

Caregiver Resource Guide to Older & Disabled Adult Services

**Jefferson & Marion
Counties**



**Illinois
2022 Edition**

Common Questions & Where to Find Help...

1. What is the difference between intermediate and skilled care? See page 34-35 for nursing care options.
2. I need a break from caregiving. Where do I turn? See Respite on page 41.
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 5-8; Caregiver Support page 12; or Other Local Resources pages 53-59.
4. My parents can't afford their medicine. Where can they turn for help? See Energy/Financial Needs page 14-18.
5. I don't feel comfortable bathing my parent. What help is available? See In-Home Services page 26.
6. I'm overwhelmed with all of this. Where do I turn? Utilize the entire guide – see Table of Contents on page 3.
7. It seems that my neighbor is always low on food and money? See Energy/Financial Needs pages 14-18 and Food/Meals pages 19-23.
8. My complaints to nursing home staff aren't getting mom better care. Where do I turn? See Ombudsman Program on page 36.
9. My senior citizen friend is being financially exploited. What do I do? See page 8 for Adult Protective Services at SWAN.
10. Medicare Prescription Drug Program? See pages 6,7, & 58. *

This Guide was written and disseminated by the Jefferson 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 services and treatment strategies for older adults, families, and their caregivers.

*Questions about this publication may be directed to: 1.217.347.7179
Extension 1062 or 1046.*

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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, 2022 open enrollment for 2023 begins.

December 7, 2022 open enrollment for 2023 ends.

January 1, 2023 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.



Help at Home

108 N. 3rd St.

Mt. Vernon, IL 62864

www.helpathome.com

618.244.1100

Fax: 618.244.1122

- Accredited Day Center that accepts payment from:
 - Illinois Department of Rehabilitative Services
 - Illinois Department on Aging
 - Private Pay
- Full array of Nursing & Social Services.
- Activities and Group Outings.
- Transportation provided.
- Free Trial Day Call for more information.
- Hours:
 - Monday through Friday: 7 a.m. – 5:30 p.m.

Assistance in Your Home and Community:

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: Presence of a disability.
- Services: Peer advisory; skills training; systems advocacy; individual advocacy; information and referral.
- Service 16 different counties

Assistance in Your Home and Community...

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

618.533.4300

www.seniorservices-eccoa.org

- Provides programs for people age 60+ who may need help to be able to live in their own homes instead of premature nursing home placement—**includes screening for In-Home Services such as: Homecare Aide, 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

618.899.9110

Mt Vernon, IL 62864

24/7 Toll Free:1.888.715.6260

- Adult Protective Services serving individuals with a disability in the community ages 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.

Assistance in Your Home and Community...

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 ages 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

618.532.1853

www.midlandaaa.org

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

Virtual Opportunities

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

Jefferson County Providers:

Jefferson County

Senior Services of Jefferson County

409 Harrison St.

Mt. Vernon, IL. 62864

618.242.3505

www.seniorservices-ecco.org

Marion County

Senior Services of Marion County

120 E. Green St.

Centralia, IL 62801

618.533.4300

www.seniorservices-ecco.org

- Care coordinators complete a comprehensive case management assessment for adults 60 + to determine eligibility for the Community Care Program. IF eligible, the Emergency Home Response System may be funded by the Illinois Department on Aging.

Emotional Needs/Counseling:



Caritas Family Solutions

321 S. 10th St.

Mt. Vernon, IL 62864

www.caritasfamilysolutions.org

618.244.0344

- Foster Care
- Intact
- Family Services.

Center for Senior Renewal

Clay County Hospital

817 N Stanford Rd.

Flora, IL 62839

www.claycountyhospital.org

618.662.6621

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 available in parts of Marion County.

Emotional Needs/Counseling...

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 program 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.

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.

Emotional Needs/Counseling...

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** (contact Extension 1062)
 - **Resources & Respite**
 - **Support Groups** (see page 47)

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.

Energy/Financial Needs...

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

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

Crosswalk Community Action Agency *(Covers Jefferson County)*

410 W. Main St.

West Frankfort, IL 62896 618.937.3581

State-Wide Phone Number 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.

