

Caregiver Resource Guide To Older & Disabled Adult Services

Effingham County, Illinois
2023 Edition



Common Questions & Where to Find Help...

1. What is the difference between intermediate and skilled care? See page 23 for nursing home care options.
2. I need a break from caregiving. Where do I turn? See Respite on page 27-28.
3. I just started caring for my parents. I need some direction. Where do I start? See Assistance in Your Home and Community on pages 5-7 or Other Local Resources pages 34-39.
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 parent. What help is available? See In-Home Services page 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 14.
8. My complaints to nursing home staff aren't getting mom better care. Where do I turn? See Ombudsman Program on page 24.

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

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

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What is the Medicare Prescription Drug Program?

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

October 15, 2023 open enrollment for 2024 begins.

December 7, 2023 open enrollment for 2024 ends.

January 1, 2024 coverage begins.

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

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

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.
- Call for available services.

Assistance in Your Home and Community:

Community Support Systems

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

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

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 25.
- **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 rec/leisure activities.

Family Support:

- **Respite:** See page 27.
- **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

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

309 Professional Park Ave, Suite 1
Effingham, IL 62401
Mt. Vernon /Home Office:
www.ofacil.org

217-342-5521
Toll-Free: 1-800-810-3184
618-244-9212
Toll-Free: 1-800-938-7400

- All services are free for those with disability 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
www.seniorservices-eccoa.org

217-347-5569

- 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.**
- 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.
- Conducts 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 persons in need of accessing an order of protection
- Domestic Violence Support Groups/Counseling
- Intervention Program for Abusers

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
www.eccoa.info

217-347-5569

- 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

217-342-6623

www.safecrisiscenter.org

- 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

217-347-5118

www.thewellnessloft.com

- 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. You 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.
Effingham, IL 62401
www.cc.dio.org

217-857-1458

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 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.

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 via Link Card, and Medical Assistance.
- Help available to people of all ages.
- Assistance is based on assets and income.

FISH Human Services (Effingham County Only)

708 S. Linden
Effingham, IL 62401

217-342-2200

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

Salvation Army (Effingham County)

1108 S. Willow St.
Effingham, IL 62401
www.salvationarmy.org

217-342-5434

- Offers assistance with utilities, clothing, medication, food and gas.
- Hours are Monday, Wednesday, Friday from 9am-12pm

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
www.socialsecurity.gov

855-213-5288

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

USDA Rural Development

2201 Willenborg St. Suite 10
Effingham, IL 62401
www.rurdev.usda.gov/IL

217-347-7107 ext. 4

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

Food/Meals:

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

Meals on Wheels of C.E.F.S.

1805 S. Banker St.

Effingham, IL 62401

www.cefseoc.org

217-342-2193 ext. 119

- A certified SHIP Counselor is available at meal sites to aid with 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

618-988-1840

Mt. Vernon, IL 62864
www.lhcgroupp.com

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.

Central Illinois Care Services, Inc.

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

Ecco-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
TransitionsCare.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) 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

www.heartlandhs.org

217-347-7179

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

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

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

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

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

Toll Free: 1-800-234-6897

Browns Drug Store

115 W. Jefferson Ave.

Effingham, IL 62410

217-342-2185

Lincolnland 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

Memory Care Homes:

Assisted Living:

Stone Bridge Memory Care

1103 N Maple

Effingham, IL 62401

www.stonebridgeseniorliving.com

217-342-4150

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

Willowbrook

100 E. Blohm Ave.

Effingham, IL 62401

www.willowbrookliving.net

217-342-3233

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

- \$99/day fee for Respite Stays

Willowbrook Memory Support Residences

217-342-3233

www.willowbrookliving.net

Respite for Individuals with Intellectual and Developmental Disabilities

Community Support Systems

618 West Main St.

Teutopolis, IL. 62467

www.csscares.org

Administrative Office: 217-705-4300

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

www.heartlandhs.org

Caregiver Advisor 217-347-7179 ext. 1062

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

www.crisisnurseryofeffingham.com

217-342-3000

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

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

AA/NA (District 13) Phone Contact 1.800.307.6600 www.ildistrict13aa.org

Alcoholics' Anonymous

Watson Civic Center
806 W. Franklin
Watson, IL 62473

- Meets Sundays at 7 p.m. (open)

Centenary United Methodist Church

203 E. Grove
Effingham, IL 62401

217-342-2030

- AA Meets Wednesday, Thursday, and Fridays at 7:00pm

Christ's Church

2511 Veterans Dr.
Effingham, IL 62401

217-347-5705

- Meets Wednesdays at 11:30 a.m. (open) with Joe (618)410-6575
- Meets Fridays at 11:30 a.m. (open)
- Meets Saturdays at 8:00 a.m. with Aaron (217) 821-2073

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

Centenary United Methodist Church

203 E. Grove
Effingham, IL 62401

- Meets Tuesdays at 8 p.m. (Closed Group)

Support Groups...

