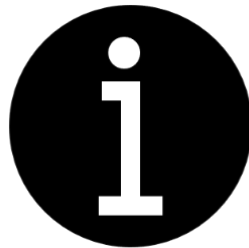


**Caregiver  
Resource Guide  
to  
Older & Disabled  
Adult Services**

**Lawrence County, Illinois  
2020 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 32.
3. I just started caring for my parents I need some information. Where do I turn? See Assistance in Your Home and Community on pages 5-8 or other local resources pages 45-48.
4. My parents can't afford their medicine. Where can they turn for help? See Energy/Financial Needs Pages 12-14.
5. I don't feel comfortable bathing my parent. What help is out there? See in home services page 20.
6. I'm concerned that dad could fall and not be able to get up. See Emergency Home Response Teams 9.
7. It seems that my neighbor is always low on food and money. Where can I refer them to get some help? See Energy / Financial Needs Pages 12-14 and Food/Meals pages 15-17.
8. My complaints to a nursing home staff are being ignored and mom isn't getting better care? See page 29.
9. My senior citizen friend is being financially exploited. What do I do? See page 8 for Adult protective Services.
10. Medicare Prescription Drug Program? See pages 5,6, &7.

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### What is the Medicare Prescription Drug Program?

The 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 that is chosen.

**October 15, 2020** is the beginning of open enrollment for 2021

**December 7, 2020** open enrollment ends for 2021.

**January 1, 2021** coverage will begin.

*Look for agencies with an asterisk (\*) in their description for assistance with signing up for the 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, activities, cost, etc.**

### **YMCA Bettye J. McCormick Senior Center**

2009 Prospect Avenue

Phone: (812) 886-3381

Vincennes, IN 47591

- Provides daily care for older adults
- Provide transportation
- 2 meals per day and afternoon snack
- Medicine administration oversight
- Nurse, program aides, activities coordinator, CNA's, and volunteers
- Hours are 9:00 a.m.-4:00 p.m.
- Van Go runs from 6:00 a.m. – 6:00 p.m.

### **Lawrence and Crawford Association for Exceptional Citizens**

2222 Lexington

Phone: (618) 943-4401

Lawrenceville, IL 62439

- Offers Residential Services, Day Training Services, & Work adjustment training
- All services are for those with Developmental Disabilities

### **C.T. F. Illinois**

511 E. Main

Phone: (618) 392-4444

Olney, IL 62450

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

- All services are for those with Developmental Disabilities
- Offers day services to those over age 18, Respite Care, & 24-hour Residential Services

## **Assistance in Your Home and Community...**

### **C.T.F. Illinois**

511 E. Main St.

Phone: (618) 392-4444

Olney, IL 62450

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

- Employment Services include VOICE (Vocational Outreach for Integrated and Competitive Employment), Customizable employment, day training, and vocational programs
- Residential Services offers 24-hour services, intermittent CILA services, and home-based services.
- Lifestyle Supports offer ACCESS Behavioral Health Program and The Autism Program (TAP).
- For more information contact CTF Illinois.

### **Embarrass River Basin Agency (ERBA)\*Outreach Office**

1211 State St.

Phone: (618)943-2938

Lawrenceville, IL 62439

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

- Senior Citizens Nutrition Program
  - Nutritionally balanced meals provided to seniors 60+
  - Served on site, carry out, or home-delivered basis if senior is homebound
  - Offers educational, informational, and social activities
- Senior Social Services or Title IIIB
  - Offers a Telephone Reassurance phone call to seniors
    - Check for wellness
    - Emotional support
  - Outreach Services
    - Home visits-to assess client's needs
    - Encourage seniors to participate in available resources

## **Assistance in Your Home and Community...**

- Other Social Services available
  - VITA (Income Tax Assistance)
  - Insurance and Medicare Assistance \*
  - Pharmaceutical Assistance
  - Legal Aid for Seniors
  - Transportation for those senior 60+
  - Recreation activities (vary from each senior center)
  - Promotes educating
    - Health Screenings and Wellness Clinics

### **Southeastern Illinois Agency on Aging**

#### **Lawrence County Senior Center – Main**

1705 12<sup>th</sup> St.

Phone: (618) 943-5431

Lawrenceville, IL 62439

- Open M-F 8:30 a.m. to 2:00 p.m.
- Offers Information and Assistance
- SHIP/SHAP Services \*
- Transportation
- Referral Services
- Nutrition and Congregate Meals
- Caregiver and Grandparents Raising Grandchildren
- GAP funding

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

#### **Lawrence County Senior Center Bridgeport**

135 E. Olive St.

Bridgeport, IL 62417

- Open M-F 9:00 a.m.-1:00 p.m.

## **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

Olney DRS Office

Phone: (618) 395-2147

1112 South West Street

TTY: (888) 472-0926

Olney, IL 62450

[www.dhs.state.il.us](http://www.dhs.state.il.us)

### **Lawrence County Senior Center St. Francisville**

615 St Joseph,

St. Francisville, IL 62460

- Open M-F 9:00 a.m.-1:00 p.m.

