

Caregiver Resource Guide

**Jefferson & Marion
Counties**



**Illinois
2025 Edition**

Common Questions & Where to Find Help..

1. What is the difference between intermediate and skilled care? See page 26 for nursing home care options.
2. I need a break from caregiving. Where do I turn? See Respite on page 31.
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 38-42.
4. My parents can't afford their medication. Where can they turn for help? See Energy/Financial Needs pages 12-14.
5. I don't feel comfortable bathing my parents. What help is available? See In-Home Services page 19.
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 12-14 and Food/Meals pages 15-17.
8. My complaints to nursing home staff aren't getting mom better care. Where do I turn? See Ombudsman Program on page 28.

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 Benefit 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 times, cost, etc.



Active Day

900 Skyline Drive Suite 301

Marion, IL 62959

mickschutte@activeday.com

618-998-2032

Fax: 618-998-2034

- Accredited Day Center Full array of Nursing & Social Services.
- Activities and Outings.
- Free Trial Day Call for more information.
- Hours: Monday through Friday: 8 a.m. – 4:30 p.m.

Assistance in Your Home and Community:

Creative Vision

22 Veterans Drive,

P.O. Box 869

618-252-4201

Harrisburg, Illinois 62946

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

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

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

4206 Williamson Place, Ste. 3

Mt. Vernon, IL 62864

618-244-9212

www.ofacil.org

(v/tty) Toll-Free: 1-800-938-7400

- Eligibility Requirements: Any medical or mental illness that alters their way of living.
- Services: Peer advisory; skills training; systems advocacy; individual advocacy; information and referral.
- Service 16 different counties

Senior Services

For Jefferson County

409 Harrison St.

Mt. Vernon, IL 62864

618-242-3505

www.seniorservices-eccoa.org

- Monday -Friday 8:00am-4:00pm

For Marion County

120 E. Green St.

Centralia, IL. 62801

www.seniorservices-eccoa.org

618-533-4300

- 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, Adult Day and Emergency Home Response System.**
- Certified SHIP site.
- Volunteer money management.
- ITAC Center for free tty's and amplified telephones.
- Referrals for many services that will add benefit to the individual's needs.

Assistance in Your Home and Community...

SWAN Services

For Jefferson County

212 South 9th Street

Mt Vernon, IL 62864

618-899-9110

24/7 Toll Free:1-888-715-6260

- Adult Protective Services serve individuals with a disability in the community aged 18-59 as well as people 60 and over in the community with alleged abuse, neglect, or exploitation.
- Conduct confidential elder 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.
- Domestic Violence: : Physical, Emotional, Confinement, Sexual, Passive Neglect, Willful Deprivation, Financial Exploitation
- Medicare Prescription Drug Program. *
- Benefit Access Program Applications *
- Medicare Savings Programs and the Low-Income Subsidy
- Certified SHIP site.
 - I&A Services are provided by the Mt Vernon, Flora and Vandalia offices.
- Schedule appointments with legal representatives.

SWAN Services
For Marion County

115 S Maple St.
Salem IL, 62887

www.swandvhl.org

618-740-0898

24/7 Toll-Free:1-888-715-6260

- Adult Protective Services serving individuals with a disability in the community aged 18-59 as well as people 60 and over in the community with alleged abuse, neglect, or exploitation.
- Conduct confidential elder 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.
- Domestic Violence

Assistance in Your Home and Community...

Midland Area Agency on Aging

434 S. Poplar
Centralia, IL. 62801

www.midlandaaa.org

618-532-1853

- 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

- 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.
- 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>

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. An activation device is worn by older adults.* 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

Jefferson County

Senior Services of Jefferson County

409 Harrison St.

Mt. Vernon, IL. 62864

www.seniorservices-eccoa.org

618-242-3505

Marion County

Senior Services of Marion County

120 E. Green St.

Centralia, IL 62801

www.seniorservices-eccoa.org

618-533-4300

- 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.

Jefferson County/Project Rescue of Jefferson County

Jefferson County Police Dept.

618-244-8004

jmcilrath@jeffersoncounty.illinois.gov

- A wearable device that emits a signal that trained first responders can locate the person wearing the device.
- Suggested for children or adults who could walk away or wander off.

Emotional Needs/Counseling:



Caritas Family Solutions

321 S. 10th St.

Mt. Vernon, IL 62864

www.caritasfamilysolutions.org

- Foster Care
- Intact
- Family Services.

618-244-0344

Center for Senior Renewal

Clay County Hospital

817 N Stanford Rd.

Flora, IL 62839

www.claycountyhospital.org

Click on Providers & Departments.

Click on 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 a psychiatrist.
- Transportation is available in parts of Marion County.

618-662-6621

Community Resource Center

2 locations in Marion County

904 E. Martin Luther King Dr.

Centralia, IL 62801

618-533-1391

315 Westgate Ave.

Salem, IL 62881

618-548-2181

- Outpatient counseling services.
- Substance abuse programs include outpatient counseling services, community education and DUI services.
- Psychiatric services are available at the Centralia office by referral from Community Resource counselors.

