

Caregiver Resource Guide to Older Adult Services

Effingham County, Illinois

2015 Edition



Common Questions & Where to Find Help...

1. What is the difference between intermediate and skilled care? See page 25 for nursing home care options.
2. I need a break from caregiving. Where do I turn? See Respite on page 30.
3. I just started caring for my parents. I need some direction. Where do I start? See Assistance in Your Home and Community on pages 5-7; Caregiver Support Services on page 9; or Other Local Resources pages 40-43.
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 18-19.
6. I'm concerned that dad could fall and not be able to get up. See Emergency Home Response Systems on page 8.
7. It seems that my neighbor is always low on food and money? See Energy/Financial Needs pages 11-13 and Food/Meals pages 14-16.
8. My complaints to nursing home staff aren't getting mom better care. Where do I turn? See Ombudsman Program on page 26.
9. My senior citizen friend is being financially exploited. What do I do? See page 7 for Adult Protective Services.
10. Medicare Prescription Drug Program? See pages 5, 6, 11, & 42. *

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

*Questions about this publication may be directed to:
1.888.560.8805 extensions 1050, 1062 or 1046.*

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What is the Medicare Prescription Drug Program?

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

October 15, 2015 open enrollment for 2016 begins.

December 7, 2015 open enrollment for 2016 ends.

January 1, 2016 coverage begins.

In Illinois, additional drug plans are available. Look for agencies with an asterisk (*) in their description for assistance in signing up for a Medicare Prescription Drug Plan or Circuit Breaker Benefits now known as the Benefits Access Program.

Adult Day Programs:

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



Effingham Rehabilitation & Health Care Center

1610 N. Lakewood Dr.

Effingham, IL 62401

217.347.7781

www.petersenhealthcare.net

Evergreen Nursing & Rehabilitation Center

1115 N. Wenthe Dr.

Effingham, IL 62401

217.347.7121

www.evergreennursingrehab.com

Heartland Harmony—A Memory Enhancement Center

A Division of Heartland Human Services

1200 N. 4th St

217.347.7179

Effingham, IL 62401

www.heartlandharmony.com

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

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

General Information/Home Service 217.235.3154
www.dhs.state.il.us TTY: 1. 888.261.2869

Opportunities for Access, Center for Independent Living (local office)

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.

Heartland Human Services

Information and Assistance for Seniors
1200 N. 4th St 217.347.7179
Effingham, IL 62401
www.heartlandhs.org

- Circuit Breaker (IL Form 1363) now known as the Benefit Access Program. *
- Medicare Prescription Drug Program applications. *
- Schedule legal appointments with Land of Lincoln Legal Assistance Foundation, Inc.
- Link caregivers to resources and support groups (p 9).
- Link grandparents/relatives raising children to resources and support groups (p 32).
- Certified SHIP Counselors and designated SHIP Site.

Assistance in Your Home and Community...

Senior Services of Effingham County

Senior Center

209 S. Merchant

Effingham, IL 62401

217.347.5569

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—**includes screening for In-Home Services such as: Homecare Aide, Emergency Home Response System.**
- Certified SHIP Counselors and designated SHIP site.
- Volunteer money management.
- ITAC Center for free amplified and teletype telephones.
- VOCA (Victims of Crime Act Counseling).
- Referrals for many services that will add benefit to the individual's needs.
- Center for daily activities and planned outings.



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 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.



Emergency Home Response Systems:

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

For a list of available providers please contact you designated Senior Services Office for a list of available providers or visit the Illinois Department of Aging Website at www.illinois.gov/aging

Senior Services of Effingham County

Senior Center

209 S. Merchant

Effingham, IL. 62401

217.347.5569

www.eccoa.info

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

Emotional Needs/Counseling:



Catholic Charities

1502 E. Fayette Ave.
Effingham, IL 62401

www.cc.dio.org

Click on locations. Click on Effingham.

