

# Caregiver Resource Guide To Older & Disabled Adult Services

Effingham County, Illinois  
2022 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 29-30.
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 38-42.
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 pages 17-19.
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 11-13 and Food/Meals pages 14-17.
8. My complaints to nursing home staff aren't getting mom better care. Where do I turn? See Ombudsman Program on page 26.

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, 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 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  
[www.csscares.org](http://www.csscares.org)

217-705-4448

### **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

Administrative Office: 217.705.4300

Intake: 217.705.4448

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

Services provided to individuals with developmental disabilities include:

### **Employment Services:**

Community Employment: Assists individuals with Job Placement and Job Coaching Services at host employers throughout the community.

Developmental Training is 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 and safety.

### **Family Support:**

Respite: See page 31.

Summer Day Camp: Provides day camp opportunities to school aged individuals

## Assistance in Your Home and Community...

### 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, Inc.
- Link caregivers to resources and support groups (p 10).
- Link grandparents/relatives raising children to resources and support groups (p 37).
- Certified SHIP Counselors and designated SHIP Site.\*

**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)

102 Greenview Dr.  
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)

## Assistance in Your Home and Community...

### Senior Services of Effingham County

Senior Center  
209 S. Merchant  
Effingham, IL 62401  
[www.seniorservices-ecco.org](http://www.seniorservices-ecco.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.

### SWAN

*Adult Protective Services & Domestic Violence Advocacy*

1108 S Willow St.  
Effingham, IL 62401  
[www.swandvhl.org](http://www.swandvhl.org)

(217) 342-4526

Toll Free: 1-888-715-6260

#### **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](http://www.illinois.gov/aging)

## **Senior Services of Effingham County**

Senior Center  
209 S. Merchant  
Effingham, IL. 62401  
[www.eccoa.info](http://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

618-662-6621

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

Click on Providers & Departments.

Click on Senior Renewal.

### **Gentlecare Consultants**

602 W Franklin Ave

217-722-1896

Effingham IL, 62401

- 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

217-347-7179

Effingham, IL 62401

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

- 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

618-387-1114

[www.bchfs.com](http://www.bchfs.com)

- 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](http://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](http://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.*



## **Energy/Financial Needs:**

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

### **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.

### **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.

## Energy/Financial Needs ...

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

### **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

217-342-5434

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

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

### **Social Security Administration** (local office)

1207 Network Centre, Ste. 2

Effingham, IL 62401

855-213-5288

[www.socialsecurity.gov](http://www.socialsecurity.gov)

- 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

217-347-7107 ext. 4

[www.rurdev.usda.gov/IL](http://www.rurdev.usda.gov/IL)

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

## **Food/Meals:**

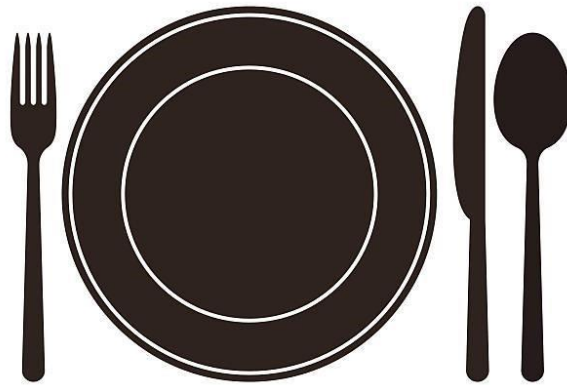
If you would like more information about home delivered meals and congregate meal sites please contact your local office to see what options are available.

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

1805 S. Banker St.  
Effingham, IL 62401  
[www.cefseoc.org](http://www.cefseoc.org)

217-342-2193 ext. 119

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



## **Food/Meals ...**

### **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

1813 W Kirby Ave.

Champaign, IL. 61821

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

- Ask for the Referral Dept.

217-383-3488

Toll-Free: 1-800-239-3620

### Clay County Home Health (Health Department)

601 E. 12th St.

Flora, IL 62839

[www.healthdept.org](http://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](http://www.communityhomecare.com)

217-728-2320

Toll-Free: 1-877-728-2320

### HSHS Home Care Southern and Hospice of Southern Illinois

701 W. Temple Ave

Effingham, IL 62401

[www.hshshomecare.org](http://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](http://www.sarahbush.org)

217-234-4418

217-234-4044

Toll-Free: 1-800-879-3212

### Mederi Caretenders

4202 Williamson Place, Suite 1

Mt. Vernon, IL 62864

[www.lhcgro](http://www.lhcgro)

618-242-3516



## **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**

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

217-347-5569

### **Help at Home, Inc.**

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

618-244-7800  
Toll-Free: 1-877-699-7954

- Offers program for Veterans

### **SPS In Home Care/Hospital Care Services**

207 Santa Maria Ave.  
Effingham, IL 62401  
- Provides hourly care  
- 24 Hour In-Home Care available

217-690-3240

### **Visiting Angels Homecare Agency**

120 E Section Ave  
Effingham, IL 62401  
[www.visitingangels.com/Effingham](http://www.visitingangels.com/Effingham)

217.690.4564

- 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](http://www.healthdept.org)

618-662-4406  
Toll-Free: 1-800-544-4406

### **Carle Hospice and Home Care**

1813 W. Kirby Aver.  
Champaign, IL. 61821  
[www.carle.com](http://www.carle.com)

217-383-3488  
Toll-Free: 1-800-239-3620

### **Carle Richland Hospice**

501 Southwest St.  
Olney, IL 62450

618-392-2745

### **HSHS Hospice Southern Illinois**

701 W. Temple Ave.  
Effingham, IL. 62401  
[www.hshshospice.org](http://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](http://www.sarahbush.org)

