

Caregiver Resource Guide to Older Adult Services

Fayette County, Illinois

2014 Edition



Common Questions & Where to Find Help...

1. What is the difference between intermediate and skilled care? See page 22 for nursing care options.
2. I need a break from caregiving. Where do I turn? See Respite on page 27.
3. I just started caring for my parents. I need some direction. Where do I start? See Assistance in Your Home and Community pages 5-6; Caregiver Support page 9; or Other Local Resources pages 32-35.
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 17-18.
6. I'm concerned that Dad 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 pages 11-13 and Food/Meals pages 14-15.
8. My complaints to nursing home staff aren't getting mom better care. Where do I turn? See Ombudsman Program on page 23.
9. My senior citizen friend is being financially exploited. What do I do? See page 6 for Adult Protective Services.
10. Where can I go for assistance with the Medicare Prescription Drug Program? See pages 6, 12, & 33. *

This Guide was written and disseminated by the Fayette 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:
1.888.560.8805 extension 1062, 1050 or 1046.*

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What is the Medicare Prescription Drug Program?

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

October 15, 2014 open enrollment for 2015 begins.

December 7, 2014 open enrollment for 2015 ends.

January 1, 2015 coverage begins.

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

Adult Day Services:

Call for detailed information, such as availability, times, cost, etc.



Aperion Care

221 E. Cumberland Rd.
St. Elmo, IL 62458

618.829.5581

Heartland Harmony—A Memory Enhancement Center

A Division of Heartland Human Services

1200 N. 4th St.

217.347.7179

Effingham, IL 62401

Toll-Free : 1.888.560.8805

www.heartlandhs.org

- Provides engaging activities to people with memory problems while family members and caregivers get a break.

Sweetbriar Retirement Home

410 Sunset Dr.

Vandalia, IL 62471

618.283.9816

<http://sweetbriarretirementhome.com>

Vandalia Rehabilitation & Health Care Center

1500 W. St. Louis Ave.

Vandalia, IL 62471

618.283.4262

www.petersenhealthcare.net

Assistance in Your Home and Community:

Illinois Department of Rehabilitation (DORS) for vocational rehabilitation; for homemaker services for those under 60 years of age. www.dhs.state.il.us

General Information/Home Service	618.244.0331
Blind Service	618.244.2650
TDD only	618.244.0339

Opportunities for Access, Center for Independent Living

102 Greenview Dr.	217.342.5521
Effingham, IL 62401 (v/tty) Toll-Free:	1.800.810.3184
Mt. Vernon /Home Office: Toll-Free:	1.800.938.7400

www.ofacil.org

- Eligibility Requirements: Presence of a disability.
- Services: Peer advisory; skills training; systems advocacy; individual advocacy; information and referral.

Senior Services of Fayette County

109 S. 5 th St.	618.283.4122
Vandalia, IL 62471	Toll-Free: 1.866.618.4122

www.eccoa.info

- Provides programs for people age 60 + who may need help to be able to live in their own homes instead of premature nursing home placement—including screening for **In-Home Services such as: Homecare Aide and Emergency Home Response System.**
- Volunteer money management,
- SHIP site/Insurance counseling.
- ITAC Center for free tty's and amplified telephones.
- VOCA (Victims of Crime Act) Counseling.
- Referrals for many services that will add benefit to the individuals needs.

Assistance in Your Home and Community...

SWAN

Adult Protective Services

217.342.4526

www.swandvhl.org

Toll-Free: 1.888.715.6260

- 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 with alleged abuse, neglect, or exploitation.
- Conduct confidential elder abuse investigations.
- Types of abuse: Physical, Emotional, Confinement, Sexual, Passive Neglect, Willful Deprivation, Financial Exploitation.
- Accept reports of self-neglect and appropriate referrals are made.
- Provides legal advocacy to persons in need of accessing an order of protection.

