

Caregiver Resource Guide

Effingham County,
Illinois 2025 Edition



Common Questions & Where to Find Help...

1. What is the difference between intermediate and skilled care? See page 21 for nursing home care options.
2. I need a break from caregiving. Where do I turn? See Respite on page 25-26.
3. I just started caring for my parents. I need some directions. Where do I start? See Assistance in Your Home and Community on pages 5-7 or Other Local Resources pages 33-36.
4. My parents can't afford their medicine. Where can they turn for help? See Energy/Financial Needs pages 11-13.
5. I don't feel comfortable bathing my parents. What help is available? See In-Home Services page 15-16.
6. I'm concerned that dad could fall and not be able to get up. See Emergency Home Response Systems on page 8.
7. It seems that my neighbor is always low on food and money. See Energy/Financial Needs pages 11-13 and Food/Meals pages 13-14.
8. My complaints to nursing home staff aren't getting mom better care. Where do I turn? See Ombudsman Program on page 22.

This Guide was written by the 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.

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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, 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 Programs:

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

Community Support Systems

618 West Main St.

Teutopolis, IL. 62467

217-705-4300

www.csscares.org

- Serving adults with intellectual and developmental disabilities

Guardian Angel Adult Daycare

16101 E. US HWY 40

Teutopolis, IL. 62467

217-813-6027

- Full or Half Day Care Available.
- Full day 10 hours cost \$120
- Half day 5 hours cost \$80
- Hours 7:30 to 5:30
- Call for available services.



Assistance in Your Home and Community:

Community Support Systems

618 West Main St.
Teutopolis, IL. 62467

Office: 217-705-4300
Intake : 217-705-4448

www.csscares.org

Services provided to individuals with intellectual developmental disabilities include:

Employment Services:

Community Integrated Employment:

- Assists individuals with Job Placement and Job Coaching Services at host employers throughout the community.

Community Day Services

- A facility-based program offering personal, social, and vocational development activities.

Residential Services:

- 24-hour Services: See page 26.
- Intermittent Services: Provides support to individuals who live independently in the community or with their families. Services may include training in cooking, home maintenance, finances, safety and leisure activities.

Family Support:

- Respite: See page 26.
- Summer Day Camp: Provides day camp opportunities to school aged individuals who receive special education services.

Heartland Human Services *

Information and Assistance for Seniors
1200 N. 4th St.
P.O. Box 1047
Effingham, IL 62401
www.heartlandhs.org

217-347-7179 Ext. 1038

- Assist with Benefit Access Applications (formerly known as Circuit Breaker). *
- Assist with Medicare Prescription Drug Program. *
- Schedule legal appointments with Land of Lincoln Legal Assistance Foundation,
- Link caregivers to resources and support groups (p 10).
- Link grandparents raising children to resources and support groups (p. 37).
- Certified SHIP Counselors and designated SHIP Site. *

Assistance in Your Home and Community...

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

General Information/Home Service
www.dhs.state.il.us

217-235-3154
TTY: 1-888-261-2869

Creative Vision

22 Veterans Drive,
P.O. Box 869
Harrisburg, Illinois 62946

618-252-4201

Email: creativevision@colemantricity.org

- 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

Opportunities for Access, Center for Independent Living (Local Office)

309 Professional Park Ave, Suite 1

217-342-5521

Effingham, IL 62401

Toll-Free: 1-800-810-3184

Mt. Vernon /Home Office:

618-244-9212

www.ofacil.org

Toll-Free: 1-800-938-7400

- All services are free for those with disabilities or dementia
- Peer Advisory, skills training, individual advocacy (IEP, 504, Medicare, Medicaid, Social Security)

Senior Services of Effingham County

Senior Center
209 S. Merchant
Effingham, IL 62401

217-347-5569

www.eccoa.org

- Provides Community Care 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 System. Information on page 8**
- Certified SHIP Counselors and designated SHIP site. *
- Volunteer money management.
- ITAC Center for free amplified and teletype telephones.
- Referrals for many services that will add benefit to the individual's needs.
- Center for daily activities and planned outings.

Assistance in Your Home and Community...

SWAN

Adult Protective Services & Domestic Violence Advocacy

1108 S Willow St.

(217) 342-4526

Effingham, IL 62401

Toll Free: 1-888-715-6260

www.swandvhl.org

Adult Protective Services

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.
- Conduct confidential investigations, casework and follow up services.
- Types of abuse: Physical, Emotional, Confinement, Sexual, Passive Neglect, Willful Deprivation, Financial Exploitation, Abandonment as well as Self Neglect.