24-Hour Crisis Line

618-533-1391

- Provides support and assistance to help callers cope with emergency situations.

Emotional Needs/Counseling...

Comprehensive Connections

Route 37 N.

Mt. Vernon, IL 62864

618-242-1510

www.compconnect.org

- Outpatient counseling services.
- Substance abuse programs include outpatient counseling; DUI services; community education; prevention; detoxification; residential/in-patient treatment.
- Parenting and Community Support Groups Available
- Accepts all forms of Medicaid Insurance- sliding fee available

24-Hour Crisis Line

618-242-1512

- Provides support and assistance to help callers cope with emergency situations.

Dynamic Counseling

3 Cusumano Professional Plaza St. B

Mt. Vernon, IL. 62964

618-316-7080

- Individual, group, family, and couples counseling.

Heartland Human Services

1200 N. 4th St.

PO Box 1047

Effingham, IL 62401

217-347-7179

www.heartlandhs.org

- Caregiver Support Services
- Grandparents Raising Grandchildren Support Group
- Resources & Respite

Lutheran Children & Family Services

618 S 42nd St

Mt. Vernon, IL 62864

618-242-3284

www.lcfs.org

- Individual, marital, and family counseling are available.

Pathways Counseling Center

1st Baptist Church

721 W. Main St

Salem, IL. 62881

618-367-6352

www.bchfs.com/Pathways.html

- Provides counseling services with a sliding fee scale.

- Also accepts insurance. Call for more information.

Emotional Needs/Counseling...

SWAN Domestic Violence Services/Legal Advocacy

Mt. Vernon Office - (services DV, I&A, APS)

212 South 9th Street

Mt Vernon, IL 62864

618-899-9110

Hours: 8 AM - 4 PM | Monday – Friday

- Provides support to domestic violence victims and their dependent children.
- Information and Assistance Specialist Available.
- Provides court advocacy and assistance with orders of protection.
- 24-Hour crisis line.

SWAN Domestic Violence Services/Legal Advocacy

Salem Office - (services DV, APS)

115 S Maple St.

Salem, Illinois 62881

618-740-0898

Hours: 8 AM - 4 PM | Monday - Friday

- Provides support to domestic violence victims and their dependent children.
- Provides court advocacy and assistance with orders of protection.
- 24-Hour crisis line.

Senior Care at Franklin Hospital

205 Bailey Lane

Benton, IL 62812

618-435-4731

www.franklinhospital.net

- Intensive outpatient counseling program for older individuals. Call for eligibility requirements.
- Transportation provided if needed

*For individual private counselors check the yellow pages of the local phone book—
Counselors.*

Energy/Financial Needs:

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

Angels on Assignment

First United Methodist Church
1201 Broadway Ave.

Mt. Vernon, IL 62864

618-242-1108

www.mountvernonfirst.org

- Assistance for necessities for those in Jefferson County. Call ahead for an appointment.
- Only available on Fridays 9:00-12:00

BCMW Community Action Agency (covers Marion County)

909 E. Rexford P.O. Box 729

Centralia, IL 62801

618-532-7388 x130

www.bcmwcommunityservices.org

- Emergency Services
- Homebuyer Program
- Housing Rehabilitation
- Low-income Energy Assistance Program
- Transitional Housing
- Weatherization
 - Eligibility requirements exist on services above.

Benefit Access Program (formerly known as Circuit Breaker) *

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

- License Plate Discount. ***File every 2 years!***
- Application assistance:
 - SWAN Services 618-899-9110
 - Opportunities for Access (under 60) 618-244-9212
 - Senior Services of Jefferson County 618-242-3505
 - Senior Services of Marion County 618-533-4300
 - Midland Area Agency on Aging 618-532-1853

Energy/Financial Needs...

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

Crosswalk Community Action Agency (Covers Jefferson County)

410 W. Main St.

West Frankfort, IL 62896

State-Wide Phone Number

618-937-3581

Toll-Free: 1-800-252-8643

www.crosswalkcaa.com

- Open Monday- Thursday 7:00-5:00
- Energy Assistance
- Home Repair
- Rehabilitation and Weatherization
- Emergency Services
- Homeless Prevention Services
- Small Business Loans
- Scholarships
 - Eligibility requirements exist on services above.

Illinois Department of Healthcare and Family Services

Family Community Resource Center (Jefferson County)

333 Potomac Blvd. Suite F

P.O. Box 1607

Mt. Vernon, IL 62864

618-242-1040

Family Community Resource Center in Marion County

800 S. Locust St.

Centralia, IL. 62801

618-532-1966

www.dhs.state.il.us

- Receives applications for cash assistance, Supplemental Nutrition Assistance Program via Link Card, and Medical Assistance.
- Help available to people of all ages.
- Assistance is based on assets and income.

DHS Family Community Resource Center in Macon County

(Long Term Care)

707 East Wood St.

Decatur, IL. 62523

www.dhs.state.il.us

217-362-6515

Fax: 217-362-6515

- Receives applications for long term care residents.