SWAN Senior Services

1410 Sunset Dr., Suite C

Vandalia, IL 62471

618.283.9179

www.swandvhl.org

- Information & assistance to available resources.
- Assistance with Medicare Prescription Drug Program. *
- Assistance with Benefit Access Program Applications (formerly known as Circuit Breaker). *
- Assistance with Medicare Savings Program and the Low-Income Subsidy Program.
- Schedule legal appointments with Land of Lincoln Legal.
- Certified SHIP counselors and designated SHIP site.

Emergency Home Response Systems:

Emergency Home Response Service is a 24 hour emergency communication link to assistance outside the home for older adults. This service is provided by a two-way voice communication system, with a base unit connected to a land line telephone and a cell phone in certain circumstances. An activation device is worn by the older adult. When activated, the older adult is automatically linked to a professionally staffed support center for assistance.

Emergency Home Response Systems Installers in Fayette County:

Healthcom, Inc.

1600 W. Jackson St.
Sullivan, IL 61951

www.healthcominc.com

Toll-Free: 1.800.525.6237

F.E. Moran Alarm & Monitoring

305 W. Professional Park Ave.
Effingham, IL 62401

www.MoranMedical.com

217.347.0321

Toll-Free: 1.866.472.6450

Phillips Lifeline Lincolnland Home Care & Hospice

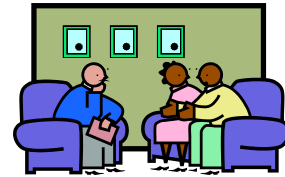
www.sarahbush.org

217.234.4075

Toll-Free: 1.800.997.9260



Emotional Needs/Counseling:



Center for Senior Renewal

(Fayette County Hospital & Long Term Care)

802 N. 8th St.

Vandalia, IL 62471

618.283.1731

www.fayettecountyhospital.org

Click on Services. Click on Senior Renewal.

- Provides outpatient group, individual and family counseling for persons 60+ years of age.
- Provides psychiatric services for participants above..
- Transportation to and from these services.
- Services provided for residents of Fayette County and those within a 30 mile radius of Vandalia.

Community Resource Center

421 W. Main St.

Vandalia, IL 62471

618.283.4229

- Outpatient counseling services.
- Representative Payee Services – for open clients.
- Substance abuse program includes outpatient counseling services, community education and DUI services.
- Psychiatric services are available at the Centralia office by referral from Community Resource counselors.

24-Hour Crisis Line

618.533.1391

- **Provides support and assistance to help callers cope with emergency situations.**

Emotional Needs/Counseling...

MCS Counseling

1404 N. 5th St.

Vandalia, IL 62471

618.283.2883

- Provides individual, couple, family and child counseling.
- Call for details.

Heartland Human Services

1200 N. 4th St.

Effingham, IL 62401

217.347.7179

Toll Free: 1.888.560.8805

www.heartlandhs.org

- **Caregiver Support Services** (contact Extension 1062)
 - Provide support and counseling to family caregivers who are caring for friends and relatives who are age 60 and over.
- **Memory and Aging Clinic** (contact Extension 1046)
- **DUI Evaluations** (contact Extension 1075)

Sexual Assault Family Emergencies (S.A.F.E.)

1410 Sunset Dr., Ste. G

Vandalia, IL 62471

618.283.1414

www.safecrisiscenter.org

- Provides crisis counseling and advocacy for sexual assault victims and family emergencies.
- **24 hour hotline** **Toll-Free: 1.800.625.1414**

Pathways Counseling Center

Rehoboth Baptist Association

Route 185 & Airport Rd.

Vandalia, IL 62471

618.367.6352

- Provides counseling services with a sliding fee scale.

Emotional Needs/Counseling...

PAVE Centralia (People Against Violent Environments)

P.O. Box 342

Centralia, IL 62801

618.533.7233

<http://pavecentralia.com>

Toll-Free: 1.800.924.8444

- Provides support to domestic violence victims and their dependent children. Emergency Shelter.
- Provides court advocacy and assistance with orders of protection.
- 24-Hour crisis line.
- Serves Clinton, Fayette, Jefferson, Marion, & Washington Counties.