### **Lawrence County Senior Center Sumner**

127 Sycamore St,

Sumner, IL 62466

- Open M-F 9:30 a.m.- 1:30 p.m.

### **Lawrence County Senior Services**

Senior Center

Phone: (618) 662-7304

209 S. Merchant

Toll Free: (800)-618-7304

Effingham, IL 62401

[www.seniorservices-ecco.org](http://www.seniorservices-ecco.org)

- Provides Community Based Programs for people who are 60+ to live in their own home instead of placing them prematurely in a nursing home
- **Includes Screening for In-home services such as: Homecare Aide and Emergency Home Response System**
- Volunteer Money Management

- Certified SHIP Counselors and designated SHIP site \*
- ITAC Center for free amplified and teletype telephones

## **SWAN**

1114 S. West Street

Phone:(618) 392-3556

P.O. Box 176

Toll Free: (866) 800-1409

Olney, IL 62450

TTY: (888) 206-1327

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

- Adult Protective Services serve individuals with a disability in the community ages 18-59 as well as all people 60 and over in the community with alleged abuse, neglect, or exploitation
- Types of abuse include; physical abuse, sexual abuse, emotional abuse, confinement, passive neglect, willful deprivation, financial exploitation, and self-neglect
- Provide legal advocacy to clients in need of accessing an order of protection
- Helps to resolve the abusive situation
- Intervention can include
  - Home health care, nutrition services, financial or legal assistance, adult day care, housing assistance, respite (for caregiver), counseling for the victim and/or the abuser
  - Emergency assistance and if needed guardianship proceeding or nursing facility placement

## **Catholic Social Services of Southern Illinois**

120 W. 5<sup>th</sup> St.,

Phone: (618) 263-3863

Mount Carmel, IL 62863

- Offer a Senior Aide program, but you must be at least 55 and low income
- Advocacy, Senior Employment programs, Crisis Intervention, Counseling referral, and Assisted Living



## **Emergency Home Response Systems:**

Emergency Home Response Service is 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.

Providers are as follows and can be found on the Illinois Department of Aging website at [www.illinois.gov/aging](http://www.illinois.gov/aging).

- ADT US Holdings Phone: (877) 456-1787
- American Medical Alert Corp Phone: (800) 770-5355
- GTL Inc DBA Link to Life Phone: (888) 557-4462
- Guardian Medical Monitoring Phone: (888) 349-2400
- Healthcom Phone: (800) 525-6237
- Lifeline Systems Phone: (800) 368-2925
- Valued Relationships, INC Phone: (800) 860-4230

### **Lawrence County Senior Services**

832 W. North Avenue C-2

Phone: (618) 662-7304

Flora, IL 62839

Phone: (888) 618-7304

[www.eccoa.info](http://www.eccoa.info)

- Care coordinators complete case management assessment for adults 60 + to determine if they qualify for the Community Care Program. IF they are eligible the Emergency Home Response System may be funded by the Illinois Department on Aging.

## **Emotional Needs/Counseling**

### **Colwell Counseling & Consulting Services, Inc**

302 S. Kitchell St., Suite A  
Olney, IL 62450

Phone: (618) 392-8255

### **Counseling and Information for Sexual Assault/Abuse (CAISA)**

825 18<sup>th</sup> Street, Suite 409  
Charleston, IL 61920

Toll Free: (866) 288-4888

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

- Legal advocacy, medical advocacy, case management, and other advocacies
- Trauma informed counseling and therapy services

### **Division of Mental Health- Region 5 South**

1000 N. Main St.  
Anna, IL 62906

Phone: (618) 833-8266

### **Lawrence County Health Department**

Behavior Health Clinic  
11362 Country Club Road  
Lawrenceville, IL 62439

Phone: (618) 943-3754

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

- Offer a sliding fee scale, contact to inquire.
- Offers many different mental health services such as individual counseling, medication management and monitoring, mental health crisis counseling, referral services, and mental health assessments.

## **Emotional Needs/Counseling**

### **Living Well Counseling and Therapy Solutions**

302 S. Kitchell Avenue Suite B  
Olney, IL 62450

Phone: (618) 354-0878

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

- Provides mental health therapy for people with trauma, depression, anxiety, grief, and much more.

### **Riverfront Counseling Centre**

121 Buntin St., Suite 1  
Vincennes, IN 47591

Phone: (812) 885-2718

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

- Specializes in Psychology & Psychiatry



## **Energy/Financial Needs:**

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

### **Benefit Access Program Benefit Access Program (formerly known as circuit breaker) \***

- **License Plate Discount**
- **Application Assistance:**
  - ERBA Phone: (618) 943-2938
  - Senior Services of Lawrence County Phone: (618) 662-7304
  - Southeastern Illinois Agency on Aging, Inc Phone: (618) 262-4967

How to qualify for the Benefit Access Program?