Energy/Financial Needs...

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

Salvation Army

216 S. Commercial St.

Centralia, IL 62801

618-532-5942

- Hours: Monday—Friday 10 a.m. – 12 p.m. & 1 p.m. – 4 p.m.
- Assist with copays on prescriptions. Offer clothing & furniture vouchers.

Social Security Administration (local office)

Federal Building

105 S. 6th St.

Mt. Vernon, IL 62864

1-866-931-2549

1-800-772-1213

www.socialsecurity.gov

- Retirement application is available online.
- Replace Medicare cards and social security cards.

Sunshine Center (Office Location)

16338 N. IL. Hwy 37 P.O. Box 428

Mt. Vernon, IL 62864

618-242-7010

www.compconnect.org

Click on Sunshine Center-Senior Services.

- *Warm Neighbors Bill Payment Energy Assistance Program* that runs December 1 – May 31. Income Eligibility Requirements apply.
- *Warm Neighbors Weatherization Program* that runs from September – May. Income Eligibility Requirements apply.

Warm Neighbors Energy Program – founded by Illinois Power

Salvation Army

216 S. Commercial St.

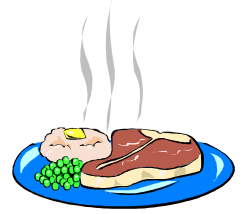
Centralia, IL 62801

618-532-5942

- Hours: Monday—Friday 9:00 – 2:00 p.m.
- Guidelines:
 1. Must buy Ameren IP or in an Ameren IP Neighborhood.
 2. Power must be on.
 3. Must be in your name or spouse's name.
 4. May receive help both at Salvation Army & BCMW.
 5. Must owe a bill, not able to give a "credit."

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.



Jefferson County

Sunshine Center (Office Location)

On the Comprehensive Connections Campus

16338 N. IL. Hwy 37 P.O. Box 428

Mt. Vernon, IL 62864

618-242-7010

www.compconnect.org

Click on Sunshine Center – Senior Services.

Marion County

BCMW Project B.R.E.A.D.

Basic **R**ight of the **E**lderly to an **A**dequate **D**iet

116 E Schwartz St.

Salem, IL 62881

618-335-1354

- Based at the Grace United Methodist Church.

Soup Kitchens:

Calumet Street Christian Church

2240 E. Calumet St.

Centralia, IL 62801

618-533-4421

- Mondays and Thursdays from 4:00 – 5:30 p.m.

Evergreen Christian Church

1875 N. Broadway Ave.

Salem, IL 62881

618-548-4438

- Free dinner the last Thursday of every month
- Call to make an appointment.

Salem Lutheran Church

1401 Hawthorn Rd.

Salem, IL 62881

618-548-3190

www.salemlc.org

- Free dinner the first Thursday of month at 5:30 p.m.

Food/Meals...

Food Pantries (contact information provided, call for details)

Angels on Assignment

1201 Broadway

Mt. Vernon, IL 62864

Mtvernonfirst.org

618-242-1108

- Call for arrangements.
- ID required
- Fridays 9:00-12:00p.m.

Epworth United Methodist

401 Main St.

Mt. Vernon, IL 62864

618-242-5394

- 3rd Thursday of the month by appointment

Long Prairie Baptist Church of Belle Rive

RR 1 Box 472

Belle Rive, IL 62810

618-231-4236

Park Ave Baptist Church

900 Park Ave

Mt. Vernon, IL 62864

618-242-1882

- Open Monday, Wednesday, Friday 1:00-3:00

Pleasant Hill Baptist Church

19479 N. Highway 37

Mt. Vernon, IL 62864

618-266-7247

<http://phbcmv.org/>

- Call to make arrangements

Prince of Peace Lutheran Church

3205 Broadway

Mt. Vernon, IL 62864

618-242-5143

- Call to make arrangements

Centralia Community Benevolent Association Food Pantry (CCBA)

504 N Poplar St.

PO Box 401

Centralia, IL 62801

- Contact Person – Nell Boastick 618-533-2305
- Wednesdays Only: 9 a.m. – 12 p.m.; 1 p.m. – 4 p.m.

Food/Meals...

Food Pantries continued...

Feed My People

707 Howard St.

Centralia, IL 62801

618-545-0461

- 2nd and 4th Friday of the month: 9:00am – 11:00 p.m.

Helping Hands Ministry of Odin

1004 E. Poplar

Odin, IL 62870

618-775-8383

- 2nd and 4th Tuesday of the Month 10:00am – 12:00pm
- Drive Thru only
- ID Required

Rick's Chapel

438 N. Poplar

Centralia, IL 62801

618-532-2077

- Saturdays Only: 10:00 a.m. – 12 p.m.

Salem Ministerial Alliance

416 E. Oglesby

Salem, IL 62881

618-367-2904

- Available first and third Thursday of the month from 9:30 a.m. – 10:30 a.m. In July and August food pantries are only available the first Thursday of the month.
- Must go to a local church to obtain a voucher.

