



YMCA of Metropolitan Chicago

Third Age YMCA Fact Sheet



Third Age, in partnership with the Illinois Department on Aging, manages referrals from the following sources:

Catholic Charities
Northeast region

The Council's Senior
Connections
Southeast region

University of Illinois at Chicago
Central West region

Health Care Consortium
of Illinois
Southwest region

DESCRIPTION:

Since 1983, the YMCA Third Age program has played a vital role in allowing low-income older adults and individuals with disabilities to live with dignity and independence in the comfort of their homes. An individual care plan is designed for each participant by the Illinois Department on Aging and carried out by Third Age. The program serves more than 800 homebound seniors annually.

SERVICES:

The Third Age program employs nine professional staff and more than 300 trained homemakers. Many of the program's homemakers are retired seniors who work in their own communities and can relate to the individuals they serve. The program provides services such as:

- Escorting clients to medical and other business appointments
- Non-medical personal care, including bathing and dressing
- Light housekeeping, including making beds, washing dishes, cleaning and floor care
- Meal planning and preparation
- Preparing shopping lists, shopping for food and other basic items
- Laundry
- Budgeting
- Companionship

PARTICIPANTS MUST:

1. Be 60 years of age or older.
2. Be a resident of the State of Illinois at the time they apply and while receiving services.
3. Be a citizen of the United States or a legal alien.
4. Have an assessed need for long-term care.
5. Have non-exempt assets of \$12,500 or less. (Non-exempt assets do not include one's home, car or personal furnishings.)

Participants may be required to pay a portion of the cost of care. The exact amount depends on income and the amount of care needed.