

Community Resource Guide



A Guide to Services in the Community for Older Adults and Caregivers in the Northwest Suburbs

nch.org

nch Northwest
Community
Healthcare
Part of  NorthShore

Table of Contents

Page

Adult Day Care	2
Caregiver Education and Support	3
Community Nursing	5
Continuing Care Coordination	7
Dental Services (low cost)	8
Drivers' Services	9
Financial Services	10
Food Programs	12
Health Insurance Resources	16
Hearing Impairment	18
Home Healthcare Services (skilled and private home services)	19
Home Help Resources (in-home and delivery services)	22
Home Medical Services, Resources, Equipment, and Lending Closets	24
Hospice and Palliative Care	29
Housing Resources and Continuing Care Facilities	30
Legal Resources	39
Mental Health and Substance Abuse	40
NCH Locations	41
Non-Emergency Police Phone Numbers	43
Rehabilitation Services	44
Relocation Services	45
Senior Centers	46
Support Groups	48
Transportation Services (subsidized)	50
Township Resources and Services	52
Vision Impairment Services	53
Change Form	54
Quick Reference	55

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Adult Day Care

A Caring Place

Christus Victor Lutheran Church
1045 S Arlington Heights Rd
Elk Grove Village, IL
847-437-2666
cvlutheran.org/acaringplace

Alden Poplar Creek Adult Day Center

1545 Barrington Rd
Hoffman Estates, IL
847-884-0011
www.aldenpoplarcreek.com
aldenpoplarcreek.com/

Caring Hearts Adult Day Services

Palatine Township Senior Center
505 S Quentin Rd
Palatine, IL 60067
847-991-1112
ptscc.org/caring-hearts-adult-day-services-p-34

Cherished Place Adult Day Services

800 W Oakton St
Arlington Heights, IL
847-368-7397
lutheranhome.org/innovations/cherished-place/

Forever Young Adult Day Care

818 Chaddick Dr
Wheeling, IL
847-229-0001
foreveryoungads.com

Kenneth Young Center (assessments)

1001 Rohlwing Rd
Elk Grove Village, IL
847-524-8800
kennethyoung.org

Lee Manor Nursing & Rehab Center

Adult Day Service Program
1301 Lee St
Des Plaines, IL 60018
847-635-4000
leemanor.com

Lutheran Home & Services

800 W Oakton St
Arlington Heights, IL
847-368-7400
lutheranhome.org

The Moorings Health Center

761 Old Barn Ln
Arlington Heights, IL
847-956-4095
presbyterianhomes.org

Xilin Adult Day Care Center

145 E Algonquin Rd
Arlington Heights, IL
(847) 607-6555
xilin.org/Adult-Daycare-Service

Caregiver Education and Support

Local Caregiving Resources

Acts of Kindness

2121 S. Goebbert Rd
Arlington Heights, IL
847-718-7700

ce214.org

At Your Service

Hourly caregiver for hire
847-361-0002

Barrington Area Council on Aging

6000 Garland Ln
Barrington, IL
847-381-5030

bacoa.org

Caring for Our Elderly

800 W Oakton St
Arlington Heights, IL
847-368-7400

lutheranhome.org

Catholic Charities

Northwest Senior Services

1801 W Central Rd
Arlington Heights, IL
847-253-5500

catholiccharities.net

Kenneth Young Center (assessments)

1001 Rohlwing Rd
Elk Grove Village, IL
847-524-8800

kennethyoung.org

Palatine Township Senior Center

Caregiver Support Group
505 S. Quentin Rd.
Palatine, IL 60067
847-991-1112 ext.226

ptsc.org

Wheeling Township Programs

1616 N Arlington Heights Rd
Arlington Heights, IL
847-259-7730

wheelingtowship.com

National Caregiving Resources

AARP

888-687-2277

aarp.org/families/caregiving

Aging Life Care Association

520-881-8008

caremanager.org

Alzheimer's Association

800-272-3900

alz.org

Eldercare Locator

800 677-1116

Eldercare.gov

Family Caregiving Alliance

800-445-8106

caregiver.org

National Family Caregivers Association

800-896-3650

caregiveraction.org

Community Care Program (CCP)

CCP provides homemaker or adult day care services for seniors with limited assets in an effort to help them stay in their home as long as possible. Call to find the care program in your area.

800-252-8966

PACE

800-633-4227

Npaonline.org/pace-you

Online Resources

Caregiver Survival Resources

caregiver.com

Caregiving Online

caregiving.com

Community Nursing (free)

NCH FREE Community Nursing

Palatine Community Nurse

(Bilingual/Spanish)

Community Resource Center

1585 N Rand Rd, Palatine, IL

847-776-9570

Monday-Wednesday-Thursday

Appointments suggested

Schaumburg Community Nurse

Schaumburg Township

One Illinois Blvd

Hoffman Estates, IL

847-285-4551

Tuesday-Thursday

Walk-ins welcome

Arlington Heights Senior Center

1801 W Central Rd

Arlington Heights, IL

847-253-5532

Tuesdays

Walk-ins welcome

Village Nurses

Arlington Heights

33 S Arlington Heights Rd

Arlington Heights, IL

847-368-5760

yah.com

Hoffman Estates

1900 Hassell Rd

Hoffman Estates, IL

847-781-4850

hoffmanestates.org

Mount Prospect

50 S Emerson St

Mount Prospect, IL

847-870-5680

mountprospect.org

Schaumburg

746 E Schaumburg Rd

Schaumburg, IL 60194

847-923-3766

villageofschaumburg.com

Township Nurses

Hanover Township

240 S Route 59

Bartlett, IL

630-483-5665

hanover-township.org

Schaumburg

One Illinois Blvd

Hoffman Estates, IL

847-285-4551

schaumburgtownship.org

(NCH nurse is here)

Wheeling Township

1616 N Arlington Heights Rd
Wheeling, IL
847-259-7730
wheelingtowship.com

Parish Nurses

Faith Lutheran Church

431 S Arlington Heights Rd
Arlington Heights, IL
847-253-4839
faithlutheran-ah.org

Our Lady of the Wayside

434 W Park St
Arlington Heights, IL
847-253-5353
olwparish.org/support

Queen of the Rosary Catholic Church

680 West Elk Grove Blvd.
Elk Grove Village, IL
847-437-0403
Email: dianetieman@qotr.org

Continuing Care Coordination

These resources will help with your transition from one facility to another.

