

## **Resources**

### **Mayor's Office for People with Disabilities**

121 N. LaSalle St., Rm. 104 (Cross Street: Washington)  
312-744-7050  
312-744-4964 TTY

[www.cityofchicago.org/disabilities](http://www.cityofchicago.org/disabilities)

A city department that seeks to meet the diverse needs of the more than 600,000 people with disabilities who live and work in Chicago. See their website for additional resources and upcoming programs and events.

### **Chicago Department on Aging**

30 N. LaSalle St. (Cross Street: Madison St.)v 312-744-4016

[www.cityofchicago.org/aging](http://www.cityofchicago.org/aging)

A city department that provides older persons with access to information about programs and services available to them.

### **DBTAC: Great Lakes ADA**

1640 W. Roosevelt Road Rm 405  
800-949-4232 Voice/TTY  
312-413-1407 Voice/TTY

[www.adagreatlakes.org](http://www.adagreatlakes.org)

Provides information, problem solving assistance and referrals for implementing the Americans with Disabilities Act and other related laws.

### **Kostas Z Foundation**

6101 N. Sheridan Road East, Suite 10C  
Chicago, IL 60660  
773-761-1489

[www.kostaszc.org](http://www.kostaszc.org)

The Kostas Z Foundation is a non-profit 501 (c)(3) organization whose mission is to provide and create information, integration and participation among people with disabilities and their families and friends. It also works to encourage greater accessibility and universal design worldwide.

## **LIFE Center**

Rehabilitation Institute of Chicago  
345 E. Superior St. (Cross Street: Fairbanks)  
312-238-5433  
TTY 312-238-1059

[www.lifecenter.ric.org](http://www.lifecenter.ric.org)

Community resource center committed to helping people with disabilities live life fully.

## **Access Living of Metropolitan Chicago**

115 W. Chicago Ave. (Cross Street: LaSalle)  
312-640-2100  
312-640-2102 (TTY)

[www.accessliving.org](http://www.accessliving.org)

Center for advocacy and social change for people with disabilities.

## **Progress Center for Independent Living**

7521 West Madison  
Forest Park, IL  
708-209-1500  
708-209-1826 TTY

[www.progresscil.org](http://www.progresscil.org)

Community-based, non-profit, non-residential service and advocacy organization staffed by and for persons with disabilities.

## **Equip for Equality**

20 N. Michigan Ave. Suite 300  
312- 341-0022  
800-537-2632 (Voice)  
800-610-2779 (TTY)

[www.equipforequality.org](http://www.equipforequality.org)

Non-profit dedicated to advancing the civil rights of persons with disabilities in Illinois. It is the only state-wide, cross-disability organization providing self-advocacy assistance, legal services, and disability rights education while also engaging in public policy and legislative advocacy.

## **The Chicago Lighthouse**

1850 W. Roosevelt Road (Cross Street: S. Wood)  
312-666-1331  
312-666-8874 TTY

[www.chicagolighthouse.org](http://www.chicagolighthouse.org)

Comprehensive provider of services to people who are blind or visually impaired.

## **Chicago Public Library**

Talking Book Center  
Harold Washington Library  
400 South State Street, 5 North (Cross Street: Congress)  
312-747-4001  
[www.chipublib.org](http://www.chipublib.org)

The Talking Book Center provides free library services and life enriching programs, creating independence for people with visual and physical impairments.

## **Guild for the Blind**

180 N. Michigan Ave., Suite 1700 (Cross Street: Lake)  
312-236-8569  
312-236-2128 TTY  
[www.guildfortheblind.org](http://www.guildfortheblind.org)

Offers vision loss information, computer training, career counseling, introductory vision rehabilitation workshops, product store and a monthly newsletter.

## **Deaf and Hard of Hearing Commission**

1630 South 6th Street  
Springfield, IL  
877-455-3323  
888-261-2698 TTY  
[www.idhhc.state.il.us](http://www.idhhc.state.il.us)

This state agency works to assure equality, respect, accessibility and independence for all individuals with a hearing loss.

## **Illinois Telecommunications Access Corporation (ITAC)**

3001 Montvale Drive, Ste D  
Springfield, IL  
217-698-4170 (V / TTY)  
800-841-6167 (V / TTY)  
[www.itacity.org](http://www.itacity.org)

ITAC provides equipment to qualified deaf, hard of hearing or speech impaired persons enabling them to use the telephone. ITAC also provides the relay service in Illinois.

## **Chicago Hearing Society**

2001 N. Clybourn Ave., 2nd Floor  
773-248-9121  
773-248-9174 TTY  
[www.chicagohearingssociety.org](http://www.chicagohearingssociety.org)

Provides services for children and adults who are deaf or hard of hearing.

## **Family Resource Center on Disabilities**

20 E. Jackson Blvd., Room 300  
Chicago, IL. 60604  
312-939-3513  
312-939-3519 TTY

[www.FRCD.org](http://www.FRCD.org)

Founded in 1969, this center seeks to improve services for all children with disabilities. It is one of 100 federally-funded Parent Centers in the US and provides training and assistance as well as serving as a resource and referral center.

