



AGING and DISABILITY SERVICES

Aging Care

Free advisors for in home care options in your location. www.agingcare.com

A Place for Mom

Resource for guidance and support in locating elder care options for seniors.
www.aplaceformom.com
1-866-344-2643

BACOA (Barrington Council on Aging)

Programs, activities, resources and support for seniors and their caregivers. www.bacoa.org 1-847-381-5030

Elderwerks

Free assistance in assisted living or other types of senior care. www.help@elderwerks.org 1-855-462-0100

Fish Food Pantry

Short-term emergency food services for families in need. www.fish-food-pantry.org 1-847-428-4357

Illinois Department on Aging

State resource for government supported resources for seniors. www.illinois.gov/aging 1-866-800-1409, 1-800-252-8966

Meals On Wheels

Township oriented. For assistance in locating your service area, contact BACOA (above).

Mom's Meals Nourish Care

High quality refrigerated meals and uncompromising food safety for seniors, patients and those with disabilities. \$6.99/meal. Some may qualify for free meals. www.MomsMeals.com 1-877-508-6667

Neuro-Balance Center, Barrington

Serves people with neurological and physical challenges, providing therapy and support. www.neurobalancecenter.org 1-847-800-6162

Seniors Blue Book

Resources for Aging well www.SeniorBlueBook.com
Free Referral line 1-708-515-8220 (State of Illinois)
Copies of this book are available in the Care Note rack at Barrington UMC.

Senior Living

Resources and support for selecting appropriate senior living. www.seniorliving.org 1-866-857-0796

Senior Services Associates

Five locations serving Kane, Kendall, and McHenry counties. Check the website for individual information. www.seniorservicesassoc.org

Silver Connections

Free resource network for housing and care resources for seniors and their families. www.asilverconnection.com 1-866-421-8266



Social Security Disability Information

Retirement and disability information and assistance. www.ssa.gov 1-800-772-1213

FINANCIAL SERVICES

Need Help Paying Bills

Resources and links to multiple services for assistance with all kinds of financial needs. www.needhelppayingbills.com

American Hope Resources

Resources discounts employment financial aid for Americans suffering financial hardships. www.americanhopeservices.com

HOSPICE SERVICES

JourneyCare

Providing quality hospice care in any setting along with family support services. www.journeycare.org 1-847-467-7423 1-224-770-2489 (24 hour service)

Hospice Foundation of America

www.hospicefoundation.org

Barrington Youth and Family Services

Counseling services for individuals (children-seniors), families and couples. www.barringtonbyfs.org 1-847-381-0345

BStrong Together

Enhancing the health and well-being of Barrington area children and youth in mind, body and spirit through parental, student and community programming. www.bstrongtogether.org 1-224-848-4548

Crisis Text Hotline

Free 24/7, confidential text message service for people in crisis. Text from anywhere in the US to text with a trained crisis counselor.

www.crisistextline.org

Text: 741741 (Someone will text you back immediately)

Healthy Barrington

Find mental wellness providers www.healthybarrington.org

RAINN Rape and Incest National Network

The nations largest anti-sexual violence organization. www.rainn.org 1-800-656-HOPE

Samaritan Counseling Center

Hope, help and healing through professional counseling for individuals, families and faith-based organizations.

www.sccnw.org 1-847-382-4673 (HOPE)

Suicide Awareness Hotline

24/7 free and confidential support for people in distress, prevention and crisis resources. www.suicidepreventionlifeline.org 1-899-273-8255 (TALK)

Veterans Resources

www.maketheconnection.net Crisis Line: 1-800-273-8255 Press 1

Text: 838255

For additional resources, please visit: www.suburbanresourcequide.org



TRANSPORTATION

BACOA

Transportation services for Barrington area. Contact BACOA for information. www.bacoa.org 1-847-381-5030

Escorted Transportation Service Northwest

Transportation to medical appointments, \$12 each way. Limited service area, minimum one-week prior notice.

www.etsnw.org 1-847-222-9227

Fish (For I Shall Help)

Volunteer organization that responds to emergency needs for transportation when family, friends, or neighbors are not available. Now partnered with BACOA. See contact information above.

