



RUSH Caring for Caregivers

Caring for Caregivers aims to support family or friends that are providing care for adults 60 and older. Focusing on What Matters to the caregiver, we assist in developing a plan for the caregivers' health and well-being that incorporates the care needs of the older adult.

1. **Skill Building Meetings** can include occupational therapists, nurses, pharmacists, or nutritionists in teaching skills to caregivers, such as transferring patients without injuring themselves or performing basic medical care.
2. **Planning for What Matters Sessions** with our social worker to discuss what matters most to both caregiver and care recipient and develop health and life plans that reflect your preferences.
3. **Care Team Planning Meetings** involve learning to create and work with care teams most effectively, focusing on communicating effectively and ensuring that older adults and their caregivers are included in planning for care.

Initial session is provided at no cost. Additional services are covered by most insurances. Support for Rush Caring for Caregivers is made available through a generous grant from the RRF Foundation for Aging.

For more information, call 312.563.0350 or email us at caregivers@rush.edu

Tower Resource Center
1620 W. Harrison St.
4th Floor, Suite 04527

Services can be provided by phone, virtual or in-person.

Parking is available at the Rush garage on the southeast corner of Paulina and Harrison Streets.

From the 4th floor, follow the signs to the Tower.

Valet parking is also available in front 1620 W. Harrison Street. Parking at both locations will be validated in full.



Excellence is just the beginning.