Domestic Violence Advocacy

- Provides legal advocacy to people in need of accessing an order of protection
- Domestic Violence Support Groups/Counseling
- Intervention Program for Abusers

Effingham County Case Management

The Effingham Public Library

217-663-5291

200 N 3rd St. Suite 2

Effingham, IL 62401

Facebook: Effingham County Case Management

Hours: Monday – Thursday 9am to 1pm

Services: Case Management

All services are free, grant funded. No age eligibility requirements.

- Assistance with unemployment, free government phones for eligible households, and benefit applications (SNAP, Medicaid & cash assistance)
- Referral to area resources: health providers, crisis organizations, licensed childcare providers & housing
- Linkage with local transportation options.

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 your 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 Effingham County

Senior Center
209 S. Merchant
Effingham, IL. 62401

217-347-5569

www.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

Stacy Burk Dr.

Flora, Illinois 62839

www.claycountyhospital.org

Click on Providers & Departments.

Click on Senior Renewal.

618-662-6621

Gentlecare Consultants

602 W Franklin Ave

Effingham IL, 62401

217-722-1896

- Individual Client Consult, Women's and Men's Wellness, Mental Health Consultation, and Care Coordination Services

Heartland Human Services

1200 N. 4th St.,

P.O. Box 1047

Effingham, IL 62401

www.heartlandhs.org

217-347-7179

- Caregiver Support Services
- Mental Health & Addictions Counseling Services
- DUI Evaluations & Education
- Psychiatric Services
- Accepts Medicaid & Medicare
- Provides counseling services with a sliding fee scale

Pathways Counseling Center

1st Baptist Church
213 W. Fayette Ave.
Effingham, IL. 62401
www.bchfs.com

618-387-1114

- Provides counseling services with a sliding fee.
- Also accepts insurance.
- Call for more information.

Emotional Needs/Counseling...

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.
- **24-hour Crisis Intervention hotline:** **Toll-Free: 1-800-625-1414**

Wellness Loft

408 S. 4th St.
Effingham, IL. 62401
www.thewellnessloft.com

217-347-5118

- Open Monday-Thursday 8:30-5:00 Fridays by appointment only
- Insurances are accepted- no sliding scale available

For individual private counselors look in your local phone book yellow pages under—
Counselors—

Energy/Financial Needs:

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

Benefit Access Program

- License Plate Discount. File every 2 years
- Application assistance:
 - CEFS Outreach Office 217-347-7514
 - Opportunities for Access (under 60) 217-342-5521
 - Heartland Human Services 217-347-7179
 - Senior Services of Effingham County 217-347-5569

To be eligible for the Benefit Access Program

1. You must be 65 years of age or older by December 31 of the current year; or you must be 16 years of age or older and totally disabled before January 1 on this year.
2. You must live in Illinois at the time you file your application
3. Your total income last year must be less than:
 - \$33,562 for a 1 person household;
 - \$44,533 for a 2 person household
 - \$55,500 for a 3 person household

Eligibility is good for two years under the Benefit Access Program. The two-year period starts at the time your application is approved. You may file again beginning 90 days before your eligibility expires.

Catholic Charities *

1502 E. Fayette Ave.

Teutopolis, IL 62467

217-857-1458

www.cc.dio.org.

Click on locations. Click on Effingham.

- Offers assistance to eligible clients with limited funds for utilities, acute medical needs, temporary lodging (transients only), dental vouchers, and diabetic medications. Previously offered services for rent assistance, however, depending on funding.
- Legal services assist people with little to no income obtain pro-bono legal services. Appointment necessary.
- Assists with obtaining low-cost medications from pharmaceutical companies and/or reputable internet pharmacies for eligible clients.
- Senior Health Insurance Program certified to assist with Medicare needs

Energy/Financial Needs:

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

CEFS – Effingham County Outreach Office *

1010 W Jefferson Ave
Effingham, IL 62401
www.cefseoc.org

217-347-7514

- Energy Assistance or LIHEAP. Eligibility requirements.
- Weatherization Program – helps to weatherize or insulate a home. Eligibility requirements.
- Income tax preparation.
- Housing counseling, Rental & Homeless Assistance.
-

*All programs depend on availability of funding.

Effingham County CEFS Outreach also disperses Effingham County Salvation Army funds. Clients can still call the same number (217-347-7514) for assistance.

DHS Family Community Resource Center Mid Illinois

1550 Douglas St.
Charleston, IL 61920
www.dhs.state.il.us

217-345-2188

Fax : 217-345-2190

- Receives applications for cash assistance, Supplemental Nutrition Assistance Program (SNAP), and Medical Assistance Insurance.
- Help available to all ages.
- Assistance is based on assets and income.

FISH Human Services (Effingham County Only)

708 S. Linden
P.O. Box 473
Effingham, IL 62401

217-342-2200

- Recorded message directs callers to phone numbers for further assistance.
- Services include clothes closet, transportation, and emergency funds for housing, rent, and medication and utilities.

