

Caregiver Resource Guide to Older Adult Services

Effingham County, Illinois

2009 Edition



Common Questions & Where to Find Help...

1. What is the difference between intermediate and skilled care? See page 31 for nursing home care options.
2. I need a break from caregiving. Where do I turn? See Respite on page 35.
3. I just started caring for my parents. I need some direction. Where do I start? See Case Management Services on pages 5-7; Caregiver Support page 11; or Other Local Resources pages 44-47.
4. My parents can't afford their medicine. Where can they turn for help? See Energy/Financial Needs pages 14-17.
5. I don't feel comfortable bathing my parent. What help is available? See In-Home Services pages 24-25.
6. I'm overwhelmed with all of this. Where do I turn? Utilize the entire guide – see Table of Contents on page 3.
7. It seems that my neighbor is always low on food and money? See Energy/Financial Needs pages 14-17 and Food/Meals pages 18-21.
8. My complaints to nursing home staff aren't getting mom better care. Where do I turn? See Ombudsman Program on page 32.
9. My senior citizen friend is being financially exploited. What do I do? See page 7 for Senior Protective Services.
10. Medicare Prescription Drug Program? See pages 6, 7, 11, 14, 15, & 45. *

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.

MHASI is a program funded by the DHS/DMH Region 5 Office.

*Questions about this publication may be directed to: 1.888.560.8805
ext 1062 or 1046.*

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What is the Medicare Prescription Drug Program?

The Medicare Prescription Drug Program is available to those who are eligible for Medicare Parts A & B. It provides you with insurance coverage for prescription drugs and offers a choice of plans. As with other types of insurance your monthly premiums and out of pocket costs may be different depending on the plan you choose.

November 15, 2009 open enrollment for 2010 begins. Sign up by December 31, 2009 and coverage begins January 1, 2010.

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 Pharmaceutical Assistance.

Adult Day Services:

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



Effingham Rehabilitation & Health Care Center

1610 N. Lakewood Dr.

Effingham, IL 62401

217.347.7781

Evergreen Nursing & Rehabilitation Center

1115 N. Wenthe Dr.

Effingham, IL 62401

217.347.7121

Case Management Services:

Illinois Department of Rehabilitation (DORS) for vocational rehabilitation; for homemaker services for those under 60 years of age

General Information/Home Service	217.235.3154
Blind Service	217.875.4866
TDD only	217.235.3154

Persons with Brain Injury

Illinois Department of Human Services offers programs to help persons of all ages with brain injury become more independent and to receive services in the home through:

Strader Vocational and Rehabilitation Consulting, Inc.
333 Potomac Blvd., Ste. F
Mt. Vernon, IL 62864 618.242.6260

- Eligibility requirements: Severe brain injury (from an accident, stroke, infection or other related cause) and being at risk of nursing home placement.
- Services can include: Personal assistance, homemaker services, home health and nursing, adult day care, home delivered meals.
- Expanded services include: Day treatment, behavioral/cognitive rehabilitation, pre-vocational services, supported employment.

Case Management Services continued...

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

- Eligibility Requirements: Presence of a disability.
- Services: Peer advisory, skills training, systems & individual advocacy.
- Information & referral, volunteer programs, agency networking, housing referral, & interpreter referral.
- Employment preparation, pharmaceutical procurement *, adaptive equipment selection, & disability awareness training.
- Community reintegration from nursing homes, youth transition & parent training programs.
- Americans with Disabilities Act (ADA) training, ADA Technical Assistance, ITAC Center for free tty's & amplified phones.
- Phone: 1.800.938.7400
- Home Office: 4206 Williamson Place, Ste. 3
Mt. Vernon, IL 62864

Case Management Services continued...

Senior Protective Services

Toll-Free: 1.800.283.4070

- Conduct confidential elder abuse investigations. Elder abuse refers to the mistreatment of any Illinois resident 60 years of age or older who lives in the community. The abuse must be committed by another person on the elder and be one of the following types of abuse:
 - 1) Physical, sexual, or emotional maltreatment and/or willful confinement
 - 2) Neglect by the caregiver in failing to provide the older person with the necessities of life
 - 3) Financial exploitation, meaning the misuse or withholding of the older person's resources
- Accept reports of self neglect and refer to case management at ECCOA (*see below*).

