

 LEAGUE OF WOMEN VOTERS
OF OAK PARK & RIVER FOREST



This directory is compiled by the Senior Services Committee of the League of Women Voters of Oak Park & River Forest in order to facilitate the search for respite care facilities. The League of Women Voters is a nonpartisan organization that encourages the informed and active participation of citizens in government and influences public policy through education and advocacy.

As an advocate for older adults, the League of Women Voters of Oak Park and River Forest has developed this directory as an effort to help caregivers locate facilities offering respite care. The purpose of respite care is to give caregivers some time off, or a respite, from their daily responsibilities.

The League DOES NOT endorse any facility listed. Inclusion or exclusion is NOT an indication of approval or disapproval.

The League of Women Voters is a non-partisan political organization that encourages the informed and active participation of citizens in government and influences public policy through education and advocacy.

In May 1997, the following position was adopted by the League of Women Voters of Oak Park and River Forest to address senior needs:

Support efforts which provide assistance and enhance the lives of older persons in our communities.

For more information on this directory contact:

LEAGUE OF WOMEN VOTERS
OF OAK PARK & RIVER FOREST
P.O. Box 3301
Oak Park, IL 60303-3301
Voice Mail: (708) 802-0697
Web Site: lwvopr.org

Introduction

According to a national survey*, nearly one out of every four U.S. households or 22.4 million households are involved in caregiving to persons aged 50 or over. They are informal caregivers who provide nearly 30 hours of unpaid caregiving a week. Often these are family members caring for older adults with some sort of limitation. While this

type of family caregiving can be a blessing, it can be overwhelming to caregivers in terms of time, physical and emotional stress, and financial burdens.

As an advocate for seniors, the League of Women Voters of Oak Park and River Forest has developed this directory as a first-time effort to help caregivers locate facilities offering respite care. The purpose of respite care is to give caregivers some time off, or a respite, from their daily responsibilities.

Listed in these pages are facilities that can provide care for older adults on a day-to-day basis or for weeks at a time. Although every effort has been made to be accurate, please note that facility information is subject to change at any time. The League of Women Voters of Oak Park and River Forest plans to update this directory as needed and to also provide information on in-home care in the future.

*National Alliance for Caregiving and the American Association for Retired Persons (AARP) Family Caregiving in the U.S.: Findings from a National Survey, June 1997.

Who Provides Respite Care?

Respite care serves the important purpose of providing temporary relief from duties for caregivers of older adults. There are a variety of facilities that can provide that kind of care. Here are the four major types of settings that you will find in this directory:

Adult Day Service Centers. Designed to meet the needs of physically or memory impaired adults, these facilities provide a variety of health, social, and related support services in a protective setting. They generally operate during normal business hours five days a week.

Respite Care Guest Houses. A relatively new concept in the United States, these guest houses are designed exclusively to provide respite care. Guest homes are intended to project a homelike, bed and breakfast-like atmosphere. Meals, medication reminders, various activities, and 24-hour supervision are typically provided.

Assisted Living. Assisted living residences provide supportive services for seniors who need some assistance but do not require ongoing nursing care. Services can include meals, housekeeping, social activities, and personal care such as bathing or dressing. Some of these facilities are geared to persons with Alzheimer's disease or other forms of dementia.

Nursing Homes. Nursing homes are long-term health care settings that provide 24-hour skilled nursing care and assistance with daily living activities for people who are very frail or ill. Meals and recreational activities are also provided. Some nursing homes offer specialized units for persons with dementia.

What to Look For

Selecting a respite care facility takes some time and patience. In finding the right place, you will want to first visit the facility with an appointment?and then visit it without one. That way you'll have a truer picture.

Here are some details to examine regarding the facility, staff, and services:

Is the facility clean? Are the floors dry and litter-free?

Is the specific space available pleasant and clean?

Do the residents appear groomed and cared for?

What are the residents doing? Are they engaged?

What kind of activities are offered?

Is the temperature of the facility comfortable?

Can the building be easily evacuated in case of fire?

Are fire extinguishers easy to find?

Can the facility accommodate special dietary needs?

Does the staff appear to treat residents with respect?

Is the staff well educated and trained?

Here are some questions to ask regarding payment:

Is Medicaid accepted?