AgeOptions

1048 Lake St, Suite 300

Oak Park, IL

800-699-9043

ageoptions.org

A-Senior Corporation

1550 E Higgins Rd, Suite 119

Elk Grove Village, IL

847-718-0718

exclusiveforseniors.com

Care Navigators

847-250-1829

care-navigators.com

Catholic Charities – Northwest

Senior Services

1801 W Central Rd

Arlington Heights, IL

847-253-5500

catholiccharities.net

Kenneth Young Center

1001 Rohlwing Rd

Elk Grove Village, IL

847-524-8800

kennethyoung.org

VNA Health Trends of Illinois

200 E Howard St, Suite 248

Des Plaines, IL

847-674-7174 | 800-934-2228

vnahealthtrends.com

Dental Services (low cost)

**Northwest Community Healthcare
Mobile Dental Clinic**
(For residents of respective townships)

Elk Grove Township: 847-437-0300
Palatine Township: 847-358-6700
Schaumburg Township: 847-884-0030
Wheeling Township: 847-259-7730

Arlington Heights Health Center
847-934-7969
Cookcountyhealth.org

Harper College Dental Hygiene Dept.
1200 W Algonquin Rd
Palatine, IL
847-925-6534
goforward.harpercollege.edu/academics/areas/health/dental/dentalclinic.php

**Homebound IL Foundation for
Dentistry for the Handicapped**
312-440-8976

**Illinois Dental Health/Referral
Program**
888-286-2447
(Only for those receiving Public Aid)

Midwestern University
630-743-4500

UIC College of Dentistry
801 S Paulina St
Chicago, IL
312-996-7555
hospital.uillinois.edu/primary-and-specialty-care/dentistry

**Willow Creek Care Center Dental
Clinic**
224-512-2600

Drivers' Services

AARP Drivers Safety Program

888-227-7669

aarp.org/drive

Auto Safety (Dept. of Transportation Vehicle Safety)

Information on recalls, safety
complaints and vehicle IDs

800-424-9393

nhtsa.gov/

Illinois Secretary of State

Resources for seniors

cyberdriveillinois.com/services/servicesforseniors

Resources for deaf drivers

cyberdriveillinois.com/services/personswithdisabilities/hearingimpaired.html

Driver's license renewal information

cyberdriveillinois.com

Facility finder

ilsos.gov/facilityfinder/facility

Photo IDs – Sec. of State Mobile Van

Available for driver's license renewals and identification cards at designated events. Drivers age 75 and older are required to take a driving test to renew their driver's licenses and must visit a driver's facility.

312-814-3676

cyberdriveillinois.com

Financial Services

General Financial Assistance

Emergency Financial Assistance
(For residents only)
Village of Arlington Heights
Department of Human Services
847-368-5792

Illinois Dept. of Human Services
3501 Algonquin Rd 4th Floor
Rolling Meadows, IL
847-483-7171

Northwest Compass
1300 W Northwest Hwy
Mount Prospect, IL
847-392-2344
northwestcompass.org

Salvation Army
1616 N Arlington Heights Rd
Arlington Heights, IL
847-392-0265

Social Security Administration
705 N. Wheeling Rd
Mt. Prospect, IL
800-772-1213

Contact your local Township
Townships offer a variety of financial programs and services for their residents.

Financial Counseling

Kenneth Young Center
1001 Rohlwing Rd
Elk Grove Village, IL
847-524-8800

**Village of Arlington Heights
Department of Human and Disability Services**
33 S Arlington Height Rd
Arlington Heights, IL
847-368-5792

Pharmacy Assistance

Medicare Extra Help Program, apply at SSA.gov

Needymeds.org

rxassist.org

goodrx.com

Financial Services (continued)

Income Tax Assistance

AARP Tax Aide

888-227-7669

Arlington Heights Memorial Library

500 N Dunton Ave

Arlington Heights, IL

847-392-0100

Arlington Heights Senior Center

1801 W Central Rd

Arlington Heights, IL

847-253-5532

Des Plaines Public Library

1501 N Ellenwood St

Des Plaines, IL

847-253-5532

Palatine Township Senior Center

505 S Quentin Rd

Palatine, IL

847-991-1112

Schaumburg Township

1 Illinois Blvd.

Hoffman Estates, IL

847-884-0030

Wheeling Township

1616 N. Arlington Heights Road

Wheeling, IL 60004

847-259-7730

Food Programs

Meal Delivery

Federally Funded Delivery**

Catholic Charities

847-253-5500

- Barrington Township
- Hanover Township
- Palatine Township
- Wheeling Township

Catholic Charities

847-740-6715

- Ela Township

Kenneth Young Center

847-524-8800

- Elk Grove Township
- Schaumburg Township
- Unincorporated Des Plaines

North Shore Senior Center

847-784-6000

- Maine Township

****If on Medicaid, contact your
Managed Care Organization directly**

Non-Federally Funded Delivery

(may be subsidized by the facility)

Advocate Older Adult Services

847-723-7770

Barrington Area Council on Aging

847-381-5030

City of Des Plaines

847-391-5492

Frisbie Senior Center

847-768-5944

Wheeling Township

847-259-7730

Other Food Delivery Options

Bistro MD

866-401-3438

Bistromd.com

Chefs for Seniors

844-237-2433

Chefsforseniors.com

Factor 75 Home Delivered Meals

888-573-5727

Factor75.com

Farmers Pride Market

847-577-2833

Food Programs (continued)

Home's Bistro

800-749-1170
homebistro.com

Magic Kitchen

877-516-2442
magickitchen.com

Mom's Meals

877-508-6667
momsmeals.com

Mindful Kitchen

847-398-7480
amindfulkitchen.com

Oberweis Dairy

888-645-5868
Oberweis.com

Peapod

847-726-8897
Peapod.com

Restaurants on the Run

847-882-2525
Rotr.com

Schwan's

888-724-9267
Schwans.com

Seattle Sutton's Healthy Eating

800-442-3438
Seattlesutton.com

TELEgrocers

847-726-1481
telegrocers.com

Top Chef Meals

800-616-8044
topchefmeals.com

Uber Eats (online only)

ubereats.com

Other Food Programs

Northwest Community Healthcare

800 W. Central, **Oasis Cafeteria**
Arlington Heights, IL
Senior Supper Club, every Tuesday
5-6:30 p.m. Dinner and drink for \$5
847-618-4968.

Arlington Heights Dining Program

1801 Central Rd
Arlington Heights, IL
847-797-5353

Barrington Area Council on Ageing

6000 Garlands Lane, Suite 100
Barrington, IL
847-381-5030

Center of Concern at Des Plaines Public Library

1501 Ellinwood Ave
Des Plaines, IL
847-823-0453

Hanover Township Dining Program

240 South IL Route 59
Bartlett, IL
630-483-5600

Xilin Association

145 E Algonquin Rd
Arlington Heights, IL
847-607-6555

Hanul Family Alliance

1166 S. Elmhurst Rd
Mt. Prospect, IL
847-439-5195

Metropolitan Asian Family Services

9015 N. Milwaukee Ave
Niles, IL
847-824-9414

Supplemental Nutrition Assistance Program (SNAP) previously called Food Stamps

Illinois Dept. of Human Services
3501 Algonquin Rd 4th Floor
Rolling Meadows, IL
847-483-7171
abe.illinois.gov

Palatine Township Senior Center

505 S. Quentin Rd
Palatine, IL
847-991-1112

Schaumburg Barn Older Adult Market

231 S. Civic Drive
Schaumburg, IL
847-524-7496

St James Catholic Church

820 N Arlington Heights Rd
Arlington Heights, IL
847-253-6305

Village of Wheeling

199 N First St.
Wheeling, IL
847-459-2670

Food Pantries

Township Food Pantries

Barrington Township

847-381-5632

Elk Grove Township

847-437-0300

Hanover Township

630-540-9085

Maine Township

847-297-2510

Palatine Township

847-358-6700

Schaumburg Township

847-884-0030

Wheeling Township

847-259-7730

Other Food Pantries

CEDA Northwest

1300 West Northwest Highway
Mount Prospect, IL
(847) 392-2344

Harvest Bible Food Pantry

1051 Rohlwing Rd
Rolling Meadows, IL
847-398-7005

Journeys (for clients only)