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

## **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](http://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](http://www.theglenwoodcommunities.com)

217-347-8880

#### **The Villas of Holly Brook**

904 W. Evergreen  
Effingham, IL 62401  
[www.meridiansenior.com](http://www.meridiansenior.com)

217-342-2345

## Housing Options ...

### Developmental Disabilities:

#### Community Support Systems

618 West Main St.

Teutopolis, IL. 62467

[www.csscares.org](http://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 with their team 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](http://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](http://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**

221 E Cumberland Rd.  
St Elmo, IL 62458

618-829-5551

### **Effingham Rehabilitation and Health Care Center**

(Intermediate & Skilled Care)

1610 N. Lakewood Dr.

Effingham, IL 62401

[www.petersenhealthcare.net](http://www.petersenhealthcare.net)

217-347-7781

### **Evergreen Nursing and Rehabilitation**

(Intermediate & Skilled Care)

1115 N. Wenthe Dr.

Effingham, IL 62401

[www.evergreennursingrehab.com](http://www.evergreennursingrehab.com)

217-347-7121

### **Heartland Christian Village**

101 Trowbridge Rd.

Neoga, IL. 62447

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

217-895-2665

### **Lakeland Rehabilitation and Health Care Center**

800 W. Temple Ave.

Effingham, IL 62401

[www.lakelandrehabandhealthctr.com](http://www.lakelandrehabandhealthctr.com)

217-342-2171



## **Housing Options...**

### **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

## **Housing Options...**

### **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](http://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](http://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](http://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](http://www.aaamobilityspecialists.com)

217-994-9417

### **Apria Healthcare**

401 S Banker St. Ste A&B.

Effingham, IL 62401

[www.apria.com](http://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](http://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](http://www.lincare.com)

217-347-7002

Toll-Free:1-888-664-7002

## **Memory Care Homes: Assisted Living:**

### **Lavender Ridge Memory Care**

1103 N Maple

Effingham, IL 62401

[www.lavenderridge.com](http://www.lavenderridge.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](http://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](http://www.meridiansenior.com)

- \$99/day fee for Respite Stays

**Willowbrook Memory Support Residences**

217-342-3233

[www.willowbrookliving.net](http://www.willowbrookliving.net)

**Respite for Individuals with Developmental Disabilities**

**Community Support Systems**

618 West Main St.

Teutopolis, IL. 62467

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

Administrative Office: 217-705-4300

Intake: 217-705-4448

**Family Support**

**Respite:** Provides parents with short term relief from daily caregiving of their family member with a developmental disability.

**Heartland Human Services**

1200 N Fourth St.

P.O.Box 1047

Effingham, IL. 62401

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

**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 4<sup>th</sup> St. .  
Effingham , IL 62401

217-347-7179

- Meets 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of Every Month at 3:00pm VIA Zoom.

### Forget Me Not Café

Tuscan Hills Winery  
2200 Historic Hills Drive Effingham,  
IL, 62401

- Meets the last Tuesday on the month from Feb-Oct

### 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

[www.sarahbush.org](http://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 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month at 10:00 a.m. VIA Zoom



## Support Groups...

### Grief Support Groups

St. Anthony's Memorial Hospital

217-347-1829

Bridges for Healing Hearts Support Group

- 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.

217-234-4075

Mattoon, IL 61938

Toll Free: 1-800-454-4055

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

**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](http://www.bereavedparentsusa.org)

## **Support Groups...**

### **Narcotics Anonymous**

www.na.org

AA/NA (District 13)

Phone contact 1.866.591.5867

### **Christ's Church**

2511 Veterans Dr.

Effingham, IL 62401

### **First United Methodist Church**

308 N. 2nd Street Altamont,

IL 62411

### **Centenary United Methodist Church**

203 E. Grove Ave.

Effingham, IL. 62401

### **Immanuel Lutheran Church**

203 E. Division St.

Altamont, IL. 62411

### **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](http://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](http://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](http://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](mailto: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](http://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](http://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](http://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](http://www.aarp.org)

### **Administration on Aging, U.S. Dept. of Health & Human Services**

[www.aoa.gov](http://www.aoa.gov)

### **Alzheimer's Association**

1.800.272.3900

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

### **Alzheimer's Disease Education and Referral (ADEAR) Center**

1.800.438.4380

[www.nia.nih.gov/alzheimers](http://www.nia.nih.gov/alzheimers)

### **Caring Today**

[www.caringtoday.com](http://www.caringtoday.com)

### **Elder Abuse**

1.866.800.1409

[www.ncea.aoa.gov](http://www.ncea.aoa.gov)

### **Eldercare Locator**

[www.eldercare.gov](http://www.eldercare.gov)

### **Geriatric Mental Health Foundation**

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

### **Illinois Pioneer Coalition**

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

### **National Alliance for Caregiving**

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

### **National Council on the Aging**

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

### **Caregiver Action Network**

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

### **National Institute of Mental Health**

[www.nimh.nih.gov](http://www.nimh.nih.gov)

## **Toll-Free Numbers and Web Pages...**

### **National Institute on Aging**

1.800.222.2225

[www.nia.nih.gov](http://www.nia.nih.gov)

### **Mental Health America**

1.800.969.6642

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