Energy/Financial Needs:

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

Social Security Administration (local office)

1207 Network Centre, Ste. 2
Effingham, IL 62401

855-213-5288

www.socialsecurity.gov

- Retirement applications are available online.
- Replacement of 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.rd.usda.gov

- Provide housing loans to low- and modest-income households.
- 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 C.E.F.S.

1805 S. Banker St.
Effingham, IL 62401

217-342-2193 ext. 119

www.cefseoc.org

- A certified SHIP Counselor is available at meal sites to aid Medicare Prescription Drug Programs. Call to schedule an appointment or to check availability. *

Home Delivery/Pick Up Aldi

908 N Keller Dr.
Effingham, IL 62401
Shop.aldi.us

855-955-2534

- Will deliver in Effingham

Kirby Food

101 S Merchant St.
Effingham, IL 62401

217-347-7191

- Will deliver in Effingham on Monday, Tuesdays, and Thursdays

Nuxoll's

1211 S Banker St.
Effingham, IL 62401

217-342-4070

- Will deliver in Effingham: \$5 delivery charge

Walmart

1204 Avenue of Mid-America
Effingham, IL 62401

217-347-5171

- Use the Walmart App

Home Health Care Agencies:

Offer nursing, physical, occupational, & speech therapies, medical social work, & home health aides. All agencies report they provide intermittent care and are available 7 days/week. Care is provided in conjunction with your personal physician for a limited amount of time.

Carle Home Health Services

4116 Fieldstone Rd
Champaign, IL. 61821
www.carle.org

Homecare: 217-902-3300
Toll-Free: 1-800-239-3620
New Referrals: 217-326-0131

- Ask for the Referral Dept.

Clay County Home Health (Health Department)

601 E. 12th St.
Flora, IL 62839
www.healthdept.org

618.662.4406
Toll-Free: 1-800-544-4406

Community Homecare, Inc.

107 E. Jefferson St.
Sullivan, IL 61951
www.communityhomecare.com

217-728-2320
Toll-Free: 1-877-728-2320

HSHS Home Care Southern and Hospice of Southern Illinois

900 W Temple Suite 101
Effingham, IL 62401
www.hshshomecare.org

217-347-1777
Toll-Free: 1-800-551-6566

Lincolnland Home Care

1004 Health Center Drive, Ste. 202
Mattoon, IL 61938
www.sarahbush.org

217-234-4418
Toll-Free: 1-800-879-3212

Mederi Caretenders

4111 N Watertower Place, Suite E
Mt. Vernon, IL 62864
www.lhcgroupp.com

618-988-1840

In-Home Services/Home Chore:

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

Addus Home Care

2929 Broadway St. Suite 7A
Mt. Vernon, IL. 62864
www.addus.com

618-244-4481
Toll Free: 1-800-729-8279

- Offers program for Veterans.

Avid Health At Home

1901 S. 4th St. Ste. 4
Effingham, IL. 62401
www.centralillinoiscareservices.com

217-994-9016

- Requires a minimum of 4-hour shifts

Community Care Program

ECCOA-Senior Services
209 S Merchant St.
Effingham, IL 62401

217-347-5569

Help at Home, Inc.

128 N Third St.
Mt. Vernon, IL 62864
www.helpathome.com

618-244-7800

Toll-Free: 1-877-699-7954

- Offers program for Veterans

SPS In Home Care/Hospital Care Services

207 Santa Maria Ave.
Effingham, IL 62401

217-633-4099

- Provides hourly care
- 24 Hour In-Home Care available

Visiting Angels Homecare Agency

120 E Section Ave
Effingham, IL 62401

217.690.4564

www.visitingangels.com/Effingham

- Offers Veteran's Program
- Minimum 4 hours per visit

Hospice

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.

Clay County Health Department Hospice

601 E. 12th St.
Flora, IL 62839
www.healthdept.org

618-662-4406

Toll-Free: 1-800-544-4406

Carle Hospice and Home Care

4116 Fieldstone Rd.
Champaign, IL 61821
www.carle.com

217-902-3300

Toll-Free: 1-800-239-3620

Carle Richland Hospice

501 Southwest St.
Olney, IL 62450

618-392-2745

HSHS Hospice Southern Illinois

900 W Temple Ave, Suite 101
Effingham, IL. 62401
www.hshshospice.org

217-347-1777
Toll-Free: 1-800-551-6566

Lincolnland Hospice of Sarah Bush Lincoln

1004 Health Center Dr. Ste. 202
Mattoon, IL 61938
www.sarahbush.org

217-234-4075
Toll-Free: 1-800-454-4055

Transitions Care

201 Randolph St.
Champaign IL 61820
Transitionscares.com

877-726-6494



Housing Options:

Apartments:

Effingham County Housing Authority

215 N. Banker St.
Effingham, IL 62401

217-342-3520

- Traditional rental apartment assistance to low and very low-income families
- 1-, 2-, 3-, & 4-bedroom units available.
- Units available in Effingham and the surrounding communities of Altamont, Dieterich, Edgewood, and Montrose for families and units specifically for seniors.

