

# Caregivers Resource Guide to Older & Disabled Adult Services

Richland County, Illinois

2022 Edition

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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.)*

## **Common Questions & Where to Find Help...**

1. What is the difference between intermediate and skilled care? See 'Nursing Home Care' options on 26.
2. I need a break from care giving, where do I turn? See 'Respite' on page 32.
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 4-6 or 'Other Local Resources' on pages 37-40.
4. My parents cannot afford their medicine, where can they turn for help? See 'Energy/Financial Needs' on pages 11-14.
5. I do not feel comfortable bathing my parents, what help is available? See 'In-Home Services' on page 21.
6. I am concerned that dad or mom could fall and not be able to get up. See 'Emergency Home Response Systems' on page 7.
7. It seems that my neighbor is always low on food and money? See 'Energy/Financial Needs' on pages 11-14 and 'Food/Meals' on pages 15-18.
8. My complaints to nursing home staff are not getting mom or dad better care, where do I turn? See 'Ombudsman Program' on page 28.
9. My senior citizen friend is being financially exploited, what do I do? See 'Adult Protection Services' on page 6.
10. See 'Medicare Prescription Drug Program' information on page 6. \*

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

*(Questions about the publication may be directed to: 217-347-7169 extension 1062)*

## 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

<https://www.csscares.org/>

Services provided to individuals with developmental disabilities include:

- **Children Services:**
  - Child & Family Connections: Supports and services for families with infants and toddlers from birth to 36 months with developmental delays or disabilities or who are at risk for developmental delays
  - All Babies Can (ABC): free services to parents of children ages 0-3 and prenatal mothers
  - Summer Day Camp: Provides day camp opportunities to school aged (7-21) individuals.
- **Adult Services:**
  - Community Employment: Assists individuals with job placement and job coaching services at those employers throughout the community.
- **Respite Program:**
  - See pages 29-30.

## Assistance in your Home and Community Continued...

### **IDHS: Illinois Department of Human Services**

(DHS Office includes the following Services: Cash and Medical Assistance, Food Stamps (Link), Job Services, Mental Health Rehab Services, etc.)

Administrative Office:

100 South Grand Ave E

Springfield, IL 62762

1-800-843-6154

Customer Help Line: 1-800-843-6154 /1-866-324-5553

1406 Martin St

Olney, IL 62450

618-392-3151

<https://www.dhs.state.il.us/page.aspx?item=29738>

### **Illinois Department of Rehabilitation (DORS)**

1112 S West St

Olney, IL 62450

618-392-2512

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

Services offered for independence:

- Personal Assistant (PA): Provides assistance with household tasks, personal care, and permission of a doctor, certain health care procedures.
- Homemaker Services: Personal Care provider by trained and professionally supervised personnel for customers who are unable to direct the services of a PA.
- For vocational rehabilitation; for visual impairments; for homemaker services for those under 60 years of age.

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

5042 N IL 130

Olney, IL 62450

618-320-2028

Mt Vernon/Home Office

618-244-9212

<http://ofacil.org/>

## Assistance in your Home and Community Continued...

### Stopping Women Abuse Now (SWAN): Adult Protection Services

1114 S West St

Olney, IL 62450

618-392-3556

<http://swandvhl.org/>

- Provide residential and walk-in program of service
  - include domestic violence victims, their children, the abuser, elderly who are abused in their home and in institutional settings, as well as those who are homeless

- **24 Hour Telephone Crisis Line**

Toll Free: 1-888-715-6260

### Senior Services of Richland County

832 W North Ave

Flora, IL 62839

1-888-618-7304

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

- Provides Community Care Programs for people age 60+ who need help to be able to live in their homes instead of premature nursing home placement – **includes screening for In-Home Service such as: Home care 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 benefits to the individual's needs.
- Center for daily activities and planned outings.

## **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 landline 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 on Aging website at [www.illinois.gov/aging](http://www.illinois.gov/aging)

### **Senior Services of Richland County**

832 W North Ave

Flora, IL 62839

1-888-618-7304

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

- Care coordinators complete a comprehensive case manager 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:**

### **Richland County Health Office**

501 S. Willow Ave

Olney, IL 62450

618-392-6241

<https://www.richlandcountyhealthoffice.org/>

- Health/Wellness Resources Tab

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

302 S Kitchell Ave St A

Olney, IL 62450

618-392-8255

<https://www.facebook.com/colwellcounseling/>

- Outpatient mental health counseling serving ages 5 and up.
  - Individuals, families, and couples counseling
    - Depression, anxiety, stress, divorce, family problems, low self-esteem, bipolar, ADHD, oppositional defiance, and more