Men Challenging Violence (A program of PAVE)

618.533.1391

618.283.4229

Toll-Free: 1.800.924.8444

- Protocol approved program: Meets all state mandates that are safe for victims.
- Provides group services to court mandated & self-referred men who use violence & abuse in their intimate relationships.
- Serves Clinton, Fayette, Jefferson, Marion, & Washington Counties.



For individual private counselors look in your local phone book yellow pages under—Counselors—

Energy/Financial Needs:

American Red Cross *(serves Fayette County)*

1639 Main St.

Alton, IL 62002

618.465.7704

<http://www.redcross.org/il/alton>

- Funds are available to assist with natural disasters.

Caring and Sharing

North Side Christian Church

1845 W. Jackson

Vandalia, IL 62471

618.283.1970

- Funds are available to assist with food vouchers, transportation (gas cards), utility assistance, rent, and 1 night stay in hotel for those who have received fire or flood damage to their home.
- Contact Pat Monday – Friday to set up an appointment.

Catholic Charities

1502 E. Fayette Ave.

Effingham, IL 62401

217.857.1458

www.cc.dio.org. Click on locations. Click on Effingham.

- For emergency situations, financial assistance or help with medical related costs.

Energy/Financial Needs...

CEFS – Fayette County Outreach Office

517 W. Gallatin

Vandalia, IL 62471

618.283.2631

www.cefseoc.org

- *Energy Assistance, or LIHEAP.* Eligibility requirements.
- *Weatherization Program* – helps to weatherize or insulate a home. Eligibility requirements exist.
- Income tax preparation.
- Budget & housing counseling.
- Appointments are required.
- **All services are subject to availability of funding.**

Benefit Access Program (formerly known as Circuit Breaker-State of Illinois) *

(For those 65 and over or for those under 65 with a disability)

- License Plate Discount. **File every 2 years!**
- Application assistance:
- CEFS Outreach Office (under age 65) 618.283.2631
- SWAN Senior Services 618.283.9179
- Senior Services of Fayette County 618.283.4122

Salvation Army (Fayette County)

c/o First United Methodist Church

127 N. 4th St.

Vandalia, IL 62471

618.283.3684

- Crisis assistance for utilities, rent, transportation to medical appointments, and food vouchers.

Energy/Financial Needs...

Illinois Department of HealthCare & Family Services

Family Community Resource Center

800 S. Locust St.

Centralia, IL 62801

618.532.1966

www.2.illinois.gov/hfs

- Receives applications for cash assistance, Supplemental Nutrition Assistance Program via Lind Card, and Medical Assistance.
- Help available to people of all ages.
- Assistance is based on assets and income.

Social Security Administration (local office)

1207 Network Centre, Ste. 2

Effingham, IL 62401

1.888.397.4543

www.socialsecurity.gov

- Retirement application is available online.

USDA Rural Development

2701 S. Banker St., Ste. 103A

Effingham, IL 62401

217.347.7107 ext. 4

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:



CEFS Golden Circle Nutrition Program

1805 S. Banker St.
Effingham, IL 62401

217.342.2193 ext. 119

- **Home delivered meals** are available to those within Fayette County. Suggested donation is \$2.85. *Reservations required one day in advance.*
- **Congregate meals** are available at the following sites Monday through Friday, except on major holidays. Suggested donation is \$2.60. Meal sites are listed below. *Reservations required one day in advance.*

American Legion Hall

429 E. 5th St.
Ramsey, IL 62080

618.423.9094

Fayette County Senior Center

616 W. Jackson
Vandalia, IL 62471

618.283.1040

Aperion Care

221 E. Cumberland Rd.
St. Elmo, IL 62458

618.829.5581

- Deliver noon meals within a 5-mile radius of St. Elmo.
- Contact them directly for details.

Golden Years Club

120 1st St.
Brownstown, IL 62418

618.427.3769

- Potluck every second and fourth Tuesday of the month.

