

Caregiver Resource Guide

Clay County, Illinois
2025 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 24-25.
3. I just started caring for my parents. I need some directions. Where do I start? See Assistance in Your Home and Community pages 5-6; Caregiver Support page 25-26; or Other Local Resources pages 28-31.
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 parents. 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 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 5-6. *

This Guide was written by Caregiver Coalition 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.

Table of Contents

<u>Page #</u>	<u>Subject</u>
2.....	Common Questions & Where to Find Help
4.....	Adult Day Services
5-6.....	Assistance in Your Home and Community
7.....	Emergency Home Response Systems
8 - 9	Emotional Needs/Counseling
10-11...	Energy/Financial Needs
12....	Food/Meals
13...	Home Health Care Agencies
14....	In-Home Services/Home Chore
15.....	Hospice
16-20...	Housing Options & Resident Advocacy
21...	Medical Equipment
22.....	Memory Care Assessments
23.....	Memory Care Homes
24-25.....	Respite
25-26...	Support Groups
27.....	Transportation
28-31...	Other Local Resources
32.....	Toll-Free Numbers and Web Pages

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, 2025, open enrollment for 2026 begins

December 7, 2025, open enrollment for 2026 ends

January 1, 2026, 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.**

Adult Day Services:

Call for detailed information, such as availability, times, cost, etc.



Flora Gardens Care Center

701 Shadwell Ave

618-662-8361

Flora IL 62839

www.petersenhealthcare.net

Flora Rehabilitation and Health Care Center

232 Given St.

618-662-8381

Flora IL 62839

www.petersenhealthcare.net

Assistance in Your Home and Community

Creative Vision

22 Veterans Drive,

P.O. Box 869

Harrisburg, Illinois 62946

Email: creativevision@colemantricity.org

618-252-4201

- 55 years or older
- Legally blind or diagnosed with any eye condition
- Services provided: adaptive homemaking skills, adapted equipment and device training, coping skills, home safety training, support groups
- Free services

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

www.dhs.state.il.us

General Information/Home Service 618-395-2147

Blind Service 217-875-4866

TDD only Toll-Free: 888-472-0926

www.dhs.state.il.us

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

www.ofacil.org Toll-Free: 1-800-938-7400

- Eligibility Requirements: Presence of a medical or mental health issue that alters their way of living. Does not require a dr.'s diagnosis.
- Services: Peer advisory; skills training; systems advocacy; individual advocacy; information and referral.

SWAN *

832 W. North Ave Suite B
Flora IL 62839

618-662-7300

www.swandvhl.org

- Provide information& assistance to available resources
- Assist with Medicare Prescription Drug Program*
- Assist with Benefit Access Application*
- Schedule Legal appointments with legal representatives.
- Certified SHIP Counselors and designated SHIP site.
- Assist with Medicare Savings Program and Low-Income Subsidy Program.

Assistance in Your Home and Community...

SWAN

Adult Protective Services

Toll-Free: 888-715-6260
618-662-7300

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

Domestic Violence Advocacy

217-342-4526

www.swandvhl.org

Toll-Free: 888-715-6260

State of Illinois Hotline

- Provides legal advocacy to persons in need of accessing an order of protection.
- Provides Domestic Violence Support Groups/Counseling

Senior Services of Clay County *

832 W. North Avenue C-2

Flora IL 62839

618-662-7304

www.seniorservices-eccoa.org

- 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, Emergency Home Response Systems.**
- Certified SHIP counselors and Designated SHIP Site.
- Volunteer money management
- ITAC Center for tty's and amplified telephones
- Referrals for many services that will add benefit to the individual's needs.

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

Senior Services of Clay County

832 W. North Ave

Flora IL 62839

618-662-7304

www.seniorservices-eccoa.org

- 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:



Center for Senior Renewal
(Clay County Hospital Clinic)

911 Stacy Burk Dr.

Flora IL 62839

618-662-6621

www.claycountyhospital.org

Click on Providers & Departments.

Click on Senior Renewal

- Senior Renewal provides out-patient counseling for senior adults who are experiencing depression, grief, loss, difficulty coping with change, and anxiety.
- Services are provided by licensed therapists under the direction of psychiatrist.