Caregiver Support Group

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

217-347-7179

- Meets the 3rd Monday of Every Month at 12:30pm at Heartland Human Services

Diabetic Support Groups

St. Anthony's Memorial Hospital 503
N. Maple St.
Effingham, IL 62401

217-347-1288

- Meets second Monday of Month at 5:30 p.m.
- Meetings January thru November.

Sarah Bush Education Center
1000 Health Center Dr.
Mattoon, IL 61938

217-258-2199

- 2nd Tuesday of every 3rd month 7:00 pm
(March, June, September, December)

www.sarahbush.org

Click on Your Health. Click on Support Group.

Grandparents Raising Grandchildren

Heartland Human Services
1200 N. Fourth St.
Effingham, IL. 62401

217-347-7179 ext. 1062

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

Support Groups...

Grief Support Groups

St. Anthony's Memorial Hospital
Bridges for Healing Hearts Support Group

217-347-1829

- 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.

Sarah Bush Education Center (Lincolnland Hospice)

1000 Health Center Dr.
Mattoon, IL 61938

217-234-4075

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 7:00pm-8:30pm

Prairie Pavilion II (on campus of Sarah Bush Lincoln Health Care Center)

Willowbrook Room
Mattoon, IL 61938

Toll-Free: 1-800-454-4055

Hopeful Horizons - a bereavement and education support group for anyone who has experienced the death of a loved one.

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

Support Groups...

Narcotics Anonymous

www.na.org

AA/NA (District 13)

Phone contact 1.866.591.5867

First United Methodist Church

308 N. 2nd Street Altamont,

IL 62411

Centenary United Methodist Church

203 E. Grove Ave.

Effingham, IL. 62401

Parkinson's Disease Support Group

My Memory Worx

Effingham Public Library

200 N Third St.

Effingham IL 62401

- Meets the last Wednesday of each month at 1:00

Transportation:

Effingham County Public Transportation

202 N Banker St.

Effingham, IL 62401

Toll-Free: 1.855.755.2478

www.effinghamcountypublictransportation.com

- Monday thru Friday 6 a.m. to 8 p.m.
- A demand-response, door-to door public transportation service which serves everyone, 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.
- Passengers age 60 and over ride for free, donations are accepted.
 - All vehicles are wheelchair accessible.

Effingham Taxi

506 South Street

IL 62401

Effingham,
217.342.3119

www.effinghamtaxi.com

- Effingham and out of town service available.
- Medicaid approved transportation provider.

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.

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

Email: smgreuel@covenanttransitions.com

217.725.6081

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

Dent Law Offices, LLC

415 W. Virginia Ave

Effingham, IL 62401

<https://dentlawoffices.com/>

217.330.5500

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

Other Local Resources... Effingham Area Alzheimer's Awareness (EAAA)

- This group was founded to provide education and support to all families, caregivers, and persons living with Alzheimer's disease and related dementia in Effingham County and surrounding area.
- Hosts a community speaker series focusing on various topics associated with aging, caregiving, and dementia.
- Created the Forget-Me-Not Resource Center at the Effingham Public Library.
- Beginning Dementia Friendly Community Initiative called Friends in Rural Places, focusing on training agencies and business in communication and support of people living with dementia and their caregivers.
- For more information contact: Amy Sobrino 618.363.8372 (eaaa.amy@gmail.com) Shannon Nosbisch: 217.663.0010 eaaa.shannon@gmail.com

Effingham Public Library

200 N. Third St.

217.342.2464

Effingham, IL 62401

www.effinghamlibrary.org

- Local caregiver resource center with access to books and videos on caregiving.
 - Caregiver Advisor is available the first Thursday of each month by appointment (217.347.7179 ext. 1062).
- Also have memory kits for caregiver 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

217.347.0776

Effingham Sheriff's Office

217.342.2102

Other Local Resources...

Illinois Assistive Technology Program

1020 S. Spring St.
Springfield, IL 62704

217.522.7985
www.iltech.org

- Services include Information & Assistance
- Devices Loan Program

Illinois Department of Veterans' Affairs

- www.illinois.gov/veterans

Illinois Premise Alert Program

- Provides for 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 the special needs individuals.
- This will provide guidance for responders dispatched by the city. It will remain confidential and will be used to provide assistance to those with special needs. Information will be kept on file for 2 years.
- Request your form at with the Effingham County Police Department
-

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 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: (855) 601.9474 All other types of cases: (877)342.7891

Other Local Resources...

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** ○ **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
 - **Marion County Information and Assistance** (in the Marion/Jeff Co Book)

Virtual Opportunities

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

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

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

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