Food/Meals...

Food Pantries (contact information provided, call for details)

6:35 Pantry

214 N. Elm St.
Vandalia, IL. 62471

- Every Thursday from 4:30 p.m. – 7 p.m.

CEFS Fayette County Food Pantry

517 W. Gallatin
Vandalia, IL 62471

618.283.2631

- Open Monday – Friday 9 a.m. – 2 p.m.

Farina Daily Bread

First United Methodist Church
311 E. Jackson St.
Farina, IL 62838

618.245.6175

- Open the third Saturday of each month from 9 a.m. – 11 a.m.
- For residents of Farina, Laclede, Loogootee, & St. Peter.
- Also, contact Jo Williams @ 618.245.6677.

St. Elmo Food Pantry

512 N. Main St.
St. Elmo, IL 62458

618.829.5050

- Open Mondays 10 – 11 a.m. and 5:30 – 6:30 p.m.
- Must live in St. Elmo school district.

St. Joseph's Food Pantry

114 E. Main St.
Ramsey, IL 62080

618.423.2424

- Food Pantry- Open Wednesdays 9:30 a.m. – 11:30 a.m.

Home Health Care Agencies: Offer nursing, physical, occupational, & speech therapies, medical social work, & home health aides. All report they provide intermittent care and are available 7 days/week. Care is provided as prescribed by your personal physician.

Fayette County Health Department Home Health Care

416 W. Edwards 618.283.7262
Vandalia, IL 62471 618.283.1044
www.fayettehealthdept.org Click on Home Health.

Bond County Health Department

1520 S. 4th St. 618.664.5020
Greenville, IL. 62246 Toll Free: 1.800.272.9159
www.bchd.us

- Covers 35 mile radius from Greenville.

BJC Home Care Services

3535 College Ave.
Alton, IL 62002 618.283.6050

Lincolnland Home Care of Sarah Bush Lincoln

1004 Health Center Drive, Suite. 202
Mattoon, IL 61938 217.345.1033
www.sarahbush.org Toll-Free: 1.800.879.3212

Mederi Caretenders

4202 Williamson Place, Suite 1 618.242.3516
Mt. Vernon, IL 62864 Toll-Free: 1.800.451.3612
www.amostfamily.com Click on locations.

St. Anthony's Memorial Hospital Home Care

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

In-Home Services:

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

Addus HealthCare

128 N 3rd St.

Mt.Vernon, IL. 62864

www.addus.com

618.244.4481

Toll Free: 1.800.729.8279

Central Illinois Care Services, Inc.

1102 W. Jefferson

Effingham, IL. 62401

www.centralillinoiscareservices.com

217.994.9016

- Requires a minimum of 4 hour shifts

Community Care Systems, Inc.

200 Westgate Ave.

Salem, IL 62881

www.ccsicare.com

618.548.1613

Toll-Free: 1.800.266.7530

Hands Across Illinois

404 Garfield St.

Pana, IL 62557

217.562.7119

Help at Home, Inc.

3456 Broadway

Mt. Vernon, IL 62864

www.helpathome.com

618.244.7800

Toll-Free: 1.877.699.7954

In-Home Services ...

Sarah's Homemaker's of Sarah Bush Lincoln

1000 Health Center Dr.

Mattoon, IL 61938

www.sarahbush.org

217.348.0463

Toll-Free: 1.800.926.9914

SPS In Home Care Service

306 Santa Monica Ave.

Effingham, IL 62401

217.342.4408

- 24 Hour In-Home Care Only.

Hospice: is a special healthcare option for patients and families who are faced with a terminal illness. Hospice provides palliative (comfort) care when curative treatment is no longer being used. Hospice Providers are listed below.



Fayette County Health Department Hospice

416 W. Edwards St.

Vandalia, IL 62471

618.283.7262

www.fayettehealthdept.org Click on Hospice.

- Serves Fayette County and surrounding counties.