1140 E. Northwest Hwy
Palatine, IL
847-398-3362

Living Pantry

777 Meacham Rd
Elk Grove Village, IL
847-985-6446

Producemobile

Greater Chicago Food Depository
773-247-3663

Self Help Closet & Pantry

600 E Algonquin Rd
Des Plaines, IL
847-375-1443

St. Edna Pantry

2525 N Arlington Heights Rd
Arlington Heights, IL
847-398-3362

Trinity Charities

927 N. Plum Grove Rd
Schaumburg, IL
847-264-4660

Willow Creek Pantry

67 East Algonquin Rd
South Barrington, IL
224-512-2600

Health Insurance Resources

AgeOptions

1048 Lake St, Suite 300

Oak Park, IL

800-699-9043

708-383-0258

ageoptions.org

Federal Long-Term Insurance Program

800-582-3337

Illinois Department of Insurance

866-445-5364

Illinois Health Benefits Hotline

800-226-0768

Market Place/Get Covered Illinois

866-311-1119

Medicare

For persons 65 and older

800-633-4227

medicare.gov

Information Hotline: 312-353-7180

Fraud Hotline: 800-447-8477

Senior Health Insurance Program (SHIP)

This is a free and convenient counseling service using Senior Health Insurance Program volunteers who are trained and certified by the Illinois Department of Financial and Professional Regulation to help older adults understand their insurance and other insurance alternatives. SHIP does not sell health insurance, but can help you:

- Get answers to questions about health insurance plan features
- Benefit coordination
- Understanding your options
- Supplemental insurance
- Medicare C and D plans
- Get assistance in how to appeal a claim.

Visit illinois.gov/aging/ship for more information or call **800-252-8966**.

Local offices with SHIP Medicare Counselors:

Northwest Community Healthcare
847-618-5575
Maureen Centeno
mcenteno@nch.org

Arlington Heights Senior Center
847-253-5532

Barrington Area Council on Aging
847-381-5030

Catholic Charities Northwest
847-253-5500

Center of Concern
847-823-0453

Hanover Township Senior Center
630-837-0301

Kenneth Young Center
847-524-8800

Palatine Township Senior Center
847-991-1112

Pavilion Senior Center (Wheeling)
847-459-2670

Schaumburg Township
847-884-0030

Wheeling Township
847-259-7730

Hearing Impairment

Center on Deafness

3444 Dundee Rd.
Northbrook, IL 60065
847-559-0110

Chicago Hearing Society

Offers counselors/advocates for the deaf and hard of hearing domestic violence victims
773-248-9121 (Phone)
773-248-9174 (TTY)
chicagohearingsociety.org

Free Hearing Screening

880 W Central Rd, Suite 4300
Arlington Heights, IL
847-392-2250
nwhearing.com

Hearing Aid Helpline

800-521-5247

Illinois Telecommunication Access Corporation (ITAC)

ITAC provides a free TTY phone for those who cannot use a regular phone.
3001 Montvale Dr., Suite D
Springfield, IL 62704
800-841-6167 (Phone & TTY)
www.itactty.org

Schaumburg Township Disability Services Department

Testing site for FREE amplified telephones to qualified residents
One Illinois Blvd
Hoffman Estates, IL
837-884-0030
schaumburgtownship.org

Schaumburg Township Disability Services Department

Deaf Support Group
TTY (847) 884-1560
VP (224) 520-9763.
sphadke@schaumburgtownship.org

Hearing Aids for Veterans

va.gov

Home Healthcare Services

(Skilled)

What is home healthcare?

Home healthcare is defined as skilled, medical services, **ordered by a physician** and provided in the home. Medicare and most commercial insurance covers eligible home health services provided patients are homebound, under a doctor's care and the home health agency is Medicare-certified. (Some of these companies are headquartered out of our service area, but they provide services locally.)

Northwest Community Hospital Home Care

847-618-7800

nch.org

Advocate Home Health Services

205 W. Touhy Ave
Park Ridge, IL 60068
800-564-2025

advocatehealth.com

Amedisys Home Health

765 Ela Rd, Suite 105
Lake Zurich, IL
847-438-4805

amedisys.com

Aspire Home Health

8930 Waukegan Rd.
Morton Grove, IL
312-788-8014

aspire4home.com

B G Home Health Providers

133 W. Rand Road
Arlington Heights, IL
847-656-5035

CareLink Home Health

847-426-0300

Carelinkhomehealth.org

Guardia Home Healthcare

181 Waukegan Rd, Suite 301
Northfield, IL 60093
847-441-5020

ghh1.com

Medi Link Health Services, LLC

1701 E. Woodfield Rd, Suite 835
Schaumburg, IL 60173
847-995-9900

medilinkhomehealth.com

Residential

888-923-5842

Residentialhealthcaregroup.com

VNA Health Trends

200 E Howard Ave, Suite 248
Des Plaines, IL
847-674-7174

vnahealthtrends.com

(Non-medical)

What are private home care services?

Private home care is supportive care provided in patients' residences and is a home-based alternative to assisted living. From assistance with bathing and dressing to meal preparation and light housekeeping, **non-medical home care** helps keep elderly patients independent yet cared for in between visits with their doctors and family. This type of care is a private pay, out-of-pocket expense.

A Homecare Service LLC.

800 E Northwest Highway, Suite 609
Palatine, IL 60074
847-800-7000
www.ahomecareservice.com

A-Senior Corporation

1550 E Higgins Rd
Elk Grove Village, IL
847-718-0718
exclusiveforseniors.com

At Your Service

847-221-8444
Ayscares.com

Brightstar Healthcare - Schaumburg

650 E Algonquin Rd, Suite 301
Schaumburg, IL 60173
847-925-0818
brightstarcare.com

Center of Concern

Senior Companion Program
847-823-0453
Centerofconcern.org

Comfort Keepers

800-618-2088
Wheeling: 847-215-8550
Palatine: 847-221-5300
comfortkeepers.com

First Light Home Care

906 W Northwest Hwy
Arlington Heights, IL
847-749-4542

Harmony Home Care, Inc.

316 W Northwest Hwy
Barrington, IL 60010
847-382-6200
yharmony.com

Help at Home, Inc.

1636 E Algonquin Rd
Schaumburg, IL
847-907-4669
helpathome.com

Home Care Angels

2720 S River Rd, Suite 116
Des Plaines, IL
847-824-5221
homecareangelsinc.com

Home Instead Senior Care

450 E Higgins Rd
Elk Grove Village, IL
847-690-9825
homeinstead.com

Innovative Homecare Solutions, Inc.

630-225-0100
InnovativeHomecare.com

LifeStyle Options

475 N Martindale Rd, Suite 260
Schaumburg, IL
888-342-4636
847-240-7330
lifestyleoptions.com

Maggie's Healthcare Providers, Inc.