Salvation Army

204 S. Commercial St.

Centralia, IL 62801

618-532-5942

- Tuesday and Thursday: 9:30 -11:30am & 12:30-1:30pm

Sandoval Shalom Community

First United Methodist Church

101 E. Missouri Ave.

Sandoval, IL 62882

618-806-3044

- Available third Saturday of the month from 7:30 – 9:30 a.m.

Mt. Vernon City/School Summer Food Program

Food Service Contact:

618-244-8090

- Usually runs from June until one week before school starts again. Call for more information.

Home Health Care Agencies: Offer nursing, physical, occupational, & speech therapies, medical social worker, & 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.

Residential Healthcare

104 Airway Drive 1
Marion, IL. 62959

www.residentialhealthcare.com

Toll-Free: 1-800-642-6099

Clay County Home Health (Health Department)

Marion County Only

601 E. 12th St.
Flora, IL 62839

www.healthdept.org

618-662-4406

Toll-Free: 1-800-544-4406

HSHS Home Care and Hospice of Southern Illinois

901 W Temple Ave
Effingham, IL. 62401

www.hshshomecare.org

217-347-1777

Toll-Free: 1-800-551-6566

Mederi Caretenders

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

618-988-1840

SSM Help at Home

1501 McPerson Ave.
Mt. Vernon, IL 62864

www.SSMHealthathome.com

618-899-1621

Toll Free: 1-800-265-0100

LHC Home Health

11 Cusamano Professional Dr.
Mt. Vernon, IL 62864

618-244-0934

Lincolnland Home Care

1004 Health Center Dr. Ste. 202
Mattoon, IL 61938

www.sarahbush.org

217-234-4418

toll free:1-800-879-3212

- Fayette Co.
- Vandalia & Ramsey in town only

In-Home Services:

- Assistance with grooming and personal care activities, routine house cleaning, laundry, meal preparation, companion care, essential errands.

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., Suite 4

Effingham, IL. 62401

www.centralillinoiscareservices.com

217-994-9016

- Call for more information and details on hours.

Help at Home, Inc.

4805 Broadway Suite B

Mt. Vernon, IL 62864

www.helpathome.com

618-244-7800

Toll-Free: 1-877-699-7954

- Offers program for Veterans.
- Adult Day Center is currently closed.

SPS In Home Care/Hospital Care Services

207 Santa Maria Ave.

Effingham, IL 62401

217-690-3240

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

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.



Clay County Health Department Hospice

Covers Marion County Only

601 E. 12th St.

Flora, IL 62839

www.healthdept.org

618-662-4406

Toll-Free: 1-800-544-4406

SSM Health at Home

1501 McPherson Ave.

Mt. Vernon, IL 62864

www.SSMHealthathome.com

618-899-1621

Toll Free: 1-800-265-0100

Hospice of Southern Illinois, Inc. (Covers Jefferson County Only)

204 Halfway Rd.

Marion, IL. 62959

www.hospice.org

618-997-3030

Toll-Free: 1-800-233-1708

HSHS Hospice Southern Illinois

900 Temple Building A Suite 101

Effingham, IL. 62401

www.stanthonyshospital.org

- Only covers Marion Co.

217-347-1777

Toll-Free: 1-800-551-6566

Sarah Bush Lincoln Hospice

1004 Health Center Dr. Ste. 202

Mattoon, IL 61938

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

217-234-4075

Too free: 1-800-454-4055

Housing Options:

Apartment:

Housing Authority of Jefferson County

109 Shiloh Dr.

P.O. Box 1547

Mt. Vernon, IL 62864

618-244-5910

- Services: ***Traditional rental apartment assistance*** to low and very low income families or persons; ***section 8 housing assistance*** payments to private landlords on behalf of participants; ***farmer's home assistance*** to the elderly and/or disabled.

Mt. Vernon Housing Authority

4217 Rose Lane

Mt. Vernon, IL 62864

618-244-6275

- Monday –Friday 8 :00-4 :30

Rome Meadows Apartments

99 Rome Meadows

Dix, IL 62830

618-266-7324

Rural Development Housing

618-244-0773 ext 4

- Subsidized apartments based on income.

Willow Springs Apartments

4100 Willow Springs

Mt. Vernon, IL 62864

618-242-4907

- Subsidized apartments based on income.

Heritage Landing

(For age 55 +; Income Based)

4260 Heritage Ave.

Mt. Vernon, IL 62864

618-242-1728

www.heritagelandingapts.com

- Handicapped accessible (select units).

Housing Options...

Apartments continued...

Housing Authority of Marion County

719 E. Howard St. P.O. Box 689

Centralia, IL 62801

618-532-1894

<http://mchahomes.org>

Services: Public housing for low income families or persons; **section 8 housing assistance** payments to private landlords on behalf of participants.

Bob White Apartments

299 Bob White Lane

Salem, IL 62881

618-548-6623

- Services: Independent elderly individuals.

