

# Dementia Caregiver Support Groups

## Alzheimer's Association

[alz.org](http://alz.org)

24/7 Helpline 800.272.3900

Greater IL Chapter 847.933.2413

Resource finder provides a directory of in-person support groups as well as a link to Alzheimer's Association online support community.

# Adult Day Services

Day programs provide care and companionship for older adults who need assistance or supervision during the day.

## Countryside

Young At Heart 708.639.4342

## Downers Grove

Community Adult Day Center 630.968.1060

## Elmhurst

Adult Christian Daycare 630.832.1788

## Glen Ellyn & Wheaton

Esse Adult Day Center

· Glen Ellyn 630.858.1005

· Wheaton 630.260.3773

## Naperville

Naperville Senior Center 630.857.3017

Riverwalk Adult Day 630.357.8166

Senior Day Services 630.778.6677

at Tabor Hills

Xilin Asian Community 630.355.4322

**T**he Village of Westmont, Police and Fire Departments, Westmont Public Library, Westmont Park District, Westmont Chamber of Commerce, and other community organizations support the Dementia Friendly Westmont mission: To raise awareness, reduce stigma, provide resources, and increase support for those living with dementia through education and coordination of resources.

## Westmont Police & Fire Departments

[westmont.illinois.gov](http://westmont.illinois.gov)

Police 630.981.6300 • Fire 630.981.6400

The premise alert program encourages citizens to provide important information regarding people with disabilities or special needs to police, fire and EMS personnel so that they can more effectively respond to emergency situations involving citizens with these needs.

## Westmont Public Library

[westmontlibrary.org](http://westmontlibrary.org) 630.869.6150

The Westmont Public Library, along with community partners, offers various dementia education and activity ideas designed for seniors, persons with dementia, and their caregivers. The Library also has a memory resource corner with numerous Alzheimer's, dementia and caregiving publications.



# Dementia Friendly Westmont



# Resource Guide

[dementiafriendlywestmont@westmont.il.gov](mailto:dementiafriendlywestmont@westmont.il.gov)

# General Resources

## AgeGuide

[ageguide.org](http://ageguide.org)

800.528.2000

Advocacy and coordination of resources such as meals, transportation, caregiver and family support.

## Alzheimer's Association

[alz.org](http://alz.org)

800.272.3900

Help and support, education, local chapters, advocacy, and support group directory.

## Amita Health

[amitahealth.org](http://amitahealth.org)

1.855.MyAMITA

Clinical Intake Advisors offer support 24 hours per day, seven days per week to help find care and support options.



## Dementia Friendly America

[dfamerica.org](http://dfamerica.org)

DFA is a national network of communities, organizations and individuals seeking to ensure that communities across the U.S. are equipped to support people living with dementia and their caregivers.

## Dementia Friends USA

[dementiafriendsusa.org](http://dementiafriendsusa.org)

A global movement that is changing the way people think, act, and talk about dementia. Developed by the Alzheimer's Society in the United Kingdom, the Dementia Friends initiative is underway in the USA. By helping everyone in a community understand what dementia is and how it affects people, each of us can make a difference for people touched by dementia. Become A Dementia Friend Today!

## DuPage County Senior Services & Community Services

[dupageco.org/seniorsvcs](http://dupageco.org/seniorsvcs)

630.407.6500 ext 2

Family caregiver support, information and assistance, respite care, and legal assistance to caregivers of older persons.

## Illinois Cognitive Resources Network

[ilbrainhealth.org](http://ilbrainhealth.org)

Optimizing the cognitive and functional well-being of Illinois residents and their families.



## Metropolitan Family Services, Dupage Center

[metrofamily.org](http://metrofamily.org)

630.784.4800

Counseling, caregiver support, and protective services.

## Northwestern University Mesulam Center for Cognitive Neurology and Alzheimer's Disease

[brain.northwestern.edu](http://brain.northwestern.edu)

312.908.9339

World-renowned dementia and Alzheimer's disease research and care. Offering programs to support, educate and engage patients and their families.

## Rush Alzheimer's Disease Center

[rushu.rush.edu/research](http://rushu.rush.edu/research)

312.563.9197

Provides patient care services at the Rush Memory Clinic, including neurological and psychological evaluations and consultation with Alzheimer's specialists.