



1. Find ways to fit exercise into your daily life.
2. Do activities you enjoy, have fun.
3. Make it social, with a friend.
4. If there's a break in your routine, get back on track.
5. Keep track of your progress.



ElderCARE Provides FREE services for adults over 65 in Northern Lake County
 Transportation to Medical Appointments, Shopping, & Phone/Home Visits
 CALL US: 847-406-4683 or info@eldercarelakecounty.org
 All donations are tax free: eldercarelakecounty.org



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ElderCARE Care Receiver's Notebook
 Winter 2023



The Illinois Family Caregiver Act:
 An Opportunity to Support Caregivers
 Support HB 293 & SB 1766

This bill will help older Illinoisans Stay Home Longer

*In Illinois 1.5 million family caregivers provided 1.24 billion hours of unpaid care valued at \$17.3 billion dollars a year;

*50% of voters over the age of 40 are current or former family caregivers;

*70% of family caregivers feel emotional stress.

This bill will fund support services to provide temporary relief for caregivers, transportation and Adult Day programs.

CALL ELDERCARE (847-406-6083) to get the number for your State Legislators