

# **Caregiver Resource Guide to Older Adult Services**

**Fayette County, Illinois**

**2009 Edition**



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

1. What is the difference between intermediate and skilled care? See page 30 for nursing care options.
2. I need a break from caregiving. Where do I turn? See Respite on page 34.
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 12; or Other Local Resources pages 39-43.
4. My parents can't afford their medicine. Where can they turn for help? See Energy/Financial Needs pages 15-18.
5. I don't feel comfortable bathing my parent. What help is available? See In-Home Services pages 25-26.
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 15-18 and Food/Meals pages 19-22.
8. My complaints to nursing home staff aren't getting mom better care. Where do I turn? See Ombudsman Program on page 31.
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 & 16. \*

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.

*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.*

# Table of Contents

Page #	Subject
2.....	Common Questions & Where to Find Help
4.....	Adult Day Services
5-7.....	Case Management Services
8-9.....	Emergency Home Response Systems
10-14...	Emotional Needs/Counseling
15-18...	Energy/Financial Needs
19-22...	Food/Meals
23-24...	Home Health Care Agencies
25-26...	In-Home Services
27.....	Hospice
28-31...	Housing Options
32-33...	Medical Equipment
34.....	Respite
35-37...	Support Groups
38.....	Transportation
39-43...	Other Local Resources
44.....	Notes/Additional Resources
45.....	Toll-Free Numbers and Web Pages

## **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.



### Friendship Manor

221 E. Cumberland Rd.

St. Elmo, IL 62458

618.829.5581

### Sweetbriar Retirement Home

410 Sunset Dr.

Vandalia, IL 62471

618.283.9816

### Vandalia Rehabilitation & Health Care Center

1500 W. St. Louis Ave.

Vandalia, IL 62471

618.283.4262

## 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	618.244.0331
Blind Service	618.244.2650
TDD only	618.244.0339

### Persons with Brain Injury

Illinois Dept. 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.

Effingham, IL 62401

217.342.5521

(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*).

### ECCOA Senior Services of Fayette County

109 S. Fifth St.

Vandalia, IL 62471

618.283.4122

Toll-free: 1.866.618.4122

- 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).
- Information & assistance to available resources.
- Assistance with Medicare Prescription Drug Program Applications \* and Circuit Breaker applications.
- Volunteer money management.
- Legal representatives.
- ITAC Center for free tty's and amplified telephones.

## **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 Fayette County:**

#### EHRS Healthcom

1600 W. Jackson St.  
Sullivan, IL 61951

Toll-Free: 1.800.525.6237

#### St Anthony's Memorial Hospital Home Care

503 N. Maple St.  
Effingham, IL 62401

217.347.1777  
Toll-Free: 1.800.551.6566

#### Lincolnland Home Care

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

217.345.1033  
Toll-Free: 1.800.879.321

# 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.

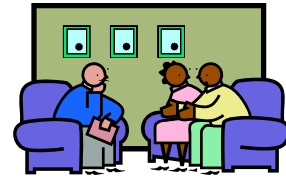
### ECCOA Senior Services of Fayette County

109 S. Fifth St.  
Vandalia, IL 62471

618.283.4122



## Emotional Needs/Counseling:



### Catholic Charities (St. Joseph Outreach)

E. Main St.  
Ramsey, IL 62080

618.423.2424

- Home visitation and some pastoral care are available.

### Center for Senior Renewal

*(Fayette County Hospital & Long Term Care)*

802 N. Eighth St.  
Vandalia, IL 62471

618.283.1731

- Provides outpatient group, individual and family counseling for persons 60+ years of age suffering from depression, anxiety, life difficulties and mental problems.
- Provides psychiatric services for population defined above.
- Medicare covered services.
- Transportation to and from these services.
- Services provided for residents of Fayette County and those within a 30 mile radius of Vandalia.

### Family Life Consultants

1404 N. Fifth St.  
Vandalia, IL 62471

618.283.2883

- Provides individual, couple, family and child counseling.
- Periodically offers group workshops on parenting, sex offender, anger management, etc.
- Works with schools—Individualized Education Planning (IEP) and wrap around meetings.

# Emotional Needs/Counseling continued...

## Community Resource Center

421 W. Main St.  
Vandalia, IL 62471

618.283.4229

- Outpatient counseling services for emotional difficulties, eating disorders, marital problems, depression, anxiety, suicide prevention, and serious mental illnesses (individual, group and family).
- Representative Payee Services – for open clients.
- Alcohol/Substance Abuse and/or Dependency counseling services (individual, group and family).
- DUI Services – evaluations & risk reduction education available at Centralia office.
- Psychiatric services are available at the Centralia office by referral from Community Resource counselors.
  
- **24-Hour Crisis Line** **618.533.1391**
  - Professionally trained staff members are available 24 hours a day, 7 days a week and are prepared to respond to people in crisis situations. Confidentiality with all crisis line contacts is assured.

## Pathways Baptist Children's Home & Counseling Center

Rehoboth Baptist Association  
Route 185 & Airport Rd.  
Vandalia, IL 62471

618.283.0842

- Provides counseling services for all ages. Sliding fee scale.