217.857.1458

Center for Senior Renewal

Clay County Hospital
911 Stacy Burk Dr.
Flora, Illinois 62839

www.claycountyhospital.org

Click on Services. Click on Senior Renewal.

618.662.6621

Heartland Human Services

1200 N. 4th St.
Effingham, IL 62401

www.heartlandhs.org

217.347.7179

- Caregiver Support Services
- Mental Health & Addictions Counseling Services
- DUI Evaluations & Education
- Psychiatric Services

24 Hour Crisis Line

1.866.567.2400

- Services include brief emergency counseling, pre-screening for inpatient hospitalization and crisis consultation.

Emotional Needs/Counseling...

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

1108 S. Willow

Effingham, IL 62401

217.342.6623

www.safecrisiscenter.org

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

The Genesis Program

- A ministry of Cornerstone Christian Church that offers counseling for any addiction.
- For more information contact Terri or Theresa at 217.342.6770.
- www.effinghamcornerstone.net

Wellness Loft

408 S. 4th St.

Effingham, IL. 62401

217.347.5118

www.the-wellness-loft.com

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

Energy/Financial Needs:

American Red Cross

1045 Outer Park
Springfield, IL. 62704 217.787.7602
www.redcross.org

- Funds are available to assist with natural disasters.

Catholic Charities

1502 E. Fayette Ave.
Effingham, IL 62401 217.857.1458
www.cc.dio.org. Click on locations. Click on Effingham.

CEFS – Effingham County Outreach Office

202 N. Banker St.
Effingham, IL 62401 217.347.7514
www.cefseoc.org

- *Energy Assistance*, or *LIHEAP*. Eligibility requirements.
- *Weatherization Program* – helps to weatherize or insulate a home. Eligibility requirements.
- Income tax preparation.

Circuit Breaker (now known as Benefit Access Program) – * (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 — 217.347.7514
 - Opportunities for Access (under 60) — 217.342.5521
 - Heartland Human Services 217.347.7179
 - Senior Services of Effingham County 217.347.5569
 - Catholic Charities 217.857.1458

Energy/Financial Needs ...

FISH Human Services (*Effingham County Only*)

708 S. Linden

Effingham, IL 62401

217.342.2200

- Recorded message directs caller to phone numbers for further assistance.
- Services include clothes closet, transportation, and emergency funds for necessities.

Mid-Illinois Family Community Resource Center

1550 Douglas St.

Charleston, IL. 61920

217.345.2188

www2.illinois.gov/hfs

Fax : 217.345.2190

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

Salvation Army (Effingham County)

1108 S. Willow St.

Effingham, IL 62401

217.342.5434

www.salvationarmy.org

- Hours: Wednesday & Thursday from 9 a.m.–12:30 p.m.

Energy/Financial Needs ...

Social Security Administration (local office)

1207 Network Centre, Ste. 2

Effingham, IL 62401

1.855.213.5288

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 or 5

www.rurdev.usda.gov/IL

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



Food/Meals:

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



CEFS Golden Circle Nutrition Program

1805 S. Banker St.

Effingham, IL 62401

217.342.2193 ext. 119

www.cefseoc.org

Smart Choice Food Source - "Smart Choice" food boxes are offered through local Host Site locations - such as faith-based organizations and churches, companies, outreach or community action programs. Remember:

- **No income requirements.**
- **No membership fees.**
- **No pre-qualifications.**

www.smartchoicefood.com

New Beginnings Church

1007 S. Willow St.

Effingham, IL 62401

217.342.3305

- This location accepts LINK Cards.

nbchurch@consolidated.net

Lighthouse Baptist Church

102 S. Main St.

Altamont, IL. 62411

618.483.6575

anttkur@yahoo.com

Food/Meals ...



Summer Lunch Program – Catholic Charities & Effingham Unit 40 Schools are providing free lunch to students under 18 years old during summer 2014 (Adults can obtain a free lunch when accompanying a youth to the program). Various local organizations provide entertaining/educational programs for those attending. Contact information is given below.