Effingham County Committee on Aging & Senior Center (ECCOA)

209 S. Merchant

Effingham, IL 62401

217.347.5569

- Provides programs for people age 60 + who may need help to be able to live in their own homes—**includes screening for emergency response system** (Community Care Program).
- Provides monthly newsletter and a center for daily activities, planned outings, and transportation.
- Information & assistance to available resources.
- Assistance with Medicare Prescription Drug Program Applications * and Circuit Breaker applications.
- Insurance counseling **and** Income tax assistance.
- Volunteer money management.
- Legal representatives.
- ITAC Center for free tty's and amplified telephones.
- Support for Grandparents raising Grandchildren.
- Hosts evening meal on Tuesdays at 5 p.m. (*see page 19*)

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 an activation device 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 Effingham County:

St. Anthony's Memorial Hospital Home Care

503 N. Maple St.

Effingham, IL 62401

217.347.1777

Toll-Free: 1.800.551.6566

- Installer of Lifeline Emergency Response Units

Effingham County Health Department

901 W. Virginia P.O. Box 658

Effingham, IL 62401

217.342.9237

- Installer of HealthWatch/Lifeline Emergency Response Units

Lincolnland Home Care

700 Broadway Ave. E., Ste. 9

Mattoon, IL 61938

217.345.1033

Toll-Free: 1.800.879.3212



Emergency Home Response Systems continued...

Case Management for Emergency Home Response Systems:

- Provides case managers to complete a comprehensive case management assessment for adults 60 +, to determine eligibility for the Community Care Program. This screening aides to determine eligibility for the Emergency Home Response System program funded by the Illinois Department on Aging.

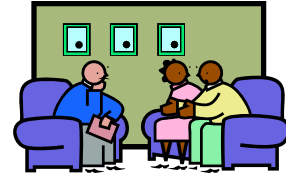
Effingham County Committee on Aging (ECCOA)

209 S. Merchant St.

Effingham, IL 62401

217.347.5569

Emotional Needs/Counseling:



ARC Community Support Systems

2502 Veterans Dr.
Effingham, IL 62401

217.347.5118

- Professional counseling services to treat such issues as depression, anxiety, stress, grief, and/or parent & child concerns.
- Provide parental training to people who have children at-risk of academic failure.
- Assist people with disabilities through advocacy, support, training, employment, and housing opportunities.

Catholic Charities

1502 E. Fayette Ave.
Effingham, IL 62401

217.857.1458

- Professional counselors provide confidential counseling services to individuals, couples, families, and groups. They are trained and licensed in many areas, including: depression; anxiety/panic; grief counseling; anger management; marital and relationship issues.
- Counselors also do outreach to local schools, churches, and communities.

Emotional Needs/Counseling continued...

Center for Senior Renewal

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

618.662.6621

- Senior Renewal provides out-patient counseling for senior adults who are experiencing depression, grief, loss, difficulty coping with change, and anxiety.
- Services are provided by licensed therapists under the direction of a psychiatrist.
- Services are available to residents of Clay and the surrounding counties.

Heartland Human Services

1200 N. 4th St.
Effingham, IL 62401

217.347.7179
Toll-Free: 1.888.560.8805

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.
- Provide informational resources (books, videos, etc.)
- Monthly Caregiver Support Group (see page 38)
- Respite (short term relief to primary caregiver from caregiving duties) is available to family caregivers in Effingham County.
- Assistance with Medicare Prescription Drug Program Applications. *

Emotional Needs/Counseling continued...

Heartland Human Services continued... 217.347.7179

Gero-Psychiatric Services (contact Extension 1046)

- Provide psychiatric consultation and evaluation for those 60 and over who need support for stress, anxiety, depression, behavior and/or memory problems.

Memory and Aging Clinic (contact Extension 1046)

- A program of Southern Illinois University School of Medicine, 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.

Outpatient Counseling Services

- Counseling provided by licensed therapists to children, adolescents and adults in Effingham County. Services include individual, couples, family, or group counseling. Psychiatric evaluation and medication management services are also available.

Addictions Treatment

- Certified staff persons provide treatment that includes individual and group counseling, case management, and aftercare to residents of Effingham County.

24 Hour Crisis Line

217.342.5504

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

Emotional Needs/Counseling continued...

Lutheran Child and Family Services

726 W. Fillmore

Vandalia, IL 62471

618.283.0616

Toll-Free: 1.800.363.5237

- Services include Mothers Outreach to Mothers & counseling.

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

1108 S. Willow

Effingham, IL 62401

217.342.6623

- Services include counseling, medical legal advocacy, and education.
- **24 hour hotline** **Toll-Free: 1.800.625.1414**



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

Energy/Financial Needs:

American Red Cross

1108 S. Willow St., Ste. 3

Effingham, IL 62401

217.342.4344

- Hours: Tuesday & Thursday from 9 a.m. – 2 p.m.
- Funds are available to assist with natural disasters, such as fires, floods, tornadoes, etc. Also assist with basic necessities, such as food, shelter, clothing, etc.

Catholic Charities

1502 E. Fayette Ave.

Effingham, IL 62401

217.857.1458

- Funds are available to assist with financial needs— provide limited assistance with medicine, energy, etc.