Is it private pay only?

Does long-term insurance apply?

Do veterans qualify for financial assistance?

Does the facility accept funding through the Illinois Department on Aging?

The Admissions Process

Once you've selected a facility, here's what you can expect in terms of pre-admission procedures and requirements:

Most places have an intake process that takes a few days to complete.

For most nursing homes, you will need to complete an application and have a history and physical completed no earlier than five days prior to admission.

The history and physical will be reviewed by the facility's staff to make sure the facility can meet the patient's needs.

Written orders for medications will be needed. There are a variety of ways the medication issue is handled, depending on the level of need or facility policy.

Respite Care Facilities

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Bellwood

West Suburban Senior Services
439 Bohland Ave.

Bellwood, IL 60104

phone: (708) 547-5600 Contact person: Pamela Williams

fax: (708) 771-4127

Hours: 7:00 a.m. to 4:30 p.m., Monday through Friday

Cost: Sliding scale based on income

Minimum stay: 2 days per week Maximum stay: One month

Has door-to-door mini bus available for participants living in Proviso Township and Berwyn-Cicero. Also has a facility in Forest Park and LaGrange. Contact number is the same for all sites. Not-for-profit organization.

Berwyn

Pinnacle Health Care of Berwyn

3601 S. Harlem Ave.

Berwyn, IL 60402

phone: (708) 749-4160, for Adult Day Care call (708) 484-8510

Contact person: Sue Bohne

fax: (708)749-7696

Cost: \$130 to \$180 per night depending on the room size and medical needs

Minimum stay: 3 days. Maximum stay: No limit.

This is a long-established skilled nursing home. Will take ventilator-dependent individuals. Respiratory therapist on duty at all times. For-profit organization.

Burr Ridge

A Sunrise Senior Living Community

6801 High Grove Blvd.

Burr Ridge, IL 60521

(630) 920-2900

Contact person: Michelle Mangrum or Ellen Sherry

fax: (630)920-2905

Cost: Starts at \$138 per day

Minimum stay: Two weeks. Maximum stay: 90 days

An assisted living community with a homelike atmosphere. Offers a variety of activities and entertainment on site and elsewhere. Has in-house rehabilitation services and a nurse on site 24 hours a day. For-profit organization.

Chicago

Bethel New Life Inc./ Adult Day Services

4950 W. Thomas

Chicago, IL 60651

(773) 473-7870 ext. 152

Contact person: Paulette Green

Fax: (773)473-7871

Hours: 7 a.m. to 5 p.m.

Cost: No charge if client qualifies under Illinois Department of Aging (IDOA) assessment. If not approved by IDOA, private pay charge is \$40 per day.

Minimum stay: 5 hours. Maximum stay: 8 hours.

Has activity-based programming including intergenerational programs and nursing services. Part of a faith-based community development corporation. Also provides in-home resources, and housing for families and seniors. Has outdoor garden area available to clients. Not-for-profit organization.

Bethesda Home and Retirement Center

2833 N. Nordica

Chicago, IL 60634

(773) 622-6144

Contact person: Suzanne Murphy

Fax: (773) 622-5230

Cost: Assisted Living \$135 per day and Nursing Home Care \$235 per day.

Minimum stay: 1 week. Maximum stay: No limit.

Located in a residential neighborhood since 1907. Large bird aviary in the main dining room. Not-for-profit organization.

Covenant Methodist Senior Services

1415 West Foster Ave.
Chicago, IL 60640
(773) 769-5500

Contact person: Carol Shaw
Fax: (773) 271-7091

Cost: Please call for details as it varies by site and level of care.

Minimum stay: 5 days. Maximum stay: No limit.

Multiple levels of care. Methodist Home has skilled nursing, Hartwell House has assisted living and Covenant Home Chicago has home maintenance. Not-for-profit organization. CCAC accredited.

www.cmsschicago.org

Norwood Crossing
6016-20 Nina Ave.

Chicago, IL 60631
(773) 631-4856

Fax: (773) 631-4850

Contact person: Silvia Morieri or Peter Lim

Cost: \$86 to \$130 per day

Minimum stay: 7 days. Maximum stay: 30 days.

Rated among the top 10 percent of nursing homes in Illinois by Consumer Reports magazine. A not-for-profit senior living community since 1896.