Maplewood Estates

104 Fairway Dr.

Centralia, IL 62801

618-545-0219

Mills Crossing Apartments

600 Mills Cart Rd.

Salem, IL 62881

618-548-8030

Plaza Verde Apartments

1200 W. 4th St.

Centralia, IL 62801

618-532-6721

- Services: Equal Housing Opportunity.

Salem Village Apartments/Shawnee Apartments

Rt. 37 South West Kell St.

Salem, IL 62881

618-997-5365

Village Apartments

1104 E. 13th St.

Centralia, IL 62801

618-532-8971

- There is a drop box at the office to apply

Housing Options...

Apartments continued...

Woodward Enterprises

304 Airport Rd.

Salem, IL 62881

618-548-5311

- Services: Numerous apartment complexes in Salem, some based on income.

Centralia Estates – A unique retirement apartment complex.

1916 E. McCord St.

Centralia, IL 62801

618-533-2400

- Studio, one- or two-bedroom apartments.
- Safe and secure environment.
- All utilities included in monthly rent except telephone.

The Villas at Heritage Woods – (*For age 55+; Income Based*)

100 Heritage Circle

Centralia, IL 62801

618-532-0680

www.gardant.com/villasheritagewoodscentralia

- Duplexes with one bedroom & two bedroom floor plans.
- Maintenance, landscaping, and snow removal services.

Housing Options...

Supportive Living:

Heritage Woods of Mt. Vernon (For age 65 +; Income Based)

1033 S. 42nd St.

Mt. Vernon, IL 62864

618-241-9518

www.gardant.com/heritagewoodsmtvernon

- Affordable assisted lifestyle community.

Assisted Living:

Countryside Residential Living Center

608 E. IL Hwy 15

Mt. Vernon, IL 62864

618-244-9318

www.residential-living.com

GreenTree Assisted Living for Seniors

208 Zachery St.

Mt. Vernon, IL 62864

618-241-0251

www.greentreetmtvernon.com

Heritage Woods of Centralia (Affordable living for those 65+)

2049 E. McCord St.

Centralia, IL 62801

618-532-4590

www.gardant.com/heritagewoodscentralia

The Manor at Salem Woods

441 S. Hotze Rd.

Salem, IL 62881

618-548-8910

www.manoratsalemwoods.com

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/LTCAApp/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.illinoispoioneercoalition.org/info/form.php

Nursing Homes (Jefferson County):

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.

Mt. Vernon Countryside Manor

(Intermediate & Skilled Care)

606 E. IL. Hwy. 15

Mt. Vernon, IL 62864

618-242-1800

www.palladianmgt.com/mt.vernon-countyside-manor/

Mt. Vernon Health Care Center

(Specialized Alzheimer's Unit, Intermediate Care)

5 Doctor's Park Rd.

Mt. Vernon, IL 62864

618-242-1064

www.petersenhealthcare.net/mt-vernon

Nature Trail

(Intermediate & Skilled Care)

1001 S. 34th St.

Mt. Vernon, IL 62864

618-242-5700

Axiom Health Care Center

(Intermediate & Skilled Care)

1700 White Ave.

Mt. Vernon, IL 62864

618-242-4075

www.petersenhealthcare.net/white-oak

Housing Options...

Nursing Homes (Marion County):

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.

Centralia Manor

(Intermediate, Skilled, & Alzheimer's/Dementia Unit)

1910 E. McCord

Centralia, IL 62801

618-533-1200

Helia Health and Rehabilitation Center

(Intermediate & Skilled Care-trach and vents)

1201 Hawthorn Rd.

Salem, IL 62881

618-548-4884

<http://doctorsnursingrehab.com>

- Wing for Vent Patients

Fireside House of Centralia

(Intermediate & Skilled Care)

1030 Martin Luther King Dr.

Centralia, IL 62801

618-532-1833

Odin Health Care Center

(Intermediate & Skilled Care)

300 Green St.

Odin, IL 62870

618-775-6444

Twin Willows

(Intermediate & Skilled Care)

1600 N. Broadway

Salem, IL 62881

618-548-0542

Resident's Rights in Long-Term Care:

Effingham County Committee on Aging (ECCOA)

(Covers Jefferson & Marion County)

209 S. Merchant St.

1-217-347-5569

Effingham, IL 62401

Toll-Free: 1-800-283-4070

www.eccoa.info

- Regional Long Term Care Ombudsman Program:
 1. Provides advocacy to residents aged 60 or older 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 St Ste A&B
Effingham IL 62401

www.apria.com

217-347-5212

Toll-Free: 1-800-642-5459

Bandy's Pharmacy & Medical Equipment

1413 W. Whittaker
Salem, IL 62881

618-548-4000

Byrd Watson Medical Equipment

1200 Main St.
Mt. Vernon, IL. 62864
www.byrdwatson.com

618-242-2800

Rotech of Mt. Vernon

#4 Cusamano Professional Plaza D
Mt. Vernon, IL 62864

618-244-4949

Toll-Free: 1-800-642-7784

Medicine Shoppe IMS Mobility

2339 Broadway
Mt. Vernon, IL. 62864
www.mtvernonhealth.com

618-242-8776

Toll-Free: 1-866-360-8618

Memory Care Assessments:

Center for Senior Renewal

Clay County Hospital

817 N Stanford Rd

Flora, IL. 62839

618-662-6621

www.claycountyhospital.org

Click on Services. Click on Senior Renewal

- 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:

Specialized care for individuals with memory impairments.

