

# **Caregiver Resource Guide to Older & Disabled Adult Services**

**Fayette County, Illinois**

**2023 Edition**



## Common Questions & Where to Find Help...

1. What is the difference between intermediate and skilled care? See page 17 for nursing care options.
2. I need a break from caregiving. Where do I turn? See Respite on page 24.
3. I just started caring for my parents. I need some direction. Where do I start? See Assistance in Your Home and Community pages 5-6; Caregiver Support page 27-28; or Other Local Resources pages 29-33.
4. My parents can't afford their medicine. Where can they turn for help? See Energy/Financial Needs pages 10-11.
5. I don't feel comfortable bathing my parent. What help is available? See In-Home Services pages 13-14.
6. I'm concerned that Dad could fall and not be able to get up. See Emergency Home Response Systems on page 6-7.
7. It seems that my neighbor is always low on food and money? See Energy/Financial Needs pages 10-11 and Food/Meals pages 12.
8. My complaints to nursing home staff aren't getting mom better care. Where do I turn? See Ombudsman Program on page 20.
9. My senior citizen friend is being financially exploited. What do I do? See page 6 for Adult Protective Services.
10. Where can I go for assistance with the Medicare Prescription Drug Program? See pages 6. \*

This Guide was written and disseminated by the Fayette County Mental Health and Aging Systems Integration (MHASI) Advisory Group. The Group provides opportunities for service providers and consumers to work together toward increasing public awareness of the availability and quality of service and treatment strategies for older adults, families, and their caregivers.

*Questions about this publication may be directed to:  
217.347.7179 extension 1062*

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### **What is the Medicare Prescription Drug Program?**

This Program is available to those who are eligible for Medicare. It provides insurance coverage for prescription drugs and offers a choice of plans. As with other types of insurance, monthly premiums and out of pocket costs vary depending on the plan chosen.

October 15, 2023 open enrollment for 2024 begins

December 7, 2023 open enrollment for 2024 ends

January 1, 2024 coverage begins

**Look for agencies with an asterisk (\*) in their description for assistance in signing up for a Medicare Prescription Drug Plan or Benefits Access Program.**

- **Please note that the services listed in this guide are subject to the availability of funding.**

# Assistance in Your Home and Community:

Illinois Department of Rehabilitation (DORS) for vocational rehabilitation; for homemaker services for those under 60 years of age.

[www.dhs.state.il.us](http://www.dhs.state.il.us)

General Information/Home Service	618-244-0331
Blind Service	618-244-2650
TDD only	618-244-0339
<a href="http://www.dhs.state.il.us">www.dhs.state.il.us</a>	

## Opportunities for Access, Center for Independent Living

(Local Office)	217-342-5521
102 Greenview Dr. (v/tty) Toll-Free:	1-800-810-3184
Effingham, IL 62401	
Mt. Vernon /Home Office:	618-244-9212
<a href="http://www.ofacil.org">www.ofacil.org</a>	Toll-Free: 1-800-938-7400

- Eligibility Requirements: Presence of a disability.
- Services: Peer advisory; skills training; systems advocacy; individual advocacy; information and referral.

## Senior Services of Fayette County

112 N. Kennedy St.	618-283-4122
Vandalia, IL 62471	Toll-Free: 866-618-4122
<a href="http://www.eccoa.info">www.eccoa.info</a>	

- Provides programs for people age 60+ who may need help to be able to live in their own homes instead of premature nursing home placement- includes screening for In-home services such as: Homecare Aide and Emergency Home Response System
- Volunteer money management
- SHIP site/Insurance counseling
- ITAC Center for free TTY's and amplified telephones
- Referrals for many services at will add benefit to the individual's needs

# Assistance in Your Home and Community:

## SWAN

*Adult Protective Services*

Toll-Free: 888-715-6260

618-662-7300

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

State of Illinois Hotline

Toll-Free: 1-866-800-1409

- Adult Protective Services serving individuals with a disability in the community ages 18-59 as well as all people 60 and over in the community with alleged abuse, neglect, or exploitation.
- Conduct confidential abuse investigations.
- Types of abuse: Physical, Emotional, Confinement, Sexual, Passive Neglect, Willful Deprivation, Financial Exploitation.
- Accept reports of self-neglect and appropriate referrals are made.