Burton-Devore Apartments

610 N Henrietta St.
Effingham, IL 62401

217-342-3250

- For those disabled or age 62+

Colonnade Apartments

512 E Hendelmeyer Ave.

Effingham, IL 62401

217-347-0415

- Rent based on income.
- 1- & 2-bedroom units available.

Effingham Village Apartments

504 N. Henrietta

Effingham, IL 62401

217-347-3337

- Rent based on income.
- 1- & 2-bedroom units available.

Lake Pointe Apartments

1706 Ford Ave.

Effingham, IL 62401

217-347-5514

- Rent based on income.
- 1-, 2-, & 3-bedroom units

Slate Creek Apartments

2301 Veterans Dr.

Effingham, IL 62401

217-347-5616

- units for seniors and for those who have disabilities.
- Rent based on income.

Housing Options:

Apartments:

Village Apartments of Effingham

101 Hendelmeyer Ave.

Effingham, IL 62401

217-347-0127

- Rent based on income, 1- & 2-bedroom units for seniors, disabled and handicapped available
- Family units (1-, 2-, & 3-bedroom units) are also available with adjusted rent.

Housing Options ...

Assisted Living:

Luther Villas – Independent Retirement Community Luther Terrace Senior Living Apartments

(An affiliate of Lutheran Care Center Corporation)
702 W. Cumberland Rd.
Altamont, IL 62411

618-483-6136

Brookstone Estates Supportive Living

1101 N. Maple St.
Effingham, IL 62401
www.pathwaysl.com

217-347-5871

- Price based on income for those who qualify.
- Insurance and Private Pay Accepted

The Glenwood of Effingham

14061 E 1600th Street
Effingham, IL 62401
www.theglenwoodcommunities.com

217-347-8880

The Villas of Holly Brook

904 W. Evergreen
Effingham, IL 62401
www.meridiansenior.com

217-342-2345

Housing Options ...

Developmental Disabilities:

Community Support Systems

618 West Main St.
Teutopolis, IL. 62467
www.csscares.org

Administrative Office: 217-705-4300
Intake: 217-705-4448

Residential Services 24-hour Services: Provides services in three group homes located in Effingham, one in Dieterich, and two in Teutopolis. Residents work to develop a plan outlining their personal choices and goals for a successful living experience.

Mental Health: Community Integrated Living Arrangement (CILA)

Heartland Human Services

1200 N Fourth St.

Effingham, IL. 62401

217-347-7179

www.heartlandhs.org

24-hour Services: Provides housing and specialized services to adults (ages 18 and older) diagnosed with a severe mental illness who have difficulty living independently. Residents build skills in daily living, economic self-sufficiency, and community integration.

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/20Illinois>

<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 **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 cont.:

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

618-829-5551

221 E Cumberland Rd.
St Elmo, IL 62458

Effingham Rehabilitation and Health Care Center

(Intermediate & Skilled Care)

1610 N. Lakewood Dr.

Effingham, IL 62401

www.petersenhealthcare.net

217-347-7781

Evergreen Nursing and Rehabilitation

(Intermediate & Skilled Care)

1115 N. Wenthe Dr.

Effingham, IL 62401

www.evergreennursingrehab.com

217-347-7121

Heartland Christian Village

101 Trowbridge Rd.

Neoga, IL. 62447

www.heartlandchristianvillage.org

217-895-2665

Lakeland Rehabilitation and Health Care Center

800 W. Temple Ave.

Effingham, IL 62401

www.lakelandrehabandhealthctr.com

217-342-2171

Lutheran Care Center (Intermediate & Skilled Care)

702 W. Cumberland Rd.

Altamont, IL 62411

618-483-6136

Newton Rest Haven

300 S Scott Ave

Newton, IL 62448

618-783-2309

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

Effingham County Committee on Aging (ECCOA)

Senior Services of Effingham County

209 S. Merchant St.

Effingham, IL 62401

www.seniorservices-eccoa.org

217-347-5216

Toll-Free: 1-800-283-4070

☐ 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

State Long-Term Care Ombudsman

Deputy State LTC Ombudsman

Senior Helpline:

Illinois Department of Public Health Hotline:

217-785-3143

217-785-3140

1-800-252-8966

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.

