

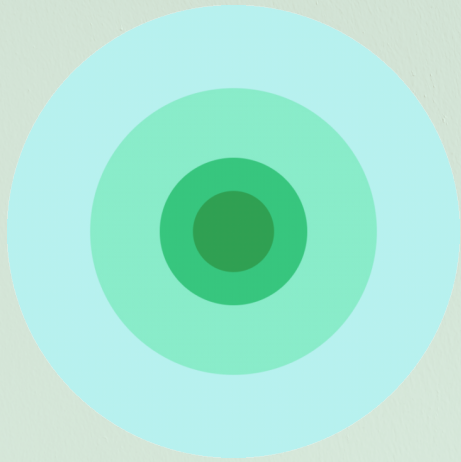
CAREGIVER VIRTUAL CARE PACKAGE



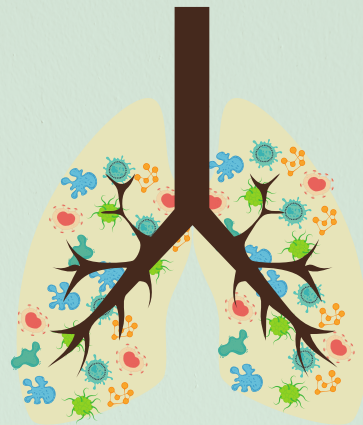
Scroll through the pages and click on the icons to get access to virtual resources! All resources are free of charge. Clicking on the image will open the links to a new webpage that lists the specific resources. We thank you for all you do.



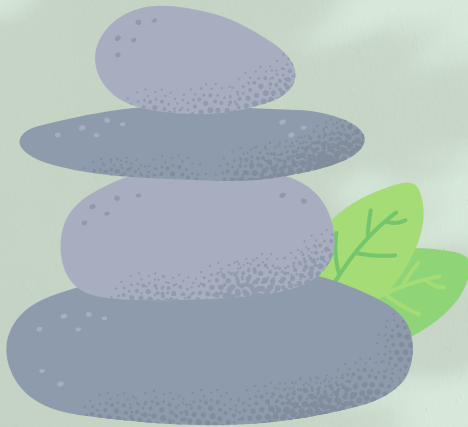
RELAXATION



breathe



BREATH EXERCISES THROUGH
THE AMERICAN LUNG
ASSOCIATION



BREATH MEDITATION
THROUGH UCLA



VIRTUAL CALMING ROOM:
VISUAL RELAXATION



ACCESSIBLE CHAIR YOGA
(APPROX. 20 MINUTES)



OPRAH'S LIST OF THE BEST
MOTIVATIONAL PODCASTS

VIRTUAL EXPERIENCES



VIEW THE NATIONAL PARKS

CLICK ON THE IMAGE TO BE DIRECTED TO A WEBSITE TO GET A TOUR OF THE ABOVE NATIONAL PARKS BY A PARK RANGER. GOOGLE PARTNERED WITH THE NATIONAL PARKS ASSOCIATION TO USE HD VIDEO AND NARRATION TO BRING THE EXPERIENCE OF THE NATIONAL PARKS TO YOUR OWN HOME.



COPACABANA IN RIO DE JANEIRO, BRAZIL



THE GREAT PYRAMIDS OF GIZA

CLICK ON THE IMAGE TO VIEW A LIVE WEBCAM OF THE BEACH IN BRAZIL! THE WEBSITE HAS OTHER LIVE CAMERAS FROM AROUND THE WORLD.

CLICK ON THE IMAGE TO GET A COMPLETE VIRTUAL PANORAMIC TOUR AND INFORMATION ABOUT THE PYRAMIDS IN EGYPT.

RESOURCES



ILLINOIS DEPARTMENT ON
AGING

alzheimer's
association®

ALZHEIMER'S ASSOCIATION
ILLINOIS CHAPTER



NATIONAL ALLIANCE ON
MENTAL ILLNESS ILLINOIS



ILLINOIS DEPARTMENT OF
HUMAN SERVICES*

click on
me



BRAIN INJURY ASSOCIATION
OF ILLINOIS



ILLINOIS DEPARTMENT OF
CHILDREN AND FAMILY
SERVICES



THE ARC OF ILLINOIS



ILLINOIS RESPITE COALITION

*IDHS WEBSITE INCLUDES THE DIVISION OF DEVELOPMENTAL
DISABILITIES AND THE DEPARTMENT OF REHABILITATION SERVICES