## SWAN Senior Services

427 W Orchard Suite E

Vandalia, IL 62471

618.662.7304

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

- Information & Assistance to available resources
- Assist with Medicare Prescription Drug Program
- Assist with Benefit Access Program Applications
- Assist with Medicare Savings Program and the Low-Income Subsidy Program
- Schedule legal appointments with legal representatives
- Certified SHIP counselors and designated SHIP site.

## **Emergency Home Response Systems:**

Emergency Home Response Service is a 24 hour emergency communication link to assistance outside the home for older adults. This service is provided by a two-way voice communication system, with a base unit connected to a land line telephone and a cell phone in certain circumstances, and an activation device worn by the older adult. When activated, the older adult is automatically linked to a professionally staffed support center for assistance.

For a list of available providers please contact you designated Senior Services Office for a list of available providers or visit the Illinois Department of Aging Website at [www.illinois.gov/aging](http://www.illinois.gov/aging)

### **Senior Services of Fayette County**

112 N Kennedy  
Vandalia, IL 62471  
[www.eccoa.info](http://www.eccoa.info)

618-283-4122

- Care coordinators complete a comprehensive case management assessment for adults 60+ to determine eligibility for the Community Care Program. IF eligible, the Emergency Home Response System may be funded by the Illinois Department on Aging.

# Emotional Needs/Counseling:



## The Center for Senior Renewal

*(Sarah Bush Lincoln/Fayette County Hospital & Long-Term Care)*

650 West Taylor St.

Vandalia IL 62471

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

618-283-1731

- Provides outpatient group, individual and family counseling for persons 60+ years of age
- Provides psychiatric services for participants
- Transportation to and from services
- Services provided for residents of Fayette County and those within a 30-mile radius of Vandalia
- Traditional Medicare with a 2ndary or Private Pay

## Community Resource Center

421 W Main St.

Vandalia IL 62471

618-283-4229

- Outpatient Counseling Services
- Representative Payee Services- for open clients
- Substance Abuse Program includes outpatient counseling services, community education, and DUI services.
- Psychiatric services are available at Centralia office by referral from Community Resource Counselors
- **24 hour Crisis line:**
  - Provides support and assistance to help callers cope with emergency situation

**618-533-1391**

## Heartland Human Services

1200 N. 4<sup>th</sup> St.

Effingham, IL 62401

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

217-347-7179

- **Caregiver Support Services** (contact Extension 1062)
- **Grandparents Raising Grandchildren** (contact Extension 1062)
- **DUI Evaluations** (contact Extension 1075)

## HSHS Holy Family Hospital

Outpatient Senior Wellness

200 Health Care Dr.

Greenville IL 62246

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

618-664-2252

- Offers outpatient mental health counseling to seniors coping with depression, anxiety, and loss in the second half of life

# Emotional Needs/Counseling...

## Pathways Counseling Center

Rehoboth Baptist Association

618-367-6352

Route 185 & Airport Rd

Vandalia IL 62471

[www.bchfs.com](http://www.bchfs.com) (counseling services)

- Provides Counseling Services with a sliding fee scale
- Also accepts insurance

## Sexual Assault Family Emergencies (S.A.F.E.)

1410 Sunset Dr. Suite G

Vandalia IL 62471

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

618-283-1414

- Provides crisis counseling and advocacy for sexual assault victims and family emergencies.
- 24 hour hotline: Toll-Free: 800-625-1414



## Energy/Financial Needs:

- ***Please note that these services may vary depending on the availability of funding.***

### American Red Cross (serves Fayette County)

1045 Outer Park

217-787-7602

Springfield IL 62701

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

- Funds are available to assist with natural disasters

### Benefit Access Program \*

*(For those 65 and over or for those under 65 with a disability)*

- License Plate Discount. *File every 2 years!*
- Application assistance:
- CEFS Outreach Office 618-283-2631
- SWAN 618-283-9179
- Senior Services of Fayette County 618-283-4122
- Heartland Human Services 217-347-7179

### Catholic Charities

1502 E. Fayette Ave

217-857-1458

Effingham IL 62401

[www.cc.dio.org](http://www.cc.dio.org)

Click on Locations. Click on Effingham.