AAA Mobility Specialist, LLC

2301 S Banker Street Ste F
Effingham, IL. 62401

www.aaamobilityspecialists.com

217-994-9417

Apria Healthcare

401 S Banker St. Ste A&B.
Effingham, IL 62401

www.apria.com

217-347-5212

Browns Drug Store

115 W. Jefferson Ave.
Effingham, IL 62410

217-342-2185

Sarah Bush Lincoln Home Medical Equipment

903 N. Maple St.

Effingham, IL 62401

www.sarahbush.org/lincolnlandhomemedical

217-347-7372

Toll-Free: 1-800-345-3191

LINCARE Inc.

700 N. Henrietta, Ste. B
Effingham, IL 62401
www.lincare.com

217-347-7002

Toll-Free:1-888-664-7002

Kremers Pharmacy & Medical Equipment

206 N Pearl St.

Teutopolis IL 62467

12 N 3rd St.

Altamont IL 62411

217-857-3000

618-483-5100

Memory Care Homes:

Assisted Living:

StoneBridge Memory Care

1103 N Maple

Effingham, IL 62401

217-342-4150

www.stonebridgeseniorliving.com

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

Willowbrook Memory Care

100 E. Blohm Ave.

Effingham, IL 62401

House 1

217-342-3233

House 2

217-342-3239

www.willowbrookliving.net

- Specialized care for individuals with Alzheimer's disease and other dementia related diseases.
- Family support and education.
- 2 Individual homes.



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.

Villas of Hollybrook

217-342-2345

www.meridiansenior.com

- \$300/day fee for Respite Stays

Shelbyville Manor/Shelbyville Hawth Inn Assisted Living

1111 W. N 12th St.

217-774-2111

Shelbyville IL 62565

- Call for openings and prices

Respite for Individuals with Intellectual and Developmental Disabilities

Community Support Systems

618 West Main St.

Teutopolis, IL. 62467

Administrative Office:

217-705-4300

www.csscares.org

Intake:

217-718-3852

Family Support

Respite: Provides parents with short term relief from daily caregiving of their family member with an intellectual or developmental disability.

Heartland Human Services

1200 N Fourth St.

P.O.Box 1047

Effingham, IL. 62401

Caregiver Advisor

217-347-7179 ext. 1062

www.heartlandhs.org

In-Home Respite:

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

Respite for children ages birth – 6 years

Crisis Nursery of Effingham County

924 N. Merchant St.

Effingham, IL. 62401

217-342-3000

www.crisisnurseryofeffingham.com

- Onsite Emergency Care
- 24/7 onsite emergency childcare
- Crisis Counseling
- Resource Referral
- Services are free with no income or residency requirements.

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

Alcoholics Anonymous District 13

AA Hotline: 618-251-4000

www.ildistrict13.com

Representing: Effingham, Fayette County and part of Bond County

Meetings:

- **Watson Group-Watson Civic Center**, 806 W. Franklin, Watson
Meets Sunday at 7pm (open)
- **Effingham County Group 1-First Baptist Church**, 213 W. Fayette Ave.
Effingham
Meets Tuesday at 7pm (open)
- **Our Daily Reprieve-Christ's Church of Effingham**, 2511 Veteran's
Drive Effingham
Meets Wednesday at 11:30 am (open)
- **Way Out Group-Centenary United Methodists Church**, 203 E Grove
Ave, Effingham
Meets Wednesday, Thursday and Friday at 7pm (open)
- **Thursday Noon Meeting-Journey Church**, 2818, 51 Village Square
Mall, Effingham
Meets Thursday at 12 pm noon (open)
- **Meeting in A basket-Christ's Church of Effingham**, 2511 Veteran's Dr.
Effingham
Meets Friday at 11:30 am (open)

- **Living Sober-Christ's Church of Effingham**, 2511 Veteran's Dr. Effingham
Meets Saturday at 8 am (open)

Visit www.aa.org

AI-ANON Group (offers help/hope for people whose lives have been affected by someone else's drinking or substance abuse)

www.effinghamafg.org

- **Centenary United Methodist Church**, 203 E Grove Ave. Effingham
Meets Tuesdays at 7 Pm (open)
- **Crossroots Celebrate Recovery-Crossroots Church**, 3200 Banker St. Effingham
Meets Wednesdays at 6pm (meal and beverages provided)
- **The Journey Celebrate Recovery-The Journey Church**, 2818, 51 Village Square Mall, Effingham
Meets Mondays at 6pm
- **Edgewood Full Gospel Church Celebrate Recovery**, 701 Ohio St. Edgewood (contacts: 618-367-4905 or 217-690-3773)
Meets Fridays at 6pm
- **Effingham County All Recovery Wellness Group-East Central Illinois ROSC**
Contact: 217-549-7713
Meets every Thursday from 5pm to 6pm at Kirby's Foods (IGA), 101 S Merchant St., Effingham (refreshments provided) peer led with Recovery Navigator facilitation

