Michigan Avenue
312-745-1500
- West Town: 1613 West Chicago Avenue
312-743-1016