- Offers assistance with Rent, Utilities, Acute Medical Needs, Transient Transportation, Temporary Lodging, and Dental Vouchers, and Diabetic Medications
- Legal Services assist people with little to no income obtain pro-bono legal services. Appointment necessary.
- Assists with obtaining low cost medication from pharmaceutical companies and/or reputable internet pharmacies for eligible clients.
- 

### CEFS-Fayette County Outreach Office

517 W Gallatin

618-283-2631

Vandalia IL 62471

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

- Energy Assistance or LIHEAP. Eligibility requirements.
- Weatherization Program- Helps to weatherize or insulate a home. Eligibility requirements
- Emergency Food and Shelter. Eligibility requirements.
- Provide assistance completing applications for food stamps, tax preparation, Medicare Prescription Drug Program. \*
- Provide referrals for Head Start, WIOA (Workforce Innovation and Opportunity Act),

## Energy/Financial Needs:

- *Please note that these services may vary depending on the availability of funding.*

### USDA Rural Development

221 Withers Dr.

618-244-0773 ext 4

Mt. Vernon IL 62864

[www.rurdev.usda.gov/il](http://www.rurdev.usda.gov/il)

- Provide housing loans to low and modest income households who are unable to obtain credit elsewhere.
- Provide grants to elderly households with very low incomes to bring current homes up to minimum property standards.

### Illinois Department of Healthcare & Family Service

800 S Locust St.

618-532-1966

Centralia, IL. 62801

fax: 618-532-4957

[www.dhs.state.il.us](http://www.dhs.state.il.us)

### Social Security Administration (local office)

1207 Network Centre, Ste. 2

Effingham, IL 62401

855-213-5288

[www.socialsecurity.gov](http://www.socialsecurity.gov)

- Retirement application is available online.
- Replacement Medicare cards and social security cards.
- Social Security Survivor & Disability Income
- Supplemental Social Security Income

### USDA Rural Development

2201 Willenborg St. Suite 10

Effingham, IL 62401

217-347-7107 ext. 4

[www.rurdev.usda.gov/IL](http://www.rurdev.usda.gov/IL)

- Provide housing loans to low and modest income households who are unable to obtain credit elsewhere.
- Provide grants to elderly households with very low incomes to bring current homes up to minimum property standards.

## Food/Meals:

If you would like more information about home delivered meals and congregate meal sites please contact your local office to see what options are available.

### Meals on Wheels of CEFS

1805 S Banker St

Effingham, IL 62401

217-342-2193 ext. 119

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

### Golden Years Club

120 1<sup>st</sup> St.

618-427-3817

Brownstown IL 62418

- Potluck every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month
- Food Bank the 1<sup>st</sup> Saturday of each month



## **Food/Meals:**

**Food Pantries** (contact information provided call for details)

### 6:35 Pantry

228 Johnson St.  
Vandalia IL 62471

618-335-6241

- Every Thursday from 4:30-6:00

### CEFS Fayette County Food Pantry

517 W Gallatin  
Vandalia IL 62471

618-283-2631

- Open Wednesday and Thursday 1-4 and Fridays 9-12

### St. Elmo Food Pantry

512 N Main St.  
St. Elmo IL 62458

618-829-3273

- Open Mondays 10-11a.m. and 5:30-6:30p.m.
- Must live in St. Elmo School District

### St. Joseph's Food Pantry

114 E Main St.  
Ramsey IL 62080

618-423-2424

- Food Pantry- Open Wednesdays 9:30-11:30a.m.

**Home Health Care Agencies:** Offer nursing, physical, occupational, & speech therapies, medical social work, & home health aides. All report they provide intermittent care and are available 7 days/week. Care is provided as prescribed by your personal physician.