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

302 S Kitchell Ave St B

Olney, IL 62450

618-354-0878

<https://livinglifewelltoday.com/>

- Mental health therapy to adults and children 12 and older.
  - Individuals, family, marital or group counseling
    - Trauma, depression, anxiety, relationship issues, mood disorders, grief, art therapy, family counseling and addiction issues



## **Emotional/ Needs Counseling Continued...**

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

205 E. Main St

Olney, IL 62450

618-879-2130

<https://www.sacis.org/>

- Helping survivors of sexual violence and their significant others reclaim their lives.
  - Services available to all survivors
    - Prevention and Counseling

- **Toll Free Hotline:**

**866-288-4888**

### **Stopping Women Abuse Now (SWAN)**

1114 S West St

Olney, IL 62450

618-392-3556

<http://swandvhl.org/>

- Provide residential and walk-in program of service
  - include domestic violence victims, their children, the abuser, elderly who are abused in their home and in institutional settings, as well as those who are homeless
- **24 Hour Telephone Crisis Line**
- **Toll Free:**

**888-715-6260**

### **Jasper County Health Dept. Behavioral Health**

405 S Whittle St

Olney, IL 62450

618-392-3226

<http://www.jasperhealth.org/>

## **Emotional/ Needs Counseling Continued...**

### **Life Links**

750 Broadway Ave East

Mattoon, IL 61938

217-238-5700

<https://www.lifelinksinc.org/>

### **One Hope United**

218 E Main St

Olney, IL 62450

618-395-8656

<https://onehopeunited.org/>

### **SIHF Healthcare Behavioral Health**

1200 N East St

Olney, IL 62450

618-395-5222

<https://www.sihf.org/>

### **Spero Counseling**

107 Shiloh Dr

Mt. Vernon, IL 62864

618-242-6944

<https://sperofs.org/>

- Individual, family, and group
- Premarital and marital counseling
- Grief and loss counseling
- Counseling for those dealing with Chronic Pain or Post Traumatic Stress Disorder

*(For individuals 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.

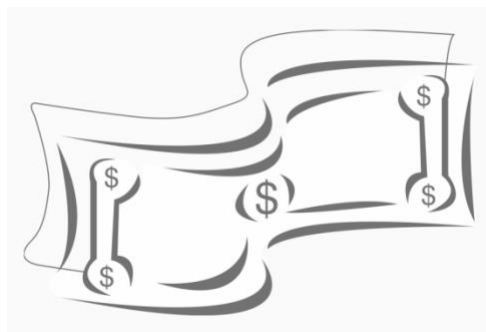
### **Benefit Access Program** (formerly known as Circuit Breaker)\*

- License Plate Discount – File every 2 years
- Application Assistance:
  - DHS Family Community Resource Center in Richland County - (618) 392-3151
  - Senior Services of Richland County – 618-662-7304
  - Southeastern Illinois Agency on Aging - 217-262-0678
  - SWAN - (618) 392-3556

### **To be eligible for the Benefit Access Program**

1. You must be 65 years or older by December 31<sup>st</sup> of the current year; or you must be 16 years of age or older and totally disabled before January 1<sup>st</sup> of this year.
2. You must live in Illinois at the time you file your application
3. Your total income last year must be less than:
  - a. \$33,562 for a 1 person household
  - b. \$44,533 for a 2 person household
  - c. \$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 must file again beginning 90 days before your eligibility expires.*



## **Energy/Financial Needs Continued...**

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

### **Embarras River Basin Agency (ERBA) – Senior Citizens Nutrition Program**

306 E Main

Olney, IL 62450

618-395-2714

<https://www.erbainc.org/>

- Is dedicated to serving the needs of at-risk, low-income individuals and families.
- Administer grants and other programming for the target population of low-income citizens of all ages.
  - Low-Income Home Energy Assistance Program
  - Senior Center
  - Homeless and Homeless Prevention
  - Head Start
  - Community Services Block Grant Offers
  - FEMA Emergency Food and Shelter
  - Illinois Home Weatherization Assistance Program
  - Housing Counseling Program

### **Salvation Army**

1401 N Silver St

Olney, IL 62450

618-392-0959

<https://www.salvationarmyusa.org/usn/>

- Offers assistance with utilities, clothing, medication, food, and gas.

