



Senior Services Guide
Help for the Sandwich Generation
Articles - Resources - Service Providers

The **Sandwich Generation** is a generation of people who care for their aging parents while supporting their own children, maintaining a household, and saving for their own retirement.

What is this all about?

SUAA will periodically survey the internet to find information that will help you find support services, make important decisions, and complement your quality of life.

What if I can't find the help I need here?

Space limitations prevent us from including all available resources. If you have questions about additional services that may be available in local communities, please contact the Area Agency on Aging serving your county.

For further aging-related assistance,
Illinois' SeniorHelpLine
1-800-252-8966 or 1-888-206-1327 (TTY).

Outside Illinois,
Eldercare Locator
1-800-677-1116
[Click here for the online Eldercare Locator.](#)

The **Eldercare Locator** is the first step to finding resources for older adults in any U.S. community and is a free national service of the U.S. Administration on Aging (AoA) administered by the National Association of Area Agencies on Aging.



***For localized services in Illinois,
choose the area that serves your county.***

Area 1: Northwestern Illinois: Boone, Carroll, DeKalb, Jo Daviess, Lee, Ogle, Stephenson, Whiteside, and Winnebago Counties

Area 2: Northeastern Illinois: DuPage, Grundy, Kane, Kankakee, Kendall, Lake, McHenry, and Will Counties

Area 3: Western Illinois: Bureau, Henderson, Henry, Knox, LaSalle, McDonough, Mercer, Putnam, Rock Island, and Warren Counties

Area 4: Central Illinois: Fulton, Marshall, Peoria, Stark, Tazewell, and Woodford Counties

Area 5: East Central Illinois: Champaign, Clark, Coles, Cumberland, DeWitt, Douglas, Edgar, Ford, Iroquois, Livingston, McLean, Macon, Moultrie, Piatt, Shelby, and Vermilion Counties

Area 6: West Central Illinois: Adams, Brown, Calhoun, Hancock, Pike, and Schuyler Counties

Area 7: Lincolland: Cass, Christian, Greene, Jersey, Logan, Macoupin, Mason, Menard, Montgomery, Morgan, Sangamon, and Scott Counties

Area 8: Southwestern Illinois: Bond, Clinton, Madison, Monroe, Randolph, St. Clair, and Washington Counties

Area 9: Midland: Clay, Effingham, Fayette, Jefferson, and Marion Counties

Area 10: Southeastern Illinois: Crawford, Edwards, Hamilton, Jasper, Lawrence, Richland, Wabash, Wayne, and White Counties

Area 11: Egyptian Area: Alexander, Franklin, Gallatin, Hardin, Jackson, Johnson, Massac, Perry, Pope, Pulaski, Saline, Union, and Williamson Counties

Area 12: Chicago: City of Chicago

Area 13: Suburban Cook County



From Around the Web

Age in Place | The National Aging in Place Council

<http://www.ageinplace.org/>

Seniors' Guide to Aging at Home Safely and with Dignity

<http://www.mortgagecalculator.org/helpful-advice/aging-with-dignity.php>

Care Management | National Association of Professional Geriatric Care Managers

<http://www.caremanager.org/why-care-management/what-you-should-know/>

Home Accommodation Cost Guide for People with Physical Disabilities

<http://www.homeadvisor.com/cost/disability-accommodation/>

Medicare Cost Overview

<http://www.medicare.gov/your-medicare-costs/index.html>

Guide to Medicare Preventive Services and Screenings

<http://medicare.com/medicare-tips-news/news/medicare-news/medicare-preventive-services>

Planning Your Doctor Visit

<http://nihseniorhealth.gov/talkingwithyourdoctor/planningyourdoctorvisit/01.html>

ZocDoc Search: Geriatric Care Physicians

<http://www.zocdoc.com/morespecialties>

Geriatric Mental Health Foundation

<http://www.gmhfonline.org/gmhf/>

Guide to Addiction Prevention for Seniors

<http://www.newbeginningsdrugrehab.org/guide-to-addiction-prevention-for-seniors/>

Exercise and Fitness Over 50

http://www.helpguide.org/life/senior_fitness_sports.htm

Swimming and Osteoporosis

<http://blog.poolproducts.com/swimming-osteoporosis/>

Exercise for Seniors

<http://www.nlm.nih.gov/medlineplus/exerciseforseniors.html>

Benefits of Swimming for Seniors

<http://www.backyardocean.com/Swimming-Benefits-Safety-Seniors-a/269.htm>