

It's okay to ask for help.

There are ways to provide good care for your loved one or family member without doing everything yourself. You are not alone in the Iowa/Illinois Quad City region. Help is only a phone call or a computer click away.

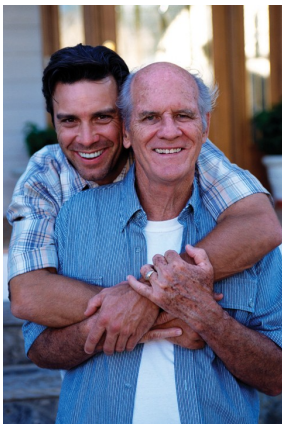
There is a Family Caregiver Support Program on both sides of the river to help people...

- 60 and over who care for a person of any age
- Of any age who care for someone 60 years old or over
- Of any age who care for a loved one who has Alzheimer's or other forms of dementia.

We help husbands, wives, sons, daughters, neighbors, and friends.

Our agencies can connect you with resources such as information on benefit programs, adult day services, community resources, assistance in gaining access to services and more.

We have the knowledge to provide you with options to address your specific needs and help you plan for the future.



*In the Iowa/Illinois Quad-City Region...
no matter where you live,
we help family caregivers.*



Your quality of life, our passion.

1803 7th Street, Moline, IL 61265
(309) 277-0167 or toll free (800) 798-0988
www.alternativesforyou.org



729 34th Ave., Rock Island, IL 61201
(309) 793-6800 or toll free (800) 322-1051
www.wiaaa.org



935 E. 53rd St. Davenport, IA
(563) 324-9085 or toll free (855) 410-6222
www.milestonesaaa.org

alzheimer's  association®

2208 E 52nd St Ste B, Davenport, IA 52807
(563) 324-1022 or toll free 1-800-272-3900
www.alz.org

*Watch for details regarding the
Quad City Family Caregiver Conference
that is held in the spring every year.*

We help **FAMILY CAREGIVERS** in the **Iowa or Illinois Quad Cities**



Family caregivers are relatives, friends, or neighbors who are involved in assisting others with various activities of daily living and/or medical tasks that they cannot do themselves.

We bridge the river to provide family caregiver support.

We're here for you when you're there for others.



Services for Caregivers include ...

- Planning Assistance For Now and In The Future
- Educational Workshops
- Respite Care
- Support Groups
- Individual Counseling
- Family Care Consultations
- Information Assistance and Referrals
- Bilingual Counselors



There may be a charge for workshops or services.

Donations are accepted.

IN ILLINOIS | Rock Island, Henry, Mercer, Henderson, Knox, Warren, McDonough, Bureau, LaSalle, and Putnam Counties



800-798-0988

We promote the independence and quality of life for older adults, adults with disabilities, and their families. To support those caring for a loved one, we offer educational classes, individual counseling, support groups, a caregiver library and resource and referral. Other programs offered at Alternatives include Care Coordination, Money Management, Adult Protective Services and Ombudsman services. Experience peace of mind with just one phone call.



800-322-1051

We empower and support older adults, adults with disabilities, and their caregivers by providing quality services, resources, and opportunities to maintain independence and elevate quality of life. We can make referrals to appropriate organizations, offer a broad range of programs and services, and help people apply for programs and benefits while helping them understand their options. Services are also available for grandparents and other relatives raising children.

IN IOWA | Clinton, Scott & Muscatine Counties + 14 counties in southeastern Iowa



855-410-6222

We support older Iowans and people with disabilities as a resource for information and assistance when long-term care supports are needed for independent living. We also facilitate specific state and federal healthy aging programs. Family caregivers receive the support and information needed when caring for a family member or friend.

IN IOWA & ILLINOIS | Clinton, Scott & Muscatine | Rock Island, Henry & Mercer



800-272-3900

Millions of people are caring for someone with Alzheimer's and other types of dementia. It is a difficult and dangerous journey, but one caregivers don't have to walk alone. Our Association does more than raise money for research; to find out how we can help you help the one you love, call us today.