Effingham Unit 40: 217.540.1500
Catholic Charities: 217.857.1458

West Side School
900 Edgar Ave.
Effingham, IL 62401

Danks Christian Community Center
Edgewood, IL. 62426

Miscellaneous Food & Meals

Martin's IGA
101 S. Merchant St.
Effingham, IL 62401 217.347.7191

- Home delivery of groceries in the Effingham area.
- Call for details and guidelines.

Food/Meals ...

Food Pantries (contact information provided, call for details)

Calvary Baptist Church

600 W. Fayette Ave.
Effingham, IL 62401

217.342.6671

Catholic Charities

1502 E. Fayette Ave.
Effingham, IL 62401

217.857.1458

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

St. John's Lutheran Church

901 W. Jefferson Ave.
Effingham, IL 62401

217.342.4334

www.stjohnslcms.net

St. Paul Evangelical Lutheran Church

2293 E. U.S. Hwy 40
Altamont, IL 62411

618.483.5249

www.stpaulaltamont.org

Home Health Care Agencies: Offer nursing, physical, occupational, & speech therapies, medical social work, & home health aides. All agencies report they provide intermittent care and are available 7 days/week. Care is provided in conjunction with your personal physician for a limited amount of time.

Carle Home Health Services

200 Lerna Rd South 217.258.5900
Mattoon, IL 61938 Toll-Free: 1.800.877.8555
www.carle.org

Celtic Healthcare

1809 W. McCord St.
Centralia, IL. 62801 Toll-Free: 1.800.642.6099
www.celtichealthcare.com

Community Homecare, Inc.

107 E. Jefferson St. 217.728.2320
Sullivan, IL 61951 Toll-Free: 1.877.728.2320
www.community-homecare.com

Lincolnland Home Care

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

Mederi Caretenders

4202 Williamson Place, Suite 1 618.242.3516
Mt. Vernon, IL 62864 1.800.451.3612
www.almostfamily.com Click on locations.

St. Anthony's Memorial Hospital Home Care

701 W. Temple Ave 217.347.1777
Effingham, IL 62401 Toll-Free: 1.800.551.6566
www.stanthonyshospital.org

In-Home Services/Home Chore:

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

Addus HealthCare

In-Home Support Services *for those 60+ & private pay*
128 N 3rd St. 618.244.4481
Mt. Vernon, IL. 62864 Toll Free: 1.800.729.8279
www.addus.com

Carle Home Health Services

200 Lerna Rd. South 217.258.5900
Mattoon, IL. 61938 Toll-Free: 1.800.877.8555
www.carle.org

Central Illinois Care Services, Inc.

1102 W. Jefferson
Effingham, IL. 62401 217.994.9016
www.centralillinoiscareservices.com

- Requires a minimum of 4 hour shifts

Community Care Systems, Inc.

200 Westgate Ave. 618.548.1613
Salem, IL 62881 Toll-Free: 1.800.266.7530
www.ccsicare.com

Help at Home, Inc.

3456 Broadway 618.244.7800
Mt. Vernon, IL 62864 Toll-Free: 1.877.699.7954
www.helpathome.com

In-Home Services ...

Lincolnland Homemaker's of Sarah Bush Lincoln

1000 Health Center Dr. Suite 202 217.348.0463
Mattoon, IL 61938 Toll-Free: 1.800.926.9914
www.sarahbush.org

SPS In Home Care Service

306 Santa Monica Ave.
Effingham, IL 62401 217.342.4408

- 10 to 12 Hour Shifts Available in Effingham only
- 24 Hour In-Home Care available locally.

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



Clay County Health Department Hospice

601 E. 12th St. 618.662.4406
Flora, IL 62839 Toll-Free: 1.800.544.4406
www.healthdept.org

Carle Hospice

200 Lerna Rd South 217.383.3151
Mattoon, IL 61938 Toll-Free: 1.800.239.3620
www.carle.org

Celtic Healthcare

1809 W. McCord St.
Centralia, IL. 62801 Toll-Free: 1.800.642.6099
www.celtichealthcare.com

Hospice of Southeastern Illinois

633 North East St. 618.392.2745
Olney, IL 62450 Toll-Free: 1.800.375.9343
www.richlandmemorial.com

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

St. Anthony's Hospice

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

Hospice....