PACE Dial-A-Ride

Providing service from 9:00 a.m. to 4:00 p.m. Monday through Friday; reservations can be made 7:00 a.m.-6:00 p.m. for the following day. PACE provides service anywhere in Barrington and Cuba Townships and selected destinations in Lake Zurich. Rides to medical appointments can be made up to a week in advance, curb to curb service only. The faire is \$2 eacy way; exact change to be paid to the driver. For reservations, call 1-800-273-5939; TTY, 1-888-454-4724. For a description of the service area, see Pace's website.

www.PaceBus.com 1- 800-273-5939

Palatine Township Van Transportation Services

Provides curb-to-curb service anywhere within the Palatine Township boundaries. Cost: For seniors 60 and over and/or the disabled, the cost is \$2.50 for a one-way trip. Prio registration is required. www.palatinetownship.com/transportion 1-847-358-6907



WOMEN AND CHILDREN

Community Crisis Center

Emergency assistance and shelter for women and their children due to domestic violence or economic crisis.

www.crisiscenter.org 1-847-697-2380 1-847-697-9740 (Spanish/Español)

The Lake County Haven

Empowering homeless women and their children to achieve permanent, independent living. www.Lakecountyhaven.org 1-847-680-1703



Home of the Sparrow

Serving homeless women and children in Northern Illinois with hope, opportunity, and support. www.HOSParrow.org 1-815-271-5444

Night Owls

First United Methodist Church of Arlington Heights Ongoing program for special needs children and their families. www.fumcah.com 1-847-255-5112

A Safe Place

Emergency shelter www.asafeplaceforhelp.org 1-847-249-4450 24-hour hotline: 1-800-600-SAFE (7233)

Turning Point

Emergency shelter, counseling, job resources www.turnpt.org 1-815-338-8081

WINGS

Support and pathway programs for adults and children escaping from domestic violence. www.wingsprogram.com 1-847-221-5680 (24-Hour Hotline)

TOLL FREE INFORMATION NUMBERS

AARP: 1-800-441-2277 www.aarp.org

Alcoholics Anonymous: www.chicagoaa.org

Alzheimer's Association: 1-800-272-3900 www.alz.org

American Cancer Society: 1-800-227-2345 www.cancer.org

American Diabetes Association: 1-800-342-2383 www.diabetes.org

American Foundation for the Blind: 1-800-232-5463 www.afb.org

American Heart and Stroke Association: 1-800-242-8721 www.americanheart.org

American Kidney Fund: 1-800-795-3226 www.kidneyfund.org

American Liver Foundation: 1-800-465-4837 www.liverfoundation.org

American Lung Association: 1-800-586-4872 www.lungusa.org

American Parkinson Disease Association: 1-800-223-2732

www.apdparkinson.org

American Speech Language–Hearing Association: 1-800-223-6321 www.asha.org

American Stroke Association: 1-800-553-6321

www.strokeassociation.org

Arthritis Foundation: 1-800-283-7800 www.arthritis.org

Caregiver Action Network: 1-202-454-3970 www.eldercare.gov

Domestic Violence Hotline: 1-800-892-8900

Eldercare Locator: 1-800-677-1116 www.eldercare.gov

Insure Kids Now: 1-877-KIDSNOW (1-847-543-7669) www.insurekidsnow.gov

Medicaid Information: www.medicaid.gov

Medicare Information: www.medicare.gov

National AIDS Hotline: 1-800-342-AIDS www.ashastd.org/nah

National Association of the Deaf: 1-301-587-1788 www.nad.org

National Association for Hispanic Elderly: 1-213-487-1922

National Council on Aging: 1-800-424-9046 www.ncoa.reingolddev.org

National Suicide Prevention Lifeline: 800-273-8255 (TALK) www.suicidepreventionlifeline.org

RAINN | Rape and Incest National Network: 1-800-656-HOPE

Suburban Resource Guide: www.suburbanresourceguide.com

Veterans Crisis Line: 1-800-273-8255 Press 1 Text 838255 www.veteranscrisisline.net

