**ONE CALL DOES IT ALL: 708-361-0219**

**PLOWS Council on Aging provides comprehensive community services to 16,000+ individuals in 20 communities within Palos, Lemont, Orland and Worth Townships. We bring innovative opportunities and integrated solutions to help individuals maintain their health, independence, dignity and self-worth in their community. Our core programs and services include:**

* **Adult Protective Services:** Investigates reports of abuse, neglect, exploitation and self-neglect. Reporting a potential abuse situation is confidential and reporter information remains anonymous.
* **Advocacy & Benefits:** Assistance applying for benefits such as Medicare Part B & D subsidies, energy assistance, senior property taxes, reduced-fare transit cards, SNAP, Medicaid, and license plate discount.
* **Caregiver Support:** Educational events and support for those caring for someone aged 60+, as well as Grandparents and Other Relatives Raising Grandchildren. We can also arrange respite -- temporary care for an older adult to give a caregiver a much needed break.
* **Care Planning:** Guidance to create the best plan of care possible to help people age well in the community once a need is identified.
* **Choices for Care Program:** Professional assessment to provide options for home and community-based services following discharge from a hospital or rehabilitation stay.
* **Home-Delivered Meals:** Nutritional meals delivered to the home daily, Monday through Friday, for people who are unable to manage meal preparation.
* **Information & Assistance:** Guidance to aging resources and connections from supportive specialists.
* **In-Home Services:** Assistance managingdaily household activities such as personal care, meal preparation, light housekeeping, laundry and grocery shopping.
* **Shared Housing:** This innovative roommate matching program provides affordable housing and/or companionship. Adults of all ages can participate as long as one participant is aged 62+ or has a disability.

*PLOWS Council on Aging is South Suburban Cook County’s premier leader and connection to aging information and resources empowering individuals navigating the aging life cycle with a focus on those 60 years of age and older.*