Safe Haven Hospice

800 N. Keller Dr.

Effingham, IL. 62401

www.safe-havenhospice.org

Toll-Free: 1.855.879.4096



Housing Options:

Apartments:

Effingham County Housing Authority

215 N. Banker St.
Effingham, IL 62401

217.342.3520

- Traditional rental apartment assistance to low and very low income families or persons.
- 1, 2, 3, & 4 bedroom units available.
- Units available in Effingham and the surrounding communities of Altamont, Dieterich, Edgewood, and Montrose for families and units specifically for seniors.

Colonnade Apartments

512 Hendelmeyer Ave.
Effingham, IL 62401

217.347.0415

- Rent based on income, 1 & 2 bedroom units available.

Effingham Village Apartments

504 N. Henrietta
Effingham, IL 62401

217.343.6694

- Rent based on income, 1 & 2 bedroom units available.

Lake Pointe Apartments

1706 Ford Ave.
Effingham, IL 62401

217.347.5514

- Rent based on income, 1, 2, & 3 bedroom units available.

Housing Options ...

Apartments...

Slate Creek Apartments

2301 Veterans Dr.
Effingham, IL 62401

217.347.5616

- 1 bedroom units for seniors and for those who have disabilities.
- Rent based on income.

Village Apartments of Effingham

101 Hendelmeyer Ave.
Effingham, IL 62401

217.347.0127

- Rent based on income, 1 & 2 bedroom units for seniors, disabled and handicapped available.
- Family units (1, 2, & 3 bedroom units) also available with adjusted rent.

Housing Options ...

Assisted Living:

Luther Villas – Independent Retirement Community & Luther Terrace Senior Living Apartments

(An affiliate of Lutheran Care Center Corporation)

702 W. Cumberland Rd.

Altamont, IL 62411

618.483.6136

www.altamontlcc.org

Brookstone Estates

1101 N. Maple St.

Effingham, IL 62401

217.347.5871

www.seniorlifestyle.com

- Price based on income for those who qualify.

Brookstone Suites

(Senior Living Apartments – licensed shelter care)

505 W. Temple Ave.

Effingham, IL 62401

217.347.5875

www.seniorlifestyle.com

The Glenwood of Effingham

14061 E 1600th Street

Effingham, IL 62401

217-347-8880

www.theglenwoodcommunities.com

The Villas of Holly Brook

904 W. Evergreen

Effingham, IL 62401

217.342.2345

www.meridiansenior.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.

Effingham Rehabilitation and Health Care Center

(Intermediate & Skilled Care)

1610 N. Lakewood Dr.

Effingham, IL 62401

217.347.7781

www.petersenhealthcare.net

Evergreen Nursing and Rehabilitation

(Intermediate & Skilled Care)

1115 N. Wenthe Dr.

Effingham, IL 62401

217.347.7121

www.evergreennursingrehab.com

Lakeland Rehabilitation and Health Care Center

(Intermediate & Skilled Care, Secured Alzheimer's Dementia Unit)

800 W. Temple Ave.

Effingham, IL 62401

217.342.2171

www.lakelandrehabandhealthctr.com

Lutheran Care Center

(Intermediate & Skilled Care)

702 W. Cumberland Rd.

Altamont, IL 62411

618.483.6136

www.altamontlcc.org

Residents' Rights in Long Term Care:

Effingham County Committee on Aging (ECCOA)

Senior Services of Effingham County

209 S. Merchant St.

217.347.5216

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:

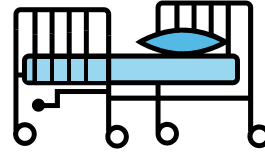
www.ltombudsman.org

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 217.347.5212
500 W. Jaycee Ave. Toll-Free: 1.800.234.6897
Effingham, IL 62401 www.apria.com

Bandy's Medical Equipment 217.342.4919
410 N. Maple St. Toll-Free: 1.877.342.4919
Effingham, IL 62401 www.bandysmedicalequipment.com

Browns Drug Store 217.342.2185
115 W. Jefferson Ave.
Effingham, IL 62410

Lincolnland Home Medical Equipment 217.347.7372
903 N. Maple St. Toll-Free: 1.800.345.3191
Effingham, IL 62401 www.sarahbush.org/PatientCare

LINCARE Inc. 217.347.7002
700 N. Henrietta, Ste. B Toll-Free: 1.888.664.7002
Effingham, IL 6240 www.lincare.com

Personal Medical Supply Inc. 217.422.1271
373 W. 1st Dr. Toll-Free: 1.800.445.1672
Decatur, IL 62521 www.personalmedicalsupplyinc.com

Memory Assessments:

Heartland Human Services

1200 N. 4th St.

Effingham, IL 62401

www.heartlandhs.org

217.347.7179

Memory and Aging Program (contact Extension 1046)

- A Memory & Aging Network Provider of Southern Illinois University School of Medicine's, Center for Alzheimer 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

100 Bloehm Ave. & 102 Bloehm Ave.
Effingham, IL 62401

217.342.3233

www.willowbrookliving.net

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

Gowin Parc

300 Lerna Rd. South
Mattoon, IL 61938

217.234.3003

www.gowinparc.com

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

Lavender Ridge Memory Care

1103 N Maple
Effingham, IL 62401

217.342.4150

www.lavenderridge.net

- 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.

Willowbrook 217.342.3233

www.willowbrookliving.net

Effingham Rehabilitation & Health Care Center 217.347.7781

www.petersenhealthcare.net

Evergreen Nursing & Rehabilitation 217.347.7121

www.evergreennursingrehab.com

Lakeland Rehabilitation & Health Care Center 217.342.2171

www.lakelandrehabandhealthctr.com

Villas of Hollybrook 217.342.2345

www.meridiansenior.com

Heartland Human Services 217.347.7179 ext. 1062

Caregiver Advisor

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.

AA/NA (District 13) Phone Contact 1.866.591.5867

www.aa.org

Alcoholics' Anonymous

Watson Civic Center

806 W. Franklin

Watson, IL 62473

- Meets Sundays at 7 p.m. (open)

Centenary United Methodist Church

203 E. Grove

Effingham, IL 62401

- Meets Tuesdays at 8 p.m. (open)
- Meets Wednesdays at 7 p.m.
- Meets Thursdays at 7 p.m. (open)
- Meets Fridays at 8 p.m. (closed)

Christ's Church

2511 Veterans Dr.

Effingham, IL 62401

- Meets Wednesdays at 11:30 a.m. (open)

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

Centenary United Methodist Church

203 E. Grove

Effingham, IL 62401

- Meets Tuesdays at 8 p.m.

Support Groups...

Alzheimer's Association Support Groups

Flora Public Library (respite may be arranged—see page 30)
216 N. Main St.
Flora, IL 62839

- Meets fourth Tuesday of every other month at 3:30 p.m.
- 2014 meetings: Jan., March, May, July, Sept., & Nov.
- Phone the Caregiver Advisor: 1.888.560.8805 ext. 1062.

Heartland Human Services (respite may be arranged- see page 30)
1200 N Fourth St.
Effingham, IL. 62401

- Meets third Monday of every month at 3:30 p.m.
- Phone Caregiver Advisor: 1.888.560.8805 ext. 1062.

Life Span Center
11021 Co. Rd. 800 N.
Charleston, IL 61920 217.639.5165

- Meets second Wednesday of month at 1 p.m.
- Meets fourth Wednesday of month at 5:30 p.m.