Energy/Financial Needs...

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

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. 217.362.6515
Decatur, IL. 62523 Fax: 217.362.6515
www.dhs.state.il.us

- 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. (noon) & 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.
- Replacement 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.

Energy/Financial Needs...

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

Warm Neighbors Energy Program – founded by Illinois Power

Salvation Army

216 S. Commercial St.

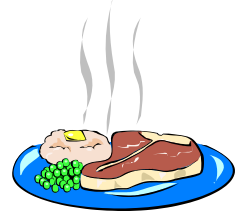
Centralia, IL 62801

618.532.5942

- Hours: Monday—Friday 9:00 – 2:00 p.m.
- Guidelines:
 1. Must be 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

909 E. Rexford

P.O. Box 729

Centralia, IL 62801

618.532.7388 ext. 130

www.bcmwcommunityservices.org

Food/Meals...

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

<http://mountvernonfirst.org>

1201 Broadway

Mt. Vernon, IL 62864

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

618.736.2845

Park Ave Baptist Church

1100 Partridge Pl.

Mt. Vernon, IL 62864

618.242.5068

Food/Meals...

Food Pantries continued...

Pleasant Hill Baptist Church

19479 N. Highway 37

Mt. Vernon, IL 62864

- Call to make arrangements

<http://phbcmv.org/>

618.266.7247

Prince of Peace Lutheran Church

3205 Broadway

Mt. Vernon, IL 62864

- Call to make arrangements

618.242.5143

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.

Feed My People

707 Howard St.

Centralia, IL 62801

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

618.545.0461

Helping Hands Ministry of Odin

1004 E. Poplar

Odin, IL 62870

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

618.775.8383

Rick's Chapel

438 N. Poplar

Centralia, IL 62801

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

618.532.2077

Food/Meals...

Food Pantries continued...

Salem Ministerial Alliance

416 E. Oglesby

Salem, IL 62881

618.367.2904

- Available first and third Thursday of month from 9:30 a.m. – 10:30 a.m. In July and August food pantry 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 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

8341 Expressway Dr Suite C

Marion, IL. 62959

Toll-Free: 1.800.642.6099

www.residentialhealthcare.com

Clay County Home Health (Health Department)

Marion County Only

601 E. 12th St.

Flora, IL 62839

618.662.4406

www.healthdept.org

Toll-Free: 1.800.544.4406

Regional Home Care Crossroads

4111 N Water Tower Suite E.

618.244.9028

Mt. Vernon, IL 62864

Toll-Free:

1.800.862.3818 www.lhcgroupp.com

HSHS Home Care and Hospice of Southern Illinois

503 N Maple

217.347.1777

Effingham, IL. 62401

Toll-Free: 1.800.551.6566

www.hshshomecare.org

Home Health Care Agencies...

Mederi Caretenders

4202 Williamson Place, Suite 1
Mt. Vernon, IL 62864
www.lhcgroup.com

618.242.3516

SSM Help at Home

#2 Good Samaritan Way Suite #325
Mt. Vernon, IL 62864
www.SSMHealthathome.com

618.899.1621

Toll Free: 1.800.265.0100



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

618.244.4481

www.addus.com

Toll-Free: 1.800.729.8279

- Offers Program for Veterans.

Central Illinois Care Services, Inc.

1901 S. 4th St., Suite 4

Effingham, IL. 62401

217.994.9016

www.centralillinoiscareservices.com

- Call for more information and details on hours.

Help at Home, Inc

200 Westgate Ave.

Salem, IL 62881

618.548.1613

www.ccsicare.com

Toll-Free: 1.800.266.7530

- Offers program for Veterans.

Help at Home, Inc.