- 65+ by December 31 of current year
- 16 or older and be totally disabled before January 1 of this year
- Reside in Illinois at the time of application
- Total income from last year must be less than
  - \$33,562 for a 1-person household (yourself only)
  - \$44,533 for a 2-person household
  - \$55,500 for a 3-person household

*Eligibility is good for two years and the two-year period starts at the time of your application approval. You can file again 90 days before your eligibility expires.*

### **DHS Family Community Resource Center in Richland County**

1406 Martin St.

Phone: (618) 392-3151

Olney, IL 62450

[www.dhs.state.il.us](http://www.dhs.state.il.us)

[www.ABE.Illinois.gov](http://www.ABE.Illinois.gov)

- Apply online or in person for cash assistance, SNAP via link card, and Medical Assistance
- Qualifications based on income and assets.

## Energy/Financial Needs:

### Embarrass River Basin Agency (ERBA)\*Outreach Office

1211 State St.

Phone: (618)943-2938

Lawrenceville, IL 62439

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

- Low Income Home Energy Assistance Program (LIHEAP) assistance- 3 types (**eligibility depends on funding, income, and household size**)
  - Energy Assistance – 1time payment and are determined by household size, fuel type, and geographic location
  - Emergency Services – payments for those who have been disconnected from the utilities or if the supplier has refused to deliver fuel
  - Emergency furnace repair
- Percentage of Income Payment Plan (PIPP) – offers a monthly benefit with a more affordable client payment. Applications are only taken between October 1 through December 30<sup>th</sup>.

#### Current LIHEAP and PIPP Guidelines

Family Size	\$30 day (Gross) Monthly Income must be at or below:
1	\$1,561
2	\$2,144
3	\$2,666
4	\$3,219
5	\$3,771
6	\$4,324

- Warm Neighbors Cool Friends (WNCF)- a matching grant for Ameren customers who are elderly, disabled, or having a crisis, but are above the guidelines for LIHEAP. Account must be in good standing and the max payment that will be granted is \$350 in winter months and \$200 in the summer months.

Family Size	30-day (gross) monthly income range must be between
1	\$1,561 - \$3,122
2	\$2,114 - \$4,228
3	\$2,666 - \$5,332
4	\$3,219 - \$6,438

## **Energy/Financial Needs:**

### **Sign of the Kingdom**

203 S. Christy Ave.  
Sumner, IL 62466

Phone: (618) 936-2315

&

### **Sign of the Kingdom**

1104 Jefferson  
Lawrenceville, IL 62439

Phone: (618) 943-4404

- Food, gas vouchers for medical needs, utility/prescription assistance, and referrals

## **Social Security Administration**

1207 Network Centre, Ste 2  
Effingham, IL 62401

Phone: (855) 213-5288

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

- Replacement Medicare and Social Security Cards
- Social Security Survivor & Disability Income
- Supplemental Social Security Income

## **USDA Rural Development**

221 Withers Dr.  
Mt. Vernon, IL 62864

Phone: (618) 244-0773 ext. 4

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

- Provides housing loans to low income households who are unable to get the loan elsewhere.
- Provides grants to elderly households with very low incomes to bring their home up to date.

## **Food/ Meals**

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

### **Southeastern Illinois Agency on Aging**

#### **Lawrence County Senior Center – Main**

1705 12<sup>th</sup> St.

Phone: (618) 943-5431

Lawrenceville, IL 62439

- Open M-F 8:30 a.m. to 2:00 p.m.
- SHIP/SHAP Services \*
- Transportation
- Nutrition and Congregate Meals

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

#### **Lawrence County Senior Center Bridgeport**

135 E. Olive St.

Bridgeport, IL 62417

- Open M-F 9:00 a.m.-1:00 p.m.

#### **Lawrence County Senior Center St. Francisville**

615 St Joseph,

St. Francisville, IL 62460

- Open M-F 9:00 a.m.-1:00 p.m.

## **Food/Meals**

### **Lawrence County Senior Center Sumner**

127 Sycamore St,

Sumner, IL 62466

- Open M-F 9:30 a.m.- 1:30 p.m.

## **Miscellaneous Food & Meals**

### **Curbside Pickup**

#### **Jay C. Food Store**

1400 Washington Ave.

Vincennes, IN 47591

Phone: (812) 886-9311

- Curbside Pickup

#### **Ruler Foods**

535 N West St.

Olney, IL 62450

Phone: (618) 392-0815

- Curbside Pickup

#### **Walmart Supercenter**

2610 W Haven Rd.

Lawrenceville, IL 62439

Phone: (618) 943-7551

- Curbside Pickup



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

**Food Pantries** (contact information provided, call for details)

### **Community United Methodist Church**

1548 S. Hart Street Rd.

Phone: (812) 882-2220

Vincennes, IN 47591

- Thursday 6 p.m. -8:30 p.m. Summer Program only

### **Feed Your Faith**

1703 Hart St.

Phone: (812) 890-1177

Vincennes, IN 47591

- 2<sup>nd</sup> Sunday of each month 12:00 p.m. and by emergency help via text. Call for more information.