CEFS – Effingham County Outreach Office

204 W. Washington

Effingham, IL 62401

217.347.7514

- *Energy Assistance, or LIHEAP*, assists with heating bills, prevention of disconnection of utility service, and re-connection of utility service. Eligibility requirements exist.
- *Weatherization Program* – helps to weatherize or insulate a home, and possible help with a heating system. Eligibility requirements exist.
- Emergency Food and Shelter – vouchers available. Financial requirements apply.
- Provide assistance completing applications for food stamps, tax preparation, Circuit Breaker, and Medicare Prescription Drug Program. *
- *Ameren Program* – assists with *special rates relief programs* for Ameren customers.

Energy/Financial Needs continued...

Circuit Breaker – State of Illinois *

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

- Provides annual rebate for rent/taxes/long term care fees and license plates
- Application assistance:
 - CEFS Outreach Office — 217.347.7514
 - ECCOA Senior Center — 217.347.5569
 - Opportunities for Access (under 60) — 217.342.5521

FISH Human Services *(Effingham County Only)*

708 S. Linden
Effingham, IL 62401 217.342.2200

- Recorded message will direct the caller to phone numbers for further assistance.
- Services include clothes closet, transportation, emergency funds for energy bills, housing, medication, food, other vital necessities, and annual Christmas store.

Heartland Human Services

1200 N. 4th St. 217.347.7179
Effingham, IL 62401 Toll-Free: 1.888.560.8805

- *Funds available for emergency situations* that will help the caregiver to keep the care receiver at home.
- Possible assistance available for medications, personal medical devices, temporary housing arrangements, home repair/modifications for safety or accessibility reasons.
- Certain eligibility requirements exist with limits on amount of one time assistance.
- Contact the Caregiver Advisor.

Energy/Financial Needs continued...

DHS Family Community Resource Center of Effingham County (Formerly known as the Illinois Dept. of Human Services or the Dept. of Public Aid)

925 E. Fayette Ave.
Effingham, IL 62401 217.342.4160

- Food stamps... available for financially eligible people of all ages.
- Medical assistance available for children and their parents and for the aged, blind and disabled with limited income.

Salvation Army (Effingham County)

1108 S. Willow St.
Effingham, IL 62401 217.342.5434

- Hours: Wednesday & Thursday from 9 a.m. – 1 p.m.
- Funds are available to assist with utility bills, medicine, transportation – gas to or from work/doctor's appointment, lodging for one or two nights, and food.

Social Security Administration (local office)

1207 Network Centre, Ste. 2
Effingham, IL 62401 217.347.7186

- Information available Toll-Free 24 hours/day or schedule an appointment with a service representative between the hours of 7 a.m. – 7 p.m. on business days:
1.800.772.1213
- To apply for retirement benefits, visit www.socialsecurity.gov to complete an online retirement application.

Energy/Financial Needs continued...

USDA Rural Development

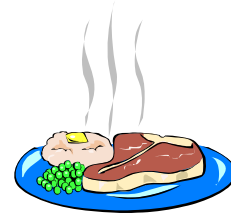
2701 S. Banker St., Ste. 103A
Effingham, IL 62401

217.347.7107

- 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.
- Serves Fayette, Jasper, Effingham, and Crawford Counties.



Food/Meals:



CEFS Golden Circle Nutrition Program

1805 S. Banker St.
Effingham, IL 62401

217.342.2193 ext. 119

- **Home delivered meals** available to those within Effingham County. Suggested donation is \$2.50. Special diet meals are available in the city limits of Effingham. *Reservations required one day in advance.*
- **Congregate meals** are available at the following sites Monday through Friday, except on major holidays. Suggested donation is \$2.25. Meal sites are listed below. *Reservations required one day in advance.*

Altamont Municipal Building

202 N. 2nd St.

Altamont, IL 62411

618.483.6912

Beecher City Kluthe Center

Park Rd.

Beecher City, IL 62414

618.487.5401

Dieterich Kluthe Civic Center

102-104 W. Virginia

Dieterich, IL 62424

217.925.5461

Effingham Hendelmeyer Park Rec. Building

1906 S. 4th St. Rd.

Effingham, IL 62401

217.347.2851

Teutopolis Grade School (home delivered meals)

Main St.

Teutopolis, IL 62467

217.857.3848

Food/Meals continued...

- **Restaurant Program**

Meals are served 11 a.m. – 1 p.m., Monday-Friday.

Suggested donation \$4.00/meal.

Meals at restaurant site can also be home delivered—
suggested donation \$2.50/meal.

Corky's Café

308 Locust Street

Edgewood, IL 62426

618.238.4608

Senior Center

209 S. Merchant

Effingham, IL 62401

217.347.5569

- Meals are served every Tuesday evening at 5 p.m.
- Suggested donation \$3.00

Summer Lunch Program – Catholic Charities & Unit 40

Schools are providing free lunch to students under 18 years old during summer 2009 (Adults can obtain a free lunch when accompanying a youth to the program). Various local organizations provide entertaining/educational programs for those attending. Contact people: Dr. Robert Clasby, Denise Anderson, and Kim Varner (Unit 40).

