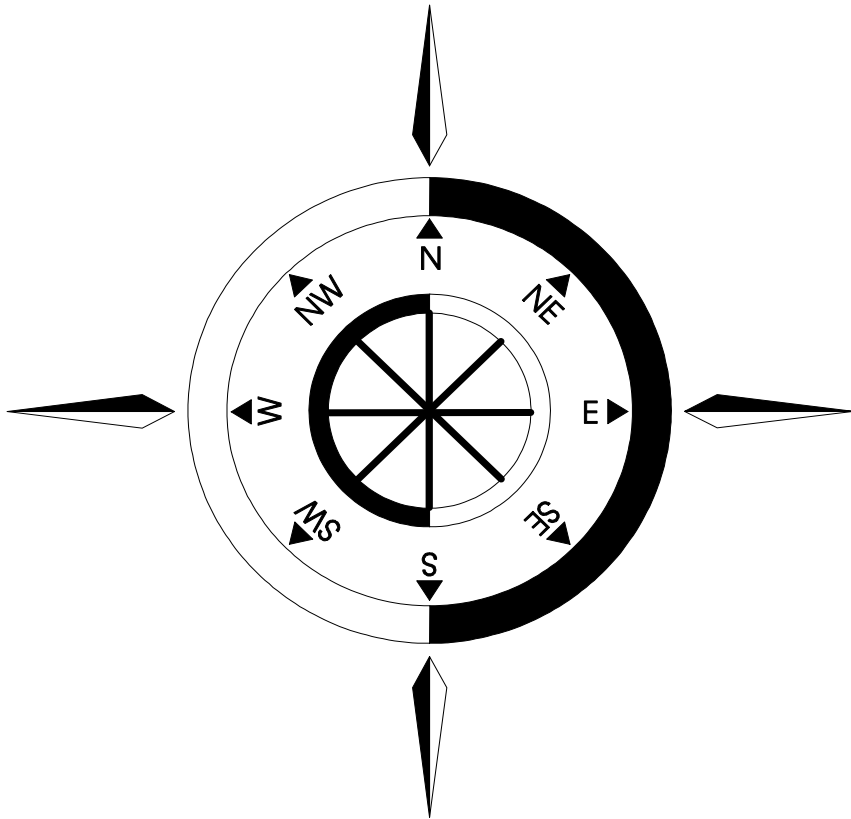


ALZHEIMER'S DIRECTORY



Navigating the Journey

NORTHWESTERN ILLINOIS AREA AGENCY ON AGING

1111 S. Alpine Road, Suite 600
Rockford, Illinois 61108

815/226-4901 or 800/542-8402 (voice)
815/226-8984 (fax)

E-mail: niaaa@nwilaaa.org
Website: nwilaaa.org

PREFACE

The Northwestern Illinois Area Agency on Aging (NIAAA) realizes that caring for a person with Alzheimer's Disease is often a stressful and difficult task. We recognize that families often lack information and support in caring for an afflicted family member. This Alzheimer's Directory was developed to assist you in locating resources that might help you in your time of need. In the following pages you will find information on Alzheimer's Disease, caregiving, in-home care, financial assistance, nursing homes, support groups, and much more. While this directory may not answer every question you may have, it does hold a wealth of information that should prove useful to you. Should you have questions or comments about this directory, please contact us.

The Northwestern Illinois Area Agency on Aging (NIAAA) is a not-for-profit agency authorized by the Illinois Department on Aging to plan, coordinate, and administer programs for older persons in northwestern Illinois including Boone, Carroll, DeKalb, Jo Daviess, Lee, Ogle, Stephenson, Whiteside and Winnebago Counties. NIAAA's goal is to develop a comprehensive network of services for older persons in order to assist them to remain independent and in their own homes as long as possible.

NIAAA works with the agencies serving seniors listed in this directory to coordinate services and pool resources. NIAAA also funds social and nutrition services listed in this directory with Title III Older Americans Act funds under a three year area plan. These services are available to individuals sixty years of age and older on a donation basis. No person is denied service due to unwillingness or inability to contribute.

Please contact the NIAAA office if you need additional information.

This document is published by NIAAA which operates with funds available under the Older Americans Act and Illinois General Revenue Funds through the Illinois Department on Aging. Programs funded through NIAAA shall provide services to persons in need regardless of race, color, national origin, religion, sex, ancestry, marital status, physical or mental handicap, unfavorable military discharge, age, handicap or ability to pay.

Northwestern Illinois Area Agency on Aging does not discriminate in admission to programs or activities or treatment of employment in programs or activities in compliance with appropriate State and Federal Statutes. If you feel you have been discriminated against, you have a right to file a complaint with the Illinois Department on Aging. For information, call Senior HelpLine: 1-800-252-8966 (Voice & TTY) or contact Grant L. Nyhammer, (815) 226-4901 or 1-800-542-8402 (voice), or (815) 226-8984 (FAX).

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ALZHEIMER'S DISEASE

It is being called the disease of the century. About 5.4 million Americans are afflicted with it, and that number is expected to triple by the year 2050. It is Alzheimer's disease (pronounced Alz-hi-merz), now the fifth leading cause of death for elderly Americans.

Alzheimer's disease is a brain disease that causes progressive loss of memory and mental abilities. This deterioration is accompanied by a destruction of brain cells and abnormal formations in and around the nerve cells of the brain. The symptoms and rate of progression of Alzheimer's Disease vary. But for most persons with Alzheimer's, the disease progresses slowly over a period of 2 to 20 years.

No one knows for sure what causes Alzheimer's disease. Researchers are investigating a number of possibilities; some believe defective genes or defective gene products may play a role. Researchers are also studying whether some of the changes in patients are the effects of the disease or whether these changes cause the disease. These changes include shortages of some important chemicals in the brain, and reduced ability of the brain to obtain an adequate supply of oxygen.

Alzheimer's disease is a disease of the elderly, but is not part of the natural aging process. While it occasionally affects people in their 40's or 50's, most people who become stricken with it are 65 or older.

The early symptoms of Alzheimer's disease can resemble changes that often occur as part of the normal aging process. Since most people who get the disease are well into their 60's or older, it may be difficult to tell whether the changes are normal or not.

The symptoms of Alzheimer's disease include:

1. Memory changes that disrupt daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images and spatial relations
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood or personality

There is no cure for Alzheimer's disease as yet. However, treatment and care techniques are continually improving, and the benefits of this progress can be especially valuable to both patients and their families when the disease is diagnosed early. We highly recommend seeking a diagnosis through Alzheimer's Assessment Centers.

ALZHEIMER'S ASSISTANCE

There is no single diagnostic test for Alzheimer's disease. However, a complete medical and neurological evaluation is strongly recommended to account for dementia symptoms when they are noticed. A complete evaluation should include a detailed medical history, a thorough physical and neurological examination, a mental status test, a psychiatric assessment, neuropsychological testing and routine laboratory tests. These tests can help identify or rule out other causes of dementia. With a complete evaluation, Alzheimer's Disease can be diagnosed with 90 percent accuracy.

A good place to start the process of testing for Alzheimer's disease is with the family doctor. A geriatrician or an internist also can begin the diagnostic process. Any of these doctors may then consult or refer to a neurologist, psychiatrist or a specialized Alzheimer's diagnostic center.

ALZHEIMER'S ASSESSMENT CENTERS

Alzheimer's Assessment Centers in northwestern Illinois offer comprehensive outpatient evaluations of Alzheimer's and other dementias. Evaluations are made by a team including a geriatrician, nurse and program coordinator. A family conference is held to explain the result of the evaluation and to make recommendations for future care. The patient's family physician also plays a key role.

Alzheimer's assessment centers include:

Alzheimer's Assessment Program
Freeport Health Network
1045 West Stephenson Street
Freeport, IL 61032
Phone: (815) 599-7437
E-mail: swise@fhn.org

Northwestern Neurobehavior and
Alzheimer's Disease Center
675 N. St Clair St., #20-100
Chicago, IL 60611
(815) 695-9627
Contact: Andrew or Jackie
www.brain.northwestern.edu

Memory Assessment Center
Alexian Brothers Neuroscience Institute
Alexian Brothers Medical Center
Eberle Building
800 Biesterfield Road, #610
Elk Grove Village, IL 60007
Contact: Dr. Concetta M. Forchetti, MD
(847) 981-3630
www.alexian-neuroscience.org

Rush Memory Clinic
710 South Paulina, 8 North, JRB Building
Chicago, IL 60612
Phone: (312) 942-3333
www.rush.edu/patients/radc

OSF Neuroscience Institute
535 Roxbury Road
Rockford, IL 61107
(815) 387-1717

Stateline Area Memory Clinic
Beloit Clinic
1905 Huebbe Parkway
Beloit, WI 53511
Contact: Larisa Chmielewski
(608) 364-1288

Eligibility. Those who participate in this program are persons of any age and all economic levels who display symptoms which could suggest they are getting Alzheimer's disease.

There may be a cost for screening. Also refer to listings in this Directory for Case Management, Adult Day Service, Respite, Community Care Program, Legal, Powers of Attorney, etc.