### **Olney Township**

300 S Whittle Ave

Olney, IL 62450

618-393-4501

## **Energy/Financial Needs Continued...**

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

### **Good Samaritan of Richland County**

304 E Main St

Olney, IL 62450

618-395-8152

<https://www.olneyfmc.org/>

- Outreach > Good Samaritan
- Offers limited financial assistance for residents of Richland County

### **Stopping Women Abuse (SWAN)**

1114 S West St

Olney, IL 62450

618-392-3556

<http://swandvhl.org/>

### **Public Aid Department**

1406 Martin St

Olney, IL 62450

618-392-3151

<https://www.dhs.state.il.us/>

## **Energy/Financial Needs Continued...**

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

### **USDA Rural Development**

(Rural Housing Service Program)

USDA Service Center-Mt. Vernon Office

221 Withers Dr

Mt. Vernon, IL

618-244-0773 ext 4

[www.rd.usda.gov](http://www.rd.usda.gov)

- Be the homeowner and occupy the house
- Be unable to obtain affordable credit elsewhere
- Have a family income below 50% of the area median income
- For grants, be age 62 or older and not be able to repay a repair loan

## **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.

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

1406 Martin St

Olney, IL 62450

618-392-3151

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>

- The food stamp program is known as the Supplemental Nutrition Assistance Program (SNAP) and is administered by the USDA.
  - Low or no-income apply for these benefits

### **Good Samaritan of Richland County**

304 E Main St

Olney, IL 62450

618-395-8152

<https://www.olneyfmc.org/>

- Outreach > Good Samaritan
- Local food pantry that offers food
- 

### **The Salvation Army**

700 N. East St, Immanuel United Methodist Church

Olney, IL 62450

618-392-0959

- Non-profit human services organization whose mission is focused on aiding the poor and other people.

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

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.

### **Master's Hands**

1065 W Main St

Olney, IL 62450

618-392-0414

- Ran by volunteers and donations
- There is never a charge for anything you receive from the coffee shop or the food pantry

### **Jasper County Health Department - (WIC)**

405 S Whittle St

Olney, IL 62450

618-392-3226

- Food assistance program for Women, Infants, and Children

### **Stopping Women Abuse Now (SWAN)**

1114 S West St

Olney, IL 62450

618-392-3556

<http://swandvhl.org/>

## **Miscellaneous Food & Meals**

### **Ruler Foods**

535 N West St

Olney, IL

618-392-0815

[https://rulerfoods.com/?cid=loc\\_09000291\\_gmb](https://rulerfoods.com/?cid=loc_09000291_gmb)



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

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.

### **IGA**

1313 E Main St

Olney, IL

618-392-2111

<https://www.myiga.com/>

- Offers senior discount

### **Clay Bank Natural Foods Market**

228 E Main St

Olney, IL

618-843-1150

### **Noble Foods**

115 W South Ave

Noble, IL 62868

618-723-2514

## **Home Delivery/Pick Up**

### **Wal-Mart**

1001 N West St

Olney, IL 62450

618-395-7317

<https://www.walmart.com/store/254/olney-il/details>

- Curbside/in-store pick up/drive-thru

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

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.

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

602 E 5<sup>th</sup> St

Mt. Carmel, IL 62863

217-262-0678

<http://www.seiaoa.com/>

- Congregate and home delivered meals
  - Available at Senior Resource Center

### **Richland County Senior Citizens Center**

(Senior Citizens Nutrition Program)

308 E Main St

Olney, IL 62450

618-395-3223

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

- People 60 years of age and over
  - Less than 60 years old may eat, but have to pay the cost of the meal
- Meals served on site, carryout, or home delivered