Narcotics Anonymous

<https://na.org>

Greater Illinois Region of Narcotics Anonymous

<https://illinoisna.org/>

The New Beginnings area of Narcotics Anonymous Help Line (800)539-0475

<https://www.nbana.org/>

Serves Altamont, Effingham, Mattoon, Charleston, Shelbyville, Pana, Vandalia and St. Elmo

- **Monday Night Meeting**-First Christian Church, 901 N Henrietta St. Effingham
Meets Mondays at 7pm
- **Welcome Home**-First United Methodist Church, 308 N 2nd St., Altamont
Meets Thursdays at 7pm

Alzheimer's Support Group, Effingham Caregivers Support Group

Hosted by Visiting Angels-127 E. Jefferson Ave. Effingham, IL 62401

- Support and conversation discussing dementia and Alzheimer's disease
- Meets on the 4th Wednesday of every month at 9am
- To register call 800-272-3900

Peace for Parkinson's Support Group

Effingham Public Library 217-342-2464

Sponsored by My Memory Works

200 N Third St. Effingham IL 62401

- Meets on the last Wednesday of each month from 1pm to 2:15pm: those with a Parkinson's diagnosis, caregivers and anyone interested in learning more about this disease are welcome to attend, no library card or registration required.

Club Maverick

Effingham Public Library 217-342-2464

200 N Third St. Effingham IL 62401

This group is for anyone facing Cognitive Impairments such as Dementia, Alzheimer's, Parkinson's or other neurological disorders and their care partner: looking for socialization, reminiscing, and connection.

- Meet the 1st Tuesday of every month from 10:30am to 12 noon at the Effingham Public Library, no library card or registration required.

Caregiver Support Group

217-347-7179 x 1062

Heartland Human Services, 1200 N 4th St. Effingham IL 62401

- Meets the 3rd Monday of every month at 12:30pm at Heartland Human Services

Grandparents Raising Grandchildren

Heartland Human services

217-347-7179 x 1062

1200 N Fourth St.

Effingham, IL 62401

- Meets the 3rd Monday of each month at 11:30 am at Heartland Human Services

Diabetic Support Groups

HSHS Medical Group Diabetes and Endocrinology

500 N Maple St. Suite 200, Effingham, IL 62401

217-391-5454

<https://www.hshs.org/st-anthonys/classes-events/diabetes-support-group>

- Meets second Monday of Month at 6 to 7pm, access link to register.

- Free diabetes Classes-held on Tuesdays, in the morning or afternoon: access link or call for dated and time.

<https://www.hshs.org/medical-group/services/diabetes-and-endocrinology>

Sarah Bush Lincoln Health Education Center

1000 Health Center Dr. Entrance A,

Mattoon, IL 61938

217-258-2130

- 2nd Tuesday of the month 7:00 pm
(March, June, September, December)

www.sarahbush.org

Click on Your Health. Click on Support Group.

Living with Diabetes Program at Sarah Bush Lincoln Health Center

1000 Health Center Dr,

Mattoon, IL 61938

217-238-4808

- This is an exercise program for a 3-month period, provider referral is required.

Class: Paula Enstrom-Mondays & Wednesdays at 11:30

T.O.P.S. (“Taking off Pounds Sensibly”)

Weight Loss Support Group

708 S. Linden St.

Effingham, IL 62401

- Meets Tuesday 5 to 5:30pm in Conference Room at FISH Building
Advocate: Tori Thacker cleverloriann@yahoo.com (812-881-0304)
Advocate: Sharon Dines sharondines712@yahoo.com (815-671-2098)

Family Mental Health Support FMHS Effingham

217-500-7489

<https://familymentalhealthsupport.com/>

- **FMHS Monthly Support Group** meets on the 2nd Thursday of the month. From 5:30 to 7pm at the First Baptist Church, 213 W. Fayette Ave. Effingham, IL 62401. All are welcome to attend.
- **Veteran's Support Group** meets 2nd & 4th Thursday of each month, 10am to noon at FMHS office, 202 N Banker St. Effingham, IL 62401
- **Inspiration Group** meets last Tuesday of each month, from 1pm to 2pm, at the FMHS office, 202 N Banker St. Effingham, IL 62401

Grief Support Groups

HSHS St. Anthony Memorial Hosp.

503 N Maple St.

800-551-6566

Bridges for Healing Hearts Support Group

- The group meets the 1st Thursday of every month from 6:00-7:30 p.m.
- Meetings are held in the St. Francis room at HSHS St. Anthony's Memorial Hospital.

