

# LUNCH & LEARN FOR CAREGIVERS

WEDNESDAY  
JULY 15, 2026  
11:30-1PM

ICARE  
OMBUDSMAN-  
Brittany Lash



Mandated by the Federal Older Americans Act and the Illinois Act on Aging, the Illinois Long-Term Care Ombudsman Program (LTCOP) is a resident-directed advocacy program that protects and improves the quality of life for residents in a variety of long-term care settings. Ombudsmen work to resolve problems of individual residents and to bring about changes at the local, state, and national levels to improve care. Come learn about what the ombudsman program does to support residents of long-term care facilities.

**REGISTRATION IS REQUIRED  
BY JULY 13, 2026**

**To Register:  
Call AgeLinc  
(217) 787-9234**



Lunch & Learn Programs are FREE, monthly sessions offered to current, future, and past caregivers. These programs are presented in person by professionals on the 3rd Wednesday of each month.

Lunch will be provided, registration is required.

This program is funded in part by the Older Americans Act through the Illinois Department on Aging.