



ARE YOU A FAMILY CAREGIVER FOR AN OLDER ADULT?

Our Caregiver Resource Center offers a variety of supports and services to help family caregivers manage their responsibilities and promote their well-being while they care for their loved ones. These supports and services are available to help make a difference in the lives of family caregivers.

Services include but are not limited to:

- One-on-One Supportive Counseling
- Respite Services
- Support Groups
- Educational Events
- Workshops Designed for Caregivers of Individuals with Alzheimer's Disease or Dementia



**Enriched by experience.
Empowered in life.**

**Pathlights guides people along the
path to aging in South & Southwest
Suburban Cook County.**

**Call 708.361.0219
Visit www.pathlights.org**

Funding for Pathlights' programs provided in whole or in part by AgeOptions and federal and state government agencies, made possible through the Older Americans Act. Additional funding for services is provided by State of Illinois, Cook County, local municipalities, United Way of Metro Chicago, and other community partners and interested parties. Pathlights does not discriminate in admission to programs or treatment of employment in compliance with appropriate state and federal statutes. If you feel you have been discriminated against, call 708.361.0219.