Assisted Living:

Cedarhurst Senior Living- Memory care

1827 E McCord St.

Centralia, IL 62801

618-247-5311

Green Tree Memory Care

208 Zachery St.

Mt. Vernon, IL 62864

www.greentreetmtvernon.com

618-244-5580

- Dementia Care Specialists Distinguished Provider.

StoneBidge Memory Care

1400 S. 34th St.

Mt. Vernon, IL 62864

www.StoneBridgeSeniorLiving.com

618-242-4050

- Offers diversified activity programs that address individual and group needs.

Residential Living Center

608 E IL HWY 15

Mt. Vernon, IL 62864

618-244-9318

- Specialize in Assisted Living and Memory Care

Respite — is temporary relief for the primary caregiver from her/his caregiver duties.

Respite in Communities

The following long term care facilities provide short-term stays. Contact them for details and cost.

Mt. Vernon Health Care Center	618-242-1064
Nature Trail	618-242-5700
Axiom Health Care Center	618-242-4075
Centralia Manor	618-533-1200
Fireside House of Centralia	618-532-1833
Odin Health Care	618-775-6444
Twin Willows	618-548-0542

GreenTree Assisted Living and GreenTree Memory Care

www.greentreetmtvernon.com 618-244-5580

- *Suite Retreat Respite Program (several days or weeks)*

Respite for Care Receivers age 60 and older

Heartland Human Services

1200 N Fourth St.

Effingham, IL. 62401

Caregiver Advisor

217-347-7179 ext. 1062

www.heartlandhs.org

In-Home Respite:

- Companionship, supervision.
- Assistance with laundry, meal preparation, personal care, and exercise.
- In-home respite workers are trained and employed by Addus HealthCare in Mt. Vernon.

Support Groups: Meeting dates & times are subject to change.
(For information about times and locations of AA meetings in the Mt. Vernon area, call District 7 AA at 1.800.307.6600 or visit www.district7aa.info/home.html)

Alcoholics' Anonymous – www.aa.org

Central Christian Church 618-242-4185

314 N. 12th St.

Mt. Vernon, IL 62864

- Meets Tuesdays at 12 p.m. (noon) and 7pm.
- Meets Thursdays at 7 p.m.
- Fridays at 12 pm and 7:00 p.m.

New Found Freedom

Faith Lutheran Church

1104 N. 42nd St.

708-470-6880

Mt. Vernon, IL 62864

- Meets Wednesdays at 8 p.m.

Kamel Club Group

First Presbyterian Church

201 E. McMackin St.

708-470-6880

Salem, IL 62881

- Meets Thursdays at 8 p.m.

Salem Group

First Presbyterian Church

201 E. McMackin St.

Salem, IL 62881

- Meets Fridays at 8 p.m. open

The Friday Noon Group

The Knights of Columbus House

1408 Harrison St.

Mt. Vernon Il 62864

- Friday at Noon

Circle of Friends

First United Methodist

103 S. Elm St.

Centralia, IL

- Thursday 8pm

Monday Morning

Rock Church
515 Airport Road
Centralia, IL

- Monday at 10:30am and Thursday 10:30am.

Al-ANON Group

(offers help/hope to family and friends of alcoholics)

St. Mary's Hospital (Lower Level, Classroom 2)

400 N. Pleasant Ave.

Centralia, IL. 62801

- Thursday 7:30 p.m. (Thursday Night AFG)

Central Christian Church

314 N 12th St.

Mt. Vernon, IL 6284

618-242-4185

- Saturday at 10am

Support Groups...

Alzheimer's Association Support Groups

Salem Township Hospital

1201 Ricker Rd.

Salem, IL. 62881

- 2nd Thursday of the month at 6:30 p.m.

SSM Health St. Mary's Hospital-Centralia

400 N Pleasant Ave.

Centralia, IL. 62801

- Last Thursday of the month at 6:30 p.m.

Crossroads Community Hospital

8 Doctors Park

Mt. Vernon, IL. 62864

618-669-0060

- 3rd Wednesday of the month at 6:30 p.m.

Parkinson's Disease Support Group

Heritage Woods Assisted Living

2047 E. McCord St.

Centralia, IL. 62801

618-532-4590

- Meets 2nd Wednesday of the month at 2 p.m. in the Independent Living Room

Cancer Support Groups:

Good Samaritan Regional Health Center-Cancer Center

1 Good Samaritan Way

Mt. Vernon, IL. 62864

800-227-2345

- Must call and register for these classes.

