

## Education & Advocacy

Care Partners of Cook County collaborates across our county and beyond to support well-connected, accessible aging services. We also support efforts to engage and educate the community to be age-friendly and age-wise.

Ongoing programs & collaborative efforts include:

- Monthly Lunch & Learn series presented with Cook County Higher Education
- Monthly Memory Café at The Hub
- Dementia Friends workshops
- Age-Friendly Cook County initiative
- Aging Well Resources website development & updates
- Book groups & community gatherings
- Information/resource booths at community fairs & events

## Mission

Care Partners supports community members on the journey of aging and end-of-life.

## Support Our Work!

### Volunteer

Touch the lives of your Cook County friends and neighbors! Volunteer to provide friendly visits, end-of-life vigils, rides, or help with chores.

### Make a Contribution

Care Partners serves over 130 individuals annually. Your generous financial gift ensures that support is available to all those in need in Cook County. We welcome one-time or recurring donations. Other ways to give include making a qualified charitable distribution from your IRA, designating Care Partners as a beneficiary, or making a community match challenge.



### Celebrate a Loved One

Honor a loved one by making a memorial gift or contribution that celebrates a birthday, anniversary, or other special occasion.

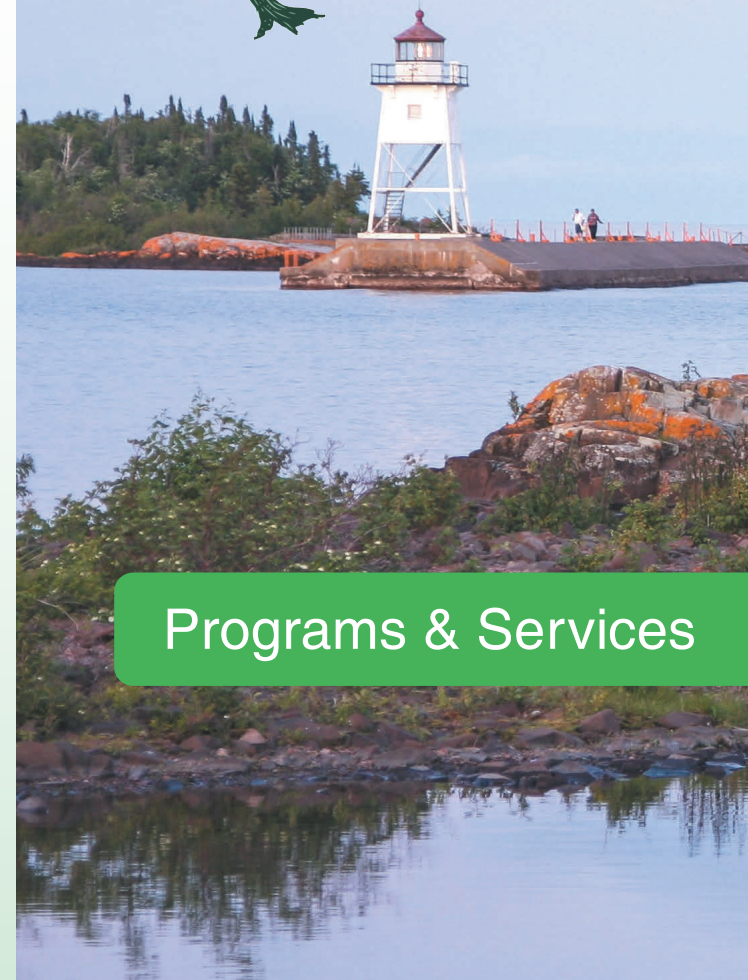
## Funder Support

Arrowhead Area Agency on Aging/Federal Older Americans Act Grant | Cook County Public Health Community Fund | Empty Bowls | Head of the Lakes United Way | Lloyd K. Johnson Foundation | Mardag Foundation | Medica Foundation | North Shore Health Care Foundation | Northland Foundation | Otto Bremer Trust | The Victory Fund | Individual donors | Cook County organizations & businesses

## Contact Us

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## Programs & Services

Practical help & companionship for older adults and the people who care for them.

## Care Coordination

### Care Coordination Visits

Our Care Coordinators help you cope with the challenges of aging or end-of-life.

- Understand your choices.
- Make plans that work for you.
- Find local and regional resources.
- Know there is someone who will listen.

### Advanced Care Planning

We can help you complete a Health Care Directive, plan for long term care, and suggest ideas for communicating your wishes to family.



### Confidentiality

*Care Partners staff and volunteers respect your privacy and will not share any information about you without your consent.*

## Caregiver Support

### Coaching

Our trained Caregiver Consultants help you assess your needs, reduce stress, gather support, and cope with a loved one's illness.

### Respite

Trained volunteers provide safe companionship to your loved one in your home so you can take a break.

### Dementia Skills

We offer resources and coaching to help you care for someone with memory issues, including strategies to address communication and behavioral concerns.

### Caregivers Connecting

#### Caregiver Groups

Groups meet on an occasional or ongoing basis to share resources and encourage one another on the caregiving journey.

#### Classes for Caregivers

Care Partners offers classes and workshops such as Powerful Tools for Caregivers and other nationally recognized curriculum.

#### Memory Café

The Memory Café is a casual, once-a-month gathering for people experiencing memory loss and the family and friends who care for them. Most meetings feature simple activities or short presentations from community members and organizations.

## Live Well at Home

### Volunteer Visits

Trained volunteers provide companionship and visits, check-ins, and presence at end-of-life.

### Rides

Volunteer drivers provide rides for those 60+ years old to help them maintain their independence.

This includes rides for:

- Medical and eye appointments in Duluth.
- Medical, personal, and wellness appointments and errands in Cook County.

### Chore Help

Our friendly volunteers tend to occasional chores around the home or yard to support living safely at home.



### Cost-Share

*Clients are asked to share in the cost as they are able so that we can continue to provide these services.*