Lincolnland Hospice of Sarah Bush Lincoln

1000 Health Center Dr.

217.234.4075

Mattoon, IL 61938

Toll-Free: 1.800.454.4055

www.sarahbush.org

Bond County Hospice

1520 S. 4th St.

Greenville, IL 62246

618.664.5020

www.bchd.us Click on Hospice.

- Covers 35 mile radius from Greenville.



Housing Options:

Apartments:

Capitol Pointe Apartments

2415 W. Randolph St.
Vandalia, IL 62471

618.283.0236

Carpenter Apartments

P.O. Box 446
Shelbyville, IL 62565

217.774.3290

- Apartments available in Brownstown, Farina, St. Peter, Ramsey, & St. Elmo.

Central High School Apartments

211 N. Kennedy Blvd.
Vandalia, IL 62471

618.283.1032

Country Place Apartments

(Managed by Professional Properties 815.397.3755)

929 W. Johnson St.
Vandalia, IL 62471

618.283.3444

Terra Properties (55+)

Corner of 7th & Fletcher
Vandalia, IL 62471

618.654.7033

North Pointe Apartments

1502 N. 8th St.
Vandalia, IL 62471

618.283.0713

Terra Apartments

1916 W. Randolph St. Bldg. #3
Vandalia, IL 62471

618.654.7033

Toll-Free: 1.800.736.8669



Housing Options...

Sweetbriar Retirement Home

410 Sunset Dr.

Vandalia, IL 62471

618.283.9816

<http://sweetbriarretirementhome.com>

- Independent living (private pay).
- Provides meals, laundry, and housekeeping.

Vandalia Heights

1928 W. Randolph

Vandalia, IL 62471

618.854.7033 ext. 622

Assisted Living/Supportive Living:

Brookstone Estates

1607 W. Fillmore

Vandalia, IL 62471

618.283.9825

www.meridiansenior.com

- Price based on income for those who qualify.

The Glenwood of Effingham

14061 E. 1600th St.

Effingham, IL. 62401

217.347.8880

www.theglenwoodcommunities.com



Housing Options...

Nursing Homes:

Helpful Website when selecting a nursing home:

www.medicare.gov/NHcompare

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.

Fayette County Hospital & Long Term Care

(Skilled Care)

7th & Taylor

Vandalia, IL 62471

618.283.1231

Aperion Care

(Intermediate & Skilled Care, Alzheimer's Unit)

221 E. Cumberland Rd.

St. Elmo, IL 62458

618.829.5581

Vandalia Rehabilitation and Health Care Center

(Skilled Care)

1500 St. Louis Ave.

Vandalia, IL 62471

618.283.4262

www.petersenhealthcare.net

Residents' Rights in Long Term Care:

Effingham County Committee on Aging (ECCOA)

Senior Services of Effingham County

209 S. Merchant St.

Effingham, IL 62401

Toll-Free: 1.800.283.4070

www.eccoa.info

- Regional Long Term Care Ombudsman Program:
 1. Provides advocacy to residents age 60 or older in licensed homes — nursing, supportive, and assisted.
 2. Is a confidential listener to the problems and concerns of residents.
 3. Informs residents of their rights.
 4. Assists in solving problems, if requested.

Illinois Department on Aging

One Natural Resources Way, Suite 100

Springfield, IL 62702-1271

www.state.il.us/aging

State Long-Term Care Ombudsman 217.785.3143

Deputy State LTC Ombudsman 217.785.3140

Senior HelpLine: 1.800.252.8966

Illinois Department of Public Health Hotline:
1.800.252.4343

National Long-Term Care Ombudsman Resource Center:

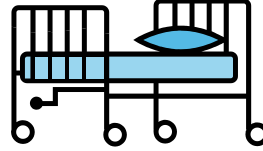
www.ltombudsman.org

202.332.2275



Medical Equipment: Providers work with the patient's doctor and family to ensure that the equipment needs of the patient are met. Equipment needs include:

- Hospital Beds
- Walkers and/or Wheelchairs
- Oxygen/CPAP
- Lifts, Elevators & Special Chairs



Medical Equipment providers also perform several services:

- Directly bill Medicare, Medicaid, or private insurance.
- Free (or low cost) delivery installation, and instruction.