### **The Salvation Army**

2300 N. 2<sup>nd</sup> Street

Phone: (812) 882-6933

Vincennes, IN 47591

- M-W 1:00 p.m. – 2:30 p.m.

### **Sign of the Kingdom East**

1104 Jefferson,

Phone: (618)-943-4404

Lawrenceville, IL 62439

### **Sign of the Kingdom West**

293 S Christi,

Phone: (618) 936-2315

Sumner, IL 62466

## **Home Health Care Agencies:**

Offer nursing, physical, occupational & speech therapies, medical social work, & home health aides. All agencies say they provide intermittent care and are available 7 days/week. Must be doctor ordered from your personal physician and for a limited time.

### **Cornerstone Home Healthcare**

5 E High St.

Phone: (317) 834-8034

Mooresville, IN 46158

### **Crawford Memorial Home Health**

1108 N. Allen St.

Phone: (618) 546-5461

Robinson, IL 62454

### **Lawrence County Health Department Home Health Agency**

11190 Country Club Rd.

Phone: (618) 943-4663

Lawrenceville, IL 62439

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

- Ask physician for a referral to receive services.
- Rated in the top 25 for Home Health Care Agencies in the country.

### **Lawrence County Memorial Hospital Rehabilitation Services**

2200 State St.

Phone: (618) 943-1000

Lawrenceville, IL 62439

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

## **Home Health Care Agencies:**

### **LHC- Illinois Home Health Care**

906 Skyline Dr., Ste. 200

Marion, IL 62959

Phone: (618) 997-6565

### **Residential Home Health of Southern Illinois**

8341 Express Dr.

Marion, IL 62959

Phone: (618) 997-2354

### **Richland Memorial Hospital Home Health**

800 E. Locust

Olney, IL 62450

Phone: (618) 395-1068

### **Advantage Home Health, Inc**

801 S. West St.

Olney, IL 62450

Phone: (618) 392-4624

## **In Home Services/Home Chore:**

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

### **Addus Health Care**

524 W 9<sup>th</sup> Street

Phone: (618) 263-4311

Mt. Caramel, IL 62863

### **Community Care Systems, Inc**

501 W. Main St

Phone: (618) 842-9654

Fairfield, IL 62837

### **Help at Home**

734 N. Market St.

Phone: (618) 262-5963

Mt. Carmel, IL 62863

# 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.

## **Good Samaritan Hospice**

11190 Country Club Rd.  
Lawrenceville, IL 62439

Phone: (800) 604-9203

## **Hospice-Southeastern Illinois**

800 E. Locust St.  
Olney, IL 62450

Phone: (618) 392-2745

## **Sarah Bush Lincolnland Hospice**

Prairie Pavilion 2  
1004 Health Center, Suite 202  
Mattoon, IL 61938  
[www.sarahbush.org](http://www.sarahbush.org)

Phone: (800) 454-4055

## **Housing Options:**

### **Apartments:**

#### **Lawrence County Housing Authority**

1109 12<sup>th</sup> Street

Phone: (618) 943-4762

Lawrenceville, IL 62439

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

- Provides low and moderate government housing for families and elderly.
- Smith Manor 171-bedroom units
- Based on tenants' incomes: 30% of adjusted income or minimum rent of \$50.
- To find out if you qualify please contact.

#### **Lawrenceville Apartments**

1100 22<sup>nd</sup> St.

Phone: (618) 544-8645

Lawrenceville, IL 62439

- 515 Rural Rental Housing
  - Low- and moderate-income families, elderly, and persons with disabilities
  - Families or people living in substandard housing have priority
- Laundry room, playground, on-site parking, and 24 one- and two-bedroom units

#### **Indian Trail Apartments of Lawrenceville**

9 Yost Court

Phone: (618) 707-2152

Lawrenceville, Illinois 61920

- 22 duplex buildings consisting of 44 units.
  - 6 one bedroom, 29 two bedrooms, and 9 three bedrooms

## **Housing Options:**

### **Apartments:**

#### **Fair Oaks Village**

715 Oak St.

Phone: (844) 264-7357

Lawrenceville, IL 62439

- 2- & 3-bedroom townhomes, garage, and spacious living areas

#### **Bridgeport Apartments**

500 N. Main

Bridgeport, IL 62417

- 1-2-bedroom apartments
- Laundry facilities, cats allowed, and two story



# **Housing Options...**

## **Assisted Living:**

### **Brookstone Estates of Olney**

1110 N. East St.  
Olney, IL 62450

Phone: (618) 603-2097

### **Colonial Assisted Living**

1622 S Hart Rd.  
Vincennes, IN 47591

Phone: (812) 895-1504

### **Timber Creek Village Assisted Living of Robinson**

1302 W Highland Ave.  
Robinson, IL 62454

Phone: (618) 544-8877

### **United Methodist Village North**

2101 James St.,  
Lawrenceville, IL 62439

Phone: (618) 943-3444

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

928 Enterprise Lane  
Mt. Carmel, IL 62863

Phone: (618) 263-1066



# **Housing Options...**

## **Development Disabilities**

### **C.T.F. Illinois**

511 E. Main St.

Phone: (618) 392-4444

Olney, IL 62450

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

- Residential Services offers 24-hour services, intermittent CILA services, and home-based services.
- Lifestyle Supports offer ACCESS Behavioral Health Program and The Autism Program (TAP).
- For more information contact CTF Illinois.

