



West Suburban Senior Services

The place to

- ... meet long-time friends.
- ... make new friends.
- ... enjoy a meal.
- ... take a trip.
- ... learn a new skill
- ... play a game.
- ... get help.
- ... attend a party.
- ... lend a hand.
- ... have fun.
- ... become involved.

West Suburban Senior Services is supported by the Suburban Area Agency on Aging under Title III of the Older Americans Act, the U.S. Department of Veterans Affairs, the Federal Emergency Management Agency, the Illinois Department on Aging, the Westlake Health Foundation, the 708 Mental Health Commissions of Berwyn, the Community Development Block Grant program of the City of Berwyn, United Way of Metropolitan Chicago, Lyons and Proviso Townships, local villages, and contributions from seniors and their families.

Non-Discrimination

West Suburban Senior Services does not discriminate in the admission to programs or treatment of employment in its programs or activities in compliance with the Illinois Human Rights Act, Section 504 of the Rehabilitation Act, the Age Discrimination in Employment Act, and the U.S. and Illinois Constitutions. If anyone feels that they have been discriminated against, they have a right to file a complaint with the Illinois Department on Aging. For additional information, telephone (800) 252-8966 or telephone West Suburban Senior Services at (708) 547-5600.



West Suburban Senior Services

Senior Citizen Center River Park Center
 439 Bohland Avenue 8300 Roosevelt Road
 Bellwood, Illinois 60104 Forest Park, Illinois 60130

OARS Center
 712 East Elm Avenue
 LaGrange, Illinois 60525

Visit us on the Internet!
www.wsseniors.org

Over 30 years...and counting!



West Suburban Senior Services
 A Council on Aging

(708) 547-5600

*Assisting senior citizens
 and their families*



**West Suburban
Senior Services**
A Council on Aging

West Suburban Senior Services has been providing community based services for elderly residents in the near west Cook County suburbs since 1973. West Suburban Senior Services, a non-profit organization, assists senior citizens and their families to remain healthy, secure, and independent for as long as feasible. A number of different services are available to assist senior citizens whether that assistance is short-term and temporary or long-term care.

West Suburban Senior Services offers a wide variety of programs and services, tailored specifically for each senior's needs, functional abilities, level of socialization, and interests.



*Helping the Elderly
Remain Independent*

Among the programs and services available:

- ◆ **Adult Day Health Care** Offers supervision of senior citizens requiring assistance during the day because of health care and social needs, confusion, or disability.
- ◆ **Caregiver Support** Assists family members providing care to elderly relatives with supportive and respite services.
- ◆ **Case Management** Case managers work to assess, arrange, and evaluate supportive efforts of seniors and their family members to remain independent.
- ◆ **Chore & Housekeeping Services** Housekeeping assistance, laundry, and shopping.
- ◆ **Congregate Meals** Dietician-approved lunches at three area sites.
- ◆ **Elder Abuse Investigation and Intervention** Investigation of abuse, neglect, and exploitation provided by highly trained, professional, protective service specialists.
- ◆ **Emergency Food** Offered at limited times during the year as an alternative to food pantries.
- ◆ **Friendly Visiting** Offers companionship and socialization.

- ◆ **Health Screens** A variety of health screens are conducted at community sites throughout the year.
- ◆ **Home Delivered Meals** Home delivered meals are available to eligible senior citizens five days per week.
- ◆ **Information Services** Provides assistance and linkage to available services and resources.
- ◆ **Podiatry** Non-surgical podiatry services, including routine nail care, are available.
- ◆ **Respite Assistance** Help for families engaged in care giving.
- ◆ **Senior Advocate** Can help older adults understand and access benefits and services.
- ◆ **Senior Center** Recreational and educational programs and activities.
- ◆ **Telephone Reassurance** Daily well-being checks and socialization.
- ◆ **Transportation** Handicapped accessible vehicles, including wheelchair lifts.

Contact us to learn more