847-672-8269
Maggie.mhcpil@gmail.com
Maggieshomecare.com

MySolutions

800 W. Oakton St
Arlington Heights, IL
847-705-2123
Mysolutions.org

Optimum Senior Care

415 W Golf Rd, Suite 40
Arlington Heights, IL 60005
847-483-8800
optimumseniorcare.com

Partners in Senior Care

125 Hawley St
Grayslake, IL
847-548-1330
partnersinseniorcare.com

SYNERGY HomeCare

200 West Higgins Rd, Suite 332
Schaumburg, IL
877-432-2692
Synergyhomecare.com

Touching Hearts at Home Rolling Meadows

1600 Golf Road, Suite 1200 PMB#102
Rolling Meadows, IL 60008
(847) 715-6063
www.touchinghearts.com/nwsburbs

Visiting Angels

2340 South Arlington Hts Rd,
Suite 410
Arlington Heights, IL 60005
847-963-8944
Visitingangels.com/arlingtonheights

Home Help Resources

Companionship

Friendly Visiting in Wheeling Township

1616 N Arlington Heights Rd
Arlington Heights, IL
847-259-7730

wheelingtowship.com

CJE Senior Life's Friendly Caller Program

773-508-1000

Dry Cleaners (home delivery)

Cleaners Options

847-612-1662

Jet Cleaners & Laundry

847-663-0725

Hair Stylists

Glamour on the Go – Hair Care

847-296-9177

Hair Dressers for the Homebound

847-344-1843 (8 am – 5 pm)

847-524-5458 (after 6 pm)

The Hair Mobile

847-322-5403

Karen's In Home Hair Care

847-991-7687

Nancy Hull (Hair Styling)

847-394-1195

Stacy's Hair Salon

630-781-6105

Handyman Services

Acts of Kindness

2121 S. Goebbert Rd
Arlington Heights, IL
847-718-7700

ce214.org

A-OK

Seniors can participate in an income qualified home repair and maintenance program in spring and fall months.

Supervised by District 214 staff

847-718-7700

Chore Housekeeping

Catholic Charities
1801 W Central Rd
Arlington Heights, IL

847-253-5500

catholiccharities.net

City of Rolling Meadows Community Development

847-394-8500

Senior Handyman Program

847-969-0561

nwhp.net

Paint-a-Thon

Catholic Charities

This seasonal program provides exterior home painting for people living in the north and northwest suburbs of Chicago
847-253-5500

Organize

Called 2 Organize

847-529-0496

Paxem, Inc.

847-829-4437

MySolutions

847-705-2123

Mobile Pet Groomers

Aussie Pet Mobile

800-738-6624

Crusin' Clippers Mobile Dog

(847) 923-8855

Dirty Dog Mobile Grooming

847-749-1177

4 Paws Only

(847) 833-2502

Pooch Caboose Mobile Dog Groom

(847) 537-1211

Wet Noses Mobile Grooming

(847) 345-5246

Pet Sitters

If you're hospitalized and need care for your pet; contact your vet or use one of these online tools to find help.

Pactforanimals.org

Rover.com

Care.com

Home Medical Services, Resources, Equipment and Lending Closets

Counseling (in-home)

In-Home Counseling for Seniors

847-903-5604

Inhomecounselingforseniors.com

Emergency Home Response Services

Alert 1 Medical Alert System

800-366-7464

Alzheimer's Association Safe Return

888-572-8566

LifeBeacon

888-331-1225

LifeLine System, Inc.

800-579-3341

Link to Life

855-742-5585

Medic Alert

800-432-5378

Mobile Help

800-992-0616

Philips Lifeline

800-543-3546

Verizon Sure Response

866-644-4534

Walgreens Ready Response System

866-310-9061

Home Medical Equipment/ Durable Medical Equipment

American Home Patient

800-773-9999

Apria Healthcare

888-492-7742

Best Accessibility Solutions

847-231-6482

800-806-1190

Home Medical Express (HME)

630-530-9777

Illinois Assistive Technology Program

800-852-5110

Iltech.org

Lang Home Medical Equipment

800-606-5264

Lincare Inc.

847-357-1010

Mark Drugs

847-537-8500

Medsource

800-699-4362

Patient's Choice

888-311-0202

Prism Healthcare Services

800-493-7200

Total Home Health

847-931-9300

Van Driel's Medical-Surgical

Supplies

847-253-6494

**Independent Living Products
and Supplies**

Independent Living Aids

800-537-2118

independentliving.com

**Illinois Assistive Technology
Program (Free loan program)**

217- 522-7985

iltech.org

**Illinois Telecommunication Access
Corporation (ITAC)**

800-841-6167

Itactty.org

The Chicago Lighthouse

312-666-1331

Thechicagolighthouse.org

Medminder

1-888-633-6463

medminder.com

Lending Closets

Suburbanresourceguide.com

Arlington Heights
(Arlington Heights residents)
847-797-5315

Des Plaines- Frisbie Center
(Anyone)
847-768-5994

Elk Grove Village
(Elk Grove Village residents)
847-364-7224

Hanover Township
(Anyone)
630-483-5600

Hoffman Estates
(Hoffman Estates residents)
847-781-4850

Lake Zurich
(Ela Township residents)
847-438-7823

Mount Prospect
(Mount Prospect residents)
847-870-5680

Palatine
(Palatine Township residents)
847-934-3016

Prospect Heights
(Prospect Heights residents)
847-398-6070

Schaumburg
(Schaumburg Township residents)
847-923-3766

Wheeling
(Village of Wheeling residents)
847-459-2670

Pharmacies (home delivery)

All pharmacies will require a credit card on file for any delivery.

A & T Pharmacy

1375 E Schaumburg Rd, Suite 120
Schaumburg, IL
847-584-0211

DeliverCare Rx

1471 E Business Center Dr, Suite 200
Mt. Prospect, IL 60056
855-965-1600

Jewel Osco

22 W Biesterfield Rd
Elk Grove Village, IL
847-593-1226

Jewel Osco

45 S. Plum Grove Rd
Palatine, IL 60067
(847) 991-1888

Jewel Osco

3004 Kirchoff Rd
Rolling Meadows, IL
(847) 818-0095

Keefer's Pharmacy

5 W Prospect Ave
Mt. Prospect, IL
847-255-3220

Mariano's Pharmacy

802 E. Northwest Hwy
Arlington Heights IL
847-259-1450

Mark Drugs

384 E. Irving Park Road
Roselle, IL
630-529-3400

Pill Pack Online Pharmacy

855-745-5725
pillpack.com

Walgreens

375 E. Dundee Ave
Palatine, IL
847-934-5741

Walgreens

One North Elmhurst Rd
Prospect Heights, IL
847-398-4673

Walgreens

1028 South Elmhurst
Mount Prospect, IL
847-437-1858

Physicians and Dentists
(house calls)

Dentists

Dr. James Pastika

Home Visiting Dentist

224-558-1753

Total Comfort Mobile Dental Care

312-931-0968

Homevisitdentists.com

General Practitioner

MD at Home

312-243-2223

Neuropsychologist

Dr. Brian Leahy

847-981-3648

Optometrist

Dr. Steve Butzon

630-279-8866

Podiatrists

Dr. Rick Ginsberg

847-457-4562

Dr. Elizabeth Pachoca

847-398-9999

Mytotalfootcare.com

Dr. Denise Petenzi

312-505-0156

Hospice and Palliative Care

What is hospice care?

Hospice care provides medical management, emotional support and spiritual resources for patients who are in the last stage of a terminal illness. It focuses on quality of life instead of treatments to prolong life. Hospice care also helps family members manage the practical details and emotional challenges of caring for a dying loved one.

What is palliative care?

Palliative care is for patients with chronic illnesses who are continuing to receive curative treatments. It focuses on controlling pain and easing the symptoms and stress of a serious illness. The goal of palliative care is to improve the quality of life for both patients and families.