Apria Healthcare

500 W Jaycee Ave.
Effingham, IL 62401

www.apria.com

217.347.5212

Toll-Free: 1.800.234.6897

Bandy's Home Health Care Equipment

730 W. Orchard
Vandalia, IL 62471

618.283.0800

www.bandysmedicalequipment.com

Cain's Drug Store, Inc.

1401 N. 8th St.
Vandalia, IL 62471

618.283.0196

Care Medical Supplies, Inc.

4201 Ilberry Rd.
Mt. Vernon, IL 62864

618.244.4949

Toll-Free: 1.800.642.7784

Lincolnland Home Medical Equipment

903 N. Maple St.
Effingham, IL 62401

217.347.7372

www.sarahbush.org

Toll-Free: 1.800.345.3191

LINCARE Inc.

700 N. Henrietta, Ste. B
Effingham, IL 62401

www.lincare.com

217.347.7002

Toll Free: 1.888.664.7002

Memory Care Assessments:

Heartland Human Services

1200 N. 4th St.

Effingham, IL 62401

217.347.7179

Toll-Free: 1.888.560.8805

Memory and Aging Clinic (contact Extension 1046)

- A program of Southern Illinois University School of Medicine, Center for Alzheimer's Disease and Related Disorders in Springfield, Illinois.
- Specially trained staff to evaluate individuals with memory or other cognitive complaints.
- Referrals are accepted from physicians, family members, and individuals.
- Provide counseling, education, and resources in a follow-up consultation.





Memory Care Homes:

Assisted Living:

Willowbrook

www.willowbrookliving.net

100 & 102 Bloehm Ave.
Effingham, IL 62401

217.342.3233

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

Gowin Parc

www.gowinparc.com

240 IL Route 29
Pana, IL 62557

217.562.3004

- Provides a nurturing environment for those who have Alzheimer's disease and related dementias.
- Family support and education.

Lavender Ridge

www.lavenderridge.net

1103 N. Maple St.
Effingham, IL 62401

217.342.4150

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

Respite – is temporary relief for the primary caregiver from her/his caregiver duties.

The following communities provide short-term stays. Contact them for details and cost.

Aperion Care 618.829.5581

Vandalia Rehabilitation & Health Care Center 618.283.4262
www.petersenhealthcare.net

Heartland Human Services 217.347.7179
Caregiver Advisor (ext. 1062) Toll-Free: 1.888.560.8805
www.heartlandhs.org

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 HealthCare at 128 N. 3rd St. in Mt. Vernon.

Group Respite/Heartland Harmony

- Socialization and Reminiscing
- Light exercise
- Music & Art
- Games & Puzzles
- Provided by specially trained staff members of Heartland Human Services.

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

Alcoholics' Anonymous:

First Baptist Church
Rt. 51 S.
Ramsey, IL 62080

- Meets Tuesdays @ 7 p.m. (open)

Helm's Service Building
716 School St.
Vandalia, IL 62471

- Meets Wednesdays @ 8 p.m. (open)

First Presbyterian Church
1221 W. Filmore St.
Vandalia, IL 62471

- Meets Thursdays @ 8 p.m. (closed)

Fayette County Hospital (Call for room number)
7th & Taylor
Vandalia, IL 62471 618.283.1231

- Meets Mondays @ 8 p.m. (open 12 + 12 Study)
- Meets Fridays @ 8 p.m. (closed Big Book Study)
- Meets Saturdays at 8 p.m. (closed)

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

First Presbyterian Church
1221 W. Filmore St.
Vandalia, IL 62471

- Meets Thursdays at 8 p.m.

Support Groups...