ALZHEIMER'S ASSOCIATION

The Alzheimer's Association is a privately funded national voluntary health organization. It is the largest private nonprofit funding resource for Alzheimer research and a trusted resource for reliable information, education, referral and support. A nationwide 24-hour information and referral line (1-800-272-3900) provides support and links families who need assistance with nearby chapters and affiliates. For information on Alzheimer's disease or a related disorder, or to obtain educational materials contact:

Alzheimer's Association
225 North Michigan Avenue, 17th Floor
Chicago, IL 60601
Phone: (312) 335-8700 or 1-800-272-3900
Website: www.alz.org E-mail: info@alz.org

Local chapters of the Alzheimer's Association provide core services to individuals, families, and professionals, including information and referral, support groups, care consultation, education, and safety services.

In Boone, DeKalb, northern Ogle, Stephenson and Winnebago Counties, contact:

Alzheimer's Association - Greater Illinois Chapter
1111 S. Alpine Rd., Rockford, IL 61108
Phone: (815) 484-1300 Fax: (815) 484-9286
Helpline: 1-800-272-3900 (toll free)
Website: www.alz.org/illinois

In Carroll, and Jo Daviess Counties, contact:

Alzheimer's Association - Greater Iowa Chapter
5900 Saratoga Plaza, Suite 11, Dubuque, IA 52002
Phone: (563) 589-0030 Fax: (563) 588-4523
Helpline: 1-800-272-3900 (toll free)
Website: www.alz.org/greateriowa

In Lee, southern Ogle and Whiteside Counties, contact:

Alzheimer's Association – Central Illinois Chapter
93 South Hennepin Avenue, Dixon, IL 61021
Phone: (815) 285-1100 Fax: (815) 285-1116
Helpline: 1-800-272-3900 (toll free)
Website: www.alz.org/illinoiscentral

SUPPORT GROUPS

- Boone** Boone County Council on Aging (4th Thursday at 2:00 pm)
2141 Henry Luckow Lane
Belvidere, IL 61008
Call: (815) 544-9893
- Carroll** Big Meadows Nursing Home (4th Thursday at noon to 1:00 pm))
1000 Longmoor, Savanna IL 61074
(563) 589-0030 or 1-800-738-8071
Contact: Mary McNally, Alzheimer's Association, Dubuque, IA
- DeKalb** DeKalb Adult DayCare
126 South 4th Street
DeKalb, Illinois 60115
815-758-4286
- McHenry** Holy Cross Luthern Church (2nd Tuesday, 6:30 pm)
2107 Three Oaks Rd.
Cary, IL 61013
- Ogle** Pinecrest Terrace (3rd Thursday, 2:30 pm)
418 S. McKendrie
Mt. Morris, IL 61054
815-734-9069
Website: www.pinecrestcommunity.org
E-mail: info@pinecrest.org

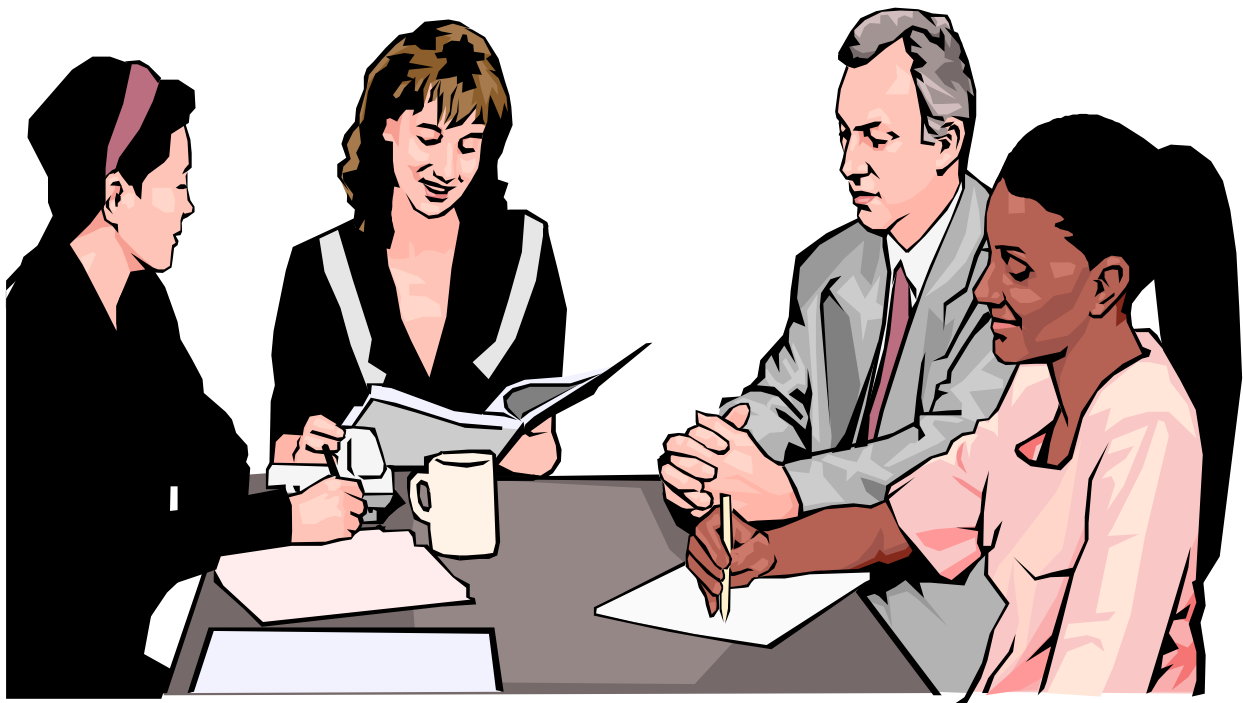
Winnebago

Mt. Olive Lutheran Church (2nd Wednesdays, 6:30 pm)
2011 N. Alpine Rd, Rockford, IL 61107
Lower level
Contact: Sue York, (815) 877-7416, ext. 246
* Adult children only

PA Peterson Center for Health
(3rd Thursday, 1:00 pm in the library)
1311 Parkview Avenue, Rockford, IL 61107
Call: (815) 399-8832, ext. 142

Rockford Public Library (1st Tuesday at 6:00 pm)
215 N. Wyman St, Rockford, IL 61101
Room B (South side)

Wesley Willows (2nd Thursday at 11:30 am)
4141 N. Rockton Avenue, Rockford, IL 61103
Swingley Room
Call: (815) 654-2534—Activities, Cathy
* Optional lunch available for \$5



ADULT DAY SERVICE

Adult day service provides a program of structured activities to meet the needs of seniors who cannot be left home alone during the day. The service can include activities such as socialization, meals, leisure time activities, health monitoring, medication supervision and transportation to and from the center. Assistance is provided with activities of daily living such as walking, eating, toileting and personal care.

Adult day service offers an alternative to in-home care or nursing home services. It may prevent, delay or shorten the time spent in an institution. For caregivers who need to work or who need respite, adult day service provides a dependable service which enhances the quality of life of their loved one.

Each adult day service center is unique in tailoring programs and services to the needs of the target population it seeks to serve. Costs and services vary from one center to another. Costs may also vary within a given center in accordance with the amount of staff attention required by an individual client. Service is usually available during normal business hours, five days a week.

Tax Credit. Families with elderly dependents who participate in adult day service center programs are eligible for a tax credit. Contact the Internal Revenue Service for information.

Eligibility. Eligibility requirements vary from one center to another according to the target population the center seeks to serve.

The Illinois Department on Aging Community Care Program funds adult day service. All Community Care Program adult day care centers meet Illinois Department on Aging standards for service. To be eligible for subsidized service in the Community Care Program, a person must be age 60 or older and unable to continue some or all acts of daily living as confirmed by a Determination of Need (DON) assessment conducted by a case manager. An individual's level of need (score on DON) determines the amount of adult day service to which the individual is entitled and the cost of that amount of service is borne by the program (Community Care Program).

Adult day service is also funded as respite service under Title III of the Older Americans Act, and, although there is no charge for the service, contributions are accepted.

If the senior is a veteran, veterans' benefits may pay for adult day service. In addition, some insurance companies provide reimbursement for adult day service.

To Apply. Contact the adult care service provider listed on the next page for an application packet. If Community Care Program funding is requested, contact the Case Coordination Unit/Case Management Agency listed in this Directory. A one-page application for service will be sent which must be completed and returned. A home visit will then be arranged to determine eligibility.