Heartland Home Health Care, Hospice & Infusion

866-216-5708

HCR-manorcare.org

Heritage Healthcare

847-885-1818

JourneyCare

847-467-7423

journeycare.org

Kindred Hospice

847-439-0348

kindredhealthcare.com

Rainbow Hospice and Palliative Care

847-685-9900

rainbowhospice.org

Residential

888-923-5842

Residentialhealthcaregroup.com

Northwest Community Healthcare (Partners with JourneyCare)

9th Floor, East Pavilion

847-467-7423

nch.org

Solace Hospice and Palliative Care

847-250-5036

solacehospicepci.com

Suncrest Hospice

847-983-0017

Suncrestcare.com

Vitas Innovative Hospice

800-938-4827

vitas.com

Housing Resources (for seniors) and Continuing Care Facilities

These resources provide assistance in finding the ideal senior housing option or continuing care facility.

AgeOptions

800-699-9043

www.ageoptions.org

Alternatives for Seniors

800-350-0770

www.alternativesforseniors.com

A Place for Mom

866-518-0936

aplaceformom.com

Center of Concern Home Sharing

847-823-0453

Centerofconcern.org

Elderwerks

847-462-0885

Elderwerks.com

Housing Authority of Cook County

312-664-5447

www.thehacc.org

New Lifestyles

800-869-9549

www.newlifestyles.com

Online resources

Illinois.gov/aging

Medicare.gov

Skillednursingfacilities.org

Silver Connections

2118 Plum Grove Rd, Suite 110

Rolling Meadows, IL

847-462-8266

www.silverconnections.com

Continuing Care and Housing Definitions

Independent Living: An option for those ready to move out of the family home yet still want to live independently

Assisted Living: A home-like environment that provides care and social activities for those who can no longer live independently

Skilled Nursing: A non-hospital facility for patients who need 24-hour care from skilled professionals

Memory Care: Specialized care for people with Alzheimer's or other types of dementia who can no longer live independently

Rehab: Appropriate for patients who have been discharged from the hospital but need intensive rehabilitation

Northwest Community Healthcare

<p>* Provides some public aid beds. Call facility for details ** NCH Partner facilities ▲ Provides temporary respite services for older adults. Call facility for details.</p>	Independent	Assisted Living	Skilled Nursing	Memory Care	Rehab
<p>Addolorata Villa 555 McHenry Rd, Wheeling, IL 847-537-2900 Franciscanministries.org</p>	X	X	X	X	X
<p>Alden of Des Plaines 1221 Golf Rd, Des Plaines, IL 847-768-1300 Aldendesplaines.com</p>			X		X
<p>Alden Courts of Des Plaines 1221 Golf Rd, Des Plaines, IL 847-768-1300 Aldencourtsofdesplaines.com</p>				X	
<p>Alden Gardens of Des Plaines 1227 E Golf Rd, Des Plaines, IL 847-294-0644 Aldengardensofdesplaines.com</p>		X			
<p>Alden Long Grove Box 2308, Old Hicks Rd, Long Grove, IL 847-438-8275 Aldenlonggrove.com</p>			X	X	X
<p>*Alden Poplar Creek 1545 Barrington Rd, Hoffman Estates, IL 847-884-0011 Aldenpoplarcreek.com</p>			X	X	X
<p>Alexian Village of Elk Grove 975 Martha St, Elk Grove Village, IL 847-437-8070 Pathwaysl.com</p>		X			
<p>*Aperion Care Plum Grove 24 S Plum Grove Rd, Palatine, IL 847-358-0311 Aperioncare.com</p>			X		X

Northwest Community Healthcare

<p>* Provides some public aid beds. Call facility for details ** NCH Partner facilities ▲ Provides temporary respite services for older adults. Call facility for details.</p>	Independent	Assisted Living	Skilled Nursing	Memory Care	Rehab
<p>Arboria of Long Grove 2300 IL Route 53 847-278-2262 arboriaoflonggrove.com</p>		X		X	
<p>▲ Arden Courts: Memory Care Community 1940 Nerge Rd, Elk Grove, IL 847-534-8815 Arden-courts.com</p>				X	
<p>Arlington Rehab and Living Center 1666 Checker Rd, Long Grove, IL 847-419-1111</p>			X		X
<p>▲ *Asbury Court 1750 W. Elmhurst Rd, Des Plaines, IL 847-228-1500 Asburyretirement.com</p>	X	X			
<p>Autumn Leaves 1625 Arlington Hts Rd, Arlington Hts, IL 888-662-8886 Autumnleaves.com</p>				X	
<p>▲ *Avantara Long Grove 1666 Checker Rd, Long Grove, IL 847-419-1111 Avantaralongrove.com</p>			X		X
<p>Azpira Place 795 N Rand Rd, Lake Zurich, IL 847-438-6100 Pathwaysl.com</p>		X			
<p>Belmont Village of Buffalo Grove 500 McHenry Rd. Buffalo Grove, IL 847-537-5000 belmontvillage.com</p>		X		X	

Northwest Community Healthcare

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<p>Barrington Horizon (Alden) 1418 Barrington Rd, Barrington, IL 847-381-2241 Barringtonhorizon.com</p>	X				
<p>Brookdale Des Plaines 800 S River Rd, Des Plaines, IL 847-440-5089 Brookdale.com</p>	X	X			
<p>▲ Brookdale Hoffman Estates 1515 N Barrington Rd, Hoffman Estates, IL 847-440-5277 Brookdale.com</p>	X	X			
<p>Brookdale Hoffman Estates 2150 W Golf Rd, Hoffman Estates, IL 847-440-3774 Brookdale.com</p>		X		X	
<p>Brookdale Prospect Heights 700 E Euclid, Prospect Heights, IL 847-440-3767 Brookdale.com</p>		X	X	X	X
<p>Cedar Lake Assisted Living & Memory Care 777 Church St, Lake Zurich, IL 847-550-0555 Spectrumretirement.com</p>		X		X	
<p>Cedar Village 320 W. Campbell, Arlington Heights, IL 847-506-1010 Cedavillagehousing.com</p>	X Low income				
<p>Cedar Village of Schaumburg North 1325 S. Mercury, Schaumburg, IL 847-524-8740 Cedavillagehousing.com</p>	X Low income				

Northwest Community Healthcare

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<p>Cedar Village of Schaumburg South 1323 S. Mercury, Schaumburg, IL 847-985-3252 Cedarvillagehousing.com</p>	X Low income				
<p>Centennial North Apartments 900 E. Ardyce, Mount Prospect, IL 847-259-1080</p>	X Low income				
<p>▲ Church Creek 1250 W Central Rd, Arlington Heights, IL 847-506-3200 Fivestarseniorliving.com</p>	X	X	X	X	
<p>*Friendship Village of Schaumburg 350 W Schaumburg Rd, Schaumburg, IL 847-884-5000 Friendshipvillage.org</p>	X	X	X	X	X
<p>▲ The Garlands of Barrington 1000 Garland Ln, Barrington, IL 847-852-3500 Thegarlands.com</p>	X	X	X	X	X
<p>The Grand at Twin Lakes 920 E Northwest Hwy, Palatine, IL 224-338-1880 Grandtwinlakes.com</p>	X	X			
<p>▲ Grandbrier 708 N. Elmhurst Rd, Prospect Heights, IL 847-818-1808 Grandbrierassistedliving.com</p>	X	X		X	
<p>▲ Greek American Rehabilitation & Nursing Center 220 N First St, Wheeling, IL 847-459-8700 Greekanamericancare.org</p>			X	X	X