### **Lawrence and Crawford Association for Exceptional Citizens**

2222 Lexington

Phone: (618) 943-4401

Lawrenceville, IL 62439

- Offers Residential Services, Day Training Services, & Work adjustment training

# Housing Options...

## Nursing Homes:

References to use when looking for a nursing home for your loved one.

- <http://health.usnews.com/best-nursing-homes>
- <http://www.ucomparehealthcare.com/nhs/illinois>
- <http://www.medicare.gov/NHCompare>

### *Remember these important tips when looking at Long Term Care Facility:*

- Care Practice or how staff treats the individuals at the facility. What it is that you want for your loved one?
- Environment: How the place looks can affect how we feel about the place.
- Dining: the opportunity to socialize is often found at the dinner table so don't forget to watch for how facilities dine during meals.
- Everyday life: Having an abundance of good quality activities to do with others is an important aspect to look at.
- Culture Change: Seeing their person-centered care plan is a great way to see the home's commitment to your best interests. Ask about the facility's Resident Council.
- Staff Turnover: Do they go through a lot of staff? This measure staff satisfaction.
- Longevity of the Administrator and Director of Nursing.
- Staff to resident ratios should be of concern between different facilities.
- You can check out surveys from the Illinois Department of Public Health for each Long-Term Care Facility that you might be interested in. Available at: <https://ltc.dph.illinois.gov/webapp/LTCApp?ltc.jsp>

These suggestions were taken from the **Your Way: How to find dignity and choice in a Nursing Home** book published by the Illinois Pioneer Coalition. A copy is available 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-** Supervised by staff who offer structured daily activities

### **Aperion Care Bridgeport**

900 E. Corporation St.

Phone: (618) 945-2091

Bridgeport, IL 62417

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

### **Gentlecare of Vincennes**

1202 S. 16<sup>th</sup> St.

Phone: (812) 882-8292

Vincennes, IN 47591

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

### **United Methodist Village**

2101 James St,

Phone: (618) 943-3444

Lawrenceville, IL 62439

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

### **Willow Manor Short Term Rehab and Long-Term Care**

3801 Old Bruceville Rd., Box 136

Phone: (812) 882-1783

Vincennes, IN 47591

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

## **Housing Options...**

### **Nursing Homes:**

#### **Heritage Shelter Care**

207 Wood Lane, P.O. Box 278

Hutsonville, IL 62433

Phone: (618)563-4806

#### **Bridgepointe Health Campus**

1900 College Ave.,

Vincennes, IN 47591

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

Phone: (812)886-9870

#### **Lodge of the Wabash**

723 Ramsey Rd.

Vincennes, IN 47591

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

Phone: (812)882-8787

## **Residents' Rights in Long Term Care, Home, & Community:**

### **Southeastern Illinois Agency on Aging**

#### **SWAN**

120 S. Fair, Suite #2

Phone: (618) 879-2214

Olney, IL 62450

Phone: (888) 715-6260

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

- **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:

Phone: (217) 785-3143

Deputy State LTC Ombudsman:

Phone: (217) 785-3140

Senior Help Line:

Phone: (800) 252-8966

Illinois Department of Public Health Hotline:

Phone: (800) 252-4343

### **National Long-Term Care Ombudsman Resource Center:**

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

Phone: (202)-332-2275

## **Medical Equipment:**

*Providers work with the patient's doctor and family to ensure that the equipment needs of the patients are taken care of.*

*Equipment needs can 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.*

### **Deaconess Home Medical Equipment- Vincennes**

514 S. 9<sup>th</sup> St.

Phone: (812) 494-2134

Vincennes, IN 47591

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

### **Harmon Medical Supply**

415 Vigo St.

Phone: (812) 882-3636

Vincennes, IN 47591

### **Lincare Inc. of Vincennes**

1128 S. 15<sup>th</sup> St.

Phone: (812) 886-0367

Vincennes, IN 47591

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

### **Williams Bros. Health Care Pharmacy**

1216 Washington Ave.

Phone: (812) 882-1800

Vincennes, IN 47591

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

**Memory Care Homes:  
Assisted Living**

**United Methodist Village**

2101 James St.

Phone: (618) 943-3444

Lawrenceville, IL 62439

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

**Lavender Ridge of Olney**

1304 North East St.

Phone: (618) 392-4747

Olney, IL 62450

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

**Villas of Holly Brook & Reflections**

928 Enterprise Lane

Phone: (618) 263-1066

Mt. Caramel, IL 62863

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

**Brookstone Estates of Robinson**

1101 N. Monroe St.

Phone: (618)544-4663

Robinson, IL 62454

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

## **Respite...**

### **Respite in communities**

The following communities provide short-term stays.