Clay County Counseling Services

125 Broadway St.

PO Box 67

Louisville, IL 62858

618-665-4532

- Monday- Thursday 8:00-4:30
- Accepts insurance and sliding fee scale available

Clay County Hospital Medical Clinic-Flora

Behavioral Health Program

618-662-2191

929 Stacy Burke Dr.

618-662-6621

Flora, IL 62839

1-800-762-2309

- Services include behavioral, social, psych and counseling
- Provides services for those 4 years of age and older
- Medication Assisted Treatment Program also available for opioid addiction therapy

Clay County Hospital Medical Clinic-Clay City

939 Sunset Road SW

618-662-2191

Clay City, IL 62824

1-800-762-2309

- Services include behavioral, social, psych and counseling
- Provides services for those 4 years of age and older
- Medication Assisted Treatment Program also available for opioid addiction therapy

Clay County Hospital Medical Clinic-Louisville

935 Bryant St. (will be moving next to Wabash Telephone Route 45 in 2025)

Louisville, IL 62858

618-662-2131

1-800-762-2309

- Services include behavioral, social, psych, and counseling
- Provides Services for ages 4 years and older
- Medication Assisted Treatment Program also available for opioid addiction therapy

Emotional Needs/Counseling...

Grace & Truth Counseling

235 Chestnut St.

618-665-3050

PO Box 13

Louisville, IL 62858

- Offers in person and virtual counseling services
- Monday-Thursday by appointment

Heartland Human Services

PO Box 1047

1200 N. 4th St.

217-347-7179

Effingham, IL 62401

www.heartlandhs.org

- **Caregiver Support Services** (contact Extension 1062)
- **Grandparents Raising Grandchildren** (contact Extension 1062)
- **DUI Evaluations** (contact Extension 1075)
- **Most accepted, Sliding Scale Available**

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

401 E Washington Ave

Effingham IL 62401

www.safecrisiscenter.org

217-342-6623

Provides crisis counseling and advocacy for sexual assault victims and family emergencies.

The Wellness Loft

408 South 4th St.

217-347-5118

Effingham, IL 62401

- Hours Monday-Thursday 8:30 to 5pm Fridays 8:30 to Noon
- Ages toddler to 65+
- Accept insurance
- Strength based on therapy creating a sense of HOPE and PEACE by helping people focus on the positive, the effective, and reasonable solutions.

Energy/Financial Needs:

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

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 618-662-4024
- SWAN 618-662-7300
- Senior Services of Clay County 618-662-7304

CEFS-Clay County Outreach Office

835 W. North Ave

618-662-4024

Flora IL 62839

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), Homebuyer Assistance,

Office of Community Assistance-IL Dept. of Commerce and Economic Opportunity
1-833-711-0374

Energy/Financial Needs...

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

Social Security Administration (local office)

1207 Network Centre Suite 2

Effingham IL 62401

855-213-5288

Federal Building

105 S. 6th St

Mt. Vernon IL 62864

866-931-2549

www.ssa.gov

- Information available Toll-Free 24/7
- Retirement application is available online
- Replacement of social security cards and Medicare cards.

800-772-1213

USDA Rural Development

221 Withers Dr.

Mt. Vernon IL 62864

www.rurdev.usda.gov/il

618-244-0773 ext. 4 or 5

- Provide housing loans to low- and modest-income households who are unable to obtain credit elsewhere.
- Provide grants to elderly households (age 62 years+) with low income to bring current homes up to minimum property standards.

Illinois DHS Family Community Resource Center in Macon County (Long Term Care)

1406 Martin St.

Olney, IL. 62450

www.dhs.state.il.us

618-392-3151

Toll-Free: 866-740-3932

Fax: 618-392-3623

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.

CEFS Golden Circle Nutrition Program

218 S Main St.

Flora, IL 62839

www.cefseoc.org

618-994-3191

Clay County Ministerial Alliance Food Pantry

1101 Austin Ave

Flora IL 62839

618-662-3851

- Mondays 9:00-11:00 with exceptions of holidays
- Limit of 1 visit per month



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.

Carle Homecare and Hospice

501 S West St.

Olney IL 62450

618-395-1068

Clay County Home Health (Health Department)

601 E. 12th St

Flora IL 62839

618-662-4406

Toll Free: 800-544-4406

www.healthdept.org

HSHS Homecare & Hospice of Southern Illinois

900 W Temple Suite 101 217-347-1777
Effingham, IL 62401 Toll-Free: 1-800-551-6566

Lincolnland Home Care

1004 Health Center Drive, Suite. 202 217-234-4418
Mattoon, IL 61938
www.sarahbush.org Toll-Free: 1-800-879-3212

Residential Home Health and Hospice

104 Airway Dr. Ste 1 866-902-4000
Marion IL, 62959 Toll Free: 1-800-642-6099
www.residentialhealthcaregroup.com

Mederi Caretenders

4111 N Watertower Lane, Suite E 618-988-1840
Mt. Vernon, IL 62864
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 618-244-4481
Mt.Vernon, IL. 62864 Toll Free: 1-800-729-8279
www.addus.com

- Offers program for Veterans.