# Emotional Needs/Counseling continued...

## Heartland Human Services

1200 N. Fourth 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 36).
- Respite (short term relief to primary caregiver from caregiving duties) is available to family caregivers in Fayette County.

### **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.

## 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 & counseling.

### People Against Violent Environments (PAVE)

P.O. Box 342

Centralia, IL 62801

618.533.7233

Toll-Free: 1.800.924.8444

- Provides support to domestic violence victims and their dependent children.
- Provides court advocacy and assistance with orders of protection.
- Emergency shelter.
- Provides individual and group support.
- 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.

## Emotional Needs/Counseling continued...

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

1410 Sunset Dr., Ste. G  
Vandalia, IL 62471

618.283.1414

- Provides crisis counseling and advocacy for sexual assault victims and family emergencies.
- Provides educational programs on bullying and body safety.
- Provides many prevention programs.
- Serves Bond, Clay, Clinton, Effingham, Fayette, Marion & Washington Counties.
- **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 *(serves Fayette County)*

1108 S. Willow St., Ste. 3

Effingham, IL 62401

217.342.4344

- Hours: Tuesday & Thursday from 9:00 a.m. – 2:00 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.

### 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

E. Main St.

Ramsey, IL 62080

618.423.2424

- Open Wednesdays 9:30 a.m. – 3:00 p.m. Other days contact a case worker at the Effingham office—  
217.857.1458.
- Emergency assistance with food, utilities, rent, & medicines.

## Energy/Financial Needs continued...

### CEFS – Fayette County Outreach Office

517 W. Gallatin  
Vandalia, IL 62471

618.283.2631

- *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. Rental homes are eligible but specific 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. \*
- Budget & housing counseling.
- Information and Referral to other agencies.
- CSBG (Community Services Block Grant) Crisis Intervention.

### 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 — 618.283.2631  
ECCOA Senior Services — 618.283.4122

## Energy/Financial Needs continued...

### DHS Family Community Resource Center of Fayette County

*(Formerly known as the Illinois Dept. of Human Services or the Dept. of Public Aid)*

228 W. Johnson St.

Vandalia, IL 62471

618.283.2607

- 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.

### Heartland Human Services

1200 N. Fourth St.

Effingham, IL 62401

217.347.7179

Toll-Free: 1.888.560.8805 ext. 1062

- *Funds available for emergency situations* that will help 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.

### Salvation Army (Fayette County)

c/o First United Methodist Church

127 N. Fourth St.

Vandalia, IL 62471

618.283.3684

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

## Energy/Financial Needs continued...

### 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](http://www.socialsecurity.gov) to complete an online retirement application.

### USDA Rural Development

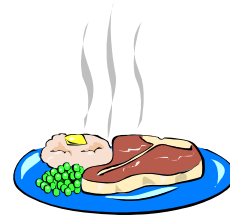
2701 S. Banker St., Ste. 103A  
Effingham, IL 62401

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** are available to those within Fayette County. Suggested donation is \$2.50.  
*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.*

#### American Legion Hall

429 E. Fifth St.  
Ramsey, IL 62080

618.423.9094

#### Fayette County Senior Center

616 W. Jackson  
Vandalia, IL 62471

618.283.1040

- **Restaurant Program**

Meals are served 11 a.m. – 1 p.m., Monday & Wednesday. Suggested donation \$4.00/meal. Meals at restaurant site can also be home delivered—suggested donation \$2.50/meal.

#### The Good Ole Days Family Diner

365 W. Cumberland Rd.  
Brownstown, IL 62418

618.427.5352

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

### Friendship Manor

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

618.829.5581

- Deliver noon meals within a 5-mile radius of St. Elmo.
- Meal available Monday – Friday, except holidays.
- Cost is \$3.00 per meal, no special diets.
- Call at least a day ahead of time to arrange delivery.

### Golden Years Club

120 First St.  
Brownstown, IL 62418

618.427.3769

- Potluck every second and fourth Tuesday of the month.

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

### CEFS Fayette County Food Pantry

517 W. Gallatin  
Vandalia, IL 62471

618.283.2631

- Open Monday – Friday 9 a.m. – 4 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 Joe Williams @ 618.245.6677.

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

### **Food Pantries continued...**

#### St. Joseph's Catholic Church

118 Main St.

Ramsey, IL 62080

618.423.2424

- Open Wednesdays 9:30 a.m. – 12:30 p.m.

#### Food Distribution Outreach

Hwy 40 & I-70

Brownstown, IL 62418

618.427.3737

- Hosted by Community Outreach and the Road Angel.
- Food distributed the 1st Wednesday of month 9 a.m. – noon. Please bring a box.

Angel Food Ministries – non-profit, non-denominational organization dedicated to providing grocery relief and financial support to communities throughout the U.S. Angel Food's groceries are sold in a quantity that can fit into a medium sized 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. Link Cards are accepted. For a provider near you, visit [www.angelfoodministries.org](http://www.angelfoodministries.org).