Unit 40 contact number:

217.540.1500

Catholic Charities contact number:

217.857.1458

West Side School

900 Edgar Ave.

Effingham, IL 62401

Food/Meals continued...

Angel Food Ministries – non-profit, non-denominational organization dedicated to providing grocery relief & financial support to communities throughout the U.S. Angel Food’s groceries are sold in a quantity that can fit into a medium size box at \$30 per unit. Each month’s menu is different than the previous & consists of both fresh & frozen items.

Senior/Convenience box contains ten perfectly seasoned, nutritionally balanced, fully cooked meals—just heat and serve. Within each meal, it includes three ounces of protein, a starch & two vegetables or fruit. The Senior/Convenience box is available at \$28 per unit. No income guidelines apply. Link Cards are accepted. For a provider near you, visit www.angelfoodministries.org.

Local Providers:

Altamont Christian Church

1350 S. Main St.

Altamont, IL 62411

618.483.6018

Grace Family Church

1901 S. 4th St., Ste. 11

Effingham, IL 62401

217.342.3305

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

Food/Meals continued...

Food Pantries continued...

St. John's Lutheran Church

901 W. Jefferson Ave.

Effingham, IL 62401

217.342.4334

St. Paul Evangelical Lutheran Church

2293 E. U.S. Hwy 40

Altamont, IL 62411

618.483.5249

Miscellaneous

Martin's IGA

101 S. Merchant St.

Effingham, IL 62401

217.347.7191

- Home delivery of groceries in the Effingham area.
- No charge for first time callers.
- For on-going assistance, \$5 delivery charge unless doctor's note explains why you are unable to do your own shopping.
- Available to take orders from 8 a.m. to 11:15 a.m. Monday-Thursday (except holidays).
- Grocery order needs to be at least \$20 to \$25.



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.

Addus HealthCare

Home Health Services
1 Crownview Dr. 618.244.0934
Mt. Vernon, IL 62864 Toll-Free: 1.866.687.9639

- Services: Nursing, certified nurses aides, physical, occupational, & speech therapy, medical social worker.
- Specialties: Pulmonary rehabilitation, orthopedics, wound care specialist, infusion therapy, private case management.

At Home Care, Incorporated

1519 University Dr. 217.345.4003
Charleston, IL 61920 Toll-Free: 1.877.345.3550

- Skilled nursing, physical therapy, speech therapy, medical social work. Serves Effingham County.

Carle Home Health Services

5731 Park Dr. 217.345.4614
Charleston, IL 61920 Toll-Free: 1.800.457.5079

- Services: Nursing, home health aides, physical, occupational and speech therapy, medical social worker, dietitian.
- Licensed to serve the counties of Champaign, Clark, Coles, Crawford, Cumberland, Dewitt, Douglas, Edgar, Effingham, Ford, Iroquois, Jasper, Livingston, Macon, McLean, Moultrie, Piatt, Shelby.

Home Health Care Agencies continued...

Effingham County Health Department

901 W. Virginia Ave.
Effingham, IL 62401

217.342.9237

- Registered nurses, home health aides, physical, occupational and speech therapy.
- Licensed to serve the counties of Effingham, Jasper, Cumberland, and Shelby.

Lincolnland Home Care

700 Broadway Ave. E., Ste. 9
Mattoon, IL 61938

217.345.1033

Toll-Free: 1.800.879.3212

- Nursing, home health aides, physical, occupational and speech therapy, medical social worker.
- Licensed to serve the counties of Douglas, Moultrie, Coles, Edgar, Shelby, Cumberland, Clark, Fayette, Effingham, Jasper, Crawford, Clay and Richland.

St. Anthony's Memorial Hospital Home Care

503 N. Maple St.
Effingham, IL 62401

217.347.1777

Toll-Free: 1.800.551.6566

- Nursing, home health aides, physical, occupational, and speech therapy, dietitian, medical social worker, mother/baby program.
- Licensed to serve the counties of Effingham, Fayette, Jasper, Marion, Richland, Shelby, Cumberland, Clay, and Clark.

In-Home Services:

Addus HealthCare

In-Home Support Services (for those 60 & above)
128 N. 3rd St. 618.244.4481
Mt. Vernon, IL 62864 Toll-Free: 1.800.729.8279

- Services: Transportation, meal preparation, housekeeping, shopping, laundry, bathing/dressing, companionship/respite.
- Serves Clay, Effingham, Fayette, Jefferson, and Marion Counties.

Assisted Care Services

1 Crownview Dr. 618.244.0934
Mt. Vernon, IL 62864 Toll-Free: 1.866.687.9639

- Services: Private duty transportation, meal preparation, housekeeping, shopping, laundry, bathing/dressing, companionship/respite, as well as 24-hour care.
- Serves: Clay, Effingham, Fayette, Jefferson, and Marion Counties.