**BJC Home Care Services**

3535 College Ave  
Alton, IL 62002

618-463-7541

**Bond County Health Department**

1520 S 4<sup>th</sup> St.  
Greenville IL 62246

618-664-5020

Toll Free: 1-800-272-9159

[www.bchd.us](http://www.bchd.us)

- Covers 35 mile radius from Greenville

**Fayette County Health Department Home Health**

416 W Edwards  
Vandalia IL 62471

618-283-7262

618-283-1044

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

click on home health

**HSHS Homecare & Hospice of Southern Illinois**

503 N Maple  
Effingham, IL 62414

217-347-1777

Toll-Free: 1-800-551-6566

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

**Mederi Caretenders**

4202 Williamson Place, Suite 1  
Mt. Vernon, IL 62864

618.242.3516

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

## **In-Home Services:**

- Services: Transportation, meal preparation, housekeeping, shopping, laundry, bathing/dressing, companionship/respite, as well as 24-hour care.

### Addus HomeCare

2929 Broadway Suite 7A

Mt. Vernon, IL. 62864

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

618-244-4481

Toll Free: 1-800-729-8279

- Offers program for Veterans.

### Advantage Homecare

2511 Vandalia St.

Collinsville IL 62234

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

618-800-6126

### Central Illinois Care Services, Inc.

1901 S. 4<sup>th</sup> St. Suite 4

Effingham, IL. 62401

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

217.994.9016

618.391.7138

### Help at Home, Inc.

128 N Third St.

Mt. Vernon, IL 62864

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

618.244.7800

Toll-Free: 1.877.699.7954

- Offers Program for Veterans.

### Visiting Angels

120 E Section Ave

Effingham, IL 62401

[www.visitingangels.com/effingham](http://www.visitingangels.com/effingham)

217-690-4564

- Offers Programs for Veterans
- Services 15 Counties

**Hospice:** is a special healthcare option for patients and families who are faced with a terminal illness. Hospice provides palliative (comfort) care when curative treatment is no longer being used. Hospice Providers are listed below.



Bond County Hospice

1520 S 4tgh St.  
Greenville IL 62246

618-664-5020  
Toll-Free: 800-272-9159

[www.bchd.us](http://www.bchd.us)

- Covers 35 Mile Radius from Greenville

Fayette County Health Department Hospice

416 W Edwards St.  
Vandalia IL 62471

618-2831044  
Toll-Free: 618-283-7262

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

- Serves Fayette county and surrounding counties

HSBS Homecare and Hospice Southern Illinois

503 S. Maple St.  
Effingham, IL. 62401

217.347.1777  
Toll-Free: 1.800.551.6566

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

Lincolnland Hospice of Sarah Bush Lincoln

1000 Health Center Dr.  
Mattoon, IL 61938

217.234.4075  
Toll-Free: 1.800.454.4055

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

# Housing Options:



## Apartments:

### Capitol Pointe Apartments

2415 W Randolph St.  
Vandalia IL 62471

618-283-0236

### Carpenter Apartments

PO Box 446  
Shelbyville IL 62565

217-774-3290

- Apartments available in Brownstown, Farina, St. Peter, Ramsey, and St. Elmo

### Central High School Apartmetns

211 N Kennedy Blvd  
Vandalia IL 62471

618-283-1032

### Country Place Apartments\

(managed by professional properties)  
929 W Johnson St.  
Vandalia IL 62471

815-397-3755

### North Town Apartments

1502 N 8<sup>th</sup> St.  
Vandalia IL 62471

618-292-3932  
618-283-1135

### Terra Properties (55+)

Corner of 7<sup>th</sup> and Fletcher  
Vandalia IL 62471

618-654-7033

### Vandalia Heights (Terra Properties)

1916 W Randolph St. Bldg. #3  
Vandalia IL 62471

618-654-7033



# Housing Options...



## Retirement Home:

### Sweetbriar Retirement Home

410 Sunset Dr.

Vandalia IL 62471

- Independent Living (private pay)
- Provides meals, laundry, and housekeeping

618-283-9816

## Assisted Living/Supportive Living:

### Brookstone Estates

1607 W Filmore

Vandalia IL 62471

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

- Price based on income for those who qualify

618-283-9825

### The Glenwood of Effingham

14061 E 1600<sup>th</sup> St.

Effingham IL 62401

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

217-347-8880

### The Glenwood of Greenville

605 S Dewey St.

Greenville IL 62246

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

618-664-9012

# Housing Options...

## Nursing Homes:

Helpful Websites to use when selecting a nursing home:

<http://health.usnews.com/best-nursing-homes>

<http://www.ucomparehealthcare.com/nhs/illinois>

<http://www.medicare.gov/NHCompare>

***When looking at a facility these are some things to keep in mind regarding each Long Term Care Facility:***

- Care Practice: How staff cares for the individual. When thinking about what is important for your loved one and what you expect from their life at a Long Term Care Facility.
- Environment: How the space around us looks can affect how we feel about the place.
- Dining: It is not just about food, it is also an opportunity for socializing as well as enjoying your meal.
- Everyday Life: How you spend your personal time is your choice, but having a good quality of day to day activities is very achievable while in a Long Term Care Facility.
- Culture Change: This is directed to the Home's awareness and commitment to person centered/direct care. Ask about the facility's Resident Council.
- Staff turnover is a method of measuring staff satisfaction.
- Longevity of the Administrator and Director of Nursing.
- Staff to resident ratios should be compared between facilities.
- Check out the surveys from the Illinois Department of Public Health for each Long Term Care Facility that you are considering.

These surveys are available at: <https://ltc.dph.illinois.gov/webapp/LTCApp/ltc.jsp>

These suggestions are taken from the *YourWay: How to Find Dignity and Choice in a Nursing Home* book published by the Illinois Pioneer Coalition. A copy of this book is available on the web at

[www.illinoispioneercoalition.org/info/form.php](http://www.illinoispioneercoalition.org/info/form.php)

# Housing Options...

## Nursing Homes:

*Intermediate Care* – Help for those who cannot live alone.

*Skilled Care* – Intensive 24 hour nursing care.

*Alzheimer's Dementia Unit* – Supervision by staff trained in caring for people with Alzheimer's disease. Provide structured daily activities.

### Aperion Care St. Elmo

(Intermediate & Skilled Care, Garden Unit)

221 E Cumberland Rd.

618-829-5581

St. Elmo IL 62458

### Fayette County Hospital and Long Term Care

(Skilled Care)

7<sup>th</sup> & Taylor

618-283-1231

Vandalia IL 62471

### Vandalia Rehabilitation and Health Care Center

(Skilled Care)

1500 St. Louis Ave.

618-283-4262

Vandalia IL 62471

[www.petersenhealthcare.net](http://www.petersenhealthcare.net)

# Residents' Rights in Long Term Care, Home, & Community:

## Effingham County Committee on Aging (ECCOA)

Senior Services of Effingham County

209 S. Merchant St.

217.347.5216

Effingham, IL 62401

Toll-Free: 1.800.283.4070

[www.seniorservices-eccoa.org](http://www.seniorservices-eccoa.org)

- Regional Long Term Care Ombudsman Program:
  1. Provides advocacy to residents in licensed homes — nursing, supportive, and assisted.
  2. Is a confidential listener to the problems and concerns of residents.
  3. Informs residents of their rights.
  4. Assists in solving problems with permission, if requested.
  5. Answers any questions regarding Long Term Care issues.

## Illinois Department on Aging

One Natural Resources Way, Suite 100

Springfield, IL 62702-1271

[www.illinois.gov/aging](http://www.illinois.gov/aging)

State Long-Term Care Ombudsman

217.785.3143

Deputy State LTC Ombudsman

217.785.3140

Senior HelpLine:

1.800.252.8966

Illinois Department of Public Health Hotline

1.800.252.4343

## National Long-Term Care Ombudsman Resource Center:

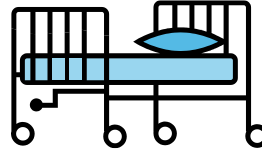
[www.ltombudsman.org](http://www.ltombudsman.org)

202.332.2275

## Medical Equipment:

Providers work with the patient's doctor and family to ensure that the equipment needs of the patient are met. Equipment needs include:

- Hospital Beds
- Walkers and/or Wheelchairs
- Oxygen/CPAP
- Lifts, Elevators & Special Chairs



several

Medical Equipment providers also perform services:

- Directly bill Medicare, Medicaid, or private insurance.
- Free (or low cost) delivery installation, and instruction.