BOONE COUNTY

Brightside Adult Day Care
312 Buchanan Street
Belvidere, IL 61008
Phone: (815) 544-5491

DEKALB COUNTY

The DeKalb Adult Day Center
126 South Fourth Street, Suite C
DeKalb, IL 60115
Phone: (815) 758-4286

Vital Links Adult Day Care*
Fox Valley Older Adult Services
1406 Suydam Road
Sandwich, IL 60548
Phone: 1-(800)-590-2659 or (815) 786-9404
E-mail: FVOAS@aol.com

JO DAVIESS COUNTY

Galena-Stauss Adult Day Care Center*
215 Summit Street
Galena, IL 61036
Phone: (815) 776-7376, 777-1340
Website: www.gshhc.org
E-Mail: aschleicher@galenahealth.org

LEE COUNTY

Avonlea Cottage of Dixon
530 Countryside Lane
Dixon, IL 61021
(815) 288-6044

Family Tree Adult Day Service
1027 4th Avenue
Dixon, IL 61021
(815) 219-0484

Liberty Court
124 Liberty Court
Dixon, IL 61021
Phone: (815) 285-2000

OGLE COUNTY

The Neighbors Nursing Home
811 W. Second, PO Box 585
Byron, IL 61010
(815) 234-2511

STEPHENSON COUNTY

Friendship Center
222 W. Main St, PO Box 172
Lena, IL 61048
Phone: (815) 369-2690

Provena St. Joseph Adult Day Center*
659 East Jefferson Street
Freeport, IL 61032
Phone: (815) 232-6181
E-mail: Sharon.batten@provena.org

WHITESIDE COUNTY

Avonlea Cottage of Sterling
2201 E. Lefevre
Sterling, IL 61081
Phone: (815) 626-5439

WINNEBAGO COUNTY

Bright Side Adult Day Services*
Longwood Plaza*
1055 East State Street
Rockford, IL 61104
Phone: (815) 964-2433
Website: www.lifescapeservices.org
E-mail: adultdaycare@lifescapeservices.org

Bright Side Adult Day Services*
Tabor Lutheran Church
2233 12th Avenue
Rockford, IL 61104
Phone: 387-7976
Website: www.lifescapeservices.org
E-mail: tabor@lifescapeservices.org

Kirk Alzheimer's Activity Center
Wesley Willows
4141 North Rockton Avenue
Rockford, IL 61103
Phone: (815) 654-2534, ext. 1516

LifeHouse—The Atrium
2885 McFarland Road
Rockford, IL 61107
Phone: (815) 282-3340
Website: www.lifehouseproperties.com

*Community Care Program Funds

CAREGIVER SERVICES

NIAAA funded caregiver support services are available to assist family caregivers (including grandparents raising their grandchildren). Services are available without charge; however, donations are accepted. Call NIAAA at (815) 226-4901 or (800) 542-8402 for more information.

CAREGIVER ASSISTANCE

Provides information and practical hands-on help to determine what benefits and services are available for older individuals and for their caregivers. Contact your local I&A program Case Coordination Unit or NIAAA.

CAREGIVER TRAINING AND EDUCATION

Caregiver workshops and conferences provide an opportunity to acquire skills and knowledge related to caregiving. Contact NIAAA for more information.

CAREGIVER RESOURCES

There are a variety of books, directories, videos and audio tapes available to caregivers. Contact your local I&A or NIAAA.

EMERGENCY SERVICES

Emergency services funds pay for unique and individual needs of caregivers such as assistive technology, medical equipment and supplies, legal assistance, emergency response equipment, minor home repairs, transportation, and other needs. Contact your local I&A program or NIAAA for specific information on available services and application assistance.

RESPIRE CARE

Funds are available to help pay for services to give caregivers a break. Homemaker, adult day care or temporary nursing home placement can be paid for on a short term basis for older adults with physical or memory problems. These funds are for relief only and not intended to replace ongoing care. Contact your local I&A program or NIAAA.

SUPPORT GROUPS

Caregivers deal with a variety of issues in the process of taking care of a loved one. Many often feel overwhelmed in their caregiving tasks and need to find ways to cope with their stress. Caregiver support groups have been established to help caregivers find assistance and direction and to provide an outlet for emotion.

LOCATION

INFORMATION

BOONE COUNTY

Boone County Council on Aging
2141 Henry Luckow Lane
Belvidere, IL 61008

Meets the 4th Thursday of each month at 2:00 pm. For more information, call (815) 544-9893.

DEKALB COUNTY

Family Services Agency
14 Health Services Dr.
DeKalb, IL 60115

Meets the 1st and 3rd Monday of every month from 7:00-8:30 pm. For more information, contact Paul Ledger at (815) 758-8636.

STEPHENSON COUNTY

St. John's Lutheran Church
625 Country Lane Road
Lena, IL

Meets the last Tuesday of every month at 1:00 pm. For more information, contact Fawn Nolan at (815) 369-4035.

Provena St. Joseph's Adult Day Center
659 E. Jefferson St. (O'Neill Hall)
Freeport, IL 61032

Meets the third Monday of every month (except July and Dec.) at 6:30 pm. For more information, call Sherry Batten at (815) 266-8067.

WINNEBAGO COUNTY

Northwestern Illinois Area Agency on Aging
2576 Charles Street
Rockford, IL 61108

Meets the third Wednesday of each month, from 1:30-3:00 pm. For more information, contact Martha Logemann at (815) 226-4901 or 1-800-542-8402.

SwedishAmerican Hospital
1st floor, Conference Room 7
1400 Charles Street
Rockford, IL 61104

Meets the first Saturday of every month at 10:30 am. Facilitated by Dr. Al Ottens of Northern Illinois University. For more information, contact Martha Logemann at (815) 226-4901 or 1-800-542-8402.

CASE MANAGEMENT

The purpose of case management service is to assure that frail older persons with multiple health problems receive assistance appropriate to their needs. Case management service assesses the needs of frail, vulnerable older persons and provides service options outlined in a care plan. The case manager assumes an active role, assisting older persons in securing needed services, working with family members and service providers to coordinate care, and monitoring the coordinated care system.

Case managers work closely with the older person and family members to develop a suitable plan of services to increase the older person's independence, always respecting the older person's wishes regarding the plan. The case manager monitors the older person's continued need for and satisfaction with services and makes changes in the service plan as necessary. Case managers also determine eligibility for the State of Illinois Community Care Program (see Community Care Program information in this directory).

Case Management service is funded under Title III of the Older Americans Act and State of Illinois General Revenue funding. There are no income or asset criteria for Older Americans Act funded programs. Donations for service are accepted and no one is denied service due to inability or unwillingness to pay.

Case managers make home visits, hospital visits and nursing home visits to evaluate an older person's ability to function independently and determine which services might be provided to help enhance the older person's ability to live independently. The "Choices for Care" program provides free consultations to assist seniors and their families in learning about in-home service options and to make sure that seniors know that nursing homes are not their only "choice." The screening provides information about services in the community that are appropriate, available and affordable.

Eligibility. Individuals eligible for this service are persons age 60 and over who demonstrate a need for a coordinated case plan, follow-up and advocacy, seniors with multiple or complex problems which are often chronic in nature, seniors with a potential need for multiple services, seniors with problems which are vague or ill defined and/or seniors with insufficient informal supports to care for their own needs.

To apply. Contact the local Case Management Agency covering your area.

CASE MANAGEMENT AGENCIES

BOONE & WINNEBAGO COUNTIES

Visiting Nurses Association (VNA)
4223 East State Street
Rockford, IL 61108
Phone: (815) 971-4285
E-mail: vnaweb@rhsnet.org
Website: www.rhsnet.org/about/vna.aspx

CARROLL, LEE, OGLE, & WHITESIDE COUNTIES

Lutheran Social Services of Illinois
Intouch Services
1901 First Avenue
Sterling, IL 61081
Phone: (815) 626-7333
E-mail: sarah.karras@lssi.org
Website: www.lssi.org

DEKALB COUNTY

Elder Care Services of DeKalb County
330 Grove Street
DeKalb, IL 60115
Phone: (815) 758-6550
E-mail: DMaculan@ecsdekalb.org

JO DAVIESS & STEPHENSON COUNTIES

Senior Resource Center
1237 West Galena Avenue
Freeport, IL 61032
Phone: (815) 235-9777 or
(800) 424-6696
E-mail: mrichter@srcntr.org
Website:
www.stephensonseniorcenter.org

INFORMATION & ASSISTANCE

Information and Assistance (I&A) provides older adults and their caregivers with current information on opportunities and services available within their communities and provides practical hands-on assistance with benefit program applications. Information and assistance is provided over the phone, in the office of the I&A agency or in the home of the individual (if a home visit is needed), as well as at other community locations. I&A workers may act as a client representative for Illinois Department of Human Services, Social Security and other programs.

When a request for assistance is received, an interview is completed to determine the individual's needs. Trained staff use active listening skills and open-ended questions to obtain basic information about the situation. Information is provided on available resources. Individual needs are addressed. Information and assistance offers professional individualized help in a multitude of programs and services such as tax assessment freeze, pharmaceutical help, financial assistance, insurance questions, caregiving issues, along with a wide array of other needed programs and services.

Eligibility. Information & Assistance service is available to any individual who desires information about services and benefits available to persons age 60 and older. Specialized information and assistance service is also available to family caregivers and grandparents raising grandchildren.

AREA 01 OLDER AMERICANS ACT FUNDED INFORMATION & ASSISTANCE SERVICE SITES

- BOONE COUNTY: Boone County Council on Aging
2141 Henry Luckow Lane, Belvidere, IL 61008
Phone: (815) 544-9893
Fax: (815) 547-7373
E-Mail: jslattengren@keenage.org
Website: www.keenage.org
- CARROLL COUNTY: Carroll County Senior Services Organization, Inc.
306 N. Main Street, Box 45
Mt. Carroll, IL 61053
Phone: (815) 244-1800
Fax: (815) 244-5334
Toll free: (866) 214-1959
E-Mail: ccsso@internetni.com
- DEKALB COUNTY: Elder Care Services of DeKalb County
330 Grove Street, DeKalb, IL 60115
Phone: (815) 758-6550
Fax: (815) 758-4239
E-mail: DMaculan@ecs.org

LEE COUNTY: Lee County Senior Center
 100 West 2nd Street, Dixon, IL 61021
 Phone: (815) 288-9236 or 1-888-239-9228
 Fax: (815) 288-6563
 E-mail: lcoa@comcast.net

OGLE COUNTY: Rock River Center
 215 West Washington Street, Oregon, IL 61061
 Phone: (815) 732-3252 or 1-800-541-5479
 Fax: (815) 732-4318
 E-mail: rockrivercenter@verizon.net
 Website: www.rockrivercenter.org