Northwest Community Healthcare

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<p>Greencastle of Barrington 455 E. Main Street, Barrington, IL 847-382-1650 Consecra.org</p>	X Low income				
<p>Greencastle of Palatine 450 E. Baldwin, Palatine, IL 847-776-9420 Consecra.org</p>	X Low income				
<p>Harbor House at New Perspective 760 McHenry Rd, Wheeling, IL 847-465-2974</p>				X	
<p>Huntington Towers 571 W. Huntington Commons Rd, Mount Prospect, IL 847-640-1337</p>	X Low income				
<p>▲Lake Barrington Woods 22320 Classic Court, Barrington, IL 224-633-2318 Seniorlifestyle.com</p>	X	X			
<p>Lee Manor 1301 Lee Street, Des Plaines, IL 847-635-4000 Leemanor.com</p>			X		X
<p>*Lexington 730 W Hintz Rd, Wheeling, IL 847-537-7474 Lexingtonhealth.com</p>			X		
<p>*Lexington 900 S. Rand Rd, Lake Zurich, IL 847-726-1200 Lexingtonhealth.com</p>			X		

Northwest Community Healthcare

<p>* Provides some public aid beds. Call facility for details ** NCH Partner facilities ▲ Provides temporary respite services for older adults. Call facility for details.</p>	Independent	Assisted Living	Skilled Nursing	Memory Care	Rehab
<p>*Lexington 675 S. Roselle Rd, Schaumburg, IL 847-352-5500 Lexingtonhealth.com</p>			X		
<p>**Lutheran Home and Services 800 Oakton, Arlington Heights, IL 847-253-3710 Lutheranhome.org</p>		X	X	X	X
<p>Luther Village 1220 Village Dr, Arlington Heights, IL 847-506-1919 Luthervillage.com</p>	X				
<p>**▲*Manor Care (Arlington Heights) 715 W Central Rd, Arlington Heights, IL 847-392-2020 hcr-manorcare.com</p>			X	X	X
<p>▲*Manor Care (Elk Grove Village) 1920 Nerge Rd, Elk Grove Village, IL 847-301-0550 hcr-manorcare.com</p>			X		X
<p>▲Marriott Church Creek 1250 W Central Rd, Arlington Heights, IL 847-506-3200 Fivestarseniorliving.com</p>	X	X	X	X	
<p>**▲The Moorings (Presbyterian Homes) 811 E Central Rd, Arlington Heights, IL 847-437-6700 Themooringsofarlingtonheights.org</p>	X	X	X	X	X
<p>Mount Prospect Horizon 1703 E. Kensington Rd., Mt Prospect, IL 847-635-2071</p>	X				

Northwest Community Healthcare

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<p>Oakton Arms 1665 Oakton Place, Des Plaines, IL 847-827-4200 Generationsoakton.com</p>	X				
<p>*Oakton Pavilion 1660 Oakton Place, Des Plaines, IL 847-299-5588 Generationsoakton.com</p>			X		X
<p>The Pearl of Rolling Meadows 4225 Kirchoff Rd, Rolling Meadows, IL 847-397-2400 Pearlhcm.com</p>			X	X	X
<p>Plum Creek Supportive Living 2801 W Algonquin Rd, Rolling Meadows, IL 847-670-8080 Plumcreekseniors.com</p>		X			
<p>▲*Rosewood Care Center 1800 Colonial Parkway, Inverness, IL 847-776-4700 Rosewoodnursing.com</p>			X		X
<p>Solana of Deer Park 21840 W. Lake Cook Rd, Deer Park, IL 847-841-9577 Atriaseniorliving.com</p>	X	X		X	
<p>Silverado 555 America Ct, Lake Zurich, IL 847-307-6990 Silveradocare.com</p>				X	
<p>St Joseph Home (Little Sisters of the Poor) 80 W Northwest Hwy, Palatine, IL 847-358-5700 Littlesistersofthepoorpalatine.org</p>	X	X			

Northwest Community Healthcare

<p>* Provides some public aid beds. Call facility for details ** NCH Partner facilities ▲ Provides temporary respite services for older adults. Call facility for details.</p>	Independent	Assisted Living	Skilled Nursing	Memory Care	Rehab
<p>▲ Sunrise of Buffalo Grove 180 Half Day Road, Buffalo Grove, IL 847-478-8484 Sunriseseniorliving.com</p>		X		X	
<p>Sunrise of Barrington 510 W Northwest Highway, Barrington, IL 866-397-8281 Sunriseseniorliving.com</p>		X		X	
<p>Sunrise of Schaumburg 790 N Plum Grove Rd, Schaumburg, IL 847-517-9700 Sunriseseniorliving.com</p>		X		X	
<p>** Symphony of Buffalo Grove 150 N Weiland Rd, Buffalo Grove, IL 847-465-0200 Symphonybuffalogrove.com</p>			X	X	X
<p>Tamarack 55 S Greenley, Palatine, IL 847-686-3036 Holidaytouch.com</p>	X				
<p>**Transitional Care of Arlington Hts. 1200 N. Arlington Heights Rd, Arlington Heights, IL 847-392-9000 Transitionalcare-arlington.com</p>					X
<p>Village Grove Apartments 1130 Cheekwood Court, Elk Grove, IL 847-593-4280</p>	X				

Legal Resources

Complaints

AgeOptions

1047 Lake St, Suite 300

Oak Park, IL

800-699-9043

ageoptions.org

Elder Abuse

Illinois Department on Aging

866-800-1409

[illinois.gov/aging/ProtectionAdvocacy/](http://illinois.gov/aging/ProtectionAdvocacy/Pages/abuse.aspx)

[Pages/abuse.aspx](http://illinois.gov/aging/ProtectionAdvocacy/Pages/abuse.aspx)

[Legal Assistance](http://illinois.gov/aging/ProtectionAdvocacy/Pages/abuse.aspx)

Office of the State's Attorney

Consumer Fraud Division

69 W Washington St

Chicago, IL

312-603-8700

statesattorney.org/consumerfraud

Office of the Attorney General

Consumer Complaint Division

100 W Randolph St

Chicago, IL

312-814-3000

illinoisattorneygeneral.gov

Legal Assistance

Legal Assistance Foundation of

Metropolitan Chicago

120 S LaSalle St, Suite 900

Chicago, IL

312-341-1070

lafchicago.org

Northwest Suburban Bar Association

Attorney Referral Service

800 E. Northwest Hwy, Suite 502

Palatine, IL

224-404-4845

nwsba.org

Notary Public

Local townships, villages, and senior centers provide this service at no charge to residents. Local banks also provide this service at no charge to their customers.

Wills

Cook County Bar Association provides low cost wills for senior citizens at certain locations. Please call your senior center for more information.

Mental Health and Substance Abuse

NCH Behavioral Health: Generations Program

Diagnosis and treatment of adults aged 40+ with mental health issues.

Northwest Community Hospital Campus

901 Kirchoff Rd
Arlington Heights, IL
nch.org/behavioralhealth

Adult Residential Addictions Center

901 Kirchoff Rd
Arlington Heights, IL

Call **847-HEALING (847-432-5464)** for information or to schedule a free and confidential behavioral health assessment.