### Apria Healthcare

401 S Banker Suites A&B.  
Effingham, IL 62401

217.347.5212

Toll-Free: 1.800.234.6897

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

### Bandy's Home Health Care Equipment

410 N Maple St.  
Effingham IL 62401

217-342-4919

- Covers majority of Fayette County

### Cain's Drug Store, Inc.

1401 N 8<sup>th</sup> St.  
Vandalia IL 62471

618-283-0196

### Care Medical Supplies, Inc.

4201 Ilberry Rd.  
Mt. Vernon IL 62864

618-244-4949

Toll-Free: 1-800-345-3191

### Lincolnland Home Medical Equipment

903 N Maple St  
Effingham, IL 62401

217.347.7372

Toll-Free: 1.800.345.3191

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

### LINCARE

700 N. Henrietta Suite B  
Effingham, IL 62401

217.347.7002

Toll-Free: 1.888.664.7002

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

## Memory Care Homes:



Aperion Care St. Elmo Garden Unit  
221 E Cumberland Rd.  
St. Elmo IL 62458

618-829-5551

### Lavender Ridge Memory Care

1103 N. Maple St.  
Effingham, IL 62401

217.342.4150

[www.lavenderridge.net](http://www.lavenderridge.net)

- Specialized care for individuals with memory impairments.
- Family support and education.

### Willowbrook Memory Support Residences

100 E. Bloehm Ave.  
Effingham, IL 62401

217.342.3233

[www.willowbrookliving.net](http://www.willowbrookliving.net)

- Specialized care for individuals with Alzheimer's disease and other dementia related diseases.
- Family support and education.
- Respite care is available.

**Respite:** temporary relief for the primary caregiver from her/his caregiver duties.

### **Respite in Communities**

The following communities provide short-term stays. Contact them for details and cost.

#### **Heartland Human Services**

1200 N Fourth St.

217-347-7179

PO Box 1047

Effingham IL 62401

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

You can now find us on Facebook

##### *In-home Respite*

- Companionship, supervision
- Assistance with laundry, meals, personal care, and exercise
- In-home respite workers are trained and employed by Addus Homecare

#### **Willowbrook Memory Support Residences**

100 E. Bloehm Ave.

Effingham, IL 62401

217.342.3233

- Specialized care for individuals with Alzheimer's disease and other dementia related diseases.
- Respite care is available at \$99/day

## **Support Groups:**

Meeting dates & times are subject to change.

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

### **Alcoholics' Anonymous:**

#### **AA: A Vision for You**

Northside Christian Church

1845 W Jackson

Vandalia IL 62471

- Women: Saturday 10:00am
- Men: Saturday 11:00am

#### **Courage to Change**

230 W Tower Rd.

St. Elmo IL 62458

- Book Study Mondays at 7:00p.m.

#### **First Baptist Church**

Rte 51 South

Ramsey IL 62080

- Meets Tuesdays at 7:00 p.m.

#### **First Presbyterian Church**

1221 W Filmore St.

Vandalia IL 62471

- Meets Thursdays at 8:00pm

#### **Fayette County Hospital**

7<sup>th</sup> and Taylor

Vandalia IL 62471

- Meets Tuesdays at 8:00pm
- Meets Friday at 8:00 pm
- Meets Saturdays at 8:00 pm

618-283-1231

#### **Mulberry Grove Firehouse**

7<sup>th</sup> & Route 40

Mulberry Grove, IL 62262

- Meets Sundays at 8:00 pm

618-326-9025



## **Support Groups:**

Meeting dates & times are subject to change.

