

Caregiver Resource Guide



Fayette County, Illinois
2025 Edition

Common Questions & Where to Find Help...

1. What is the difference between intermediate and skilled care? See page 19 for nursing care options.
2. I need a break from caregiving. Where do I turn? See Respite on page 23.
3. I just started caring for my parents. I need some directions. Where do I start? See Assistance in Your Home and Community pages 4-5; Caregiver Support pages 24-25 or Other Local Resources pages 27-31.
4. My parents can't afford their medicine. Where can they turn for help? See Energy/Financial Needs pages 9-10.
5. I don't feel comfortable bathing my parents. What help is available? See In-Home Services page 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. It seems that my neighbor is always low on food and money. See Energy/Financial Needs pages 9-10 and Food/Meals pages 11-12.
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 5 for Adult Protective Services.
10. Where can I go for assistance with the Medicare Prescription Drug Program? See pages 4,5,6, & 9. *

This Guide was written by the Caregiver Coalition Advisory Group. This 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
4-6.....	Assistance in Your Home and Community
7.....	Emergency Home Response Systems
8-9	Emotional Needs/Counseling
10-11..	Energy/Financial Needs
12-13..	Food/Meals
14-15..	Home Health Care Agencies
16-17....	In-Home Services/Home Chore
18.....	Hospice
19-21...	Housing Options & Resident Advocacy
22-23....	Medical Equipment
24.....	Memory Care Homes
25.....	Respite
26-27...	Support Groups
28.....	Transportation
29-32...	Other Local Resources
33.....	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.**

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

618-244-0331

Blind Service

618-244-2650

TDD only

618-244-0339

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 disability. Anyone with medical or mental health that alters their way of living. Do not have to be Dr. diagnosed with a disability.
- Services: Peer advisory; skills training; systems advocacy; individual advocacy; information and referral.
- Services; Fayette County, Effingham County, Jefferson County, Marion County and Clay County.

Senior Services of Fayette County *

112 N. Kennedy St.

Vandalia, IL 62471

www.eccoa.info

618-283-4122

Toll-Free: 866-618-4122

- 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

SWAN

Adult Protective Services

618-662-7300

Statewide Crisis Hotline

Toll-Free: 1-866-800-1409

www.swandvhl.org

Adult Protective Services serve 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 *

200 W. Johnson St.

Vandalia, IL 62471

618-283-9179

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.

SWAN

Domestic Violence Advocacy

www.swandvhl.org

217-342-4526

Toll-Free: 888-715-6260

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

SWAN

Family Caregiver Program assists family/informal caregivers who are providing full or part-time care to an adult age 60 or older. Available services:

- Information and assistance
- Support groups
- Consultation, advising, and counseling
- Education and training
- Assessment for respite care (temporary, short-term relief of caregiving)

Grandparents Raising Grandchildren Program provides support to family members who are providing care to a relative child ages 0 to 18. Available services for those 55 and older:

- Information and assistance
- Support Groups
- Consultation, advising, and counseling
- Education and training
- Respite care in the form of camperships, tutoring, afterschool programs, etc.

Contact the Caregiver Advisor at 217-342-4526 or email caregiver@swandvhl.org for services.

There are no fees for this service thanks to grant funding provided by Midland Area Agency on Aging.

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 Fayette County *

112 N Kennedy
Vandalia, IL 62471
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

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
- IPS: Employment services help filling out applications for jobs and finding a job
- Community support for current clients with transportation to Dr.'s, physical therapy and grocery store.
- Accepts Medicare, Medicaid and private insurance.
- **24 hour Crisis line:** **618-533-1391**
 - Provides support and assistance to help callers cope with emergency situations.

Emotional Needs/Counseling...

Heartland Human Services

1200 N. 4th St.

217-347-7179

Effingham, IL 62401

www.heartlandhs.org

- **DUI Evaluations**

(contact Extension 1075)

HSHS Holy Family Hospital

Outpatient Senior Wellness

200 Health Care Dr.

618-664-2252

Greenville IL 62246

www.hshsholyfamily.org

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

Pathways Counseling Center

Rehoboth Baptist Association

618-367-6352

Route 185 & Airport Rd

Vandalia IL 62471

www.bchfs.com (counseling services)

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

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

1410 Sunset Dr. Suite G

Vandalia IL 62471

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

- 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

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

- 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),

USDA Rural Development

221 Withers Dr. 618-244-0773 ext. 4
 Mt. Vernon IL 62864
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

Social Security Administration (local office)

1207 Network Centre, Ste. 2
 Effingham, IL 62401 855-213-5288
www.socialsecurity.gov 1-800-772-1213

- Retirement application is available online.
- Replace 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

- 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.

Fayette County Senior Center

616 W. Jackson St.

618-283-1040

Vandalia, IL 62471

- Seniors 55 and older are encouraged to eat at the center.
- Monday – Friday 11:30 am
- Reservation required no later than 1 pm the day prior
- Assist with discount license sticker, Medicare part D
- Also available after hours for Senior Activities, Cards games, dominos and music.