Try our free awareness screenings online:

AnxietyAware Self-Test
DepressionAware Self-Test
AddictionAware Self-Test
nch.org/behavioralhealth

Alexian Brothers Center for Mental Health

3436 N Kennicott Ave
Arlington Heights, IL
847-952-7460
alexianbrothershealth.org/ACMH

Kenneth Young Center

1001 Rohlwing Rd
Elk Grove Village, IL
847-524-8800
kennethyoung.org

In-Home Counseling for Seniors

847-903-5604
Inhomecounselingforseniors.com

NCH Locations

Find a Doctor: 847-618-4968

CITY	SITE	SPECIALTY	ADDRESS	PHONE
Arlington Heights	Hospital	Acute care	800 W. Central	847-618-1000
	Medical Group	Surgery	880 W. Central Suite 5000	847-618-3800
	Medical Group	Neurosurgery	880 W. Central Suite 4100	847-618-4400
	Medical Group	Cardiology	880 W. Central Suite 7100	847-618-2500
	Medical Group	Cardiology	1632 W. Central	847-618-2500
	Medical Group	Primary care	1051 W. Rand Rd. Suite 110	847-618-9292
	Medical Group	Specialty care	1051 W. Rand Rd. Suite 210	847-618-9510
	Medical Group	Primary and Specialty care	2101 S. Arlington Heights Rd., Suite 108	224-404-6500
	Lutheran Home	Primary care	800 W. Oakton St.	847-754-3170
Buffalo Grove	Medical Group	Primary care	1450 Busch Parkway Suite 100	847-459-7860
	Medical Group	Specialty care	1450 Busch Parkway Suite 103	847-725-8453
	Immediate Care Center	Urgent care	15 S. McHenry Rd.	847-459-6100
	Medical Group	Pediatrics	135 N. Arlington Heights Rd., Suite 152	847-465-9600
	Concierge Medicine	Concierge Medicine	600 W. Lake Cook Rd., Suite 160	847-632-1880
Kildeer	Medical Group	Primary and Specialty care	21481 N. Rand	847-618-9696
	Immediate Care Center	Urgent care	21481 N. Rand	847-618-9696

Northwest Community Healthcare

Mount Prospect	Medical Group	Primary and Specialty care	199 W. Rand Rd. Suite 203	847-618-5460
	Immediate Care Center	Urgent care	199 W. Rand Rd.	847-618-5400
Palatine	Harper Clinic Immediate Care Center	Primary, Specialty, and Urgent care	1200 W. Algonquin Rd., Bldg. M	847-618-0121
Rolling Meadows	Medical Group	Primary care Gastroenterology	5999 New Wilke Rd., Bldg. 2	847-255-7107
	Medical Group	Primary and Specialty care	1941 Rohlwing Rd	847-618-0850
Schaumburg	Medical Group	Primary and Specialty care	455 S. Roselle Rd. Suite 121 Suite 226	630-671-4980 847-352-4646
	Immediate Care Center	Urgent care	519 S. Roselle Rd.	847-985-0600

Non-Emergency Police Phone Numbers

THESE ARE NOT EMERGENCY NUMBERS

Arlington Heights
847-368-5300

Barrington
847-304-3300

Buffalo Grove
847-459-2560

Des Plaines
847-391-5400

Elk Grove Village
847-357-4100

Hoffman Estates
847-781-2800

Lake Zurich
847- 719-1690

Mount Prospect
847-870-5656

Palatine
847-359-9000

Prospect Heights
(847) 398-5511

Rolling Meadows
847-255-2416

Schaumburg
(847) 882-3534

Wheeling
847-459-2632

Cooling Centers

Arlington Heights Senior Center
1801 W Central Rd
Arlington Heights, IL
847-253-5332

Schaumburg Township
One Illinois Blvd
Hoffman Estates, IL
847-884-0030
847-884-1560 (TTY)

Other

Postal Alert Program

Program that will initiate a series of status checks if mail starts to accumulate. (must have mailbox)

Check with your local post office for available programs.

Rehabilitation Services (post-acute)

NCH Inpatient Physical Rehabilitation Services

NCH Inpatient Post-Acute Rehabilitation

800 W. Central Rd
Arlington Heights, IL
847-618-6716

nch.org/inpatientrehab

NCH Outpatient Physical Rehab

NCH Day Rehabilitation Program

3300 Kirchoff
Rolling Meadows, IL
847-618-3880

NCH Wellness Center

900 W. Central Rd
Arlington Heights, IL
847-618-3550

NCH Buffalo Grove

15 S. McHenry Rd
847-459-6100 (option 3)

NCH Lake Zurich

1249 S. Rand Rd
847-550-4790

NCH Mount Prospect

199 W. Rand Rd
847-618-2400

NCH Outpatient Care Center at Harper College

1200 West Algonquin, Building M
Palatine, IL 60067-7373
847-618-0121

NCH Schaumburg

455 Roselle Rd. Suite 205
847-618-3855

Inpatient and Outpatient Services

Alexian Rehabilitation Hospital

935 Beisner Rd
Elk Grove Village, IL
847-956-5422

alexianbrothershealth.org/arh

Relocation Services

**The Finishing Touch
Senior Relocation & Real Estate
Company**

1717 N Naper Blvd

Naperville, IL

630-336-1820

finishingtouchhomes.com

MySolutions

3150 Salt Creek Ln

Arlington Heights, IL

847-705-705-2123

mysolutions.org

Paxem, Inc.

345 N. Eric Drive

Palatine, IL 60067

847-829-4437 Ext. 5

Paxem.com

**Senior Real Estate Specialists
Council**

800-500-4564

seniorsrealestate.com

Senior Centers

Arlington Heights Senior Center

1801 W Central Rd.
Arlington Heights, IL
847-253-5532
yah.com

Alcott Center

530 Bernard Dr.
Buffalo Grove, IL 60089
847-850-2100

Des Plaines Frisbie Senior Center

52 E Northwest Hwy.
Des Plaines, IL
847-768-5944
frisbieseniorcenter.org

Ela Township 55 Plus

380 Surryse Rd.
Lake Zurich, IL
847-438-9160
elatownship.org

Hanover Township Senior Center

240 S. Route 59
Bartlett, IL 60103
Hanover-township.org

Hoffman Estates 50+ Senior Center

1685 W Higgins Rd.
Hoffman Estates, IL
847-885-7500
heparks.org

Korean American Senior Center

1160 S. Elmhurst Ave.
Mt. Prospect, IL 60056
847-439-5195

Palatine Township

Senior Citizens Council

505 S Quentin Rd.
Palatine, IL
847-991-1112
ptsc.org

Prospect Heights Park District Senior Center

110 W. Camp McDonald Rd.
Prospect Heights, IL 60070
847-394-2848

Rolling Meadows Senior Center

3705 Pheasant Dr.
Rolling Meadows, IL
847-818-3205
rmparks.org

Schaumburg Park District Senior Center

505 Springinsguth Rd.
Schaumburg, IL
847-490-7026
parkfun.com/programs/seniors

The Barn Senior Program

231 S. Civic Center Dr.
Schaumburg, IL
847-524-7496
ci.schaumburg.il.us

Sheila Ray Adult Center

225 Elk Grove Blvd.

Elk Grove, IL

847-364-7224

elkgroveparks.org/sheila-ray-adult-center

Wheeling Pavilion Senior Center

199 First St

Wheeling, IL

847-459-2670

Support Groups

These support groups are held either on the hospital campus or at the Arlington Heights Senior Center. Visit nch.org for dates, times and more information.