### **Newcomers 123**

Helm Center

618-283-2313

716 School St.

Vandalia IL 62471

- Meets Wednesdays at 8:00 pm

### **AI-ANON Group (offers help/hope to family and friends of alcoholics)**

#### **First Presbyterian Church**

1221 W. Filmore St.

Vandalia IL 62471

- Meets Thursdays at 8:00pm

### **Caregiver Support Group**

#### **Heartland Human Services**

1200 N 4<sup>th</sup> St.

217-347-7179

Effingham IL 62401

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

- Meets 1<sup>st</sup> Tuesday of each month at 12:00 Evans Public Library, Vandalia

### **Grandparents Raising Grandchildren**

Heartland Human Services

1200 N Fourth St.

Effingham IL 62401

217.347.7179

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

- Meets the 1<sup>st</sup> Tuesday of the month at 1:00pm at Evans Public Library, Vandalia

### **Grief Support Group**

#### **Fayette County Health Department**

416 W. Edwards

618-283-7262

Vandalia IL 62471

Meets the 1<sup>st</sup> Monday of the month 4:30pm

### **Narcotics Anonymous**

#### **Northside Christian Church**

1845 W. Jackson St.

618-283-1970

Vandalia IL 62471

- Meets Fridays at 7:00pm

## **Transportation:**

### CEFS Central Illinois Public Transportation

Fayette County Outreach

517 W. Gallatin

Vandalia IL 62471

Toll-Free: 1-855-755-2478

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

- Monday thru Friday 6 a.m. to 5 p.m.
- A demand-response, door-to door public transportation service which serves everyone, any age and any income level.
- Transports Fayette County Residents to medical appointments, visit friends and family, get groceries, or to go to work or school...anywhere you would drive yourself.
- 24 hours in advance notice is appreciated but same day service is available when space permits.
- All vehicles are accessible.
- Facebook page: CEFS Central Illinois Public Transit

### Vandalia Rehabilitation and Health Care Center

1500 St. Louis Ave

618-283-4262

Vandalia IL 62471

- Provides transportation to individuals with medica card only
- Call Michelle for Details and Availability

## **Other Local Resources:**

### ATI Physical Therapy

815 N. Main St.

P.O. Box 481

618-662-1333

Flora, IL. 62839  
[www.atipt.com](http://www.atipt.com)

Fax. 618-662-0321

### Effingham Area Alzheimer's Awareness (EAAA)

- This group was founded to provide education and support to all families, caregivers, and persons living with Alzheimer's disease and related dementia in Effingham County and surrounding area.
- Hosts a community speaker series focusing on various topics associated with aging, caregiving, and dementia.
- Created the Forget-Me-Not Resource Center at the Flora Public Library
- For more information contact:  
Amy Sobrino 618.363.8372 ([eaaa.amy@gmail.com](mailto:eaaa.amy@gmail.com))  
Shannon Nobsch: 217.663.0010 [eaaa.shannon@gmail.com](mailto:eaaa.shannon@gmail.com)

### Frisse & Brewster Law Offices, LLC

304 E Jefferson Ave  
Effingham IL 62401

866-631-2946

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

You can now find us on Facebook

- Elder Law practice providing legal guidance & care planning services for elderly or disabled clients
- Powers of Attorney, Wills, Trusts, Nursing Home Planning, and Estate Settlements

### Illinois Assistive Technology Program

1020 Spring St.  
Springfield, IL 62701

217-522-7985

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

TTY: 217-522-9966

Email: [iatp@iltech.org](mailto:iatp@iltech.org)

Services include:

- Information & Assistance
- Devices Loan Program

## **Other Local Resources...**

Illinois Department of Veterans' Affairs

[www.2illinois.gov/veterans](http://www.2illinois.gov/veterans)

- Veterans Assistance Commission  
101 N 4<sup>th</sup> St (2<sup>nd</sup> floor) 217-342-8493  
Effingham IL 62401
- Community Based Outpatient Clinic  
1011 Ford Ave.  
Effingham, IL 62401 217-347-7600

### Illinois Guardianship and Advocacy Commission

Metro East Regional Office

4500 College Ave

618-474-5503

Alton IL 62002-5099

[www.gac.state.il.us](http://www.gac.state.il.us)

- Serves Fayette county
- Appointed guardian when no other person is suitable and willing to serve as guardian

### Land of Lincoln Legal Assistance Foundation, Inc.

- Services: Powers of Attorney and Last Wills.
- Clay County at SWAN, located at 832 W North Ave Suite B in Flora.
- An appointment is required
  - For an appointment call: 618.662.7300
- For other types of cases call Land of Lincoln Legal Assistance Monday through Friday between 9:00am-3:30pm.
  - Foreclosure and Consumer: 855.601.9474
  - All other types of cases: 877.342.7891