JO DAVIESS AND STEPHENSON COUNTIES: Senior Resource Center
 1237 West Galena Avenue, Freeport, IL 61032
 Phone: (815) 235-9777 or 1-800-424-6696
 Fax: (815) 235-9571
 E-mail: mrichter@srcntr.org
 Website: www.stephensonseniorcenter.org

WHITESIDE COUNTY: Whiteside County Senior Center
 1207 West 9th Street, Sterling, IL 61081
 Phone: (815) 626-7707 or 1-800-645-2859
 Fax: (815) 625-0155
 E-mail: whitesideseniors@comcast.net
 Website: www.whitesideseniorcenter.com

WINNEBAGO COUNTY: Lifescape Community Services, Inc.
 705 Kilburn Avenue, Rockford, IL 61101
 Phone: (815) 963-1609 or 1-800-779-1189
 Fax: (815) 963-1627
 E-mail: lifescape@lifescapeservices.org
 Website: www.lifescapeservices.org

NINE COUNTIES: Northwestern Illinois Area Agency on Aging
 1111 S. Alpine Rd., Suite 600
 Rockford, IL 61108
 Phone: (815) 226-4901 or 1-800-542-8402
 Fax: (815) 226-8984
 E-mail: niaaa@nwilaaa.org
 Website: www.nwilaaa.org

LEGAL ASSISTANCE

PRAIRIE STATE LEGAL SERVICES

Prairie State Legal Services provides free legal advice and representation on legal matters for seniors aged 60 and older. Legal services offered include government program benefits, tenant rights, consumer problems, and other legal problems. The agency provides help to seniors on topics such as Medicaid requirements for nursing home coverage, advanced directives, Medicare coverage, domestic violence, and elder abuse. They can also answer questions on landlord and tenant disputes.

All callers are interviewed by an attorney who will determine if the problem fits case acceptance priorities which include protection from abuse, access to medical assistance, subsistence income and nutrition, adequate housing (including utilities and long term care) and preservation of personal autonomy (defense of guardianships and protective services).

Some of the cases commonly accepted for more extensive legal representation include:

- Domestic Violence Orders of Protection (when legal representation is needed)
- Denials/terminations of Supplemental Security Income (SSI) benefits
- Financial exploitation or abuse of the elderly or persons with disabilities
- Problems associated with nursing home care or paying for nursing home care
- Denials or evictions from public or subsidized housing
- Denials or terminations of government assistance (welfare benefits, food stamps, home health care, veterans' benefits, Medicaid)
- Terminations of housing subsidies such as Section 8 certificates or vouchers
- Illegal lock-outs and wrongful evictions
- Utility shut-offs
- Representation of victims of domestic violence to obtain a divorce
- Improper garnishment of exempt income or assets (governmental assistance, etc.)
- Legal issues faced by grandparents raising grandchildren

Prairie State staff are available to conduct interviews in the client's home, at a hospital or nursing home if necessary. Publications are available on various legal topics. Titles include *Senior Citizens Handbook: Laws and Programs Affecting Senior Citizens in Illinois* (2006 Edition); *Questions and Answers About Medicaid Spend-Down*; *Help with Medical Bills: A Guide for Senior Citizens*; *Financial Help for In-Home Care and Nursing Home Care*; and *When You Owe Money*. Complete copies of these publications are available on Prairie State Legal Services Internet website www.pslegal.org.

The agency does not deal with criminal or traffic cases, wills, fee-producing cases (such as age discrimination) and cases where a private attorney has been retained.

Volunteer Attorneys. Local attorneys working through Prairie State may be available to help low-income seniors in non-emergency matters, Chapter 7 bankruptcy, and real estate questions.

Cost. The recipient of the service is given the opportunity to make a voluntary and confidential donation, but services will be rendered regardless of a client's willingness or ability to pay.

Eligibility: Any person over 60 years of age is eligible.

To apply: Call Prairie State's Telephone Counseling Service.

Boone, Carroll, Jo Daviess, Ogle Stephenson and Winnebago Counties	303 North Main Street, Suite 600 Rockford, IL 61103 Phone: (815) 965-2134 Toll Free: (800) 892-2985 TTY: (815) 965-5114 FAX: (815) 965-1081
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Call from 9:00 am to 11:45 am and 1:00 pm to 4:00 pm Monday through Friday.

DeKalb County	201 Houston St. Suite 200 Batavia, IL 60510 Phone: (630) 232-9415 Toll Free: (800) 942-4612 TTY: (630) 232-9412 FAX: (630) 232-9402
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Call from 8:30 am to 5:00 am Monday through Friday.

Lee County	1021 Clinton Street Ottawa, IL 61350 Phone: (815) 434-5903 Toll Free: (800) 892-7888 TTY: (815) 434-6011 FAX: (815) 434-2642
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Call from 9:00 am to 12:00 pm and 1pm to 4 pm Monday through Friday.

Whiteside County	208 - 18th Street Rock Island, IL 61204 Phone: (309) 794-1328 Toll Free: (800) 322-9804 TTY: (309) 794-1302 FAX: (309) 794-0265
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ZEKE GIORGI LEGAL CLINIC

The Zeke Giorgi Legal Clinic provides free legal service to any person over the age of 50. Legal students under the supervision of an attorney provide legal help including:

Domestic Violence

- Emergency Orders of Protection
- Some Plenary Orders of Protection

Elder Law Clinic

- Wills
- Powers of Attorney for Property and/or Healthcare
- Living Wills
- Consumer Fraud
- Appointment of Guardian for Elderly Clients (to obtain life services or preserve property)
- Defense of Guardianship
- Abuse by family or household member

Family Law

- Pro Se Divorce Clinic teaching people how to divorce without using an attorney

Mediation Clinic

- Students are available to serve as mediators in a variety of disputes such as neighborhood, landlord/tenant, consumer complaints, barking dogs, trash, etc.

Costs. There is no income or asset requirement.

Eligibility. Any person over the age of 50 who meets poverty level requirements is eligible.

To Apply: Zeke Giorgi Legal Clinic
319 West State Street
Rockford, IL 61101
Phone: (815) 962-9980
Fax: (815) 962-9984
ZGLC@NIU.EDU

NATIONAL ACADEMY OF ELDER LAW ATTORNEYS

Provide information on how to locate an elder law attorney in your area. www.naela.org or contact your local bar association. AARP also has an elder law attorney referral program.

LONG TERM CARE FACILITIES

Most individuals move to a long term care facility from the hospital after surgery or a serious illness. Frequently, not enough time is available in a medical crisis to explore all options. It's best to gather information in advance before a crisis forces a quick decision. Take time to explore what is needed and be a careful consumer.

Care in a long term care facility should be explored when an individual:

- Cannot be left alone and needs 24 hour supervision.
- Has a need for daily medical care or assistance with medications.
- Falls frequently with other concerns about safety.
- Has problems with mobility and other activities needed to stay at home.

Ideally, the whole family should be involved in the decision, especially the individual moving to the long term care facility. It is also important to seek the opinion of the family physician. Long term care facilities may have one or more levels of care:

Skilled nursing care provides medical nursing care on a 24 hour basis by registered nurses, licensed practical nurses and nurses aides. Physical, occupational and other therapies are also available. This level of care is the most similar to hospital care.

Intermediate care provides 24 hour nursing care on a less intense level. Intermediate care is for residents who have long term illness but whose condition is stable.

Sheltered care provides less intensive health care. Emphasis is on personal care and socialization. Sheltered care provides assistance with bathing, dressing, ambulation and meal preparation. Some health services are provided such as supervision of medications, monitoring and supervision of stable medical conditions. Sheltered care does not provide routine nursing care and residents must generally be independent with most activities.

Care provided in a long term care facility is designed to restore and maintain the resident's highest level of physical, mental, emotional and social well being. Services provided include:

- Food services
- Nursing services
- Physician services
- Pharmaceutical services
- Social services
- Therapy
- Activities

While all long term care facilities are required to provide the same core group of services, long term care living facilities differ in the following ways:

- Some long term care facilities are small while others are very large.
- Facilities may be owned by a for-profit, not-for-profit organization or unit of government.
- They may be individually operated or part of a large chain of facilities.
- Some are part of larger housing complexes offering additional levels of service.
- Some facilities accept Medicaid while some limit the number of Medicaid residents.
- Special medical services may or may not be available.
- The ratio of those over 60 to those under 60 may differ.

Call NIAAA for a copy of the Long Term Care Facility Guide for Northwestern Illinois.

Affordable assisted living is available for lower income seniors and is subsidized by the Department of Human Services. **Community Based Residential Facility:** The Luther Center at 111 W. State in Rockford offers a residential housing option with services subsidized by the State of Illinois Community Care. Housing and supportive personal services along with meals are provided. Call 965-0055 for more information.

Supportive Living Facility: Supportive Living Facilities provide an assisted living option for low-income seniors who need some help with the activities of daily living but do not require nursing home care. Residents pay for their room and board and Medicaid pays for services including personal care, homemaker, laundry, maintenance, medication supervision, social activities, recreation, and 24 hour on-site staff. Call NIAAA for a list of supportive living facilities in northwestern Illinois.

Screening. Before entering a long term care facility, older adults and their family members should request a free consultation and screening to learn about in-home service options and other community services. This screening is provided by Case Management agencies (see entry in this directory). Case management staff will provide information about services in the community that are appropriate, available and affordable.