Support Groups...

Caregiver Connection (respite may be arranged)

Heartland Human Services – Sponsoring Agency

1200 N 4th St.

Effingham IL 62401

www.heartlandhs.org

- Meets in Jefferson County at StoneBridge the 2nd Tuesday of each month at 3:00pm
- Meets in Mairon County at the Salem Library at 3:00pm the 3rd Tuesday of each month
- Phone the Caregiver Advisor: 217-347-7179 Ext. 1062

Celebrate Recovery

Centralia Nazarene Church

1206 W 4th St

Centralia, IL 62801

- Meet every Monday @ 6:30pm

Grandparents/Relatives Raising Grandchildren

Heartland Human Services --Sponsoring Agency

1200 N 4th St.

Effingham IL 62401

- Meets the 2nd Thursday of each month at Midland Area Agency on Aging in Centralia at 10:00am
- Jefferson County meets the 2nd Tuesday of each month at 10:30 at Christian Fellowship Church on Cherry Street in Mt Vernon.
- Phone the Caregiver Advisor: 217-347-7179 ext. 1062.
- www.heartlandhs.org

Grief Support Groups

St. Mary's Good Samaritan Home Health/Hospice— Conference Room

#2 Good Samaritan Way

Mt. Vernon, IL 62864

618-899-1621

St. Mary's Hospital

400 N. Pleasant Ave.

Centralia, IL 62801

618-436-8527

- Meets Thursday 1pm at St. Mary's Hospital room next to the Gift Shop.

Salem Lutheran Church

1401 Hawthorn Rd.

Salem, IL 62881

618-548-3190

- Meet September-December
- Call for more information.

HOPE

9 week ministry of education & support for those who have lost a loved one

(Sessions in Fall & Spring)

Central Christian Church

301 N. 10th St.

Mt. Vernon, IL 62864

618-242-4185

Narcotics Anonymous – www.na.org

(For information about times and locations of NA meetings in the area, call 618.322.3178)

Welcome Home

Grace Community Church

Rte. 37 N.

Mt. Vernon, IL 62864

618-242-2303

- Meets Wednesdays at 7 p.m. and Fridays at 7 p.m.

St. Mary's Good Samaritan Hospital—Doctor's Hall

400 N. Pleasant Ave.

Centralia, IL 62801

Salem First Presbyterian Church

201 E. McMackin

Salem, IL 62881

618-548-2754

- Meet Tuesday @ 7:00p.m. & Saturday at 7:00p.m.

Transportation:

South Central Transit

Jefferson County scheduling

15178 N. IL HWY 37
Mt. Vernon, IL 62864

618-242-0202
Toll-Free: 1-800-660-7433

Marion County scheduling

1616 E. McCord
Centralia, IL 62801

618-532-8076
Toll-Free: 1-800-660-7433

www.southcentraltransit.org/

Services:

- Demand responsive transportation service (24-hour notice) within Centralia, Salem, & Mt. Vernon city limits.
- Wheelchair accessible transportation.
- Shopping shuttle.
- Discounted monthly senior, adult, and child school passes.
- The dispatching department is open from 8 a.m. – 3:30 p.m. Monday through Friday.

Other Local Resources:

ATP Physical Therapy Clinic

1015 Commerce Dr.
Fairfield, IL 62837

618-847-0205

CARE Consortium (HIV/AIDS Services)

Jackson County Health Department
415 Health Department Rd.
Murphysboro, IL 62966

618-684-3143

www.ichdonline.org

- Serves: 19 Counties including Jefferson.

CARE Consortium (HIV/AIDS Services)

Southern Illinois Healthcare Foundation
1510 Sunset Dr.
Vandalia, IL 62471

618-283-3144

- Covers Marion County

Elderly Services Officer

City of Mt. Vernon Police Department

618-242-0215

www.mvdpd.org

Jefferson County Sheriff Department

618-242-8004

City of Salem Police Department

618-548-2232

Frisse & Brewster Law Offices, LLC

304 E Jefferson Ave

Effingham, IL 62401

866-631-2946

<https://frissebrewsterlaw.com>

You can find now find us on Facebook!

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

Healthy Circle, Crossroads Chapter

#8 Doctors Park Rd.

Mt. Vernon, IL 62864

618-244-5500

www.crossroadshospital.com

Click on Community Relations Click on Healthy Circle

- Senior Circle Association is committed to enriching the lives of adults age 50 and over.
- Annual membership provides access to valuable discounts, activities and events, exercise and wellness classes, chapter newsletter subscription.
- www.ourhealthycircle.com

Illinois Assistive Technology Program

1020 S. Spring St.

217-522-7985

Springfield, IL 62701

TTY:217-522-9966

www.iltech.org

Email: iatp@iltech.org

- Services include Information & Assistance
- Devices Loan Program

Land of Lincoln Legal Assistance Foundation, Inc.

- Services: Powers of Attorney and Last Wills.
- A representative is available every other month in Mt. Vernon for Jefferson County Residents at SWAN Services.