White Crane Adult Day Wellness Program

1406 W. Winona

Chicago, IL 60640

(773) 271-9001

Contact person: Elizabeth Cagan

Fax: (773) 271-9231

Hours: 9:00 a.m. to 3:00 p.m.

Cost: Day care \$40 per day.

Nationally recognized, award-winning program. Reduced/no fees may be available, if eligible. (In collaboration with United Methodist Homes and Services) Transportation available. Not-for-profit organization.

Cicero

Alden Town Manor Rehabilitation & Health Care Center

6120 W. Ogden Ave.

Cicero, IL 60804

(708) 863-0500

Contact person: Jill Greco

Fax: (708) 863-4893

Cost: Approximately \$226 per day

Minimum stay: No limit. Maximum stay: No limit.

Unique "Promenade Mall" located on site with ice cream parlor, game room, restaurant, and hair salon. New carpeting in all areas except dementia unit, which has basic decor. For-profit organization.

Westshire Care Center

5825 W. Cermak Rd.

Cicero, IL 60804

(708) 656-9120

Contact persons: Judy Pitts, Henrine Burke

Cost: \$69 to \$83.50 overnight

Minimum stay: 1 complete day. Maximum stay: As long as needed

Public aid allows ten days of respite care per year. Large 485-bed facility with low turnover of staff in dementia care unit. Must specify respite care when calling. For-profit organization.

Elk Grove Village

Manor Care at Elk Grove Village

1920 Nerge Rd.

Elk Grove Village, IL 60007

(847) 301-0550

Contact person: Sharon Sanda

Cost: Starts at \$180 per day

Minimum stay: 3 complete days. Maximum stay: None.

Has skilled, intermediate units as well as middle and late stages dementia units. Rooms all on ground level. Several dining rooms with assistance at various levels. For-profit organization.

Elmhurst

Elm Brook Health Care and Rehabilitation Centre

127 Diversey St.

Elmhurst, IL 60126

(630) 530-5225

Contact person: Randy Estrata

Cost: \$185 to \$227 depending on room size.

Minimum stay: (see below). Maximum stay: No limit

Will bill Medicaid for respite care if eligible. Must stay at least 3 days if Medicaid.

For-profit organization.

www.elmbrookcare.com

Elmhurst Extended Care Center

200 E. Lake St.

Elmhurst, IL 60126

(630) 516-3000

Cost: \$140 to \$177 per day

Minimum stay: 7 days. Maximum stay: No limit.

Located in a residential area. Rehab services are available. For-profit organization.
www.elmhurstextendedcarecenter.com

Lexington of Elmhurst
420 W. Butterfield Rd.
Elmhurst, IL 60126
(630) 832-2300
Contact person: Debbie Woodson
Cost: \$250 for private room to \$200 for 4-person room.
Minimum stay: No limit Maximum stay: No limit.
Offers a comprehensive variety of rehab services.
For-profit organization.
www.lexingtonhealth.com

Suzanne Knuepfer Guest House
375 South West Ave.
Elmhurst, IL 60126
(630) 653-2397
Contact person: Trish Niewoehner
Cost: Day care \$45 per day; overnight care \$100 per night
Minimum stay: 1 day. Maximum stay: 30 days.
New building with capacity for 8 overnight or day guests. Homelike setting for adults who are independent with activities of daily living. Per night rates are based on family income. The facilities recently received special grants that make the respite care affordable for more people. Supported by Metropolitan Family Services. Not-for-profit organization.

Elmwood Park

Elmwood Care
7733 West Grand Ave.
Elmwood Park, IL 60635
(708) 452-9200
Contact person: Caryl Kiser or Patrick Baalke
Cost: Varies based on room size.
Minimum stay: No limit Maximum stay: No limit
Skilled nursing care and rehabilitation facility with 245 beds. Offers dementia care, exceptional care, and hospice care, peritoneal and hemodialysis and tracheostomy care. Has trips and many other activities. Accepts VA, HMO, Medicaid and Medicare. For-profit organization.

Forest Park

The Pavilion of Forest Park
8200 W. Roosevelt Rd.
Forest Park, IL 60130
(708) 488-9850

Contact person: Julie Meco

Cost: \$130 to \$170 per day

Minimum stay: 7days. Maximum stay: 20 days.

