




# MPOWERED CONNECTIONS FOR CAREGIVERS

If you are a caregiver of:

- An older adult, 60 and over, or someone with Alzheimer's Disease or a related disorder of any age
- An individual with severe disabilities that is ages 19-59
- Children 18 and younger that you are related to but are not the biological parent


**We are here to support you!**

-  **Services offered:**
- Counseling: Resources, TCARE assessments, Powerful tools training, support and guidance provided in a personalized manner.
  - Education/Training: Targeted informational activities and workshops with a focus on caregiving.
  - Relatives Raising Children: Providing resources, support (groups) and guidance.
  - Respite: In-home or out of home caregiver services so caregivers can get some short-term relief.
  - Financial Assistance-Gap Filling: Assistance designed to assist caregivers and relatives raising children with unmet needs of the care recipient/relative child.

-  **Service locations:**
- Bloom, Calumet and Thornton Townships in Suburban Cook County

**For more information or to register, contact:**

 [CaregiverConnect@metrofamily.org](mailto:CaregiverConnect@metrofamily.org)

 (773) 692-1033



**Caregiver Assessment:**

Are you feeling stressed as a caregiver? Please use the code to complete a pre-assessment and a Case Manager will follow up with you shortly.