Meals on Wheels of Fayette County

Vandalia, Bluff City, Brownstown, St. Elmo, Vera, Hagarstown, Shafer, Shobonier, and Pittsburg contact: 618-283-1040

Ramsey, Bingham, and Filmore contact: 618-237-0251

Pending location and availability: frozen or hot meals delivered to client home on daily, weekly, bi-weekly, or monthly schedule (call to discuss plan and what is available to specific areas).

Meals on Wheels of CEFS

1805 S Banker St

Effingham, IL 62401

217-342-2193 ext. 119

www.cefseoc.org

Golden Years Club

1708 1550 St.

618-427-3836

Brownstown IL 62418

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

Food/Meals:

Food Pantries (contact information provided call for details)

6:35 Pantry

200 Johnson St.
Vandalia IL 62471

618-335-6241

- Fayette County Resident
- Photo ID & Proof of address necessary
- One visit per month
- CEFS Fayette Every Thursday from 4:30-6:00

County Food Pantry

517 W Gallatin
Vandalia IL 62471

618-283-2631

- Open Wednesday and Thursday 1-4 and Fridays 9-12
- Fayette County Resident 18 years old
- One visit per month

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

118 E Main St.
Ramsey IL 62080

618-423-2424

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

Helping Hands Food Ministry

Once a month on a Saturday from 8 to 11a.m.
1708 N. 1550 St.
Brownstown, IL 62418

- Must be a Fayette County resident



Home Health Care Agencies:

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

Bond County Health Department

1520 S 4th St.

Greenville IL 62246

618-664-5020

Toll Free: 1-800-272-9159

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

click on home health

HSHS Homecare & Hospice of Southern Illinois

900 W Temple Bldg A Suite 101

Effingham, IL 62414

www.hshshomecare.org

217-347-1777

Toll-Free: 1-800-551-6566

Mederi Caretenders

496 Memorial Drive

Breese, IL 62230

www.lhcgroup.com

618-526-8899

Lincolnland Home Care Of Sara Bush Lincoln

700 W Lincoln Ave. Suite 100

Charleston, IL 61920

www.sarabush.org

217-234-4418

toll free: 1-800-879-3212

- Fayette Co: Intown Vandalia & Intown Ramsey only

LHC Home Care—Illinois Home Health Care

11 Cusumano Professional Plaza Dr.

Mt. Vernon, IL 62864

618-244-0934

Residential Home Health & Hospice
4215 IL 159
Glen Carbon, IL 62034

800-642-6099

Quad County Home Health Agency
8 Huber Street
Pana, IL 62557

217-562-6380

In-Home Services:

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

Addus Homecare

2929 Broadway Suite 7A
Mt. Vernon, IL. 62864

www.addus.com

- Offers program for Veterans.

618-244-4481

Toll Free: 1-800-729-8279

Advantage Homecare

1231 W Broadway Suite 1
Centralia IL 62801

www.advantagehomecare.com

618-352-3201

Avid Health at Home

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

www.centralillinoiscareservices.com

217-994-9016

618-391-7138

Help at Home, Inc.

4805 Broadway Suite B
Mt. Vernon, IL 62864

www.helpathome.com

- Offers Program for Veterans.

618-244-7800

Toll-Free: 1-877-699-7954

Visiting Angels

120 E Section Ave
Effingham, IL 62401

www.visitingangels.com/effingham

- Offers Programs for Veterans
- Services 15 Counties

217-690-4564

SPS In Home Care/Hospital Care Services

207 Santa Maria Ave.

Effingham, IL 62401

- Provides hourly care
- 24 hour in-home care available

217-690-3240

Senior Services of Fayette County

112 N. Kennedy Blvd

Vandalia, IL 62471

www.seniorservices-ecco.org

618-283-4122

866-618-4122

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
www.bchd.us

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

- Covers 35 Mile Radius from Greenville

Breeze Hospice

14 Park Place
Swansea, IL 6226

618-416-6410
Fax : 618-416-6407

Director of Marketing : 618-267-6032

- Serves Fayette County and Surrounding Counties
- Referrals to Admission is typically within 24 hours

Fayette County Health Department Hospice

416 W Edwards St.
Vandalia IL 62471
www.fayettehealthdept.org

618-283-1044
Toll-Free: 618-283-7262

- Serves Fayette County and surrounding counties
- **After hours** **618-463-2404**

Carle Hospice and Home Care

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

217-902-3300
Toll-Free : 1-800-239-3620

HSHS Homecare and Hospice Southern Illinois

900 W Temple Bldg. A Suite101
Effingham, IL. 62401
www.stanthonyshospital.org

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

Sarah Bush Lincoln Hospice

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

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

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 Apartments

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 8th St.

Vandalia IL 62471

618-292-3932

618-283-1135

Terra Properties (55+)

Corner of 7th 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...