Advantage Home Health

801 S West St. 618-392-4624
Olney, IL 62450

Avid Health at Home

1901 S. 4th St. Suite 4
Effingham, IL. 62401

217-994-9016
618-391-7138

Help at Home, Inc.

128 N Third St.
Mt. Vernon, IL 62864

618-244-7800

www.helpathome.com

Toll-Free: 1-877-699-7954

- Offers Program for Veterans.

Visiting Angels

120 E Section Ave
Effingham, IL 62401

217-690-4564

“America’s Choice in Homecare”

www.visitingangels.com/effingham

- Offers Programs for Veterans
- Covers 13 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.



Residential Healthcare

104 Airway Dr Suite 1
Marion IL 62959

Toll-Free: 800-642-6099

www.residentialhealthcare.com

Clay County Health Department Hospice

601 E 12th St

618-662-4406

Flora IL 62839

Toll-Free: 800-544-4406

www.healthdept.org

HSHS Homecare and Hospice Southern Illinois

503 S. Maple St.

217-347-1777

Effingham, IL. 62401

Toll-Free: 1-800-551-6566

www.stanthonyshospital.org

Lincolnland Hospice of Sarah Bush Lincoln

1000 Health Center Dr.

217-234-4075

Mattoon, IL 61938

Toll-Free: 1-800-454-4055

www.sarahbush.org



Housing Options:

Apartments:

Chamber of Commerce

223 W Railroad St.

Flora IL 62839

618-662-5646

www.florachamber.com

- List of rental landlords available

Clay County Housing Authority

County Office

201 S. Locust

618-662-5311

Flora IL 62839

- Rental options for low-income individuals
- Hours are M-F 8:00-4:00

Village Green Apartments

811 Meadow View Dr.

Flora IL 62839

618-662-8199

Zink's Apartment Rental

150 Rte. 45 S.

Louisville, IL 62858

618-665-4083

Developmental Disabilities

Country View Terrace

52 Old Route 45

Louisville, IL 62858

618-686-4542

- Intermediate Care Facility for adults with developmental delays.
- Offers nursing consultation, physician, consultation, physical, occupational, and speech services available as needed.
- Screening is through Southern Illinois Case Coordination



Housing Options...

Assisted Living/Supportive Living:

Heritage Woods of Flora

1003 W. 4th St

Flora IL 62839

618-662-4599

www.gardant.com/heritagewoodsflora

- Affordable assisted lifestyle community for adults 65+
- Live in your own private apartment.
- Receive the personal assistance you need.

- Availability of three meals a day, housekeeping, and laundry services.
- Enjoy companionship of friends and neighbors.
- Participate in social, recreational, & educational activities.
- Financial assistance is available for those who qualify.

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 care 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 ***Your Way: 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

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 Olney

900 E Scott St.

Olney, IL 62450

618-395-1000

Flora Gardens Care Center

(*Intermediate & Skilled Care, "Willow Lane" Alzheimer's Unit*)

701 Shadwell Ave

Flora IL 62839

618-662-8361

www.petersenhealthcare.net

Flora Rehabilitation and Health Care Center

(*Skilled & Intermediate Care*)

232 Given St.

Flora, IL 62839

618-662-8381

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

- 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. Inform 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

State Long-Term Care Ombudsman

217-785-3143

Deputy State LTC Ombudsman

217-785-3140

Senior HelpLine:

1-800-252-8966

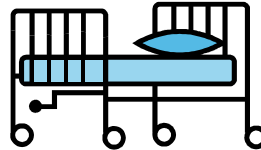
Illinois Department of Public Health Hotline:

1-800-252-4343

National Long-Term Care Ombudsman Resource Center:
www.ltcombudsman.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



Medical Equipment providers also perform several services:

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

Apria Healthcare

401 S Banker Suites A&B.

217-347-5212

Effingham, IL 62401

Toll-Free: 1-800-234-6897

www.apria.com

Bandy's Pharmacy & Home Health Care Equipment

1413 W. Whittaker St.

Salem, IL 62881

618-548-4000

The Medicine Shoppe

215 N Broadway

Salem IL 62881

618-548-0070

Lincolnland Home Medical Equipment

903 N Maple St

Effingham, IL 62401

217-347-7372

Toll-Free: 1-800-345-3191

www.inhomemedical.com

LINCARE

700 N. Henrietta Suite B

Effingham, IL 62401

217-347-7002

Toll-Free: 1-888-664-7002

www.lincare.com

Memory Care Assessments:

Center for Senior Renewal

Clay County Hospital

911 Stacy Burk Dr.

PO BOX 280

Flora, IL 62839

www.claycountyhospital.org

Open M-F 8:00-4:00

618-662-6621

Memory and Aging Clinic (contact Extension 1046)

- A Memory & Aging Network Provider of Southern Illinois University School of Medicine's Center for Alzheimer's disease and Related Disorders in Springfield, Illinois.
- Specially trained staff to evaluate individuals with memory or other cognitive complaints.
- Referrals are accepted from physicians, family members, and individuals.
- Provide counseling, education, and resources in a follow-up consultation.





Memory Care Homes:

Assisted Living:

StoneBridge Memory Care

1103 N. Maple St.

Effingham, IL 62401

217-342-4150

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

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

Respite – is 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.

Flora Gardens Care Center 618-662-8361
701 Shadwell St.
Flora, IL 62839
www.petersenhealthcare.net

Flora Rehabilitation & Health Care Center 618-662-8381
232 Given Dr.
Flora, IL 62839
www.petersenhealthcare.net

Willowbrook Memory Support Residences
100 E. Blohm Ave.
Effingham, IL 62401 217-342-3233
www.willowbrookliving.net

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

Respite for Care Receivers age 60 and older

Heartland Human Services

1200 N Fourth St.
Effingham, IL. 62401
Caregiver Advisor
www.heartlandhs.org

217-347-7179 ext. 1062

In-Home Respite:

- Companionship and Supervision
- Assistance with laundry, meal preparation, personal care, and exercise.
- In-home respite workers are trained and employed by Addus HomeCare

Support Groups: Meeting dates & times are subject to change. www.aa.org

Alcoholics' Anonymous:

First Church of Olney
1401 N Silver St.
Olney, IL 62450
618-393-7436

- Meets Tuesdays and Fridays at 7:00pm

Al-ANON Group (offers help/hope to family and friends of alcoholics)

Olney AFG
First Church of Olney
1401 N Silver St.
Olney IL 62450

Support Groups...

Caregiver Connection

Heartland Human Services –Sponsoring Agency

1200 N 4th St

Effingham IL 62401

- Meets VIA Zoom- 1st and 3rd Tuesday of each month at 3:00pm- Find a direct link on our Facebook page.
- Phone the Caregiver Advisor: 217-347-7179 ext. 1062.

Clay County Crusaders

- Financial assistance for Clay County Residents diagnosed with cancer.
- Contact Nancy Mills for more info- 618-662-9592

Grandparents Raising Grandchildren

Heartland Human Services – Sponsoring Agency

1200 N 4th St

Effingham IL 62401

217-347-7179 ext. 1062

www.heartlandhs.org

Narcotics Anonymous

www.na.org

Clay County Hospital

911 Stacy Burk Dr.

Flora IL 62839

Ties that Bind Us

Free Methodist Church

223 W Cherry St.

Olney IL 62450

Transportation:

CEFS Central Illinois Public Transportation

Fayette County Outreach

517 W. Gallatin

Vandalia, IL 62471

Toll-Free: 1-855-755-2478

www.cefseoc.org

- Service hours: Monday thru Friday 6 a.m. to 5 p.m.
- Dispatch hours: Monday thru Friday 6 a.m. to 6 p.m.
- A demand-response, door-to-door public transportation service which serves everyone of any age and any income level.
- Transports Clay 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.
- Passengers aged 60+ ride for a suggested donation with a reduced fare card (call or see website for application).
- Disabled riders are eligible for a \$15 monthly pass with a reduced fare card (call or see website for application).
- Facebook page: CEFS Central Illinois Public Transit
- All vehicles are wheelchair accessible.

Other Local Resources:

CEFS Economic Opportunity Corp RSVP

835 W. North Ave

217-342-2193 ext. 135

Flora IL 62839

www.cefseoc.org/rsvp

Dent Law Office, LLC

415 W Virginia Ave.

Effingham IL 62401

217-330-5500

<https://dentlawoffices.com/>

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 & Estate Settlement.