Support Groups...

A.W.A.K.E of Central Illinois

Sarah Bush Education Center
1000 Health Center Dr. 217.348.4538
Mattoon, IL 61938 217.238.4538

www.sarahbush.org Click on Your Health. Click on Support Group.

- Meets first week of March, June, and October from 6 p.m. – 8 p.m.
- Mutual help group for persons suffering from sleep disorders, primarily sleep apnea.

Breast Cancer Support Group

Women's Wellness Center
900 W. Temple Ave.
Effingham, IL. 62401 217.347.1601

- Meets 4th Thursday at 5:30 p.m. in January, March, May, July, September, December.

Diabetic Support Groups

St. Anthony's Memorial Hospital
503 N. Maple St.
Effingham, IL 62401 217.347.1346

- Meets second Monday of Month at 5:30 p.m.
- No Meetings in December or January.

Sarah Bush Education Center
1000 Health Center Dr.
Mattoon, IL 61938 217.258.2130

www.sarahbush.org Click on Your Health. Click on Support Group.

- Meets fourth Tuesday of Month at 7 p.m. in March, June, September, & December.

Support Groups...

Bariatric Surgery Group – for those considering this surgery

St. Anthony's Memorial Hospital
503 N. Maple St.
Effingham, IL 62401 217.347.1305

- Meets fourth Monday every other month at 5 p.m.

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

- Contact Person: Field worker Brenda @217.663.0556
- For other groups in Illinois phone: 1.888.741.4769

GROW Center
715 N. 3rd St.
Effingham, IL 62401

- Meets Thursday's at 10 a.m.

Grief Support Groups

St. Anthony's Memorial Hospital
503 N. Maple St.
Effingham, IL 62401 217.347.1529

- "Healing the Grieving Heart" is a free 7 session support system for adults who have experienced the death of a loved one or friend. Contact them for next session.

Support Groups...

Grief Support Groups cont.

Sarah Bush Education Center (Lincolnland Hospice)

1000 Health Center Dr.

217.234.4075

Mattoon, IL 61938

Toll Free: 1.800.454.4055

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

- Meets first Wednesday of month at 7 p.m. at the Lumpkin Family Center.

Prairie Pavilion II (on campus of Sarah Bush Lincoln Health Care Center)

Willowbrook Room

Mattoon, IL 61938

Toll-Free: 1.800.454.4055

Hopeful Horizons - a bereavement and education support group for anyone who has experienced the death of a loved one.

- Meets third Thursday of Month from 1:00 – 2:30 p.m.

Survivors of Suicide

Heartland Human Services

1200 N Fourth St.

Effingham, IL. 62401

- Meets 2nd Tuesday of the month at 6:30 p.m.
- For more information contact Robin Kralman at 217.821.4768 or email: kralman@mchsi.com

Support Groups...

Narcotics Anonymous

www.na.org

AA/NA (District 13) Phone contact 1.866.591.5867

First Presbyterian Church

600 W. Temple

Effingham, IL 62401

- Meets Monday at 7 p.m. (open)

Christ's Church

2511 Veterans Dr.

Effingham, IL 62401

- Meets Tuesday at 12.00 p.m. (open)
- Meets Thursday at 12:00 p.m.

First Baptist Church

213 W. Fayette Ave.

Effingham, IL 62401

- Meets Wednesdays at 1:30 p.m.

First United Methodist Church

308 N. 2nd Street

Altamont, IL 62411

- Meets Thursday at 7 p.m.

Centenary United Methodist Church

203 E. Grove Ave.

Effingham, IL. 62401

- Meets Tuesday at 6 p.m.
- Meets Friday at 8 p.m.

Support Groups...

NAMI (National Alliance for Mental Illness)

Senior Center
209 S. Merchant
Effingham, IL. 62401 217.347.7179

- Meetings are held on a monthly basis. For more information contact the Senior Center.