St. Anthony Parish Center

101 E. Virginia Ave.

217-347-7129

Effingham, IL 62401

- Meets every Tuesday at 6:15pm: call for more information

Sarah Bush Lincoln

1004 Health Center Dr.

217-234-4075

Mattoon, IL 61938

Toll Free: 1-800-454-4055

Pathways through Grief – an education and support group for those experiencing a loss due to death.

- Meets the 1st Wednesday of every month 6:30pm-8:00pm at Prairie Pavilion 2 on the SBL campus: please meet in the main lobby with the facilitator
<https://www.sarahbush.org/cord/program/420/>

Sarah Bush Lincoln Hospice, Lincoln Avenue Building

700 West Lincoln Ave. Entrance A,

1-800-454-4055

Charleston, IL

Hopeful Horizons-a grief support group for anyone who has lost a loved one.

- Meeting on the 3rd Wednesday of each month from 1 to 2:30pm call to register.

Bereaved Parents of the USA, Champaign-Urbana Chapter

- This group provides support for any adults who have lost a child, grandchild, or sibling.
- Visit www.bereavedparentsusa.org

Ostomy Support Group-Sara Bush Lincoln

1000 Health Center Dr.

217-238-4804

Mattoon, IL 61838

- Meets 2nd or 3rd Thursdays in April, July, September and December in Mattoon: call for dates, times and locations.

Support Group for Parents of Neurodivergent Children

This is an opportunity for parents and caregivers of neurodivergent children to meet and share information, knowledge of resources, and connect with one another. Parents and caregivers may bring their neurodivergent children to the meeting but aren't required to do so.

- Meets at the Effingham Public Library (200 N third St. Effingham, IL 62401): for more information, dated and times, contact Christian Teasley at ourndvillage@gmail.com. Starts December 12, 2024.

Other Informational Groups

Seniors With Attitude (SWAG) Group

200 N Third St.

Effingham Public Library 217-342-2464

Effingham IL 62401

Contact: lisa@effinghamlibrary.org with questions.

This group provides an opportunity for senior citizens to meet with other senior citizens for learning, conversation, friendship and fun.

- Meet the 1st Monday of the month at 10:30am to 11:30am at the Effingham Public Library, no library card or registration required.

Vietnam Veterans Coffee Group-Road Home Program

1200 N 4th St.

217-347-2597

Effingham, IL 62401

- Meet the 1st Wednesday of the month at 10am at Heartland Human Services: call for more information or to sign up.

Transportation:

Effingham County Public Transportation

2201 Willenborg St. Suite #6
Effingham, IL 62401

Toll-Free: 1-855-755-2478

www.cefseoc.org/transportation-effingham

- Service Hours: Monday – Friday 6 a.m. to 8 p.m.
- Hours for Dispatch: Monday – Friday 6 am to 6 pm
- A demand-response, door-to-door public transportation service which serves everyone of any age and any income level.
- Transports Effingham 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.
- For Medical Transport Coordination- call 217-247-7125 to arrange transport to medical appointments.
- All vehicles are wheelchair accessible.
- Passengers aged 60 and over receive a suggested donation with a reduced fare card. (call or see website for application)

Etrax-City of Effingham Deviated Route Service

www.cefseoc.org/etrax

1-855-755-2478

- Etrax is a deviated route that operates along an established route with designated stops in the City of Effingham. Between these designated stops, buses may deviate from the established route within a defined service area of ¼ mile.
- Hours of operation: Monday- Friday 8am to 4pm.
- Dispatcher Hours: Monday- Friday 6am to 6pm

FISH Human Services (Effingham County Residents Only)

708 S. Linden St.
Effingham, IL 62401

217-342-2200

- Helps with medical appointments—volunteers do some out of town transportation.

Crossroads Taxi – taxi service

508 E Kentucky Ave.
Effingham, IL 62401

217-342-7433

Other Local Resources:

CEFS Economic Opportunity Corporation RSVP

1805 S. Banker

P.O. Box 928

Effingham, IL 62401

217-342-2193 ext 135

www.cefseoc.org

- Engages individuals 55 years and older in volunteer service activities to meet the critical needs of the community.

Community Based Outpatient Clinic

1011 Ford Ave.

Effingham, IL. 62401

217-347-7600

Covenant Transitions

PO Box 453

Mattoon, IL 61938

217-725-6081

Email : smgreuel@covenanttransitions.com

- Help individuals 55 years older and caregivers who are considering a living environment transition.