## **Chicago Parent**

[www.chicagoparent.com](http://www.chicagoparent.com)

Their Going Places magazine, featuring fun things to do in Chicagoland, is available free at various locations around the city. Online there's a calendar of kid-friendly events and resources for children with disabilities.

## **ALS Association - Greater Chicago Chapter**

220 W. Huron St., Suite 4003  
312-932-0000  
[www.alsachicago.org](http://www.alsachicago.org)

## **Easter Seals - Metropolitan Chicago**

1939 West 13th Street Suite 300  
312- 491-4110  
[www.eastersealschicago.org](http://www.eastersealschicago.org)

Provides comprehensive services for individuals with disabilities and their families to improve quality of life and maximize independence.

## **Epilepsy Foundation Greater Chicago**

17 N. State St., Suite 1300  
312-939-8622  
800-273-6027  
[www.epilepsyfoundation.org/chicago](http://www.epilepsyfoundation.org/chicago)

## **Muscular Dystrophy Association-Chicago**

430 N. Michigan Avenue, #603  
312-254-0632  
312-254-1632  
[www.mda.org](http://www.mda.org)  
E-mail: [chicagoregion@mdusa.org](mailto:chicagoregion@mdusa.org)

## **National Center for Latinos with Disabilities**

1921 S. Blue Island

312-666-3393

312-666-1787 TTY

Assists Latino persons with disabilities and their families to participate equally in society in an independent, purposeful and meaningful manner.

## **National Multiple Sclerosis Society—Greater Illinois Chapter**

525 W. Monroe St. Suite 900

312- 421-4500

[www.nationalmssociety.org](http://www.nationalmssociety.org)

## **Paralyzed Veterans of America**

2122 W. Taylor St. Rm 126(Cross Street: Damen)

312-850-3836

[www.pva.org](http://www.pva.org)

## **United Cerebral Palsy Association of Greater Chicago**

547 W. Jackson Suite 225

312-765-0419

[www.ucpnet.org](http://www.ucpnet.org)

## Seniors Resources

- **[American Association for Retired Persons](#)**  
A nonprofit membership organization of persons 50 and older dedicated to addressing their needs and interests
- **[Centers for Disease Control and Prevention](#)**  
Health information for older adults.
- **[Chicago Department of Senior Services](#)**  
Provides options for an aging society by supporting older persons to live independently in their communities.
- **[Chicago Seniors and Caregivers](#)**  
Information and resources for Chicago seniors and caregivers
- **[Eldercare Locator](#)**  
The Eldercare Locator connects older Americans and their caregivers with sources of information on senior services. The service links those who need assistance with state and local area agencies on aging and community-based organizations that serve older adults and their caregivers.
- **[Elderhostel](#)**  
Discover more than 8,000 learning adventures in all 50 states and more than 90 countries abroad. Elderhostel offers in-depth and behind-the-scenes learning experiences for almost every interest and ability.
- **[First Gov for Seniors](#)**  
A gateway to online information, services and resources for seniors.
- **[Health and Aging Organizations](#)**  
This online, searchable database lists more than 250 national organizations that provide help to older people.
- **[Illinois Department on Aging](#)**  
Helps Illinois seniors live independently in their own homes and communities.

- **[Internet Resources on Aging](#)**  
Links from the AARP to more than 900 of the best sites for people age 50+.
- **[Low Income Home Energy Assistance Program](#)**  
For many Illinois households, energy costs place a severe and continuing stress on the family's budget. In some instances, the household is forced to make painful decisions regarding which bills to pay and which necessities to survive without. The Low Income Home Energy Assistance Program (LIHEAP) is designed to help eligible low-income households pay for winter energy services.
- **[Medicare](#)**  
The official U.S. government site for people with Medicare.
- **[Medline Plus](#)**  
Health information for seniors.
- **[National Family Caregivers Association](#)**  
The National Family Caregivers Association educates, supports, empowers and speaks up for the more than 50 million Americans who care for loved ones with a chronic illness or disability or the frailties of old age.
- **[Plan Well, Retire Well Blog](#)**  
Information on saving and investing your money from the University of Illinois Extension
- **[Senior Job Bank](#)**  
The SeniorJobBank is a meeting place for over-50 job seekers and employers seeking their services.
- **[SeniorHealth.gov](#)**  
NIHSeniorHealth makes aging-related health information easily accessible for family members and friends seeking reliable, easy to understand online health information. This site was developed by the National Institute on Aging (NIA) and the National Library of Medicine (NLM) both part of the National Institutes of Health (NIH).

- **SeniorNet**  
SeniorNet's mission is to provide older adults education for and access to computer technologies to enhance their lives and enable them to share their knowledge and wisdom.
- **Social Security Online**  
Official website of the Social Security Administration
- **Social Security Retirement Planner**  
This planner provides detailed information about your Social Security retirement benefits under current law and points out things you may want to consider as you prepare for the future.
- **Third Age**  
Focuses on serving the needs of midlife adults -- generally those in their 40s, 50s and 60s -- and those who want to build a genuine relationship with them.
- **Your Retirement Challenge: Are Your Retirement Savings Sufficient?**  
Your How-to-Guide on Saving More for Retirement