

Who We Are

Elder Care Services' mission is to help older and vulnerable adults remain "safe, secure and supported" within the community through evidence-based programs.



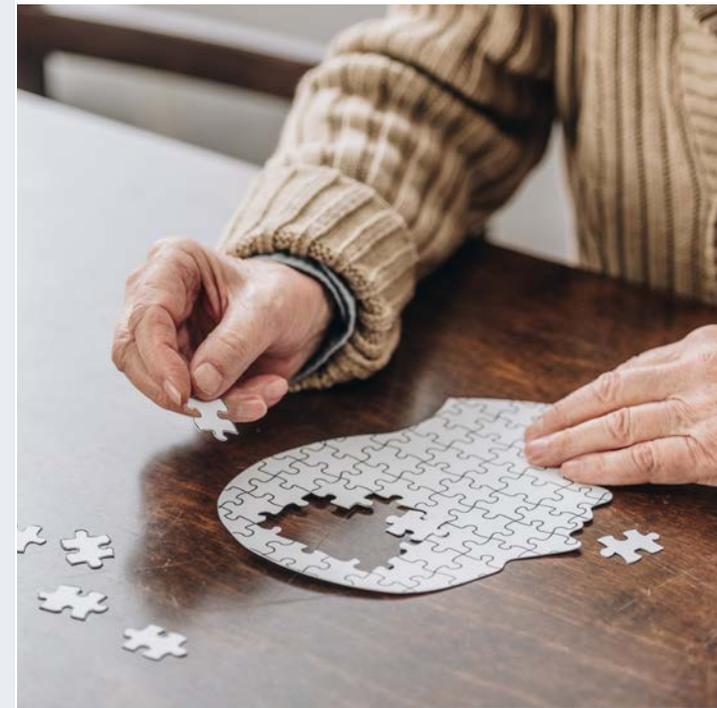
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Cognitive Behavioral Support Program

A comprehensive program for those experiencing difficulties with concentration, memory, and mood.



Helping older adults remain safe, secure and supported in the community.

PROGRAM OUTLINE

Elder Care Services' Cognitive Behavioral Support Program (CBSP) is designed to assist individuals in the community with identifying difficulties associated with cognitive impairment and mood disorders. Once the older adult's impairments have been identified our CBSP team can provide behavioral therapies and supportive care planning to impacted individuals.



REFERRAL PROCESS

Those who suspect they or their loved ones are experiencing cognitive changes can request an assessment to identify areas in life where the older adult is struggling and develop a plan of care to address these issues. Assessments and follow-up services are provided at the Elder Care Services office or the program participant's home.

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Our goal is to provide guidance to those experiencing changes in order to improve their quality of life.

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STAFF QUALIFICATIONS

Program Coordinator, Lee Scott is a Licensed Clinical Social Worker (LCSW) certified to provide a variety of assessments and address behavioral concerns through Cognitive Behavioral Therapy. Additional program staff are also certified to conduct assessments.

ASSESSMENT TOOLS

The Montreal Cognitive Assessment (MoCA) tool is used for diagnosing and developing an appropriate plan to address identified needs. The MoCA test is a validated and useful cognitive screening tool for many illnesses impacting cognition. Other assessment tools are used to identify and measure stress, anxiety, and depression symptoms.