Choosing a Long Term Care Facility. The Long Term Care Ombudsman Program (refer to the entry in this directory) provides information on the types of licensed long term care facilities available in the area. The program also has information on the results of most recent inspection surveys that list deficiencies a facility has been cited for. Survey deficiency reports must also be made available in each licensed facility.

Northwestern Illinois Area Agency on Aging's nine county Nursing Home Guide provides information on how to choose a licensed facility, how care is paid for, and other helpful information. The Illinois Department of Public Health, (217) 782-4977 and www.idph.state.il.us, also has informational guides and consumer information, as does the Center for Medicare and Medicaid Services, 1-800-MEDICARE or www.medicare.gov.

Prairie State Legal Services' *Senior Citizens Handbook* contains information on how to choose a facility, advocacy tips, information on financial assistance, information on nursing home resident's rights, information on handling nursing home complaints and other useful information. This information is also available at www.pslegal.org.

Eligibility and To Apply. Call the admissions department of the facility to obtain an admissions packet. Older adults seeking admission to nursing homes must be screened by the local Case Coordination Unit. The screening is conducted by a trained case manager (see Case Management entry in this directory).

Illinois Special Care Units for Dementia

A long term care facility that offers care for persons with Alzheimer's Disease through a special care unit or center must disclose the following information:

- Care and treatment
- Philosophy of care
- Pre-admission, admission and discharge procedures
- Assessment, care planning and implementation guidelines
- Minimum and maximum staffing ratios
- Explanation of special care unit environment
- Activities available
- Family member involvement
- Cost of care and treatment

Alzheimer's Special Care Units in northwestern Illinois are:

County	Facility
Carroll	Pinecrest Manor, Mt. Morris
DeKalb	DeKalb County Rehab & Nursing Center, DeKalb Pine Acres Rehab & Living Center, DeKalb
Lee	Lee County Nursing & Rehab Center, Dixon
Ogle	Neighbors, Byron
Stephenson	Hawthorne Inn of Freeport, Freeport Stephenson Nursing Center, Freeport
Winnebago	Alden Park Strathmoor, Rockford P.A. Peterson Home, Rockford Wesley Willows, Rockford

Complaints

The Long Term Care Ombudsman Program (see entry in this directory) assists residents of long term care facilities (nursing home and licensed assisted living) resolve problems and concerns. The cases the Ombudsman Program handle are not limited to problems with the care at long term facilities, but also include Medicaid, Medicare, family problems, guardianship issues and many other issues that confront long term care facility residents.

LONG TERM CARE OMBUDSMAN

LONG TERM CARE OMBUDSMAN

Long Term Care Ombudsmen protect and improve the quality of care and quality of life for residents of long term care facilities (including licensed assisted living facilities). Ombudsmen investigate concerns, mediate disputes, advocate for the rights of residents of long-term care facilities, and provide information on how to choose a nursing home. Ombudsmen provide a voice to vulnerable residents who otherwise may have no one to speak for them.

Concerns and problems are not limited to care at long term facilities, but also include Medicaid, Medicare, family problems, guardianship issues and many other issues that confront long term care facility residents. The ombudsman visits long term care facility residents on a regular basis so residents and families can get to know the ombudsman.

The ombudsman is always an advocate for the resident. Types of problems that can be referred to the Ombudsman Program include problems with food, personal care, privacy, medication, use of restraints, accidents such as falls and other issues. Ombudsmen seek to resolve any problems or concerns in a confidential manner.

Care Issues - If a resident is not receiving appropriate care at the long term care facility, the ombudsman can work with the resident, staff and appropriate others to resolve the concerns.

Medicare - If coverage is denied the ombudsman can assist or may refer to legal resources.

Medicaid - If the resident has or is running out of money and the family has not already applied for Medicaid, the ombudsman can work with the family, the Illinois Department of Human Services and the long term care facility on the resident's behalf to attempt to prevent a discharge for non-payment.

Discharge - If a resident is being discharged from a long term care facility against their wishes, the long term care facility must follow specific state and federal regulations. Every resident has the right to appeal an involuntary discharge. The ombudsman will often assist the resident through the discharge process.

Abuse - If a complaint involves alleged abuse or neglect of the resident, the ombudsman will work with the Illinois Department of Public Health to intervene.

Ombudsmen also provide information, assistance, and community and facility education regarding long term care issues and the rights of long term care residents. Long Term Care Ombudsmen also cultivate best practices within facilities and promote family and community involvement. Ombudsmen advocate for the interests of residents to governmental agencies and policy makers. They support resident and family councils within long term care facilities.

Ombudsman staff and volunteers are available to attend and speak at resident council meetings. They will inform residents of their rights as residents of long term care facilities as well as other areas of interest.

Resources. Contact the ombudsman program for a copy of the booklet *Resident's Rights for People in Long Term Care Facilities* and a fact sheet on Medicaid Discrimination. Contact NIAAA at 226-4901 or 1-800-542-8402 to obtain a copy of our *Nursing Home Guide for Northwestern Illinois*.

Eligibility. Anyone can use the ombudsman service including long term care facility residents, their friends, relatives, administrators, employees or other concerned citizens.

For Assistance contact:

WINNEBAGO COUNTY, BOONE,
AND DEKALB COUNTIES:

Catholic Charities
4401 Highcrest Rd, Rockford, IL 61104
Phone: 1-800-369-0895
(815) 316-0040
E-mail: ccombudsman@ccrfd.org
Website: www.ccrfd.org

JO DAVIESS AND
STEPHENSON COUNTIES:

Catholic Charities
1231 South Walnut Avenue, Freeport, IL 61032
Phone: 1-800-369-0895
(815) 235-9563
E-mail: ccombudsman@ccrfd.org
Website: www.ccrfd.org

CARROLL, LEE, OGLE AND
WHITESIDE COUNTIES:

Catholic Charities
801 West 11th Street, Sterling, IL 61081
Phone: 1-800-369-0895
(815) 625-6945
E-mail: ccombudsman@ccrfd.org
Website: www.ccrfd.org

NORTHWESTERN ILLINOIS AREA AGENCY ON AGING FUNDED SERVICES

NIAAA funds the following Older Americans Act/General Revenue Fund services:

Adult Day Service: A program of structured activities to meet the needs of persons who cannot be left home alone during the day. Activities such as socialization, meals, leisure activities, health monitoring, medication supervision and transportation to and from the center is provided.

Case Management: Professional case managers conduct assessments, develop care plans, coordinate care and provide follow-up. Case management service is appropriate for seniors with problems making it difficult to stay at home.

Congregate Meals/Senior Dining: Nutritious meals meeting one-third the required dietary allowance provided in senior centers, senior housing and community buildings. An opportunity to socialize, make new friends and attend programs is also provided.

Educational programs: Caregivers and grandparents raising grandchildren can attend lectures, classes, workshops or conferences to learn new information and increase knowledge.

Elder Abuse Intervention: Investigation of suspected abuse, neglect and exploitation and, if abuse is substantiated, care plans are developed to protect victims while maintaining their independence.

Emergency Services: Emergency temporary help when there is no other source of assistance. Assistance is available for medical needs, housing, legal and other emergency needs.

Health Promotion: Promotes better health among older persons by providing education on health topics to keep older persons healthy and active.

Home Delivered Meals: A hot noon meal, sack lunch and breakfast (if available) along with a daily contact to ensure well-being.

Information and Assistance: Current information on benefits and services available within the community. Assistance with applications, advocacy to obtain benefits and follow-up.

Homemaker: In-home help for seniors without family support.

Legal Services: Legal advice and representation related to basic needs such as Social Security, Medicare and housing.

Long Term Care Ombudsman: Investigates and resolves complaints related to residents of licensed long term facilities, including assisted living, educates on residents' rights issues and advocates for improvements in the long term care system.

Medication Management: Educates and assists older persons to use medication properly, to manage health problems, and to prevent incorrect medication use and adverse interactions.

Respite Care: A brief period of relief or rest for family caregivers and grandparents raising grandchildren. Respite can be in the form of in-home intermittent, occasional, or emergency basis.

Support Groups: Support groups for family caregivers and grandparents raising grandchildren which emphasize coping strategies, peer support and resource education.

Transportation: Rides to essential services such as medical appointments and senior dining.

OLDER AMERICANS ACT SERVICES

The Older Americans Act seeks to improve the lives of older Americans. The mission of the Act is to foster maximum independence by providing a wide array of social and community services. The target groups of the Act are older persons in the greatest economic and social need, including low-income minorities.