Community Care Systems, Inc.

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

- Services: Assistance with grooming and personal care activities; routine house cleaning; laundry; meal preparation; companion care, essential errands.

In-Home Services continued...

Carle Home Health Services

5731 Park Dr. 217.345.4614
Charleston, IL 61920 Toll-Free: 1.800.457.5079

- Private duty chore house-keeping.
- Licensed to serve the counties of Champaign, Clark, Coles, Crawford, Cumberland, Dewitt, Douglas, Edgar, Effingham, Ford, Iroquois, Jasper, Livingston, Macon, McLean, Moultrie, Piatt, Shelby.

Sarah's Homemaker's of Sarah Bush Lincoln

700 Broadway Ave. E., Ste. 9
Mattoon, IL 61938 217.345.1033

- Services include sitters, personal care, general cleaning, handy man services, laundry, meal-prep, errands and shopping, money management services, transportation, companionship.

SPS In Home Care Service

306 Santa Monica Ave.
Effingham, IL 62401 217.342.4408

- 24 Hour In-Home Care Only.

"Sitter's List" – updated by:

Effingham County Health Department
901 W. Virginia Ave.
Effingham, IL 62401 217.342.9237

- List is composed of self-identified people with different skills and abilities. Cost and availability vary. Arrangements are made directly with the "sitters."

- List also available at:
ECCOA Senior Center— 217.347.5569
St. Anthony's Home Care— 217.347.1777

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

- Serves Clay, Marion, Wayne, Richland, Jasper, Edwards, Wabash, and Effingham counties.

Carle Hospice

5731 Park Dr. 217.345.4614
Charleston, IL 61920 Toll-Free: 1.800.457.5079

- Licensed to serve the counties of Champaign, Clark, Coles, Crawford, Cumberland, Dewitt, Douglas, Edgar, Effingham, Ford, Iroquois, Jasper, Livingston, Macon, McLean, Moultrie, Piatt, Shelby.

Hospice of Southeastern Illinois

218 E. Main St. 618.395.1068
Olney, IL 62450 Toll-Free: 1.800.375.9343

- Serves Clark, Clay, Crawford, Effingham, Wayne, Lawrence, Wabash, Richland, Jasper, and Edwards counties.

Lincolnland Hospice of Sarah Bush Lincoln

700 E. Broadway Ave. E., Ste. 9
Mattoon, IL 61938 Toll-Free: 1.800.454.4055

- Serves nineteen East Central and Southern Illinois counties, including Effingham.

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 depending on family size
- 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

- Subsidized apartments – rent based on income
- 1 & 2 bedroom units

Effingham Village Apartments

504 N. Henrietta
Effingham, IL 62401

217.343.6694

- Subsidized apartments—rent based on income
- 1 & 2 bedroom units

Housing Options continued...

Apartments continued...

Lake Pointe Apartments

1706 Ford Ave.

Effingham, IL 62401

217.347.5514

- Subsidized apartments - rent based on income.
- 1, 2, & 3 bedroom units.

Slate Creek Apartments

2301 Veterans Dr.

Effingham, IL 62401

217.347.5616

- 1 bedroom units for seniors, disabled and handicapped.
- Subsidized apartments – rent based on income.

Village Apartments of Effingham

101 Hendelmeyer Ave.

Effingham, IL 62401

217.347.0127

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

Housing Options continued...

Apartments continued...

Luther Villas – Independent Retirement Community

(An affiliate of Lutheran Care Center Corporation)

702 W. Cumberland Rd.

Altamont, IL 62411

618.483.6136

- One and two bedrooms.
- Full kitchen with appliances.
- Housekeeping and weekly linen laundry.
- Lawn and ground care.
- Direct phone line to Lutheran Care Center.

Supportive & Assisted Living:

Brookstone Estates

1101 N. Maple St.

Effingham, IL 62401

217.347.5871

- Attractive and spacious 46-unit apartment community for seniors aged 65+.
- Individual emergency response system, 24 hour staffing, CNA on duty, RN Consultant available.
- Amenities include 3 buffet style meals daily, housekeeping and laundry service, social and recreational activities, on-site beauty/barber shop, complete maintenance, free local transportation – all in a caring, home-like atmosphere.
- Four sizes of apartments available – all with private baths.
- Medication supervision and bathing assistance available at no additional charge.
- Price based on income for those who qualify.
- All-inclusive price includes rent, services, cable TV and all utilities, except phone.

Housing Options continued...

Assisted Living:

Brookstone Suites

(Senior Living Apartments – licensed shelter care)

505 W. Temple Ave.
Effingham, IL 62401

217.347.5875

- Small, home-like atmosphere, limited to 18 private rooms & suites.
- Medication supervision and bath assistance provided.
- Amenities include 3 home-cooked meals each day, housekeeping and laundry service, on-site beautician, complete maintenance, free local transportation.
- All-inclusive price includes rent, services, cable TV and all utilities except phone.