Parkinson's Disease Support Group

First General Baptist Church
709 S. 9th St.
Mattoon, IL 61938 217.268.4428

- Meets last Tuesday of month at 1:30 p.m.

Ostomy Support Group

Sarah Bush Education Center
1000 Health Center Dr.
Mattoon, IL 61938

- Meets second Thursday of Month at 7 p.m. quarterly.
- For more information, call — 217.258.4112

Polio Survivors & Friends Support Group

Sarah Bush Education Center
1000 Health Center Dr.
Mattoon, IL 61938 217.345.1549

- Meets first Saturday of the Month at 1 p.m. (No meetings in January or February)

Transportation:

Advanced Medi-Van

Effingham, IL 62401

217.342.3120

Toll-Free: 1.800.959.3120

- Wheelchair lift vans available by appointment. Call for details. *(May limit to non-electrical wheelchairs.)*

Effingham County Public Transportation

1805 S. Banker St.

Effingham, IL 62401

Toll-Free: 1.855.755.2478

www.effinghamcountypublictransportation.com

- A demand-response, door-to door public transportation service which serves everyone, any age and any income level.
- Transports Effingham County Residents to medical appointments, visit friends and family, get groceries, or to go to work or school...anywhere you would drive yourself.
- Requests a call 24 hours in advance to schedule a ride.
- Passengers age 60 and over ride at no charge, donations are accepted.
- All vehicles are wheelchair accessible.

Effingham Taxi

506 South Street

Effingham, IL 62401

217.342.3119

www.effinghamtaxi.com

- Effingham and out of town service available.
- Medicaid approved transportation provider.

Transportation...

Rides Mass Transit

Toll Free: 1.877.667.6123

- Rides will pick up Effingham County residents at their door for medical appointments, banking, errands, shopping.
- Residents 60 or over are eligible for a senior RMTD ID card to ride any bus in Effingham County at no charge.
- For Effingham County residents under 60 there are transit passes, or discount ticket booklets available. Residents may also pay a cash fare of \$3.00. Contact the Toll Free number for more information.
- Residents are encouraged to call in advance to schedule a ride. Same day service may be available on existing routes.

FISH Human Services (*Effingham County Residents Only*)

708 S. Linden St.

Effingham, IL 62401

217.342.2200

- Helps with medical appointments—volunteers do some out of town transportation.



Other Local Resources:

Helen Matthes Library

100 Market Ave.

217.342.2464

Effingham, IL 62401

www.effinghamlibrary.org

- Local caregiver resource center with access to books and videos on caregiving. Caregiver Advisor is available the first Thursday of each month by appointment (217.347.7179 ext. 1062).
- Also have memory kits for caregiver to check out for their loved one. Kits available include: Memories of Work, Memories of Church, Memories of War Years, Memories of Family and Memories of Weddings and Anniversaries.

Land of Lincoln Legal Assistance Foundation, Inc.

- Services: Free legal services (certain guidelines apply) including Powers of Attorney and Last Wills.
- A representative from this office is available on designated days in Effingham County at Heartland Human Services at 1200 N. 4th St. in Effingham.
- For an appointment call: 217.347.7179, ext. 1050

Elderly Services Officer

Effingham Police Department

217.347.0776

Effingham Sheriff's Office

217.342.2102

Frisse & Brewster Law Offices, LLC

2301 Hoffman Drive, Suite B

Effingham, IL 62401

866.631.2946

www.frissebrewsterlaw.com

- Elder Law Practice - providing legal guidance & care planning services for elderly or disabled clients.
- Powers of Attorney, Wills, Trusts, Nursing Home Planning & Estate Settlement.

Other Local Resources...

CARE Consortium (HIV/AIDS Services)

Champaign-Urbana Public Health District/Satellite Office
2003 S. Banker St., Ste. B
Effingham, IL 62410 217.342.7177

CEFS Economic Opportunity Corporation RSVP

1805 S. Banker, P.O. Box 928 217.342.2193 ext 135
Effingham, IL 62401 www.cefseoc.org

- Engages individuals 55 years and older in volunteer service activities to meet the critical needs of the community.