NIAAA FUNDED AGENCIES - FY2012

ALL 9 COUNTIES:

Catholic Charities	Long Term Care Ombudsman
Prairie State Legal Services	Legal, Grandparent Legal
NIAAA	I&A, Caregiver Assistance and Grandparent Assistance, Senior Community Service, Employment Program

BOONE:

Boone County Council on Aging	I&A, Caregiver Assistance, Grandparent Assistance, Caregiver Training/Education and Support
Lifescape Community Services	Senior Dining, Home Delivered Meals, Health Promotion
Visiting Nurses Association*	CCU, Elder Abuse, Medication Management

CARROLL:

Lutheran Social Services*	CCU, Elder Abuse
NICAA Senior Citizens' Services	Senior Dining, Home Delivered Meals
Carroll County Senior Services Org.	I&A, Transportation, Caregiver Assistance, Caregiver Training/Education and Support, Grandparent Assistance, Health promotion, Medication Management
Visiting Nurses Association	

DEKALB:

Elder Care Services*	I&A, CCU, Elder Abuse, Caregiver Assistance, Grandparent Assistance,
Voluntary Action Center	Senior Dining, Home Delivered Meals, Transportation, Health Promotion
Visiting Nurses Association	Medication Management

JO DAVIESS:

NICAA Senior Citizens' Services	Senior Dining, Home Delivered Meals
Senior Resource Center*	I&A, CCU, Elder Abuse, Transportation, Caregiver Assistance, Grandparent Assistance, Caregiver Training/Education
Visiting Nurses Association	Health promotion, Medication Management

LEE

Lee County Council on Aging	I&A, Transportation, Caregiver Assistance, Grandparent Assistance, Caregiver Training/Education & Support
Lifescape Community Services	Senior Dining, Home Delivered Meals, Health Promotion
Lutheran Social Services*	CCU, Elder Abuse
Visiting Nurses Association	Medication Management

OGLE:

Lifescape Community Services	Senior Dining, Home Delivered Meals, Health Promotion
Lutheran Social Services** Rock River Center	CCU, Elder Abuse I&A, Transportation, Caregiver Assistance, Caregiver Training/Education and Support, Grandparent Assistance
Visiting Nurses Association*	Medication Management

STEPHENSON:

NICAA Senior Citizens' Services	Senior Dining, Home Delivered Meals
Senior Resource Center*	I&A, CCU, Elder Abuse, Caregiver Assistance, Grandparent Assistance, Caregiver Training/Education and Support Groups, Transportation
Visiting Nurses Association*	Health Promotion; Medication Management,

WHITESIDE:

Lutheran Social Services* NICAA Senior Citizens' Services Whiteside County Senior Center	CCU, Elder Abuse Senior Dining, Home Delivered Meals I&A, Caregiver Assistance, Caregiver Training/Education & Support; Grandparent Assistance, Transportation,
Visiting Nurses Association*	Health Promotion; Medication Management,

WINNEBAGO:

Lifescape Community Services	I&A, Caregiver Assistance, Caregiver Training/Education & Support, Grandparent Assistance, Senior Dining, Home Delivered Meals, Transportation, Health Promotion,
Visiting Nurses Association*	CCU, Elder Abuse, Medication Management

*CCU's provide comprehensive care coordination and nursing home prescreening through a contract with the Illinois Department on Aging.

*Also provide Community Care Program (CCP) Case Management Services through a contract with the Illinois Department on Aging.

Refer to the each service listing in this directory for providers of Older Americans Act services in Area 01.

Eligibility. To qualify to receive Older Americans Act services, individuals must be 60 years of age or older or an unpaid caregiver of an older adult.. There is no charge to participate in any Older Americans Act program or service, however, donations help extend these services to more people. No one will be denied services due to their inability or unwillingness to contribute.

PHARMACEUTICAL ASSISTANCE PROGRAMS

There has been significant advancement in treating Alzheimer's disease with medication in recent years; however, these drugs are generally expensive. Therefore, paying out of pocket without insurance or some other form of assistance can be difficult. Fortunately, there are a number of programs that provide coverage to help lower the prescription price you pay at the pharmacy.

NIAAA staff are specially trained to help answer questions about your drug coverage, assist you in applying for benefits, or advocate for you should you encounter problems with your prescription coverage. We can also help you find coverage that best meets your individual needs. Contact our office to speak with a specialist who will provide you with one-on-one assistance. We provide this assistance free of charge, although donations are gratefully accepted.

Some assistance programs are listed below along with internet links that describe their program in greater detail and/or allow you to apply or download an application. Each of these programs is described in detail in NIAAA's Prescription Assistance Guidebook. The Guidebook provides other valuable information such as tips on cutting costs and managing your medications, drug interactions, talking with your doctor and using medication safely. You may also obtain a copy of this guidebook by contacting the NIAAA office or downloading a PDF copy from our website.

We strongly encourage you to look through the Prescription Assistance Guidebook before using the links below. Some of these programs work together, and you will need this information to coordinate your benefits.

Medicare Prescription Drug Plan (Part D)

www.medicare.gov

Information on Part D plans and a web tool to help you choose a plan.

Extra Help

www.ssa.gov

Obtain information and apply online for Extra Help.

IL Cares Rx

www.cbrx.il.gov

Apply online for IL Cares Rx, check the status of your application.

Medicaid

www.dhs.state.il.us

Download an application for medical benefits. You cannot apply online.

Veterans Assistance

www.pbm.va.gov

Information on pharmacy benefits for veterans.

Drug Manufacturer Programs

www.needymeds.com

Applications and information from many drug manufacturing programs.

IL Buying Club

www.illinoisrxbuyingclub.com

Download an application for this discount program.

I-Save RX

www.i-saverx.net

Program for ordering drugs outside the U.S.

BenefitsCheck Up

www.benefitscheckup.com

A tool to help you determine your eligibility for public benefits.

POWER OF ATTORNEY FOR HEALTH CARE

Durable Power of Attorney for Health Care. This is a legal document which lets you choose someone—a friend, family member or other individual—to make health care decisions for you if you cannot. The person granting the Durable Power of Attorney must be mentally competent when the document is created. It does not take away your power to make your own health care decisions as long as you are able.

The Durable Power of Attorney for Health Care empowers an agent to act in all medical matters. It can also be used by anyone who wants life-prolonging medical treatments continued as well as those who do not. It can specify specific conditions in which medical treatments are or are not to be administered.

Eligibility. Anyone can create a durable power of attorney. The agent (surrogate) must be 18 years of age or older and cannot be a doctor or someone who is paid to provide health care services to the principal.

To Create a Durable Power of Attorney. A lawyer is not required to prepare a durable power of attorney, but a lawyer may be used if desired. A standardized form is available from the Illinois Attorney General's office at 100 West Randolph Street, Chicago, IL 60601, telephone toll-free 1-800-243-5377. The durable power of attorney for health care must be signed by the person granting the power of attorney and then witnessed. The original is given to the agent (surrogate) and copies are sent to one's lawyer, doctor and other family members.

Changing a Durable Power of Attorney. If you want to change your power of attorney, you must do so in writing. The time when a durable power of attorney begins and ends can be specified in the document. The durable power of attorney for health care can be revoked at any time regardless of the mental capacity of the person (burn or tear it up, write or tell someone). Normally the document continues in force until the death of the principal.

Durable Power of Attorney for Health Care vs. Living Will. In addition to, or instead of a Durable Power of Attorney for Health Care, a person may choose to have a Living Will which is a legal document in which an individual directs that the final moments of the individual's life not be artificially prolonged if death is imminent. (Refer to Living Will in this manual.)

It is recommended that a person have both a Durable Power of Attorney for Health Care and a Living Will since these give a person the choice of the type and extent of medical care to be administered and also the choice of the person who will make medical decisions for them if they are incapacitated. By having a Durable Power of Attorney for Health Care and a Living Will, a person avoids the provisions of the Health Care Surrogate Act, a legal specification of persons who are to act on behalf of an incapacitated person without input from the incapacitated person. However, a person may choose to have both a Durable Power of Attorney and a Living Will, one or the other, or neither.

POWER OF ATTORNEY FOR PROPERTY

Durable Power of Attorney for Property. A Durable Power of Attorney for Property is a document in which a person, called the principal, can delegate to another person, including a trusted friend or family member, the power to become his or her agent (the person who will act for the principal) for any type of property decision the principal is unable to make. The agent, who does not need to be an attorney, will speak for the principal and make decisions according to the principal's wishes even when the principal is physically or mentally incapacitated.

Although Illinois law does not require that an attorney prepare a Durable Power of Attorney document, for proper guidance and to protect your own interests, a person may choose to involve a lawyer.

A Durable Power of Attorney for Property is flexible and can apply to a number of situations. It will permit an individual, if the principal, to decide who should make decisions, on their behalf, about personal business or property rather than leaving the decision-making to the courts. It saves relatives from the burden of having to make those decisions without knowing the person's wishes. For example, a Durable Power of Attorney can be used to designate one or more specific powers which are best suited to the person's needs, for example: to authorize real estate and stock transactions; to handle banking, tax or other types of business matters; to represent the individual in court; or to address other types of legal claims. A Durable Power of Attorney for Property can assure that the person's desires and the agent's authority will be honored by others at the time the power of attorney is exercised.

Eligibility: Any person age eighteen or older who is a resident of Illinois can create a Durable Power of Attorney. The person designated as the agent must be over the age of eighteen. The Durable Power of Attorney form must be signed by the individual and the signature must be notarized.

As the principal, the person can specify the time which the Durable Power of Attorney will begin and when it will end. In addition, the Power of Attorney can be amended at any time by a written amendment signed and dated by the person.

In addition, the person may amend or revoke the Power of Attorney at any time and in any manner in which they communicate their desired changes or revocation to the agent or to any other person related to the types of powers specified in the power of attorney. Unless stated as an earlier termination date, the Power of Attorney will continue until death.

The best time to create a Power of Attorney is right now, long before a person anticipates anything happening. This will ensure that if the person is ever in a situation where they need an agent, one will be in place.

Since there may be variations among state laws, it is suggested that an individual should have the Power of Attorney for Property document both witnessed and notarized.

Before executing a Durable Power of Attorney for Property, the individual should talk to the person they want to be the agent and review their wishes for the way they would like their property transactions to be handled in the event that the agent must exercise his or her Power of Attorney.

It is advisable to specify one or more successor agents to act in case the primary agent is unavailable, unable or unwilling to act in the person's behalf should it become necessary. The primary consideration should be that the individuals appointed are people in whom the persons have a great deal of trust and can rely upon to act according to their interests and values. The Power of Attorney document should also state the duties, limitations, immunities and other terms applicable to the agent.