Luther Terrace Senior Living Apartments

(An affiliate of Lutheran Care Center Corporation)

702 W. Cumberland Rd.
Altamont, IL 62411

618.483.6136

- Studio apartments and one bedroom apartments.
- Meals, housekeeping, laundry.
- 24 hour emergency call system.



Housing Options continued...

Nursing Homes:

Intermediate Care – Help for those who cannot live alone, but do not require 24 hour nursing.

Skilled Care – Intensive 24 hour nursing care for those who require it.

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

Evergreen Nursing and Rehabilitation

(Intermediate & Skilled Care)

1115 N. Wenthe Dr.

Effingham, IL 62401

217.347.7121

Lakeland Rehabilitation and Health Care Center

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

800 W. Temple Ave.

Effingham, IL 62401

217.342.2171

Lutheran Care Center

(Intermediate & Skilled Care)

702 W. Cumberland Rd.

Altamont, IL 62411

618.483.6136

Residents' Rights in Long Term Care:

Effingham County Committee on Aging (ECCOA)

209 S. Merchant St.

Effingham, IL 62401

Toll-Free: 1.800.283.4070

- 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.

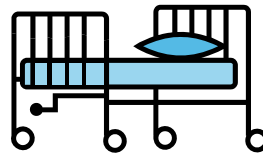


Medical Equipment:

Medical Equipment needs are met by a wide variety of companies. All will 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 and Elevators
- Special Chairs
- Other Equipment (i.e., medication reminders, emergency response devices, etc.)
 - Call provider for further information.



Medical Equipment providers also perform several services, which may include the following:

- Directly bill Medicare, Medicaid, or private insurance.
- Free (or low cost) delivery and installation.
- Free repair and maintenance on rented equipment.
- Free training and instruction on use of medical equipment.

Providers are listed below. Call for specific needs.

Apria Healthcare

500 W. Jaycee Ave.
Effingham, IL 62401

217.347.5212

Bandy's Medical Equipment

800 N. Keller Dr.
Effingham, IL 62401

217.342.4919

Medical Equipment continued...

Browns Drug Store

115 W. Jefferson Ave.
Effingham, IL 62410

217.342.2165

InHome Medical of Sarah Bush Lincoln

903 N. Maple St.
Effingham, IL 62401

217.347.7372

Toll-Free: 1.800.345.3191

- Includes mastectomy services

LINCARE Inc.

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

217.347.7002

Personal Medical Supply Inc.

(ostomy, mastectomy, wound care items)

300 W. 1st Dr.
Decatur, IL 62521

217.422.1271

Toll-Free: 1.800.445.1672

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

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

Effingham Rehabilitation & Health Care Center	217.347.7781
Evergreen Nursing & Rehabilitation	217.347.7121
Lakeland Rehabilitation & Health Care Center	217.342.2171

<u>Heartland Human Services</u>	217.347.7179
	Toll-Free: 1.888.560.8805

Caregiver Advisor assesses family caregiving situations and determines eligibility for respite. In Effingham County, one type of respite is available:

In-home Respite

- Possible provisions—companionship, reading, light housekeeping duties.
- Laundry, meal preparation, assistance with personal care, and encourage exercise.
- In-home respite workers are trained and employed by Addus HealthCare at 128 N. Third St. in Mt. Vernon.

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

Alcoholics' Anonymous

Civic Center
806 W. Franklin
Watson, IL 62473

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

Christ's Church
2511 Veterans Dr.
Effingham, IL 62401

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

First United Methodist Church
308 N. 2nd St.
Altamont, IL 62411

- Meets Monday at 8 p.m. (open).

Centenary Methodist Church
203 E. Grove
Effingham, IL 62401

- Meets Tuesday at 8 p.m. (closed)
- Meets Thursday and Friday at 8 p.m. (open).

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

Centenary Methodist Church
203 E. Grove
Effingham, IL 62401

- Meets Tuesday at 8 p.m.

Support Groups continued...

Alzheimer's Support Group

Lakeland Rehabilitation & Health Care Center

800 W. Temple Ave.

Effingham, IL 62401

217.342.2171

- Meets fourth Tuesday of month at 6 p.m.

Odd Fellow-Rebekah Home

201 Lafayette Ave.

Mattoon, IL 61938

217.235.5449

- Meets third Wednesday of month at 6 p.m.

Cancer Support Group

Crossroads Cancer Center

905 Medical Park Dr.

Effingham, IL 62401

217.342.2066

- Meets second Thursday of month at 6 p.m. in lobby.
- Meets fourth Thursday of month at 6 p.m. for yoga & relaxation.

Sarah Bush Education Center

1000 Health Center Dr.

Mattoon, IL 61938

New Beginnings - Breast Cancer Support Group

217.258.2141

- Meets first Thursday of month at 7 p.m.

