

## Someone's here for you.

Mather LifeWays Info Plus is a FREE, in-depth information resource that provides valuable and trusted information for older adults and their families.

Whether you're looking for home care assistance, caregiver resources, exercise programs, helpful classes, locally referred handymen, or just something fun to do, Mather LifeWays Info Plus has answers.

An experienced, friendly Mather LifeWays expert will get you the information you need from our library of more than 5,000 listings of local, state, and federal services. The right programs and services are in your neighborhood—and just a FREE phone call away.

**FREE**  
**Community Resource**  
**Information**  
**1 (888) 600.2560**

Monday–Friday, 8:30 a.m. to 4:30 p.m.  
[www.matherlifeways.com/infoplus](http://www.matherlifeways.com/infoplus)  
*In cooperation with Age Options*



Mather LifeWays

1603 Orrington Avenue, Suite 1800  
Evanston, IL 60201

**FREE Community Resource Information**

*For yourself. For home. For fun.*



**GET ANSWERS TO  
ALL YOUR QUESTIONS**

*Call Toll-Free*  
**1 (888) 600-2560**



# Mather LifeWays Info Plus — your FREE, in-depth information resource

## For yourself.

### Home Care Assistance

Sometimes, it only takes a helping hand. That's why we're here. We provide referral assistance and easy access to help you find:

- Housekeepers
- Meal preparation
- Home health, including physical therapy and nursing

### Caregiver Resources

If you're taking care of an aging parent or family member, you're not alone. We provide information about:

- Caregiver support and education programs
- Meals-on-wheels
- Respite services
- Adult day services
- Transportation options

## For your home.

### Home Repair and Maintenance

Want to spruce up your home or do some repairs? Let us help. We can refer helpful home experts in your area and help you be a smart consumer, with:

- Consumer tips
- Approved city housing contractors
- Tradesmen recommended by your neighbors (handymen, painters, plumbers)
- Lawn care services and gutter cleaning
- Home repair professionals

### Meeting Your Housing Needs

Moving to a new home can be a challenge.

We can recommend:

- Various types of housing
- Moving/home reorganization services
- HomeSharing and Staying Rented programs

## For fun.

### Easy Access to People, Places, and Programs

Connect with your friends, meet for lunch, or take a class—find what you're looking for with one simple call, including:

- Neighborhood events, fairs, and festivals
- Health screenings
- Computer education
- Beginner to advanced fitness and self-defense classes
- Volunteer opportunities
- Mather LifeWays programs

*Enjoy how you live. Enjoy where you live. Let us help you.*

Call Mather LifeWays Info Plus toll-free at 1 (888) 600.2560 or e-mail [infoplus@matherlifeways.com](mailto:infoplus@matherlifeways.com)

[www.matherlifeways.com/infoplus](http://www.matherlifeways.com/infoplus)