After the Power of Attorney for Property document is signed and notarized, the original form should be sent to the agent with copies provided to the lawyer and to reliable family members or close friends who will act with the person's best interests and values in mind.

To create a durable power of attorney. A lawyer is not required to prepare a durable power of attorney; however, a lawyer is recommended. A standardized form is available from the Illinois Attorney General's office at 100 West Randolph Street, Chicago, IL 60601, telephone toll-free 1-800-243-5377.

Accountability. Unlike a guardianship, there is no accountability for power of attorney use of funds, and a power of attorney may be abused resulting in the senior being financially exploited. In order to revoke a power of attorney after it has gone into effect, it must be shown that the agent is acting in a detrimental way.

PREVENTION OF ACCIDENTS

Most accidents can be avoided. The following suggestions may help to protect the individual with Alzheimer's from common accidents.

FALLS

Keep floors as safe as possible; avoid scatter rugs, waxing and clutter. Help the person to gain balance when rising from chair or bed. Use chairs with arms and a high, firm seat. Wipe spills on floor promptly. Use bright reflector tape on hand-rails, doorways, sharp corners. Keep windows at safe levels; make sure they are locked. Gate stairs. Stair treads should contrast with risers in color, brightness and texture.

BURNS

Supervise the person's smoking, if permitted. Cigarettes and matches should be removed. Check water temperature from faucets. Paint hot water faucet in bright color. Avoid letting the person use stove (remove knobs, turn off electric stoves). Block off radiators.

POISONING/OVER MEDICATING

Keep dangerous substances out of easy reach. Store detergents, insecticides, etc., in locked or "child proof" cabinets. Remove poisonous house plants.

CHOKING

Be careful of small objects, and be especially alert at mealtime. Wait until food is chewed and swallowed before offering next spoonful.

CUTS

Keep knives and razor blades out of reach. The person's food should be cut or served in finger-food fashion.

Despite all precautions, an accident can happen. Remember to stay calm so that the person does not panic. Have emergency numbers posted by the phone in case of emergency. Use first aid procedures until help arrives. Important numbers to list are:

- Police
- Fire
- Ambulance
- Family Doctor
- Family Members
- Poison Control

MANAGING A PERSON WITH ALZHEIMER'S

Physical and personal care generally involve daily routines which are sometimes called "Activities of Daily Living" (ADLs). These activities are the basics of life and are done with little thought required. However, tasks such as bathing and toileting are complex and involve several steps. The individual with Alzheimer's Disease experiences a gradual decline in the ability to perform these tasks and requires more and more assistance over a period of time. The caregiver must seek to utilize as many of the person's skills as possible while also seeking to preserve the person's dignity and self-respect.

PROBLEMS	SUGGESTIONS
EATING	
Loss of appetite. Person may lose weight.	Make mealtime pleasant and serve favorite foods with appropriate texture. Consult physician.
Confusion as a result of too many choices.	Serve one food item at a time.
Indecisiveness.	Make mealtime as routine as possible. Remind person "Now it is time to have ..." (name meal). Do not force; wait and then try again.
Lack of judgment. Person may eat something inappropriate or too hot.	Check temperature of food and beverages.
Choking. At later stages, person may have a problem with muscle coordination,	Be alert when person is eating, cut food into small pieces, serve solids and liquids separately, and know first aid.
Poor coordination. May drop dishes and food.	Serve in unbreakable dishes, serve finger food and be tolerant of poor table manners. Use utensils with fat handle if possible.
BATHING	
Unable to control water temperature or flow.	Always check that the water is not too hot or cold. Maintain a low water level for baths.
Refusal to bathe, may even feel threatened and yell "rape."	Bathe person at the same time every day. Speak in a soft but firm voice. Be reassuring. DO NOT make bathing a power struggle. If person is adamant, walk away and try later or the next day.
Does not know how to bathe self.	Demonstrate how to bathe in small, simple steps. Be patient. When you must bathe the person, do it slowly, talking calmly.

PROBLEMS	SUGGESTIONS
DRESSING	
Unable to select appropriate clothing for the season or time of day, etc.	Select appropriate clothing that is pleasant and comfortable. Offer the person simple choices (like blue or brown pants) one at a time.
Confuses how to put clothing on properly.	Lay out clothing and gently supervise dressing one step at a time. You may have to demonstrate. Be sure clothing is right side out.
Cannot button or zip clothing.	Purchase clothing with Velcro closures and elasticized waistbands. Garments with front closures are also preferable.
TOILETING (Incontinence)	
Medical problems.	Discuss with physician.
Forgetfulness—may not remember where the bathroom is located.	Put sign on door or lead person to bathroom. Paint doors so they are easy to find.
Lack of communication. Person may not express need to urinate or uses code words.	Watch for body language signals and set regular schedule. Restlessness and pulling at clothing are some signals.
Soils or wets own clothing and may develop sores and skin irritation.	Take the person to bathroom frequently. Assist with undressing, if necessary. Use disposable pads if appropriate.
Wets or soils bed.	Use disposable liners and protective fabrics.
Night time problems.	Limit fluids before bed and make sure person can find bathroom at night. Night lights and bright tape can help. A portable commode may also help.
Does not know what to do once in bathroom.	Do one step at a time, from undressing to sitting, wiping, etc. Keep track of bowel movements, if possible.
Forgetfulness. Person may lose track of bowel movements.	Try to establish a routine or use person's established preferences.
Poor diet, not eating.	Discuss with physician.
Lack of exercise.	Try to include some physical activity as part of daily routine.
Pain and discomfort.	Bring symptoms to physician's attention.
DEHYDRATION	
Lack of judgment. Person may forget to drink enough fluids.	Offer fluids at appropriate temperatures throughout the day.

PROBLEMS	SUGGESTIONS
PAIN	
As a result of Alzheimer's Disease.	There is no direct connection of pain with Alzheimer's Disease. Check for other sources of symptoms and notify physician.
Signals of illness. Note outward symptoms as person may not express them verbally.	Be aware of non-verbal symptoms and notify physician.
Injuries. Poor coordination and lack of judgment can cause falls, cuts and bruises.	Make sure environment is as safe as possible.
DENTAL PROBLEMS	
Forgetfulness. Person may neglect to take proper care of teeth and dentures.	Establish regular care routines to avoid complications with eating. You may have to demonstrate brushing procedures. Eventually you may have to brush the person's teeth but let the person try first.
VISION PROBLEMS	
Be aware of vision problems.	Check date of last exam and follow through.
Person forgets where they left their glasses.	Make sure there is an extra pair of glasses or put glasses on a chain. Keep glasses in one place.
Difficulty with color and depth perception may cause stumbling.	Guide the person as needed. Use optimum lighting. Use bright color contrasts. Keep environment safe.
HEARING PROBLEMS	
Be aware of hearing problems.	If hearing aid user, check that batteries are working. Check date of last hearing exam. Suggest earphones to listen to music.
Person has difficulty understanding what is being said.	Reduce background noise. Speak clearly, slowly and directly to person, using gestures if necessary. Lower the pitch of your voice and avoid body language that indicates your own frustration. Maintain eye contact and speak in a reassuring tone.

PROBLEMS	SUGGESTIONS
INADVERTENT BODY MOVEMENTS	
Jerky movements. Some persons develop jerks of the arm, leg or head.	Watch for accidental hitting of an object or person who is too close.
Seizures. (Not a common symptom of Alzheimer's Disease.)	Know how to respond to a seizure to avoid a panic reaction. Notify physician immediately.
MEMORY LOSS	
Cannot remember recent events, but has some recall of past events.	If person can still read, use memory aids like a large calendar, signs on doors, a big clock, written schedules. Capitalize on past memory that is left by playing old songs, looking at picture albums, discussing childhood experiences.
Loss of ability to make sense of written words—can no longer read.	Substitute other activities for reading. Use pictures as signs.
Loss of ability to make sense of what he or she sees. Person fails to recognize things or people.	Remind person that he/she is speaking to (insert name, relationship). Reassure person calmly and do not argue.
Loss of ability to communicate on the telephone.	If person receives a call, tell him/her who is on the phone and what the speaker's relationship is to him/her. Assist by dialing outgoing calls for the person.
Person repeats a question many times because he/she has forgotten asking question before or because of insecurity.	Try to reassure the person that you are taking care of everything. You can try to distract the person or change to a pleasant activity. Sometimes it is necessary to ignore a repeated question to avoid personal frustration.
WANDERING	
Person may wander aimlessly or walk in an agitated manner. Sometimes the person may be confused because he/she does not remember where he/she is going. Person may try to leave the home. Some persons pace for hours; this behavior cannot be controlled.	Keep the environment safe and familiar. If the person has recently moved, reassure the person that this is home now. Direct activity to use energy. The person may need exercise or can perform simple tasks repeatedly. Always have the person wear an ID bracelet and arrange locks on doors so he/she cannot leave home unaccompanied. Locks on the lower half of the door or those requiring keys are more difficult to open. Observe if this behavior comes at a regular time each day; try to find cause. Try to distract the person to another activity but do not confront angrily or the person may over-react.