- An appointment is required.
For an appointment call: 618-899-9110
- A representative is available every other month in Centralia for Marion County Residents at Midland Area Agency on Aging.
An appointment is required
For an appointment call 618-532-1853
- For other types of cases call Land of Lincoln Legal Assistance Monday through Friday between 9:00 a.m. – 3:30 p.m.
Foreclosure and Consumer: 1-855-601-9474
All other types of cases: 1-877-342-7891

Libraries

C.E. Brehm Memorial Library

101 South 7th St.

618-242-6322

Mt. Vernon, IL 62864

www.mtvbrehm.lib.il.us

- Local caregiver resource center with access to books and videos on caregiving. Caregiver Advisor is available the Second Tuesday of each month by appointment (217.347.7179 ext. 1062).
www.salembbl.lib.il.us

Bryan-Bennett Library

315 S. Maple St.

Salem, IL 62881

618-548-3006

- Services: Local resource center with access to books and videos on caregiving.
- Caregiver Advisor is available on the third Tuesday of each month by appointment (217.347.7179 ext. 1062).

Centralia Regional Library

515 E. Broadway

Centralia, IL 62801

618-532-5222

www.centralialibrary.org

- Services: Access to books and videos on caregiving.

Familylife Shelter

PO Box 265

618-242-2002

Mt. Vernon IL 62864

Familylifemtv.com

- Assists with shelter, food & meals, case management, job placement, and more.

Lifeboat Alliance Family Shelter

1717 Jefferson St.

P.O. Box 76

Mt. Vernon, IL

618-244-4088

www.lifeboatalliance.com

- Homeless shelter by referral only.

Mid-Illinois Talking Book Center

300 S Second St.

Springfield, IL. 62701-1796

Toll-Free: 1-800-426-0709

www.illinoistalkingbooks.org

- Open Monday-Friday 8:00-4:30

Midland Area Agency on Aging

434 S. Poplar

Centralia, IL 62801

618-532-1853

MidlandAAA.org

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.
 - Develop programs and funds community agencies.
 - Advocates on behalf of senior citizens
 - SHIP site. Assists with Medicare Prescription Drug Applications* and Benefits Access Applications*.
 - 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 loved ones
- Share and learn with fellow caregivers
- Sign up for free at: HeartlandHS.trualta.com
- Online support groups now available
- For more details contact: phone 217-347-7179 ext. 1062 or email: tratriff@heartlandhs.org

Adaptive Equipment Corner

<https://www.AECorner.com>

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

National Resource Center on LGBTQ+ Aging

C/O SAGE

212-741-2247

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

www.lgbtagingcenter.org

info@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.

[Hhttps://www.sageusa.org/](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

One Hope United—Foster Grandparent Program

4110 N Water Tower

Mt. Vernon, IL 62864

618-242-8266

www.onehopeunited.org

- Services: Offers seniors aged 60 and over opportunities to serve as mentors, tutors, and loving caregivers for youth with special needs.
- Benefits: Tax-free stipend, travel allotment, free monthly training, annual physical, paid holiday/vacation/sick days, recognition, and support from other Foster Grandparent Volunteers.

Southern Illinois Radio Information Service (SIRIS)

1003 Communications Building

1100 Lincoln Dr. Mailcode 6602

Carbondale, IL. 62901

www.wsiu.org/siris

618-453-2808

- Any person in the WSIU-FM (91.9) or WVSI-FM (88.9) listening area whose eyesight or physical condition makes it impossible to read a newspaper or book qualifies to receive SIRIS Broadcast.
- Call to request an application.

Other Local Resources...

Veterans Services

Illinois Department of Veterans' Affairs

Veterans Assistance Commission

4105 N. Water Tower Place, Room #112

Mt. Vernon, IL 62864

618-246-2910 ext. 73404

<http://www2.illinois.gov/veterans>

- Hours: Monday – Thursday 8:00 a.m. to 4:30 p.m. (Except 1st, 3rd, & 4th Thursday)
Fridays 8:00 a.m. – 3:00 p.m.

Illinois Department of Veterans' Affairs

600 E. Main St. Ste # 6.

618-548-6929

Salem, IL 62881

618-548-8945

<http://www2.illinois.gov/veterans>

- Hours: 8:30 a.m. to 5:00 p.m. Monday – Friday. (Except 2nd & 4th Wednesday).

Veterans Transportation

- DAV Transportation Line: 1-866-289-3300 X 55999
- Leave a detailed message and they will return your call.
- Call at least 2 business days before the appointment.
- Open Monday-Friday 8:00-4:30

Toll-Free Numbers and Web Pages...

AARP

1-888-687-2277

www.aarp.org

Administration on Aging

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.caregiver.com

Elder Abuse

1-888-715-6260

www.ncea.aoa.gov

Eldercare Locator

1-800-677-1116

www.senioradvisor.gov

Geriatric Mental Health Foundation

www.healthyaging.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

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, extension 1062*

