



1. [Home](#)
2. Entity Print

[Print Page](#)

Senior Services

Services to improve seniors' quality of life

About Senior Services

CHA's Resident Service Coordination Program, supports older adults living in senior designated buildings, with services being provided by Metropolitan Family Services. RSC's can help with things like figuring out what assistance you need, connecting you to resources, helping with benefits, and organizing activities to keep you from feeling lonely. For more details, speak with the Resident Services Coordinator (RSC) in your building.

Must live in senior building to be eligible for services.

For info on Senior Services, call the CHA main line at (312) 742-8500.

Golden Diners

Many older adults prefer not to eat alone. The Golden Diners Program helps by providing a healthy meal each day and the chance to enjoy the company of friends. Hot, nutritious lunches are served to seniors (over 60 years old) at more than 50 locations across Chicago, including 20 CHA Senior Buildings. [Click here to find a site near you.](#)

Important Numbers

Department of Family and Supportive Services

312-744-4016

Adult Protective Services

866-800-1409

Helplines

CHA Emergency Service

312-542-8850 | CHAEmergencyService@thecha.org

Metropolitan Family Services Emergency Hotline

773-350-1505

CHA Senior Services Information Line

312-913-7164 | seniorservices@thecha.org

24/7 Non-Emergency Language Access Hotline

844-948-1031

Illinois (IDHS) Recovery Support Helpline

If you or a loved one is struggling with substance use, help is available at 833-2FINDHELP (833-234-6343) or text "HELP" to 833234.

211 for Health and Human Services

24/7 access to trained, local specialist who will connect you to food, housing, utility assistance, access to healthcare and other vital resources

- Call 2-1-1
- Text your zip code to 898211
- Visit 211MetroChicago.org

988 Suicide & Crisis Lifeline

The 988 Suicide & Crisis Lifeline is a United States-based suicide prevention network of over 200+ crisis centers that provides 24/7 service via a toll-free hotline with the number 9-8-8. It is available to anyone in suicidal crisis or emotional distress.