128 N Third St.

Mt. Vernon, IL 62864

618.244.7800

www.helpathome.com

Toll-Free: 1.877.699.7954

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

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. 618.662.4406
Flora, IL 62839 Toll-Free: 1.800.544.4406
www.healthdept.org

SSM Health at Home

#2 Good Samaritan Way Suite #325 618.899.1621
Mt. Vernon, IL 62864 Toll Free: 1.800.265.0100
www.SSMHealthathome.com

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

204 Halfway Rd. 618.997.3030
Marion, IL. 62959 Toll-Free: 1.800.233.1708
www.hospice.org

HSHS Hospice Southern Illinois

503 N. Maple St. 217.347.1777
Effingham, IL. 62401 Toll-Free: 1.800.551.6566
www.stanthonyshospital.org

Housing Options:

Apartments:

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.

Housing Options...

Apartments continued...

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 Authority of Marion County

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

Centralia, IL 62801

618.532.1894

<http://mcha2000.org/>

- 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.

Salem Office

1014 N Dawley Ave

P.O. Box 448

Salem, IL 62881

618.548.6623

- Services: Low income apartments.

Bob White Apartments

299 Bob White Lane

Salem, IL 62881

618.548.6623

- Services: Independent elderly individuals.

Housing Options...

Apartments continued...

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.

Housing Options...

Apartments continued...

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

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

618.244.5580

www.greentreemtvernon.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 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

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.mtvernoncountrysidemanor.com

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

White Oak Rehab & 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

Doctors Health and Rehabilitation Center

(Intermediate & Skilled Care-trach and vents)

1201 Hawthorn Rd.

Salem, IL 62881

618.548.4884

<http://doctorsnursingrehab.com>

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.

Effingham, IL 62401

Toll-Free: 1.800.283.4070

www.eccoa.info

- Regional Long Term Care Ombudsman Program:
 1. Provides advocacy to residents age 60 or older 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 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 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

217.347.5212

Toll-Free: 1.800.642.5459

www.apria.com

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

618.242.2800

www.byrdwatson.com

Rotech of Mt. Vernon

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

618.244.4949

Toll-Free: 1.800.642.7784

Medical Equipment...

Medicine Shoppe IMS Mobility

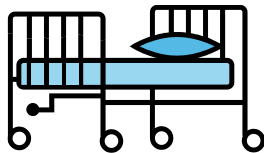
2339 Broadway

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- Memorycare

1827 E McCord St.
Centralia, IL 62801

618-247-5311

Green Tree Memory Care

208 Zachery St.
Mt. Vernon, IL 62864

618.244.5580

www.greentreemtvernon.com

- Dementia Care Specialists Distinguished Provider.

Lavender Ridge Memory Care

1400 S. 34th St.
Mt. Vernon, IL 62864

618.242.4050

www.lavenderridge.net

- 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
White Oak Rehab & Health Care Center	618.242.4075
Centralia Manor	618.533.1200
Doctors Health and Rehabilitation Center	618.548.4884
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.greentreemtvernon.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)

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)

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

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

Support Groups...

Cancer Support Groups:

St. Mary's Good Samaritan Hospital – Auditorium

400 N. Pleasant

Centralia, IL 62801

618.436.8548

Currently on hold due to COVID

American Cancer Society Look Good...Feel Better Classes

St. Mary's Good Samaritan Hospital – Cancer Center

400 N. Pleasant

Centralia, IL 62801

800.227.2345

- On Hold due to COVID
- Must call and register for these classes.

Good Samaritan Regional Health Center-Cancer Center

1 Good Samaritan Way

Mt. Vernon, IL. 62864

800.227.2345

- On Hold Due to COVID.
- Must call and register for these classes.

Support Groups...

Caregiver Connection (respite may be arranged—see page 41)

Heartland Human Services – Sponsoring Agency

1200 N 4th St.

Effingham IL 62401

- Meets 1st and 3rd Tuesday of each month from at 3:00 p.m. via Zoom
- Provides education and support.
- Phone the Caregiver Advisor: 217.347.7179 ext 1062.
- www.heartlandhs.org

Celebrate Recovery

Centralia Nazarene Church

1206 W 4th St

Centralia, IL 62801

- Meet every Monday @ 6:30pm

Support Groups...

Grandparents/Relatives Raising Grandchildren

Heartland Human Services --Sponsoring Agency

1200 N 4th St.

Effingham IL 62401

- Meets 1st and 3rd Tuesday of each month from at 10:00 a.m. via Zoom
- Provides education and support.
- Respite Care Available
- Phone the Caregiver Advisor: 217.347.7179 ext 1062.
- www.heartlandhs.org

Support Groups...