## Home Health Care Agencies:

### Home Health Services

800 E Locust St

Olney, IL 62450

618-395-1069

<https://www.medicare.gov/coverage/home-health-services>

- Located in: Carle Richland Memorial Hospital Orthopedic Clinic

### Weber Medical Clinic (Southern Illinois Healthcare Foundation)

1200 N East St

Olney, IL 62450

618-395-8561

<https://www.sihf.org/>

### Lincolnland Home Care

1004 Health Center Dr, Ste. 202

217-234-4418

Mattoon, IL 61938

Toll-Free: 1-800-879-3212

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

### Advantage Home Health

801 South West St

Olney, IL 62450

618-392-4624

<https://www.homehealthcareagencies.com/>

## Home Health Care Agencies Continued...

### **Carle Richland Memorial Hospital**

800 E Locust St

Olney, IL 62450

618-395-2131

<https://carle.org/locations/carle-richland-memorial-hospital>

### **Richland County Health Office**

501 S Whittle Ave

Olney, IL 62450

618-392-6241

<https://www.richlandcountyhealthoffice.org/>



## **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**

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

618-263-4311

Mt. Carmel, IL 62863

<https://addus.com/>

- Offers programs for Veterans

### **Help at Home**

501 W Main St

618-842-3879

Fairfield, IL 62837

Toll Free: 877-502-5945

<https://www.helpathome.com/location-finder/fairfield/>

### **Central Illinois Care Services**

1901 S 4<sup>th</sup> St, Suite 4

217-994-9016

Effingham IL 62401

<https://www.centralillinoishomecare.com/>

### **HSHS Home Care Southern Illinois**

701 West Temple Avenue

800-347-1100

Effingham, IL 62401

### **Visiting Angels**

120 E Section Ave

217-690-4564

Effingham, IL 62401

## **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...

### **Hospice-Southeastern Illinois**

800 E Locust St

Olney, IL 62450

618-392-2745

<https://hospice.io/care/hospice-of-southeastern-illinois-olney-il/>

### **Helia Healthcare of Olney**

410 E Mack

Olney, IL 62450

855-243-3078

<http://www.heliahealthcare.com/olney/>

### **Carle Richland Memorial Hospital**

800 E Locust St

Olney, IL 62450

618-395-2131

### **Sarah Bush Lincoln**

1004 Health Center Drive, Suite 202

1-800-454-4055

Mattoon, IL 61938

## **Housing Options:**

### **Apartments:**

#### **Country View Apartments Olney**

1013 E Monroe St

Olney, IL 62450

618-392-2932

[https://www.lowincomehousing.us/det/country\\_view\\_apartments-62450](https://www.lowincomehousing.us/det/country_view_apartments-62450)

- Low-income housing tax credit (LIHTC) apartment
- 1, 2, & 3 bedroom apartments

#### **Country Place- Olney**

1601 N. Silver St.

Olney, IL 62450

618-395-3149

<https://properties.wodagroup.com/apartments/il/olney/country-place-olney/index.aspx>

- 1 & 2 bedroom apartments

#### **Richland Housing Authority**

129 Scott St

Olney, IL 62450

618-395-2571

<http://rcha1.com/aboutus.html>

- Housing for elderly, disabled, near elderly
- Housing for families in Olney and Noble

## Housing Options Continued...

### Assisted Living:

#### **Fox River Apartments**

1016 W Parker St

Olney, IL 62450

618-392-6168

<https://caritasfamilysolutions.org/>

- Senior Services > Fox River Assisted Living Apartments
- Provides meals, housekeeping, social activities, & daily assistance
  - 60 years of age and older

#### **Brookstone Estates of Olney**

1110 N East St

Olney, IL 62450

618-392-5870

<https://www.seniorlifestyle.com/property/illinois/brookstone-estates-of-olney/>

#### **Emerald Glen of Olney**

1301 N East St

Olney, IL 62450

618-395-4663

<https://www.seniorlifestyle.com/property/illinois/emerald-glen-of-olney/>

- Accept Private Pay, Veterans' Assistance, Long-Term Care Insurance, & Medicaid



## Housing Options Continued...

### Developmental Disabilities:

#### Richland Manor

1066 W Main St

Olney, IL 62450

618-395-2437

<https://healthcaremanagementcorp.com/>

- Provides extended-stay nursing care to seniors with varying levels of disabilities



## Housing Options Continued...

**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 Long Term Care Facilities.
- **Culture Change:** This is directed to the Home's awareness and commitment to person centered/directed care. Ask about the facilities Residential 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:  
<http://ltc.dhp.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 Continued...

### Nursing Homes Continued:

#### Richland Nursing & Rehab – Olney

900 E Scott St

Olney, IL 62450

618-395-1000

<http://www.heliahealthcare.com/richland-nursing-rehab>

#### HELIA Healthcare of Olney

410 E Mack Ave

Olney, IL 62450

618-395-7421

<http://www.heliahealthcare.com/olney/>

### Transitional and Permanent Housing:

#### SWAN

1114 S West St

Olney, IL 62450

618-392-3556

<http://swandvhl.org/>

- Transitional Housing: Case Management, Counseling, Mental Health Services, Life Skills Training, Transportation, Substance Abuse Treatment, & Legal Services
- Permanent Housing: Counseling, Life Skills, & Budgeting
- Homeless Program: Temporary Shelter, Transportation, 24-hour Hotline Service, Clothing Assistance, & Counseling

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

### **Effingham City – County Committee on Aging – Senior Services of Clay County**

832 W North Ave

Flora, IL 62839

618-662-7304

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

### **Illinois Long-Term Care Ombudsman**

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

1-888-715-6260

## **Medical Equipment:**

Providers work with the patient's doctors and family to ensure that the equipment needs of the patient are met.