Contact them for details and cost.

#### **Aperion Care Bridgeport**

(618) 945-2091

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

#### **The United Methodist Village**

(618) 943-3444

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

#### **Aperion Care Olney**

(618) 395-1000

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

#### **Marion VA Home Care/Respite:**

(618) 997-5311

## **Respite for individuals with Disabilities:**

### **C.T.F. Illinois**

511 E. Main St.

Phone: (618) 392-4444

Olney, IL 62450

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



**Support Groups...**Meeting dates and times are subject to change.

AA/NA (District 16)

**Alcoholics Anonymous**

**Lawrence County Hospital**

2200 State St.

Lawrenceville, IL 62439

- Sunday at 10:00 a.m. and Wednesday at 7:00 p.m.
- Contact (618)928-2438 for any questions.

**Community Building**

S Walnut St & E Mill St

Wayne City, IL 62895

- Meetings are Sundays at 7:00 p.m.
- Contact (618)410-7444 for any questions.

**The Annex Building**

21 W. Locust St.

Harrisburg, IL 62946

- Meetings are Sunday at 7:00 p.m., Tuesdays at 7:00 p.m., Wednesday at 11:00 a.m., Thursday at 7:00 p.m., Friday at 11:00 a.m.
- Contact (618)499-8575 for any questions.

## **Support Groups Continued...**

### **Zion Lutheran Church**

N. Market St. and W. 7<sup>th</sup> St.,

Mt. Carmel, IL 62863

- Meetings are Sunday at 7 p.m., Monday at 12:00 p.m., Tuesday at 12:00 p.m., Wednesday at 12:00 p.m., Thursday at 12:30 p.m., Friday at 12:00 p.m., and Saturday at 12:00 p.m.
- Contact (618)262-5780 with questions.

### **First Church of Olney**

1401 N. Silver St.,

Olney, IL 62450

- Meetings are at 7:00 p.m. on Tuesdays, Thursday at 7:00 p.m.
- Contact (618)395-7667

### **The New Room**

226 N. Walnut St.

Carmi, IL 62821

- Entrance in back
- Meetings are Monday at 7:00 p.m., Tuesdays at 8:00 a.m., Wednesday at 7:00 p.m., and Saturday at 7:00 p.m.
- Contact (618)384-1927 or (618)383-4674

## **Support Groups Continued...**

### **Golden Circle Office**

217 Adams St.

Golconda, IL 62938

- Meetings are Tuesdays at 7:00 p.m.
- Contact (618) 253-9163 or (618)979-1099

### **First Christian Church**

1125 Walnut St.

Eldorado, IL 62930

- Meetings are 7:00 p.m. on Monday and Fridays at 8:00 p.m.
- Contact (618)273-5480

### **Methodist Church**

5<sup>th</sup> St. & Pell St.

Rosiclare, IL 62982

- Meetings are Tuesday at 7:00 p.m.
- Contact (618)285-6914 with questions.

### **First Methodist Church**

S. 1<sup>st</sup> St. & E. Delaware St.

Fairfield, IL 62837

- Meetings are Tuesday at 8:00 p.m.
- Contact (618)599-0718 & (618)516-7133

## **Support Groups Continued...**

### **St. Edward Catholic Church**

300 NW 5<sup>th</sup> St.

Fairfield, IL 62837

- Meetings are Fridays at 8:00 p.m.
- Contact (618)599-0718 or (618)516-7133

### **First Baptist Church**

Locust St. & Market St.

Elizabethtown, IL 62931

- Meetings are Thursday at 6:00 p.m.
- Contact (618)285-6914

### **First Baptist Church**

112 S. 4<sup>th</sup> Street

Albion, IL 62806

- Meetings are on Thursdays at 8:00 p.m.
- Doesn't hold meetings on Thanksgiving Thursday.

### **AL- ANON**

#### **The Annex Building**

21 W. Locust St.

Harrisburg, IL 62946

- Meetings are Wednesday at 6:00 p.m. & Thursday at 11:00 a.m.
- Contact (618)499-8575 for any questions.

## **Support Groups Continued...**

### **AL-ANON**

#### **First Church of Olney**

1401 N. Silver St.,

Olney, IL 62450

- Meetings are held at 7:00 p.m. on Fridays.
- Contact (618)395-7667

#### **Narcotics Anonymous**

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

AA/NA (District 16)

#### **First Christian Church**

319 Broadway St.

Vincennes, IN 47591

- Sunday at 7:00 p.m.

#### **Presbyterian Church**

1008 12<sup>th</sup> St.

Lawrenceville, IL 62439

- Monday at 5:00 p.m. & Saturday at 6:00 p.m.

## **Support Groups**

### **Narcotics Anonymous Continued...**

#### **Samaritan Center**

121 Buntin St.

Vincennes, IN 47591

- Monday at 6:45 p.m.