Effingham Area Alzheimer's Awareness (EAAA)

- This group was founded to provide education and support to all families, caregivers, and victims of Alzheimer's disease and related dementia in Effingham County. EAAA hosts a community speakers series focusing on various topics associated with aging, caregiving, and dementia. For more information contact Amy or Shannon Nosbisch at 217.663.0010

Illinois Assistive Technology Program

1 W. Old State Capitol Plaza, Ste.100 217.522.7985
Springfield, IL 62701 www.iltech.org

- Services include Information & Assistance
- Devices Loan Program

Mid-Illinois Talking Book Center

125 Tower Dr.
Burr Ridge, IL. 60527 Toll Free: 1.800.426.0709
www.illinoistalkingbooks.org

Other Local Resources...

Midland Area Agency on Aging

www.midlandaaa.org

434 S. Poplar

P.O. Box 1420

Centralia, IL 62801

618.532.1853

Toll-Free: 1.877.532.1853

- Area Agency on Aging as designated by the Illinois Department on Aging. Covers Clay, Effingham, Fayette, Jefferson, and Marion Counties.
- Services:
 - Develops programs and funds community agencies.
 - SHIP site. Assists with Medicare Prescription Drug Applications * and Benefit Access Applications (formerly known as Circuit Breaker) *.
 - Provides General and Court Advocacy services to Victims of Abuse.

Illinois Department of Veterans' Affairs

- www2.illinois.gov/veterans

Veterans Assistance Commission

101 N. 4th St. (second floor)

Effingham, IL 62401

217.342.8493

- Daily Except for 1st Wednesday & 4th Thursday

Community Based Outpatient Clinic

1901 S. 4th St., Ste. 21

Effingham, IL. 62401

217.347.7600

Veterans Aid & Attendance Program

www.addus.com

(Referrals handled through Addus HealthCare)

618.244.4481

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

Other Local Resources...

The Healing Jukebox

- Provides interactive drumming sessions for seniors.
- For more information contact Kelly Willenborg @ 217.254.2149 or email willenborgkelly@gmail.com

Music and Memory

- Is an organization that trains nursing home staff, elderly care professionals, and family caregiver to create personalized playlists on iPods, which are used as treatment for those struggling with Alzheimer's, dementia and other cognitive and physical challenges to reconnect to the world through music-triggered memories.
- Their website is www.musicandmemory.org

Champaign County Mobility

1508 West Anthony Dr.
Champaign, IL. 61820

217.359.5800

www.ccmobility.com

- Mobility & Accessibility Products, Sales, Installation, and Service. Includes equipment for vans and homes.

Art as Therapy

- Contact Jan Von Bokel at 217.821.3135

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

1.800.667.1116

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 Effingham County MHASI Advisory Group

Addus HealthCare www.addus.com
Golden Circe Nutrition Program www.cefseoc.org
Center for Senior Renewal, Clay County Hospital
www.claycountyhospital.org
SWAN Adult Protective Services www.swandvhl.org
Effingham Rehabilitation & Health Care Center www.petersenhealthcare.net
Heartland Human Services www.heartlandhs.org
Helen Matthes Library www.effinghamlibrary.org
Lavender Ridge www.lavenderridge.net
Midland Area Agency on Aging www.midlandaaa.org
Resch Siemer Law Office, LLC. www.reschsiemer.com
St. Anthony's Memorial Hospital & Home Care
www.stanthonyshospital.org
Senior Services of Effingham County www.eccoa.info
Willowbrook www.willowbrookliving.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 Effingham County. It is not the intent of this group to omit providers. Phone numbers, addresses and websites are current as of January 1, 2015. 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:
Information & Assistance Specialist at 217.347.7179 extension 1050
Caregiver Advisor at 217.347.7179, extension 1062
Director of Geriatric Services at 217.347.7179, extension 1046*

