



Family Caregiver Counseling Center
Contact Us:

Debbie Miller, LCSW
Caregiver Specialist
900 North Lake Street
Aurora, IL 60506

Phone: 1-630-897-4035
Toll Free: 1-800-942-1724

Funding is provided by the
Northeastern, IL Agency on Aging and
generous donations made to Senior
Services Associates, Inc. of Kane
County.



About Senior Services Our Mission

Senior Services Associates, Inc. is a not-for-profit agency dedicated to sustaining and improving the quality of life for mature adults by providing access to social services they need. We are dedicated to preserving their independence, promoting mental and physical well being, and protecting their rights and dignity.

Senior Services Associates, Inc.

Kane County
Aurora Location
900 North Lake Street
Aurora, IL 60506
Phone: 630-897-4035

Elgin Location
101 S. Grove Avenue
Elgin, IL 60120
Phone: 847-741-0404

E-mail:
dmiller@seniorservicesassoc.org
or nfrazier@seniorservicesassoc.org



Caregiver Counseling Program

Care for the
Caregiver: The
best way to
provide love and
care for another, is
to first love and
care for yourself.



Let us serve you ...



Family Caregiver Counseling Center

What is Caregiver Counseling?

The Family Caregiver Counseling Program was created to provide services and support for individual's who provide regular care to a loved one. The program includes:

- Individual Counseling
- Support Groups
 - Open Group Sessions
3rd Friday of the Month
10AM—11AM
- Opportunities for Caregiver Education/Training
- Financial Resources
- Guidance and Referral

Who is a family caregiver?

A family caregiver for the purposes of this program is defined as:

- An adult family member or another individual who provides unpaid in-home and community-based services to:
 - An Elderly Person (60+)
 - A person aged 19-59 with Alzheimer's Disease or related neurological or organic brain disorder.
- A grandparent or older individual (aged 55 years and older) who is a Relative Caregiver or primary caregiver

Self-identification as a caregiver is the first step towards handling the numerous responsibilities and challenges that the role entails.

What services are available for caregivers?

- Individual and group counseling to address issues related to role transitions, interpersonal relationships, anxiety and/or depression, guardianship issues, health, nutrition, and financial literacy.
- Caregiver Education and Training that includes:
 - Self-Care Skills
 - Caregiving Skills
 - Training Sessions provided in the workplace for caregiving employees.
- Financial Resources for caregiver legal services, respite services, or other funding may be available for caregiver relief.