Support Groups continued...

Caregiver Support Group (respite may be arranged—see page 35)

Heartland Human Services

1200 N. 4th St.

Effingham, IL 62401

- Meets Third Monday of month from 3:30 p.m. – 4:30 p.m. in Room 119.
- Phone the Caregiver Advisor: 217.347.7179 ext. 1062.

Diabetic Support Group

St. Anthony's Memorial Hospital

503 N. Maple St.

Effingham, IL 62401

217.347.1346

- Meets second Monday of Month at 7 p.m.

Sarah Bush Education Center

1000 Health Center Dr.

Mattoon, IL 61938

217.258.2199

- Meets fourth Tuesday of Month at 7 p.m. in March, June, September, & December.
- Open to anyone affected with diabetes.

F.I.T. Group

Teutopolis Village Hall

106 W. Main St.

Teutopolis, IL 62467

- Non-profit weight support group that provides support to anyone who wishes to lose weight and live a healthier lifestyle.
- Weigh in every Thursday between 5:30 – 6:30 p.m.
Group meeting the last Thursday of each month until 7 p.m.
- Phone Michelle: 217.857.1367

Support Groups continued...

Grandparents/Relatives Raising Grandchildren

ECCOA Senior Center

209 S. Merchant St.

Effingham, IL 62401

217.347.5569

- Meets second Monday of the month at 6 p.m.
- Babysitting provided.

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.
- Meets in the Hospital Auditorium.
- Phone for next scheduled program.

Sarah Bush Education Center (Lincolnland Hospice)

1000 Health Center Dr.

Mattoon, IL 61938

Toll-Free: 1.800.454.4055

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

- Meets first Wednesday of month at 7 p.m.

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

- Meets in Mattoon, Effingham, Shelbyville, Casey, & Robinson.

Support Groups continued...

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 Tuesday at 11 a.m. – 1 p.m.

Life Recovery Program

Effingham Assembly of God
3200 S. Banker St.
Effingham, IL 62401 217.536.6099

- A program for drug dependants, alcoholics and co-dependants
- Meets Monday at 6:30 p.m.
- Food served at 6 p.m.

Multiple Sclerosis Support Group (no local number at press time)

Toll-Free: 1.800.FIGHT.MS
(1.800.344.4867)

Narcotics Anonymous

First Presbyterian Church
600 W. Temple
Effingham, IL 62401 217.342.6272

- Meets Monday at 7 p.m.

Support Groups continued...

Narcotics Anonymous continued...

Christ's Church
2511 S. Veterans Dr.
Effingham, IL 62401 217.347.5705

- Meets Tuesday at 6:30 p.m.

We Choose Not To Use
First United Methodist Church
308 N. 2nd Street
Altamont, IL 62411 618.483.6036

- Meets Thursday at 8 p.m.

Parkinson's Disease Support Group

Sarah Bush Education Center
1000 Health Center Dr.
Mattoon, IL 61938 217.258.4040

- Meets last Tuesday of month at 1 p.m. in April, May, June, July, August, September, & October.

Polio Survivors & Friends Support Group

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

- Meets second Thursday of the Month at 5 p.m.
- Phone in conference call if unable to attend meeting Toll-Free: 1.800.300.2164, PIN number: 4227

Transportation:

Addus HealthCare

Assisted Care Services

1 Crownview Dr.

618.244.0934

Mt. Vernon, IL 62864

Toll-Free: 1.866.687.9639

- Provide all kinds of transportation, including medical.
- Private pay only. Rates are hourly plus mileage.
- Available in Effingham County and many others.

Advanced Medi-Van

210 W. National Ave.

217.342.3120

Effingham, IL 62401

Toll-Free: 1.800.959.3120

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

ECCOA Senior Center

209 S. Merchant St.

Effingham, IL 62401

217.347.5569

- Will pick up Effingham residents for in-town medical appointments.
- Must be 60 or older.
- Call Senior Center in advance to arrange the appointments—tell receptionist if you need to have assistance getting from your door to the van.
- Driver will assist person into van (which has a wheel chair lift) but doesn't stay with person for the appointment.

Transportation continued...

Effingham Taxi

210 W. National Ave.
Effingham, IL 62401

217.342.3119

- In Effingham and out of town service available.
- Accept Medicaid for medical appointments with prior approval.
- Discounts for seniors.
- Dialysis can arrange advance approval for appointments.

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.

Helping Hands Incorporated

512 W. Main St.
Belleville, IL

618.239.9900

- Provides all kinds of transportation, including medical.
- Accepts Medicaid and Private Pay.



Other Local Resources:

Helen Matthes Library

100 Market Ave.

Effingham, IL 62401

217.342.2464

- Services: Local 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).

Land of Lincoln Legal Assistance Foundation, Inc.