Alcohol and Addictions (847)359-3311

Al-Anon Family Groups
Alcoholics Anonymous (AA)
Gamblers Anonymous (GA)
Narcotics Anonymous (NA)
Partners of Sexaholics (POSA)
SA-Anon
Sexaholics Anonymous (SA)

NCH Cancer Support (847) 618-4968

Breast Cancer
Craft and Cancer
Head and Neck Cancer
Guided Imagery for those affected by Cancer
Leukemia, Lymphoma and other blood-related disorders
Men with Cancer
Myelodysplastic Syndrome (MDS)
Pancreatic, Hepatobiliary, Esophageal and Gastric Cancer
Survivorship Class Series

Grief Support

Compassionate Friends (847) 800-0707
L.O.S.S. (Loving Outreach to Survivors of Suicide) (312)-655-7283.
NCH Northwest Suburban Pregnancy Loss Support Group (847) 618-8415

NCH Diabetes Management (847) 618-4475

Diabetes Education and Support
Managing Your Diabetes 101

NCH Heart and Stroke Health (847) 618-4968

Brain Waves: Stroke Support Group
Heart Failure Education and Support

Mental Health (847) 618-4100

Depression Support Group

National Alliance on Mental Illness (NAMI) (847) 496-1415

Recovery Support Group

Family Support Group

Parent Support Group

Neurological Conditions

Alzheimer's Caregiver Support Group (800) 272-3900

NCH Brain Waves: A Stroke Support Group

NCH Parkinson's Support Group (847) 618-3880

Nutrition

Overeaters Anonymous (847)-985-4148

NCH Ostomy Services (847) 618-3222

Ostomy Support Group

NCH Physical Rehabilitation Services

Brain Waves: Stroke Support Group

NCH Quit Smoking (847) 618-7992

Courage to Stay Tobacco Free

NCH Women's and Children's Health (847) 618-4100

Children's Wellness Programs

Mother Baby Hour

Northwest Suburban's Pregnancy Loss Support Group—Renew Through Sharing

Women's Behavioral Health

Transportation Services (subsidized)

AgeOptions

Can help you find a transportation service.

800-699-9043

Escorted Transportation for Medical Appointments

Escorted Transportation Services

847-222-9227

First Transit (public aid recipients)

877-725-0569

Palatine Township Senior Center Volunteer Escort Service

847-991-1112

Advantage Ambulance Medicar

847-618-6480

For non-ambulatory patients after hospital discharge or transportation to medical appointments.

Hospital Courtesy Van

Northwest Community Hospital

Courtesy Van

847-618-6480

Bus Service by Townships

Elk Grove Township

847-437-0300

Ela Township

847-438-6677

Hanover Township

630-483-5656

Palatine Township

847-358-6907

Schaumburg Township

847-882-1929

847-352-8097

Wheeling Township

847-259-7743

Township Taxi Subsidy Program

Arlington Heights Senior Center

847-253-5532

Barrington Township

847-381-5632

Des Plaines Health and Human Services

847-391-5480

Ela Township

847-438-2371

Elk Grove Township

847-437-0300

Palatine Township

847-358-6907

Schaumburg Township

847-923-3861

Taxi/Bus

These companies offer programs for seniors

303 Taxi

847-368-0303

American Taxi Co

847-253-4411

PACE ADA Paratransit Services

847-364-7223

PACE Call-n-Ride

224-803-9277

PACE Suburban Bus Service

(fixed routes)

847-836-7000

RTA ADA Paratransit

312-663-4357

RTA Free Ride Program

800-252-8966

RTAChicago.org

RTA Reduced Fare Program

847-364-7223

RTAChicago.org

TRIP

(Township Riders Initiative Pilot)

Elk Grove Township

847-437-0300

Hanover Township

630-483-5668

Palatine Township

847-358-6907

Schaumburg Township

847-882-1929

Wheeling Township

847-259-7743

Township Resources and Services

Local townships have a variety of resources for residents. Most provide many types of general assistance, food pantries, senior and disabled transportation, energy assistance programs and more. Check with your township for available services.

Barrington Township

602 S Hough St
Barrington, IL
847-381-5632
www.barringtontownship.com

Elk Grove Township

2400 S Arlington Heights Rd
Arlington Heights, IL
847-437-0300

Ela Township

1155 E Route 12
Lake Zurich, IL
847-438-7823
www.elatownship.org

Hanover Township

240 S Route 59
Bartlett, IL
630-837-0301
www.hanover-township.org

Maine Township

1700 Ballard Rd
Park Ridge, IL
847-297-2510
www.mainetownship.com

Palatine Township

721 S Quentin Rd
Palatine, IL
847-358-6700
www.palatinetownship.com

Schaumburg Township

1 Illinois Blvd
Hoffman Estates, IL
847-884-0030
www.schaumburgtownship.org

Wheeling Township

1616 N Arlington Heights Rd
Arlington Heights, IL
847-259-7730
www.wheelingtownship.com

Vision Impairment Resources

Blind Service Association

17 N State St, Suite 1050

Chicago, IL

312-2326-0808

www.blindserviceassociation.org

Center for Sight and Hearing

815-332-6800

The Chicago Lighthouse

1850 W Roosevelt Rd

Chicago, IL

312-666-1331

www.thechicagolighthouse.org

Illinois Department of Human Services

800-843-6154

NSSEO Vision Services

799 W. Kensington Rd

Mount Prospect, IL

847-463-8100

www.nsseo.org

Second Sense

65 E Wacker Place, Suite 1010

Chicago, IL

312-236-8569

www.second-sense.org

VIP Visually Impaired Support Group

Wheeling Township

Meets 1st Thursday of the month 1-2:30pm

847-259-7730

Change Form

If you would like to make any additions, deletions or corrections to content in this publication, please indicate your change(s) below:

Page	Description of Change

Please send your changes to Maureen Centeno:

Email: mcenteno@nch.org

Phone: 847-618-5575

Quick Reference

Emergency	911	
AARP	888-687-2277	AARP.org
AgeOptions	800-699-9043	ageoptions.org
Alzheimer's Disease Association	800-272-3900	alz.org
American Cancer Society	800-227-2345	cancer.org
American Council of the Blind	800-424-8666	acb.org
American Dental Association	312-440-2500	ada.org
Arthritis Foundation	844-571-HELP	arthritis.org
Catholic Charities	847-253-5500	catholiccharities.net
Chicago Hearing Society	773-248-9121	chicagohearingsociety.org
Elder Abuse	866-800-1409	Illinois.gov/aging
Eyecare America	877-887-6327	aao.org
Health Insurance	800-318-2596	healthcare.gov
Hospice and Palliative Care	800-646-6460	nhpco.org
Illinois Housing Development Authority	312-836-5200	ihda.org
Lewy Body Dementia Association	800-539-9767	lbda.org
Medicaid (Illinois)	800-843-6154	Illinois.gov/hfs
Medicare (National)	800-633-4227	medicare.gov
National Association of the Deaf	TTY 301-587-1789	nad.org
National Council on Aging	800-424-9046	ncoa.org
Northwest Community Healthcare	847-618-1000	nch.org
Poison Control	800-222-1222	aapcc.org
Senior Citizens Help Line	800-252-8966	Illinois.gov
Social Security Administration	800-772-1213	ssa.gov
Veterans Benefits (Illinois)	800-437-9824	Illinois.gov/veterans

Northwest Community Healthcare
800 W. Central Road
Arlington Heights, IL 60005
847-618-1000
nch.org

Northwest Community Healthcare relies on philanthropic funding to enhance our lifesaving work. NCH is a charitable 501(c) 3 organization where your giving matters. For more information please visit nch.org/foundation or call 847-618-4260.

For additional copies of this guide, please call 847-618-5575 or visit us online at nch.org/communityresourceguide