#### **Edge Church**

1703 Hart St.,

Vincennes, IN 47591

- Tuesday at 8:00 p.m.

#### **Bethlehem Baptist Church**

9 W. Jefferson Ave.,

Vincennes, IN 47591

- Wednesday at 12:00 p.m. & Friday at 7:00 p.m.

#### **First United Methodist Church**

201 W. Walnut St.

Robinson, IL 62454

- Thursday at 7:00 p.m.

## **Support Groups Continued...**

### **Narcotics Anonymous**

#### **Outer West Market Church**

803 W. Market St.

Palestine, IL 62451

- Monday at 8:00 p.m. & Saturday at 8:00 p.m.

#### **St. Paul Lutheran Church**

925 Broadway St.

Vincennes, IN 47591

- Thursday 7:00 p.m. & Saturday at 7:00 p.m.

## **Caregiver Support Groups**

### **Heartland Human Services**

1200 N. 4<sup>th</sup> St.,

Effingham, IL 62401

- 3<sup>rd</sup> Monday of each month at 11:30 a.m.

### **Flora Public Library**

216 N. Main St.

Flora, IL 62839

- Meets the first Thursday of the month at 3:30 p.m.

## **Support Groups Continued...**

### **Caregiver Support Groups**

#### **Lavender Ridge Activity Room**

1400 S. 34<sup>th</sup> St.,

Mt. Vernon, IL 62864

Phone: 217-347-7179

Ext. 1062

- 2<sup>nd</sup> Tuesday of the Month at 3:00 pm

#### **Alzheimer's Caregiver Support Group**

##### **Highland Avenue Church of Christ**

500 W. Highland Ave,

Robinson, IL 62454

- 3<sup>rd</sup> Thursday of each month at 5:15 p.m.

#### **Alzheimer's Support Group**

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

738 18<sup>th</sup> St.

Charleston, IL 61920

Phone: (217)512-2773

- 4<sup>th</sup> Thursday of the month at 5:30 p.m.

#### **Life Span Senior Center**

11021 E. Co. Rd. 800N

Charleston, IL 61920

Phone: (217)235-5449

Ext:3013

- 2<sup>nd</sup> Thursday of every month at 11:00 am



## **Support Groups**

### **Parkinson's Support Group**

#### **Effingham Public Library**

200 N. 3<sup>rd</sup> St.

Phone: (217)246-4065

Effingham, IL 62401

Phone: (217)994-4541

- Last Wednesday of Every month at 1:00 p.m.
- Speakers, peer tips, and socialization.

#### **Life Span Center**

11021 E. Co. Rd. 800 N.

Phone: (217)639-5150

Charleston, IL 61920

- Last Tuesday of each month

#### **Heritage Woods Complex**

2047 E. McCord St.

Phone: (618)493-6064

Centralia, IL 62801

- 2<sup>nd</sup> Wednesday of each month at 2 p.m.

### **Mental Health Support Group**

#### **Grace Church**

5520 N. IL 130

Phone: (618)783-1198

Olney, IL 62450

- 3<sup>rd</sup> Thursday of every month

## **Support Groups Continued:**

### **Breast Cancer Support Group**

#### **Women's Wellness Center**

900 W. Temple Ave.

Phone: (217)347-1638

Effingham, IL 62401

- Meets quarterly

### **Diabetic Support Groups**

#### **St. Anthony's Memorial Hospital**

503 N. Maple St.

Phone: (217)347-1288

Effingham, IL 62401

- 2<sup>nd</sup> Monday of the month at 5:30 p.m. January-November

### **Sarah Bush Education Center**

1000 Health Center Dr.

Phone: (217)258-2199

Mattoon, IL 61938

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

### **Grandparents Raising Grandchildren**

#### **Heartland Human Services**

1200 N. Fourth St.

Phone: (217)347-7179

Effingham, IL 62401

Ext: 1062

- 1<sup>st</sup> Wednesday of each month at 1 p.m.

## **Support Groups:**

### **Grief Support Groups**

#### **St. Anthony's Memorial Hospital**

Bridges of Healing Hearts Support Group

Phone: (217) 347-1829

- 1<sup>st</sup> Thursday of every month from 6-7:30 p.m.
- St. Francis Room

#### **Sarah Bush Education Center**

1000 Health Center Dr.

Phone: (217) 234-4075

Mattoon, IL 61938

Pathways Through Grief – Pavillion II

Hopeful Horizons- Willowbrook Room

Toll Free: (800)454-4055

## **Transportation:**

### **Rides Mass Transit District**

1307 W Mulberry St.

Phone: (618) 544-8800

Robinson, IL 62454

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

- Choice of transportation on a RMTD bus from anywhere in the district
- Seniors 60 + are free to ride if you present your blue Senior I.D.
- To obtain a blue Senior I.D. call Senior Services at 217-347-5569 or stop by to pick up the form.
- 24-hour notice required.
- Same day service is not guaranteed, but if space is available then you might get a spot.
- Office hours:
  - Mon-Fri- 6:00 a.m.-6 p.m.
  - Saturday- 7:00 a.m.-4:00 p.m.
  - Sunday- Closed