PROBLEMS		SUGGESTIONS	
NIGHT WANDERING			
The same daytime wandering behavior may occur at night.		Make sure the person has restricted fluids just before bedtime and has gone to the toilet before going to sleep. Try increasing the activity of person during the day (when appropriate). Exercise may help the person sleep better; limit naps. Make home as safe as possible to avoid accidental injury. Use night lights and bright color tape to identify bathroom. Using a calm and gentle tone may get the person back to sleep. If the person wants to sleep in a chair or remain in daytime clothes, use your judgment.	
CATASTROPHIC REACTION			
Person over-reacts to a situation by becoming very upset and seems stubborn, angry, critical or very emotional. This is because the person has had to think of too many things at once. The reaction may be severe, but because the person forgets quickly, it may not last too long.		Remember reactions are part of the illness but can often be avoided. Stay calm yourself, try to figure out what caused the reaction and be reassuring with the person. Keep environment simple, take tasks in very small steps. Make the room quiet and peaceful.	
LOSING THINGS			
Forgets where an item was place; may have strong reaction when item cannot be found. May accuse another of stealing or hiding the item.		Keep room free of clutter. Know where there is an extra pair of glasses, spare hearing aid battery, etc. Check in likely places. Distract the person from worrying about lost item.	
REPETITIOUS ACTIONS			
The person repeats an action and cannot seem to move to another action.		Try using a gentle touch if the person does not respond to a verbal message.	
FOLLOWING OR CLINGING			
The person follows caregiver around home and becomes upset if the caregiver is not in sight because he/she has lost his/her sense of security.		Try to give the person an activity to occupy the time and reassure the person when you are leaving the room. Leave a note.	

PROBLEMS	SUGGESTIONS
COMPLAINTS	
The person may not be able to express a deeper concern, so complains about another thing (e.g., "I have no money.").	Repeat the statement, but reassure the person that everything is okay. Try to figure out the deeper concern. Distract the person with a pleasant activity or you can ignore the complaint.
INSULTS	
The person loses recall of social graces and tact. The person's memory of good manners has been lost.	Try not to react emotionally. Try to determine the cause of the upset.
SEXUAL BEHAVIOR PROBLEMS	
As a result of memory loss, the person may forget to dress properly leaving off some necessary clothing.	When helping a person get dressed, set out all articles of clothing in the order that they are put on. If possible, use clothing with Velcro closures.
May leave him/herself exposed because he/she has forgotten where they are or because he/she has forgotten to redress after toileting.	This behavior is due to memory loss and it is not meant to be a sexual gesture; therefore, help the person to dress correctly. See that clothing is comfortable.
The person may masturbate in public.	The person has forgotten social rules or may have to go to the bathroom. Gently stop by holding his/her hand.
Inappropriate sexual behaviors are not common symptoms of this illness.	If you are upset by behavior you consider inappropriate, discuss this problem with your physician, social worker or case manager.
DEPRESSION	
Depression may or may not be present in the person with Alzheimer's. A person who has significant memory and functional loss obviously has a reason to be sad.	All people are not depressed in the same way. Each one is unique. Some may not talk, some may talk a lot. The key is to establish a relationship and let the person talk. Each person should be approached differently.

PROBLEMS**SUGGESTIONS****DEPRESSION** (cont'd)

	<p>Try to encourage the person to participate in activities that bring some success and pleasure. Discuss these problems with the person's physician, nurse or case manager to obtain guidelines.</p> <p>If the person is meek, timid and silent, do not confront—be soft and gentle. If the person is angry and demanding, be strong but not confrontational. Always try to get them to talk about what is bothering them. Accept their feelings. Your physician may prescribe medication to control the level of depression. This is sometimes quite helpful.</p>
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APATHY

<p>When a person is apathetic, he/she is withdrawn and very quiet. This may be the person's way of coping. However, some level of activity is needed. Try to get the person involved in simple activities where there is a high degree of success.</p>	<p>Remember what activities interest the person and how he/she should be approached. With some persons you can "come on strong" to get them out of apathy; with others, a warm and gentle approach is needed. Pay attention to non-verbal signs, e.g., eyes look more alert, etc.</p>
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ANGER

<p>Anger is often a part of a catastrophic reaction. The person may exhibit the same behavior as a well person who is angry. Remember that this anger is not directed at you. It is usually an overreaction to a situation that the person cannot deal with. It may seem to be a child's temper tantrum coming from an adult who should know better. However, this adult, the individual with Alzheimer's, is the victim of a disease and cannot control this behavior.</p>	<p>If you stay calm and try to figure out the "trigger" of the situation or if you distract the person, the anger will go away. The person will often forget the event happened. If you note an incidence where the person overreacts, you may discover a pattern, e.g., fear of taking a bath. This may help you plan or explain activities better in the future.</p>
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PROBLEMS	SUGGESTIONS
RESTLESSNESS	
<p>As a result of the disease, persons may seem worried, anxious, or nervous. The person may express this restlessness by trying to run away, cry, pace or fidget.</p>	<p>If you remain calm and are not irritated by the behavior, it will have a soothing effect on the person. Try directing the energy to a harmless task. Check if this behavior occurs in a pattern, e.g., after drinking coffee or after a visit from a friend or relative. It may be part of an overreaction to a situation.</p>
SUSPICIOUSNESS	
<p>Since an Alzheimer's individual forgets events in recent memory, he/she may lose track of possessions. The individual may often accuse others of stealing money or jewelry. The individual does not understand why he/she no longer writes checks. A person may seem suspicious of everyone and resist attempts at friendship.</p>	<p>The person cannot control this excessive suspiciousness because it is part of the disease. Respond calmly to accusations because you know the truth. The person has often forgotten the explanation and is asking the same questions of you again. If the person is accusing someone else, evaluate the situation, remembering the person's tendency to accuse or exaggerate when items are misplaced.</p>
DELUSIONS AND HALLUCINATIONS	
<p>Both delusions and hallucinations can be symptoms of Alzheimer's Disease. A delusion is a false belief, e.g., "The mob is after me" or "I'm Superman." A hallucination is sensing something that is not there, e.g., hearing voices or seeing things that are not actually present.</p>	<p>It is best to avoid direct confrontation. You can repeat the statement the person has made but do not agree that you saw the hallucination or insist it was unreal. Understand that the person is frightened or upset and reassure the person that you are there to care for him/her.</p> <p>Sometimes persons can be distracted and will not remember hallucinations. Do not get caught up with hallucinations and delusions. Be loving and reassuring to the person, but do not try to talk the person out of hallucinations and delusions. Consult with the physician. Frequently, these problems may be corrected with prescribed medication.</p>

RECOMMENDED ACTIVITIES

Individuals with Alzheimer's should engage in activities they can still enjoy. Some changes of position are necessary to exercise appropriately. Three activities which are very successful with individuals with Alzheimer's are singing old songs together, walking and physical exercise. Think about an activity before you suggest it to the person. You will encounter problems if it requires quick reactions, is complicated in instruction, or requires good language and memory skills. You can always adapt an activity to make it enjoyable for the person.

Possible Activities	Guidance/Suggestions	Benefits
Singing old songs	Find a channel on the radio or have records available.	Old memories may be very clear so songs from youth are fun.
Walks	Be careful of wandering. Avoid over stimulation.	Good exercise.
Exercise	Use appropriate exercise. Even in the person's room, chores can be considered motion exercise.	Helps use up nervous energy.
Reminiscing	If there is a problem with speech, watch frustration level.	Creates a link with past he/she can still recall.
Playing with pet	Be careful that the person does not feed pet or handle inappropriately.	Pet can accept person unconditionally.
Visits from friends and relatives	Judge how long the person is comfortable with company. The person may not recognize visitors and seem rude.	Gives social contact.
Reality orientation	Use calendar, newspaper for current events.	Maintains a sense of contact with the present.
Outings/shopping	Plan details carefully. Watch for catastrophic reaction.	Stimulates memory, sights may jog memory.

Depending on the stage of the disease, other activities the person may enjoy include crafts, quiet games, watching television, relaxation exercises and dancing. Any hobby or interest which the person enjoyed before the onset of the illness may be enjoyed in a modified form. If you notice frustration, change the activity or provide reassurance.

SAFETY CHECKLIST

The environment of the home must be as safe as possible since the person with Alzheimer's is prone to accidents. Falls are particularly dangerous because of the older person's brittle bones. Know first aid procedures and where first aid supplies are located. The home must be well lighted, clutter removed, furniture secure and unobstructed. Common objects used frequently should always be placed in the same spot. The use of signs in large lettering for orientation may be helpful. The environmental safety checklist provides a more detailed approach.

INDOORS				
	Safe	Adequate	Problem	N/A
Entrance				
Locks on doors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Steps at exit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bathroom				
Razors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Headache tablets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Medications	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rugs on floor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Safety grips in tub	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hair dryer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hot water temperature	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kitchen				
Stove	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Knives	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cleaning fluids	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Furniture polish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Products with acid or lye	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Insecticides	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Living Room				
Scatter rugs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Liquor cabinet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Furniture with sharp edges	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fragile pieces (china, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Poisonous houseplants	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lighting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

INDOORS

	Safe	Adequate	Problem	N/A
Bedroom				
Rugs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mattress pad protector	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stairs				
Carpeting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Handrails	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gates	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
General				
Self-locking doors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Windows	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cigarettes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Matches/lighters	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Firearms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Extension cords	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Electrical wiring	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Power tools	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Radiators	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Glass doors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

OUTDOORS

	Safe	Adequate	Problem	N/A
Backyard				
Steps on porch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Concrete walks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Barbecue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tools	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lawn mower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clothesline	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Car				
Access to car	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Door locks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Seat belt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Power windows	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>