Grief Support Groups

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

#2 Good Samaritan Way

Mt. Vernon, IL 62864

618.899.1621

- On hold due to COVID

St. Mary's Hospital

618.436.8527

400 N. Pleasant Ave.

Centralia, IL. 62801

- Meets Wednesdays 9 p.m. (in pastoral care office)

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

Support Groups...

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

- 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

- On Hold Due to COVID

Salem First Presbyterian Church

201 E. McMackin

Salem, IL 62881

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

Parkinson's Disease Support Group

Heritage Woods Complex

2047 E. McCord St.

Centralia, IL. 62801

618.545.6597

- Meets 2nd Wednesday of the month at 2 p.m. in the Independent Living Room
- Contact Helena Quaid for more information at 618.493.6064.

Transportation:

Best Med Car

- Provides transportation to doctor, dentist appointments, dialysis, testing and other non-emergency medical appointments for Medicaid Patients.
- Contact 618-451-4856 to schedule a ride.

Rides Plus

- Assist with finding a transportation provider. For medical appointments.
- Obtains prior authorization from First Transit for Medicaid eligible patients.
- For assistance contact 1.844.220.1243.

South Central Transit

Jefferson County scheduling

15178 N. IL HWY 37

618.242.0202

Mt. Vernon, IL 62864

Toll-Free: 1.800.660.7433

Marion County scheduling

1616 E. McCord

618.532.8076

Centralia, IL. 62801

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.
- 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

www.jchdonline.org

618.684.3143

- 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

618.242.8004City

of Salem Police Department

618.548.2232

Other Local Resources...

Frisse & Brewster Law Offices, LLC

304 E Jefferson Ave

Effingham, IL 62401

866.631.2946

<https://frissebrewsterlaw.com>

You can 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.

Springfield, IL 62701

217.522.7985

TTY:217.522.9966

www.iltech.org

Email: iatp@iltech.org

- Services include Information & Assistance
- Devices Loan Program

Other Local Resources...

Land of Lincoln Legal Assistance Foundation, Inc.

- Services: Powers of Attorney and Last Wills.
- A representative is available one time a 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 one time a 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

Other Local Resources...

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 the third Tuesday of each month by appointment (217.347.7179 ext. 1062).

Centralia Regional Library

www.centralialibrary.org

515 E. Broadway

Centralia, IL 62801

618.532.5222

- Services: Access to books and videos on caregiving.

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.

Other Local Resources...

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

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:
 - Develops programs and funds community agencies.
 - SHIP site. Assists with Medicare Prescription Drug Applications* and Benefits Access Applications*.
 - Provides general and court advocacy services to victims of abuse.

Other Local Resources...

One Hope United—Foster Grandparent Program

4110 N Water Tower

Mt. Vernon, IL 62864

618.242.8266

www.onehopeunited.org

- Services: Offers seniors age 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

618.453.2808

www.wsiu.org/siris

- 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) p.m. 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 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, 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

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

Contributing Members of the Jefferson County MHASI Advisory Group

Addus HealthCare www.addus.com
Heartland Human Services www.heartlandhs.org
Midland Area Agency on Aging www.midlandaaa.org
St. Mary's Good Samaritan, Inc. www.smgsi.com
Senior Services of Jefferson & Marion County www.eccoa.info
SWAN Services www.swandvhl.org

The *Guide for Family Caregivers* has been written to assist families and friends in finding resources to help them care for loved ones. The resources included in this printing are the ones known to the contributors who provide services in Jefferson and Marion Counties. It is not the intent of this group to omit providers. Phone numbers, addresses and websites are current as of January 1, 2017. Printing provided by Heartland Human Services, supported in part by a Caregiver Grant through Midland Area Agency on Aging.

*Questions about this publication may be directed to:
Caregiver Advisor at 217.347.7179, extension 1062
Director of Geriatric Services at 217.347.7179, extension 1046*