Alzheimer's Association Support Group

Greenville Hospital—Community Room
200 Healthcare Dr.
Greenville, IL 62246

- Meets third Tuesday of month from 6 p.m. – 7:30 p.m.
- For more information, call — 618.664.1230 ext. 3736

Caregiver Connection (respite may be arranged—see page 27)

Heartland Human Services –Sponsoring Agency
Brookstone Estates – Meeting Site
1607 W. Fillmore
Vandalia, IL 62471 618.283.9825

- Meets first Tuesday of month from 3 p.m. – 4 p.m.
- Phone the Caregiver Advisor: 1.888.560.8805 ext. 1062.
- www.heartlandhs.org

Grandparents Raising Grandchildren

Heartland Human Services – Sponsoring Agency
Evans Public Library – Meeting Site
215 S. 5th St. 217.347.7179 ext. 1046
Vandalia, IL. 62471 1.888.560.8805

- Meets the first Tuesday of month at 1:00 p.m.
- Call one day before to confirm meeting time.
- www.heartlandhs.org

Support Groups...

Grief Support Group

Rainbow Reflections

First United Methodist Church –Fellowship Room

127 N. 4th St.

Vandalia, IL 62471

- Call Mary Miller for details. 618.283.3176

GROW – 12-Step mutual support and recovery group for those with mental illnesses or those needing help to face life's challenges.

- <http://growinamerica.org>
- To find a group near you, call toll-free: 1.888.741.4769

Narcotics Anonymous

www.na.org

Northside Christian Church

1845 W. Jackson St.

Vandalia, IL 62471

- Meets Fridays at 8 p.m. 618.283.1970

Transportation:

C.E.F.S./Central Illinois Public Transportation (CIPT)

517 W. Gallatin

Vandalia, IL. 62471

Toll-Free: 1.855.755.2478

www.cefseoc.org Click on Central Illinois Public Transportation

- Provides all kinds of transportation, including medical.
- Suggested donation for passengers age 60 and over.
- Reservations must be made 24 hours in advance.
- All vehicles are wheelchair accessible.
- Charges apply for those under age 60.

Vandalia Rehabilitation and Health Care Center

1500 St. Louis Ave.

Vandalia, IL. 62471

618.283.4262

- Provides transportation to individuals with the Medical Card Only
- Call for details and availability



Other Local Resources:

Libraries:

Evans Public Library District

215 S. 5th St.

Vandalia, IL 62471

618.283.2824

www.epl.lib.il.us

- Local caregiver resource center with access to books and videos on caregiving. Caregiver Advisor is available the first Tuesday of each month by appointment (1.888.560.8805 ext. 1062).

Brownstown Branch of St. Elmo Public Library District

114 A. Main St.

Brownstown, IL 62418

618.427.3853

- **Call for Available Services.**

Ramsey Public Library

401 S. Superior

Ramsey, IL 62080

618.423.2019

- **Call for Available Services.**

St. Elmo Public Library District

311 W. Cumberland Rd.

St. Elmo, IL 62458

618.829.5544

- **Call for Available Services.**

Land of Lincoln Legal Assistance Foundation, Inc.

- Services: Free legal services (certain guidelines apply) including Powers of Attorney and Living Wills.
- Representative available on designated days in Fayette County at SWAN Senior Services at 1410 Sunset Dr., Suite C in Vandalia.
- For an appointment call: 618.283.9179

Other Local Resources...

Illinois Guardianship & Advocacy Commission

Metro East Regional Office

4500 College Ave.

Alton, IL 62002-5099

618.474.5503

www.gac.state.il.us

- Serves Fayette County.
- Appointed guardian when no other person is suitable and willing to serve as guardian.

Illinois Assistive Technology Program

1 West Old State Capitol Plaza, Ste. 100

Springfield, IL 62701

217.522.7985

www.iltech.org

- Services include:
 - Information & Assistance
 - Devices Loan Program

Midland Area Agency on Aging

www.midlandaaa.org

434 S. Poplar

P.O. Box 1420

618.532.1853

Centralia, IL 62801

Toll-Free: 1.877.532.1853

- Designated by the Illinois Department on Aging. Covers Clay, Effingham, Fayette, Jefferson, & Marion Counties.
- Services:
 - Develops programs and funds community agencies.
 - SHIP site. Assists with Medicare Prescription Drug Applications * and Benefits Access Applications (formerly known as Circuit Breaker). *
 - Provides general and court advocacy services to victims of abuse.