## **Other Local Resources...**

**(Libraries)**

Evans Public Library

215 S 5<sup>th</sup> St.  
Vandalia IL 62471

618-283-2824

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

- Local caregiver resource center with access to books and videos on caregiving.  
Caregiver Advisor available by appointment (217-347-7179 x1062)

### Brownstown Library

(Branch of St. Elmo Public Library district)

120 E Main St.

618-427-3853

Brownstown IL 62418

### Ramsey Public Library

401 S Superior

618-423-2019

Ramsey IL 62080

### St. Elmo Public Library District

311 W Cumberland Rd.

618-829-5544

St. Elmo IL 62458

[www.stelmo.lib.il.us](http://www.stelmo.lib.il.us)

## **Other Local Resources...**

### **Midland Area Agency on Aging**

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

434 S. Poplar

618.532.1853 Centralia, IL 62801

Toll-Free 1.877.532.1853

Area Agency on Aging as designated by the Illinois Department on Aging. Covers Clay, Effingham, Fayette, Jefferson, and Marion Counties.

- Services:
  - Determines the needs of Seniors and persons living with disabilities
  - Develops programs and funds community agencies.
  - Advocates on behalf of senior citizens
  - Program Coordination
  - SHIP site Assists with Medicare Prescription Drug Applications \* and Benefit Access Applications (formerly known as Circuit Breaker) \*.
  - Provides General and Court Advocacy services to Victims of Abuse through Senior Advocacy Program
  - Senior Medicare patrol
  - Veterans Independence program
  - Senior Employment Services

### Virtual Opportunities

- Over 150 small group classes for **FREE!** This is supported by the Midland Area Agency on Aging, and in partnership with GetSetUp. These classes are designed to keep your mind active, allow you to engage with others, increase your ability to live independently and learn new things.  
<https://www.getsetup.io/partner/midland>
- Adaptive Equipment Corner offers free videos on how to adapt to the environment for those who are having mobility and other issues in daily activities. To access this you would simply google AECorner.com, register and create a (at least 8 character) password. Then you would use the code “midlandcares” which is good till June 2021 and sign up to view videos and access information available. When visiting this site again, you would simply use “returning user LOGIN” option and put in your information and password from registering.

## Other Local Resources...

Mid-Illinois Talking Book Center

300 S Second St.

Springfield IL 62701-1796

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

Monday-Friday 8:00-4:30

Toll Free: 800.426.0709

## Toll Free Numbers and Web Pages...

AARP

1.888.687.2277

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

Administration on Aging, U.S. Dept. of Health & Human Services

[www.aoa.gov](http://www.aoa.gov)

Alzheimer's Association

1.800.272.3900

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

Alzheimer's Disease Education and Referral (ADEAR) Center

1.800.438.4380

[www.nia.nih.gov/alzheimers](http://www.nia.nih.gov/alzheimers)

Caring Today

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

Elder Abuse

1.866.800.1409

[www.ncea.aoa.gov](http://www.ncea.aoa.gov)

Eldercare Locator

1.800.677.1116

[www.eldercare.gov](http://www.eldercare.gov)

Geriatric Mental Health Foundation

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

National Alliance for Caregiving

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

National Council on the Aging

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

Caregiver Action Network

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

National Institute of Mental Health

[www.nimh.nih.gov](http://www.nimh.nih.gov)

National Institute on Aging

1.800.222.2225

[www.nia.nih.gov](http://www.nia.nih.gov)

Mental Health America

1.800.969.6642

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



## **Contributing Members of the Fayette County MHASI Advisory Group**

The *Guide for Family Caregivers* has been written to assist families and friends in finding resources to help them care for loved ones. The resources included in this printing are the ones known to the contributors who provide services in Fayette County. It is not the intent of this group to omit providers. Phone numbers, addresses and websites are current as of January 1, 2023.

*Questions about this publication may be directed to:  
The Geriatric Services Division at Heartland Human Services at  
217.347.7179, extension 1062.*