## **Other Local Resources:**

### **Local Government-Lawrence County**

Lawrence County, County Clerk: (812)275-7543

Lawrenceville City Hall: (618)943-2116

Bridgeport City Hall: (618)945-2415

Sumner City Hall: (618)936-2415

St. Francisville City Hall: (618)948-2335

Police Department: Non-emergency number (618)943-4946 & Emergency Number  
(618)943-6411

Lawrence County Sheriff's Office: (618)943-1693

Lawrence County Fire Department: (618)943-2828

## **Lawyers:**

### **Land of Lincoln**

302 North First Street

Champaign, Illinois 61820

Toll Free: (800) 747-5523

Phone: (217) 356-135

## **Other Local Resources:**

### **Rebecca Blakeslee**

2012 Lexington Ave,

Lawrenceville, IL 62439

Phone: (618)943-4493

### **Gosnell, Borden, Enloe, Sloss & McCullough**

815 12<sup>th</sup> St., P.O. Box 737

Lawrenceville, IL 62439

Phone: (618)943-2338

### **James M. Neal**

721 12<sup>th</sup> St.

Lawrenceville, IL 62439

Phone: (618)943-3900

## **Dentist**

### **Dr. Jerri Boughan**

2300 James St.

Lawrenceville, IL 62439

Phone: (618)943-5664

### **Steven E. Lynn, DDS**

723 College Ave.

Vincennes, IN 47591

Phone: (812)882-5113

## **Other Local Resources:**

### **Pharmacy**

#### **Walmart Pharmacy**

2610 W Haven Rd.

Phone: (618)943-5515

Lawrenceville, IL 62439

#### **CVS Pharmacy**

1421 State St.

Phone: (618)943-7571

Lawrenceville, IL 62439

### **Miscellaneous**

#### **Illinois Talking Book Center and Brail Service**

300 S. Second St.,

Toll free: (800)426-0709

Springfield, IL 62701

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

#### **Illinois Assistive Technology Program**

1020 S. Spring St.

Phone: (217)522-7985

Springfield, IL 62701

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

## **Other Local Resources:**

### **Illinois Department of Veterans' Affairs**

[www.illinois.gov/veterans](http://www.illinois.gov/veterans)

### **Lawrenceville Public Library**

814 12<sup>th</sup> St.

Phone: (618)943-3016

Lawrenceville, IL 62439

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

## **Clinics**

### **Primary Care Clinic**

2111 Lexington Ave.

Phone: (618)943-7214

Lawrenceville, IL 62439

### **CMH Rural Health Clinic**

2200 State St.

Phone: (618)943-7252

Lawrenceville, IL 62439



## **Other Local Resources:**

Southern IL Case Coordination (Individuals with Dev. Disabilities Only)

325 S. Poplar

Phone: (618) 532-4300

Centralia, IL 62801

Southeastern Area Agency on Aging in Mt. Carmel

516 N Market St.

Phone: 618-262-2306

Mt. Carmel, IL 62863

## **Toll-Free Numbers and Websites:**

### **AARP**

1.888.687.2277

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

### **Active Styles Incontinence Supplies**

1.800.678.5915

### **Administration on Aging, U.S. Department of Health and Human Services**

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

### **Alzheimer's Disease Education and Referral**

1.800.438.4380

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

### **Alzheimer's Store**

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

1.800.752.3238

### **Benefits Checkup**

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

### **Caring Today**

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

## **Toll Free Number and Websites:**

### **Elder Abuse**

1.866.800.1409

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

### **Eldercare Locator**

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

### **Government Benefits Search Tool**

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

### **Meals on Wheels America**

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

### **Medicare**

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

1.800.633.4227

### **Medicare Right's Center**

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

1.800.333.4114

## **Toll-Free Numbers and Websites**

### **Sage National LGBT Elder Hotline**

1.877.360.LGBT (5428)

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

### **U.S. Department of Health and Human Services**

[www.hhs.gov/aging/healthy-aging/index.html](http://www.hhs.gov/aging/healthy-aging/index.html)

### **Veterans of Foreign Wars**

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

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

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

### **National Council on Aging**

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

### **National Institute on Aging**

1.800.222.2225

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

### **Geriatric Mental Health Foundation**

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

## **Toll-Free Numbers and Websites**

### **American Cancer Society**

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

### **American Diabetes Association**

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

1.800.342.2383

### **American Heart Association**

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

1.800.242.8721

### **American Parkinson Disease Association**

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

1.800.223.2732

### **National Center on Elder Abuse**

[www.aginginplace.org/guide-to-recognizing-elder-abuse/](http://www.aginginplace.org/guide-to-recognizing-elder-abuse/)

1.202.898.2586

### **National Suicide Prevention Hotline**

1.800.273.8255

Spanish: 1.888.628.9454