A skilled care nursing home with new facilities, providing medical supervision to those unable to care for themselves. Has a capacity of 232 with medical services directed by a physician board-certified in gerontology medicine. For-profit organization.

Franklin Park

Hillside

Oakridge Convalescent Home

323 Oakridge Ave.

Hillside, IL 60162

(708) 547-6595 Contact person: Denise Main

Cost: \$115 per 24-hour day

Minimum stay: None Maximum stay: No limit.

All 22 rooms of this skilled nursing care facility are on one floor. Total capacity is 73. Pet birds and rabbit in residence. Covered walkway leads to front door. For-profit organization.

Hines

Hines Veterans Administration Hospital

Fifth and Roosevelt Rd.

P.O. Box 5000-181B

Hines, IL 60141

(708) 202-2418

Respite Intake Contact person: Social Worker

Cost: Depends on eligibility; no cost to those who qualify.

Minimum stay: 2 weeks. Maximum stay: Up to 4 weeks per year (depending on eligibility and availability)

Must be a veteran and enrolled in the outpatient system of West Side or Hines VA or one of the VA community-based outpatient clinics. This skilled nursing care facility sometimes has a waiting list. Not-for-profit organization.

La Grange

West Suburban Senior Services

OARS Adult Day Services

712 E. Elm

LaGrange, IL 60525

(708) 547-5600

Contact person: Pamela Williams

Hours: 8 a.m. to 4:30 p.m., Monday through Friday

Cost: Sliding scale according to participants' income.

Minimum stay: One day a week Maximum stay: No limit.

Daytime respite on a scheduled basis. Adult day care model providing daytime respite in a supervised activity-based environment. Transportation to and from included in charge. Not-for-profit organization.

Melrose Park

Gottlieb Adult Day Care Center
701 W. North Ave.
Melrose Park, IL 60160
(708) 681-7700

Contact person: Jill Nelson

Cost: Two programs, \$32 for 4 hours, \$56 for 8 hours. Financial assistance available to those who qualify through the Veterans Administration or Illinois Dept. on Aging.

Minimum stay: 1 day (daytime only.) Maximum stay: None.

Provides social, recreational, and health-related activities in a group setting. Affiliated with Gottlieb Hospital. Not-for-profit organization.

Naperville

Manor Care Health Services
200 Martin Ave.
Naperville, IL 60540
(630) 355-4111

Contact: Sandra Sullivan

Fax: (630) 355-7602

Cost: \$200 for 24-hour stay.

Minimum stay: 1 day Maximum stay: No limit.

Has several secured patios for resident's use. Features intergenerational programs. For-profit organization.

Oak Park

Accolade Adult Day Service/ A Service of Catholic Charities of the Archdiocese of Chicago
112 S. Humphrey
Oak Park, IL 60302
(708) 445-1300

Contact person: Denise Smith

Hours: 7: 30 a.m. to 4:30 p.m., Monday through Friday

Cost: \$47 to \$55 /day based on number of days attended. Financial assistance is available through the VA, Illinois Department on Aging or the Illinois Department of Human Services to those who qualify. Some types of long-term care insurance also pay a per diem for adult day service. Provides social, recreational, and health related activities in a group setting. The overall goal of the program is to maintain each person's optimal level of functioning.

Belmont Village

1009 Madison
Oak Park, IL 60302
(708)848-7200

Contact person: Rebecca Donze

Minimum stay: 2 weeks. Maximum stay: No limit.

Newly built, furnished apartments. Nurse on site at all times. Free scheduled transportation 7 days a week. Senior fitness center on site.

Oak Park Arms

408 S. Oak Park Ave.
Oak Park, IL 60302
(708) 386-4040

Contact person: Julia Ann Madden

Cost: \$65 per day for respite care, \$110 per day for assisted living.

Minimum stay: 1 month. Maximum stay: No limit.

This retirement community housed in a converted hotel offers respite care in private rooms, 3 meals/day, and activities for seniors capable of independent living. Assisted living offers individual service plans based on physician assessment. For-profit organization.