Assisted Living/Supportive Living:

Brookstone Estates

1607 W Filmore

618-283-9825

Vandalia IL 62471

www.sdeniorlifestyle.com

- Price based on income for those who qualify

The Glenwood of Effingham

14061 E 1600th St.

217-347-8880

Effingham IL 62401

www.theglenwoodcommunities.com

The Glenwood of Greenville

605 S Dewey St.

618-664-9012

Greenville IL 62246

www.theglenwoodcommunities.com

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 *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

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.; St. Elmo IL 62458 618-829-5581

Fayette County Hospital and Long-Term Care

(Skilled Care)

7th & Taylor; Vandalia IL 62471 618-283-1231

Vandalia Healthcare & Senior Living

(Skilled Care)

1500 St. Louis Ave. Vandalia IL 62471 618-283-4262

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

217-347-5216

Toll-Free: 1-800-283-4070

www.seniorservices-eccoa.org

Regional Long Term Care Ombudsman Program:

- Provides advocacy to residents in licensed homes — nursing, supportive, and assisted.
- Is a confidential listener to the problems and concerns of residents.
- Inform residents of their rights.
- Assists in solving problems with permission, if requested.
- 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:

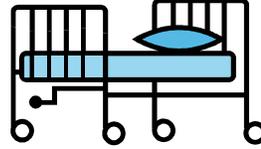
www.ltombudsman.org

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



Medical Equipment providers also perform services:

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

several

Apria Healthcare

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

217-347-5212
Toll-Free: 1-800-234-6897

Cain's Drug Store, Inc.

1401 N 8th St.
Vandalia IL 62471

618-283-0196

Care Medical Supplies, Inc.

4201 Ilberry Rd.
Mt. Vernon IL 62864

618-244-4949

Sarah Bush Lincoln Medical Equipment

1611 Veterans Ave. Suite T
Vandalia, IL 62471

618-699-4502
Fax: 618-699-4504
Toll Free: 1-800-345-3191

LINCARE

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

217-347-7002
Toll-Free: 1-888-664-7002

Memory Care Homes:



Aperion Care St. Elmo Garden Unit

221 E Cumberland Rd.
St. Elmo IL 62458

618-829-5551

StoneBridge Memory Care

1103 N. Maple St.
Effingham, IL 62401
www.stonebridge.com

217-342-4150

- 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 for Care Receivers age 60 and older

SWAN 1108 S. Willow; Effingham, IL 62401

Contact the Caregiver Advisor at 217-342-4526 or email
caregiver@swandvhl.org for services

Support Groups:

Meeting dates & times are subject to change.

www.aa.org

Alcoholics' Anonymous:

AA: A Vision for You

Northside Christian Church
1845 W Jackson
Vandalia IL 62471

618-283-1970

- 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 Presbyterian Church

1221 W Filmore St.
Vandalia IL 62471

618-283-0937

- Meets Thursdays at 8:00pm

Fayette County Hospital

7th and Taylor

618-283-1231

Vandalia IL 62471

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

Mulberry Grove Firehouse

7th & Route 40

618-326-9025

Mulberry Grove, IL 62262

- Meets Sundays at 8:00 pm

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 4th St.

217-347-7179

Effingham IL 62401

www.heartlandhs.org

- Meets 1st 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

- Meets the 1st 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 1st 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

- Service hours: Monday through Friday 6 a.m. to 5 p.m.
- Dispatch hours: Monday through 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 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 wheelchair accessible.
- Facebook page: CEFS Central Illinois Public Transit
- Passengers age 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).

Southern IL Transportation

618-554-3312

Jen's Taxi Service

618-699-5290

Other Local Resources:

Illinois Assistive Technology Program

701 N. Walnut St.

Springfield, IL 62702

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
101 N 4th St (2nd floor) 217-342-8493
Effingham IL 62401
 - Monday – Friday except 1st Wednesday & 4th Thursday
- 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

Alton IL 62002-5099

www.gac.state.il.us

618-474-5503

- 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.
- Available every other month.
- Fayette County at SWAN, located at 200 W. Johnson St.
Vandalia IL.
- An appointment is required

- For an appointment call: 618-283-9179
- 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

(Libraries)

Evans Public Library

825 W. Randolph St.

618-283-2824

Vandalia IL 62471

www.evanspubliclibrary.org

- Forget-Me not Resource Center
- Kits available include Memories of Work, Memories of Church, Memories of War Years, Memories of Family and Memories of Weddings and Anniversaries.
- 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

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

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
 - 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

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 by email: caregiver@swandvhl.org or call SWAN Administration Office at 618-879-2214

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`](http://www.lgbtagingcenter.org)

212-741-2247

info@lgbtagingcenter.org

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

SAGE

SAGE is the country's largest and oldest organization dedicated to improving the lives of LGBT+ older people. Founded in 1978 and headquarters 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

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 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

Caregiver Action Network

www.nfcacares.org

National Institute of Mental Health

www.nimh.nih.gov

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:
Midland Area Agency on Aging at 618-532-1853