- Services: Free legal services (certain guidelines apply) including Powers of Attorney and Living Wills.
- A representative from this office is available at least once a month in Effingham County at ECCOA Senior Center.
- For an appointment call: 217.347.5569

Effingham County Sheriff Department

- Elderly Services Officer

217.342.2101

217.342.2102

Daily Money Management

8386 N. Cardinal Lane

Altamont, IL 62411

217.433.4367

- Services: Bank reconciliation, bill pay service, insurance claim management, account/check monitoring, computerized bookkeeping & reports, budget assistance, credit report review

CARE Consortium (HIV/AIDS Services)

Champaign-Urbana Public Health District

201 W. Kenyon Rd.

Champaign, IL 61820

217.239.7827

- Serves: Cumberland, Clark, Effingham, Jasper, Crawford, Clay, Richland, and Lawrence Counties.

Other Local Resources continued...

ReschSiemer Law Office, LLC.

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

217.342.1105

- Elder Law Practice Group provides legal & care planning services for elderly or disabled clients, using a multi-disciplinary approach with advance directives, estate planning, asset protection, Medicaid & Medicare issues, including Prescription Drug Program applications *, long term care planning, and solutions for legal and medical decision making.

Midland Area Agency on Aging

434 S. Poplar, P.O. Box 1420
Centralia, IL 62801

618.532.1853

Toll-Free: 1.877.532.1853

- Services: Midland AAA is one of 13 AAA's in Illinois, as designated by the Illinois Department on Aging—covering Clay, Effingham, Fayette, Jefferson, and Marion Counties.
- Primary responsibilities of the Area Agency are to determine the service needs of senior citizens, develop programs, provide funding to local community agencies, develop other resources, serve as focal point on senior citizen issues in the area, act as advocates on behalf of senior citizens, and disseminate information.

TriStar Medical Services

P.O. Box 340795

Beavercreek, Ohio 45434 Toll-Free: 1.866.429.3188

- Provides free incontinence supplies.
- Recipients must be on Medicaid and have doctor's approval.

Other Local Resources continued...

Illinois Department of Veterans' Affairs

- Veterans Assistance Commission
101 N. 4th St. (second floor)
Effingham, IL 62401 217.342.8493
- Community Based Outpatient Clinic
1901 S. 4th St., Ste. 21
Effingham, IL 62401 217.347.7600

Veterans Aid & Attendance Program

(Referrals handled through Addus HealthCare)

Toll-Free: 1.866.687.9639

- Recipients can be veterans or surviving spouses with certain qualification requirements.
- Services: Personal care, nursing and therapy, transportation, shopping, housekeeping, meal preparation, daily companionship, respite for family members.
- Also, possible help with costs of assisted living and nursing home.
- Free screening to determine eligibility.

C.E.F.S. Economic Opportunity Corporation Retired Senior Volunteer Program (RSVP)

202 N. Banker
Effingham, IL 62401 217.347.7514

- Involves seniors in their communities through a broad array of activities benefiting public and non-profit agencies and enriching the fabric of local and national community life.

Other Local Resources continued...

Illinois Assistive Technology Program

1 West Old State Capitol Plaza, Ste. 100
Springfield, IL 62701

217.522.7985

www.iltech.org

- Statewide, not-for-profit agency that focuses on education, community living, information technology and telecommunications.
- Their services include:
 - Information & Assistance
 - Devices Loan Program
 - Demonstration Center
 - Low Interest Loans
 - Advocacy & Systems Change
 - On-site Workshops

Gowin Parc

300 Lerna Rd. South
Mattoon, IL 61938

217.234.3003

- Provides a nurturing environment for those who have Alzheimer's Disease and related dementias.
- Secure home with care givers who provide around-the-clock care.
- Contains a living area with a fireplace, family room, kitchen, and private bedrooms. Easily visible and accessible bathrooms.
- An outside patio for casual dining, opening onto natural ground with wandering paths.

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

National Mental Health Association

1.800.969.6642

www.nmha.org

Contributing Members of the Effingham County MHASI Advisory Group

Addus HealthCare www.addus.com
CEFS Golden Circe Nutrition Program www.cefseoc.org
Center for Senior Renewal, Clay County Hospital
www.claycountyhospital.org
ECCOA Senior Protective Services www.eccoa.info
Effingham County Committee on Aging, Senior Center
www.eccoa.info
Effingham County Health Department www.co.effingham.il.us
Heartland Human Services www.heartlandhs.org
Helen Matthes Library www.effinghamlibrary.org
Midland Area Agency on Aging www.midlandaaa.org
ReschSiemer Law Office, LLC. www.reschsiemer.com
St. Anthony's Memorial Hospital & Home Care
www.stanthonyshospital.org

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, 2009. 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:
Caregiver Advisor at 1.888.560.8805, extension 1062
Gero-Psych Specialist at 1.888.560.8805, extension 1046*

