

Phone Programs

Sunshine Calls

(Association for Individual Development, AID)

A free service for individuals who have limited access to the community are older adults, are recovering from an illness or surgery, have mental health needs, are physically disabled, or have developmental disabilities. Call for more information or to begin.

(630) 966-9393

Friendship Line

(Institute on Aging)

The friendship line is both a crisis intervention hotline and a warmline for non-emergency emotional support calls. Friendship Line is a 24-hour toll-free line.

(800) 971-0016

Lifetime Connections

(Family Eldercare/Without Walls)

Telephone activities program providing opportunities for older adults to connect with others in their community and across the country using a telephone conference call system.

(888) 500-6472

Well Connected

(Covia)

All groups are accessible by phone from wherever you are at no cost to you. Well Connected members call in via a toll-free number at a set time each week.

(877) 797-7299

Need A Device?

There are programs available for those needing a device to connect virtually or by phone. Please call our office for available options and resources.

ELDER CARE SERVICES

ADDRESS

1701 E. Lincoln Hwy.
DeKalb, IL 60115

CONTACT

Phone: (815) 758-6550

Fax: (815) 758-4239

Email: team@ecsdekalb.org

WEBSITE

www.ecsdekalb.org

SOCIAL MEDIA



SAFE SECURE AND SUPPORTED



Social Isolation Resources Guide

In-Person Programs

Senior Connections

(Family Service Agency)

A free program meant for seniors who could benefit from social interactions with friendly visitors. Seniors that can benefit from this program will be paired with a volunteer.

(815) 758-8616

Club 55

(Family Service Agency | Multiple Locations)

Combines therapeutic recreation, socialization, physical and mental stimulation, and health education to reinforce dignity and self-worth. For those 55 and older.

(815) 758-8616

Silver Sneakers/Silver Fit

(Kishwaukee YMCA)

Silver Sneakers participants are offered specialized exercise classes that have been shown to help older adults maintain good health, reduce health care costs and lead an active, independent lifestyle.

(815) 756-9577 or (815)375-5400

Dementia Caregiver

Support Group

(Elder Care Services)

Support group for those that caregive for someone with dementia. First and third Wednesdays monthly at 1 pm.

(815) 758-6550



Meals on Wheels

(Voluntary Action Center)

Provides nutritious food as well as social contact to the homebound and elderly. Offers congregational meal sites throughout the county. Some sites participate in activities such as bingo, birthday celebrations, holiday get-together, informational and community presentations.

(815) 758-1678 (DeKalb)

(815) 748-5994 (Taylor St. Plaza)

(815) 787-6219 (Sandwich VAC)

Virtual Programs

General Caregiver

Support Group

(Elder Care Services)

Support group for those that caregive for someone over the age of 18. Fourth Tuesday monthly at 6 pm. Call to register.

(815) 758-6550

Chronic Illness Support Group

(Elder Care Services)

Support group for those that are living with a chronic illness over the age of 18. Third Friday monthly at 1 pm. Call to register.

(815) 758-6550

Well Connected

(Covia)

Virtual groups and programs at no cost. Various topics are offered. Well Connected members join virtually from their phone, tablet, or computer at a set time each week. Most groups last 30 minutes to an hour with around 12 participants. Also offered in Spanish.

(877) 797-7299

<https://covia.org/programs/well-connected/>

Find more resources online at
www.ecsdekalb.org