Other Local Resources...

Mid-Illinois Talking Book Center

<http://mitbc.org>

125 Tower Dr.

Burr Ridge, IL. 60527

Toll-Free: 1.800.426.0709

CARE Consortium (HIV/AIDS Services)

Southern Illinois Healthcare Foundation

1510 Sunset Dr.

Vandalia, IL 62471

618.283.3144

Incontinence Supplies—Medicaid Approved Providers

- Recipients must be on Medicaid and have doctor's approval.

ActivStyle

Toll-Free: 1.800.651.6223

Tri-Star Medical Services (OH)

Toll-Free: 1.866.429.3188

Illinois Department of Veterans' Affairs

www.2illinois.gov/veterans

- Veterans Assistance Commission

101 N. 4th St. (second floor)

Effingham, IL. 62401

217.342.8493

- Community Based Outpatient Clinic

1901 S. Fourth St., Ste. 21

Effingham, IL 62401

217.347.7600

Veterans Aid & Attendance Program

www.addus.com

(Referrals handled through Addus HealthCare)

- Call Addus HealthCare for a pre-screening to determine eligibility.

618.244.4481

Other Local Resources...

Resch Siemer Law Office, LLC.

400 W. Jefferson, Ste. B
Effingham, IL 62401 217.342.1105

- Elder Law Practice Group provides specialized legal & care planning for elderly or disabled clients.
- Martin Siemer is an accredited attorney with the Department of Veterans Affairs to assist veterans with pension claims before the VA.



Toll Free Numbers and Web Pages...

AARP

1.888.687.2277

www.aarp.org

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

www.aoa.gov

Alzheimer's Association

1.800.272.3900

www.alz.org

Alzheimer's Disease Education and Referral (ADEAR) Center

1.800.438.4380

www.nia.nih.gov/alzheimers

Caring Today

www.caringtoday.com

Elder Abuse

1.866.800.1409

www.ncea.aoa.gov

Eldercare Locator

1.800.677.1116

www.eldercare.gov

Geriatric Mental Health Foundation

www.gmhfonline.org

National Alliance for Caregiving

www.caregiving.org

National Council on the Aging

www.ncoa.org

National Family Caregivers Association

1.800.396.3650

www.nfcacares.org

National Institute of Mental Health

www.nimh.nih.gov

National Institute on Aging

1.800.222.2225

www.nia.nih.gov

Mental Health America

1.800.969.6642

www.nmha.org

Contributing Members of the Fayette County MHASI Advisory Group

CEFS Outreach Office www.cefseoc.org
Center for Senior Renewal, Fayette County Hospital & LTC
www.fayettecountyhospital.org
Community Resource Center www.crconline.info
Senior Services of Fayette County www.eccoa.info
Evans Public Library District www.epl.lib.il.us
Heartland Human Services www.heartlandhs.org
Midland Area Agency on Aging www.midlandaaa.org
SWAN Senior Services & Elder Protective Services
www.swandvhl.org
Vandalia Rehabilitation & Health Care Center
www.petersenhealthcare.net

The *Guide for Family Caregivers* has been written to assist families and friends in finding resources to help them care for loved ones. The resources included in this printing are the ones known to the contributors who provide services in Fayette County. It is not the intent of this group to omit providers. Phone numbers, addresses and websites are current as of January 1, 2014. Printing provided by Heartland Human Services, supported in part by a Caregiver Grant through Midland Area Agency on Aging.

*Questions about this publication may be directed to:
The Geriatric Services Division at Heartland Human Services at
1.888.560.8805, extension 1062, 1050 or 1046.*