Effingham Area Alzheimer's Awareness (EAAA)

Created the Forget-Me-Not Resource Center at the Flora Public Library.

www.effinghamalz.org

Flora Public Library

216 N Main St

Flora IL 62839

618-662-6553

www.florapubliclibrary.org

- Local caregiver resource center with access to books and videos on caregiving. Caregiver Advisor is available the 1st Thursday of each month by appointment (217-347-7179 ext. 1062)

Illinois Assistive Technology Program

1020 Spring St.

Springfield, IL 62701

www.iltech.org

Email: iatp@iltech.org

Services include:

- Information & Assistance
- Devices Loan Program

217-522-7985

TTY: 217-522-9966

Illinois Department of Veterans' Affairs

www.2illinois.gov/veterans

- Veterans Assistance Commission
600 E. Main St, Ste. 5
Salem IL 62881 618-548-6929
- Community Based Outpatient Clinic
1011 Ford Ave.
Effingham, IL 62401 217-347-7600

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

Life Masters Senior Club

Clay County Hospital
911 Stacy Burk Dr.
Flora IL 62839

www.claycountyhospital.org

- Features Monthly meeting contact the Clay County Hospital for more information.

Other Local Resources...

Midland Area Agency on Aging

434 S. Poplar

Centralia, IL. 62801

618-532-1853

www.midlandaaa.org

- Provide information & assistance to available resources.
- Assist with Medicare Prescription Drug Program. *
- Assist with Medicare Savings Programs and the Low-Income Subsidy Program.
- Assist with Benefits Access Program applications (formerly known as Circuit Breaker).*
- Schedule appointments with legal representatives.
- Certified SHIP site.

Virtual Opportunities

- Over 150 small group classes for FREE. This is supported by the Midland Area Agency on Aging, and in partnership with Get Setup.
- 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>

Virtual Opportunities

Trualta: this is a Caregiver Portal shows you how to manage aging at home. Let Trualta help you on your caregiving journey.

- Explore options for challenging behaviors
- Discover ways to connect with loved ones
- Share and learn with fellow caregivers
- Sign up for free at: HeartlandHS.trualta.com
- Online support groups new available
- For more details contact: phone 217-347-7179 ext. 1062 or email: tratriff@heartlandhs.org

- 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.

Produces educational and instructional videos and home medical equipment reviews for professional caregivers, families caring for a loved one, and older adults who want to age in place. <https://www.AECorner.com>

- Go to the Midland Website and click on the Adaptive Equipment Corner tab and it will take you to their website or use the “magic link” at <https://aecorner.video/l?jump=87b06b998fc31997c454>

National Resource Center on LGBTQ+ Aging

c/o SAGE

The country’s first and only technical assistance resource center focused on improving the quality of services and supports offered to lesbian, gay, bisexual and/or transgender older adults, their families and caregivers.

www.lgbtagingcenter.org

212-741-2247

infor@lgbtagingcenter.org

<http://www.facebook.com/lgbtagingcenter>

SAGE

Sage is the country’s largest and oldest organization dedicated to improving the lives of LGBTQ+ older people. Founded in 1978 and headquartered in New York City, SAGE is a national organization that offers supportive services and consumer resources to LGBTQ+ older people and their caregivers.

<https://www.sageusa.org>

Contact us : <https://www.sageusa.org/about-us/contact-us/>

305 7th Avenue

15th Floor

New York, NY 10001

212-741-2247

Mid-Illinois Talking Book Center

300 S Second St.

Springfield IL 62701-1796 Toll Free: 800-426-0709

www.illinoistalkingbooks.org

Monday-Friday 8:00-4:30

Toll Free Numbers and Web Pages...

AARP

1-888-687-2277

www.aarp.org

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

www.aoa.gov

Alzheimer's Association

1-800-272-3900

www.alz.org

Alzheimer's Disease Education and Referral (ADEAR) Center

1-800-438-4380

www.nia.nih.gov/alzheimers

Caregiver Action Network

www.nfcacares.org

Caring Today

www.caringtoday.com

Crisis Text Line

[crisis counselor](#)

Call or text 988 for 24/7 access to trained

Elder Abuse

1-866-800-1409

www.ncea.aoa.gov

Eldercare Locator

1-800-677-1116

www.eldercare.gov

Geriatric Mental Health Foundation

www.gmhfonline.org

Golden Rainbows of Illinois South

www.goldenrainbows.org

National Alliance for Caregiving

www.caregiving.org

National Council on the Aging

www.ncoa.org

National Institute of Mental Health

www.nimh.nih.gov

National Institute on Aging

1-800-222-2225

www.nia.nih.gov

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

Mental Health America

1-800-969-6642

www.nmha.org

*Questions about this publication may be directed to:
The Geriatric Services Division at Heartland Human Services at
217-347-7179, extension 1062.*