Equipment needs include: hospital beds, walker 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 instructions.

### **William Bros. Health Care Pharmacy**

1029 E Main St

Olney, IL 62450

618-395-2144

<https://www.williamsbrosparmacy.com/locations>

### **Thrifty Home Medical, Inc.**

226 E Main St

Olney, IL 62450

618-395-4505

- Does NOT accept Medicare as payment

### **One Step Ahead & HME**

1010 W Main St

Fairfield, IL 62837

618-842-2531

<https://www.osahme.com/>

### **Lincolnland Home Medical Equipment**

300 Coles Centre Pkwy

Mattoon, IL 61938

217-235-0660

<https://www.sarahbush.org/lincolnlandhomemedical/>

## **Medical Equipment Continued...**

### **LINCARE Inc.**

700 N Henrietta, Ste. B

Effingham, IL 62401

217-347-7002

<https://www.lincare.com/>

### **Market Street Medical, LLC**

117 E Market St

Olney, IL 62450

618-392-1301

<https://www.marketstreetmedical.com/>

### **Carle Medical Supply**

200 Lerna Rd South, Suite 101

Mattoon, IL 61938

800-233-6907

<https://carle.org/services/medical-supply>

## **Memory Care Homes:**

### **Assisted Living:**

#### **Lavender Ridge Dignified Memory Care**

1304 N East St

Olney, IL 62450

618-392-4747

<https://www.lavenderridge.com/#mindful-1>

- Exclusive, licensed community, providing specialized care for those with dementia and Alzheimer's.

#### **Brookstone Estates of Olney**

1110 N East St

Olney, IL 62450

618-392-5870

<https://www.seniorlifestyle.com/>

- Tailor their environment, programming, and personal care to people living with dementia or Alzheimer's diagnosis

## **Respite:**

Temporary relief for the primary caregiver from her/his caregiver duties.

### **Carle Richland Memorial Hospital**

800 East Locust

Olney, IL 62450

1-855-241-4685

<https://carle.org/locations/carle-richland-memorial-hospital>

### **Richland Nursing & Rehab**

900 E Scott

Olney, IL 62450

618-395-1000

<http://www.heliahealthcare.com/richland-nursing-rehab/>

### **Charleston Transitional Facility**

511 E Main St

Olney, IL

618-392-4444

<https://www.ctfillinois.org/>

- Group Respite Supports provide an opportunity for people with developmental disabilities to interact in community-based settings while offering short-term relief to their caregivers

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

602 E 5<sup>th</sup> St

Mt. Carmel, IL 62863

217-262-0678

<http://www.seiaoa.com/>



## **Support Groups:**

(Meeting dates & times are subject to change)

**AA/NA (district 16)**

1-800-307-6600

[www.ildistrict13aa.org](http://www.ildistrict13aa.org)

### **Elm Street Christian Church**

727 East Elm St

618-395-8411

Olney, IL 62450

<http://elmstreetchristianchurch.org/home>

### **Olney Area Diabetic Support Group**

(Carle Richland Memorial Hospital)

800 E. Locust St

Olney, IL 62450

### **Better Breathers Support Group – Olney**

(Carle Richland Memorial Hospital)

800 E Locust St

Olney, IL 62450

### **First Church of Olney – “All for One Group”**

1404 N Silver St

618-925-2137

Olney, IL 62450

618-707-9887

- Tuesday @ 7:00 p.m. & Fridays @ 7:00 p.m.

## Support Groups Continued...

### **The Master's Hand, Inc.**

1065 W Main St

Olney, IL 62401

618-392-0414

- Saturday @ 2:30 p.m.