Dent Law Offices, LLC

415 W. Virginia Ave

Effingham, IL 62401

217-330-5500

<https://dentlawoffices.com/>

- 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 Public Library

200 N. Third St.

Effingham, IL 62401

217-342-2464

www.effinghamlibrary.org

- Local caregiver resource center with access to books and videos on caregiving.
 - The Caregiver Advisor is available on the first Thursday of each month by appointment (217.347.7179 ext. 1062).
- Forget-Me-Not resource center.
- Also have memory kits for caregivers to check out for their loved one.
 - Kits available include Memories of Work, Memories of Church, Memories of War Years, Memories of Family and Memories of Weddings and Anniversaries.

Elderly Services Officer

Effingham Police Department

Effingham Sheriff's Office

217-347-0776

217-342-2102

Illinois Assistive Technology Program

1020 S. Spring St.
Springfield, IL 62704
www.iltech.org

217-522-7985

- Services include Information & Assistance
- Devices Loan Program

Illinois Department of Veterans' Affairs

- www.illinois.gov/veterans

Illinois Premise Alert Program

- Provides public safety agencies in the State of Illinois to allow people with special needs or disabilities to voluntarily provide information to police, fire, and EMS personnel to be kept in database,. This information can then be provided to responders dealing with situations involving special needs individuals.
- This will provide guidance for responders dispatched by the city. It will remain confidential and will be used to aid those with special needs. Information will be kept on file for 2 years.
- Request your form at with the Effingham County Police Department form can be found on Effingham City website or call 217-347-0774.

Veterans Assistance Commission

101 N. 4th St. (second floor)
Effingham, IL 62401

217-342-8493

- Daily Except for 1st Wednesday & 4th Thursday

Land of Lincoln Legal Assistance Foundation, Inc.

Services: Powers of Attorney and Last Wills.

- A representative from Land of Lincoln is available every other month for Effingham County residents at Heartland Human Services located at 1200 N. 4th St. in Effingham..
 - An appointment is required.
- For an appointment call: 217-347-7179, ext. 1038
- Call Land of Lincoln Legal Assistance Monday through Friday between 9:00 a.m. – 3:30 p.m. Foreclosure and Consumer: 855 -601-9474 All other types of cases: (877)342-7891

Illinois Talking Book Center and Brail Service

300 S Second St.

Springfield, IL. 62701

www.illinoistalkingbooks.org

Toll Free: 1-800-426-0709

Midland Area Agency on Aging

www.midlandaaa.org

434 S. Poplar

Centralia, IL 62801

618-532-1853

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**
 - 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

- 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 your loved ones
 - Share and learn with fellow caregivers
 - Sign up for a free at: HeartlandHS.trualta.com
 - Online support groups now available
 - For more details contact: Phone 217-347-7179 ext.1062 email: tratriff@heartlandhs.org

Adaptive Equipment Corner

www.AECorner.com

- Produces educational and instructional video and home medical equipment product reviews for professional caregivers, families caring for a loved one, and older adults who want to age in place.

National Resource Center on LGBTQ+Aging

- C/O SAGE 217-741-2247
- The county'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

info@lgbtagingcenter.org

<https://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 head quartered in New York City, SAGE is a national organization that offers supportive services and consumer resources to LGBTQ+ older people and their caregivers.

<http://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

Other Local Resources...

My Memory Worx

710 W Jefferson St.

Effingham, IL. 62401

217-254-2149

www.mymemoryworx.org

- Our methods are centered around Cognitive Stimulation Therapy, which is an effective non-pharmaceutical treatment option for Alzheimer's and other forms of dementia.

Orr Law, LLC

215 N 4th St

217-342-1212

Effingham, IL 62401

- Twila Orr, Holly Lynch, and Madison
- Assists in Guardianship for Elderly and Disabled

Taylor Law Offices, P.C.

122 E Washington Ave

217-342-3925

Effingham, IL 62401

- Assists in Guardianship for Elderly and Disabled

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

Caring Today

www.caringtoday.com

Elder Abuse

1.866.800.1409

www.ncea.aoa.gov

Eldercare Locator

www.eldercare.gov

Geriatric Mental Health Foundation

www.gmhfonline.org

Golden Rainbows of Illinois South

www.goldenrainbows.org

Illinois Pioneer Coalition

www.illinoispioneercoalition.org

National Alliance for Caregiving

www.caregiving.org

National Council on the Aging

www.ncoa.org

Caregiver Action Network

www.caregiveraction.org

National Institute of Mental Health

www.nimh.nih.gov

Trualta 217-347-7179 ext.1062

www.HeartlandHS.trualta.com

Toll-Free Numbers and Web Pages...

National Institute on Aging

1.800.222.2225

www.nia.nih.gov

Mental Health America

1.800.969.6642

www.nmha.org

Questions about this publication may be directed to:
Caregiver Advisor at 217-347-7179 ext. 1062