Oak Park Health Care Center

625 N. Harlem Ave.
Oak Park, IL 60302
(708) 848-5966

Contact person: Jef Kalkowski

Cost: \$108 to \$115 per day, skilled nursing will vary.

Minimum stay: 3 days. Maximum stay: 14 days (may be extended).

Secure care areas available for dementia and wandering behaviors. Emergency admissions available at all times. For-profit organization. Accepts all insurance. Center can be toured anytime.

Suburban Area Agency on Aging

1048 W. Lake Street, Suite 300
Oak Park, IL 60301
(708) 383-0258

Resource for information on suburban Cook County senior services. Not-for-profit organization. www.suburban-age.org

Oak Park Township Senior Services

418 S. Oak Park Ave.
Oak Park, IL 60302
(708) 383-8060

Contact person: Dana Ferdinand

Local senior services resource for information and services. Some respite care funding is available. Not-for-profit organization.

Woodbine
6909 W. North Ave.
Oak Park, IL 60302
(708) 386-1112
Contact person: Gerald Parker

Cost: \$140 to \$190 per day.

Minimum stay: 3-7 days. Maximum stay: No limit

This skilled nursing facility offers a homelike atmosphere and many activities, including visiting pets. Also specialized dementia programming for Alzheimer's residents. For-profit organization. Medicare and Medicaid accepted.

Park Ridge

St. Matthew Center for Health
1601 North Western Ave.
Park Ridge, IL 60068
(847) 825-5531
Contact person: Laura Altieri

Cost: Private room \$195; semi-private room \$180.

Minimum stay: None. Maximum stay: 60 days. (Over 60 days no longer considered respite care.)

Has several levels of nursing care including specialized dementia care and respite care. St. Matthew is a program of Lutheran Social Services of Illinois and has been in operation for 41 years. Not-for-profit organization.

Sunrise Assisted Living of Park Ridge
1725 Ballard Road
Park Ridge, IL 60068
(847) 824-1724

Contact: Carol Shaw or Mary Ann Pappone

Minimum stay: 3 weeks. Maximum stay: 90 days.

An assisted living model of long-term care. The dementia unit is homelike and has a pet cat. For-profit organization.

Wheaton

Resources

Alzheimer's Association

Tips on caregiving, updates on research and treatment, and local programs and services.

Web site: www.alz.org

Telephone Helpline: toll free 888-301-1819

Caregiver Network

Information on home care, housing, medical issues, caregiving, and dementia.

Web site: www.caregiver.on.ca

Eldercare Locator

This nationwide service helps families and friends easily access information about community services for older people anywhere in the U.S. and its territories.

Call 800-677-1116 between 8 a.m. and 10 p.m. (CST)

Family Caregiver Alliance

Information on care planning, stress relief, and community resources.

Web site: www.caregiver.org

Illinois Department on Aging and Abuse Hotline

Senior Helpline Toll Free 800-252-8966 (Mon.-Fri., 8 a.m.-5 p.m., Voice or TDD)

Weekends and after 5 p.m. Abuse Hotline Toll Free 800-279-0400

Nursing Home Compare

Information from the Health Care Financing Administration (HCFA),

Web site: www.medicare.gov

To File a Complaint with HCFA:

Call 1-800-633-4227,

Caregivers Bill of Rights

I have the right...

To take care of myself. This is not an act of selfishness. It will make me capable of taking better care of my loved one.

To seek help from others even though my loved ones may object. I recognize the limits of my own endurance and strength.

To maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for this person, and I have the right to do somethings just for myself.

To get angry, be depressed, and express other difficult feelings occasionally.

To reject any attempts by my loved one (either conscious or unconscious) to manipulate me through guilt and/or depression.

To receive consideration, affection, forgiveness, and acceptance for what I do from my loved ones, as long as I offer these qualities in return.

To take pride in what I am accomplishing, and to applaud the courage it has sometimes taken to meet the needs of my loved one.

To protect my individuality and my right to make a life for myself that will sustain me in the time when my loved one no longer needs my full-time help.

To expect and demand that as new strides are made in finding resources to aid physically and mentally impaired persons in our country similar resources will be made towards aiding and supporting caregivers.

Used with permission from "Someone Who Cares: Caring for the Caregiver," The Center for Applied Gerontology, a division of Council for Jewish Elderly, Chicago.