### **Stopping Women Abuse Now (SWAN)**

1114 S West St

Olney, IL 62450

618-392-3556

<http://swandvhl.org/>

### **Richland County Hope**

6609 County Rd 900 E

Olney, IL 62450

618-843-3470

<https://richlandcountyhope.business.site/>

### **Specialized Care for Children**

1102 S West St A

Olney, IL 62450

618-395-8461

<https://dscc.uic.edu/>

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

### **First United Methodist Church**

335 S Fair St

Olney, IL 62450

618-395-1500

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

205 E Main St

Olney, IL 62450

618-879-2130

- Rape Crisis Centers provide free and confidential crisis intervention services, counseling and advocacy for victims of sexual assault and their significant others

## **Transportation:**

### **Rides Mass Transit District**

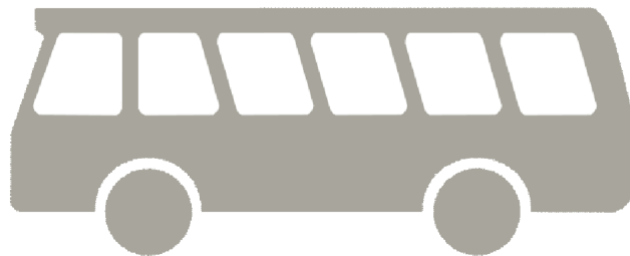
911 S West St

Olney, IL 62450

618-395-1272

<http://www.ridesmtd.com/>

- Lift-equipment and ramped vehicles
- 24-hour advance reservations



## **Other Local Resources:**

### **Bartley C. Zuber – Attorney at Law**

117 South Kitchell Ave

Olney, IL 62450

618-395-1919

<https://www.bzuberlaw.com/>

- Legal Service Include:
  - Real Estate Transactions and Closings
  - Title Insurance
  - Wills, Trusts, and Powers of Attorney
  - Settling Estates
  - Family Law
  - Guardianships and Adoption
  - Criminal, Personal Injury, and all Types of Litigation
  - Certified Mediator and Guardian ad Litem

### **WIC Program**

405 S Whittle Ave

Olney, IL 6245

618-392-3226

<https://www.fns.usda.gov/>

- Assistance for Seniors Age 60 and Over

### **Beltone Hearing Aid Service**

1707 E Main St #6

Olney, IL 62450

618-395-6300

<https://locations.beltone.com/il/olney/0000445037/>

## Other Local Resources Continued...

### **Olney Public Library**

400 W Main St

Olney, IL 62450

618-392-3711

<https://www.olneypubliclibrary.org/>

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

<https://www2.illinois.gov/veterans/Pages/default.aspx>

943-6189

618-

### **ERBA**

308 E Main St

Olney, IL 62450

618-395-3223

<https://www.erbainc.org/>

### **Senior Health Insurance Program (SHIP)**

308 E Main St

Olney, IL 62450

618-395-3223

<https://www2.illinois.gov/aging/ship/pages/default.aspx>

- Assist seniors 60 and over or adults with disabilities of any age

### **CEFS WIOA Program**

Olney Central College

305 N West Street Room 208A

Olney, IL 62450

618-392-7777

<https://www.cefseoc.org/>

## Other Local Resources Continued...

### **WIPA Program**

1020 South Spring Street

Springfield, IL 62704

217-522-7985

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

### **Baptist Children's Home**

949 Country Rd. 1300th N

Carmi, IL 62821

618-382-4165

<http://bchfs.com/>

- Residential Care, Maternity Care, Adoption Services, & Counseling

### **Big Brothers Big Sisters**

801 S West St

Olney, IL 62450

618-392-3863

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

### **Land of Lincoln Legal Aid**

737 Windsor Rd

Charleston, IL 61920

217-883-4355

<https://lincolnlegal.org/>

### **Olney City Police**

320 S Whittle St

Olney, IL 62450

618-395-8481

<https://www.ci.olney.il.us/>

## **Other Local Resources Continued...**

### **Richland County Probation**

103 W Main St, #26

Olney, IL 62450

618-395-3670



## **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**

312-938-9858

[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)

### **American Red Cross**

1-800-959-6989

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

### **Caring Today**

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

### **Elder Abuse**

1-866-800-1409

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

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

### **Eldercare Locator**

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

### **Geriatric Mental Health foundation**

703-556-9222

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

### **Home Instead Senior Care**

888-331-3242

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

### **Illinois Pioneer Coalition**

847-250-7530

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

### **National Alliance for Caregivers**

202-918-1013

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

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

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

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

1-866-415-8051

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

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

### **Caregiver Action Network**

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

### **National Institute on Aging**

1-800-222-2225

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

### **Mental Health American**

1-800-969-6642

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

### **Addiction Center**

877-817-4581

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

### **American Association of Poison Control Centers**

1-800-222-1222

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

### **Illinois Breast and Cervical Cancer Program**

888-522-1282

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