#### United Methodist Church of Brownstown

102 E. Maple St.

Brownstown, IL 62418

618.427.3775

# Food/Meals continued...

## Angel Food Ministries continued...

### First Christian Church

U.S. Route 40  
St. Elmo, IL 62458

618.829.9757

### Agape Word Fellowship

Hillsboro Rd. & Janette Dr.  
Vandalia, IL 62471

618.267.3613  
618.283.2277



**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.  
Mt. Vernon, IL 62864

618.244.0934  
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.

Fayette County Health Department Home Health Care

509 W. Edwards  
Vandalia, IL 62471

618.283.1044

- Services: Nursing, wound & ostomy specialist, certified home health aides, physical, occupational, & speech therapy, licensed clinical social worker.
- Health Support – private pay.

## Home Health Care Agencies continued...

### 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.

### BJC Home Care Services

3535 College Ave.  
Alton, IL 62002

618.283.6050

- Contact the number above on Fridays – Vandalia office.

# In-Home Services:

## Addus HealthCare

### **In-Home Support Services** (for those 60 & above)

128 N. Third St.

Mt. Vernon, IL 62864

618.244.4481

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.

Mt. Vernon, IL 62864

618.244.0934

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.

Salem, IL 62881

618.548.1613

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...**

### Hands Across Illinois

505 E. Fifth St.  
Pana, IL 62557

217.562.7119

- Provide home or hospital care with trained, dependable, caregivers, using cost effective rates.
- Caregivers assist with activities of daily living: shopping, errands, laundry, small household tasks, assistance with non-medical personal care, companionship or sitter.
- Serves Fayette County.

### 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.

**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

509 W. Edwards

Vandalia, IL 62471

618.283.1044 x143

- Serves Fayette County and surrounding 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 Fayette.

Bond County Health Department Hospice

503 S. Prairie St.

Greenville, IL 62246

618.664.1442

- Serves only the western portion of Fayette County.
- Usually referred by Greenville physicians.

# 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

618.349.8735

- Apartments available in 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

### Hanna Apartments

Brownstown, IL 62418

618.427.3911

### J & J Apartments (55+)

710 W. Fletcher  
Vandalia, IL 62471

618.283.4763

### North Pointe Apartments

1502 N. Eighth St.  
Vandalia, IL 62471

618.283.0713

## Housing Options continued...

### Sweetbriar Retirement Home

410 Sunset Dr.

Vandalia, IL 62471

618.283.9816

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

### Vandalia Heights

1928 W. Randolph

Vandalia, IL 62471

618.854.7033

Toll-Free: 1.800.736.8669

### **Supportive Living:**

### Brookstone Estates

1607 W. Fillmore

Vandalia, IL 62471

618.283.9825

- 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.
- All apartments have 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 telephone.

# 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.

### Fayette County Hospital & Long Term Care

(*Skilled Care*)

Seventh & Taylor

Vandalia, IL 62471

618.283.1231

### Friendship Manor

(*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

### Vandalia Terrace

(*Intermediate Care*)

1610 Hillsboro Rd.

Vandalia, IL 62471

618.283.1434

# Residents' Rights in Long Term Care:

## ECCOA Ombudsman Program

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.

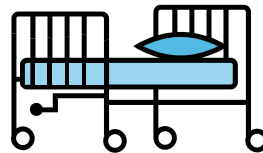


## Medical Equipment:

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 Home Health Care Equipment

730 W. Orchard  
Vandalia, IL 62471

618.283.0800

## Medical Equipment continued...

Cain's Drug Store, Inc.

1401 N. Eighth St.  
Vandalia, IL 62471

618.283.0054

Care Medical Supplies, Inc.

4201 Ilberry Rd.  
Mt. Vernon, IL 62864

618.244.4949

Toll-Free: 1.800.848.1350

InHome Medical of Sarah Bush Lincoln

903 N. Maple St.  
Effingham, IL 62401

217.347.7372

Toll-Free: 1.800.345.3191

LINCARE Inc.

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

217.347.7002

**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.

Friendship Manor 618.829.5581  
Vandalia Rehabilitation & Health Care Center 618.283.4262

Heartland Human Services

Toll-Free: 1.888.560.8805 ext. 1062

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

**In-home Respite**

- Possible provisions—companionship, reading, light housekeeping duties.
- Laundry, meal preparation, assistance with personal care, 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:

#### Grapevine

Family Worship Center

1501 W. Main

Vandalia, IL 62471

- Meets Mondays at 12:00 p.m. (noon) (open)

Fayette County Hospital

Seventh & Taylor

Vandalia, IL 62471

618.283.1231

- Meets Mondays at 8 p.m. (Twelve & Twelve study, open)
- Meets Fridays at 8 p.m. (Big Book study, closed)
- Meets Saturdays at 8 p.m. (closed)

First Baptist Church

Rt. 51 S.

Ramsey, IL 62080

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

Helm DUI Services

716 School St.

Vandalia, IL 62471

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

First Presbyterian Church

1221 W. Filmore St.

Vandalia, IL 62471

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

## Support Groups continued...

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

Centenary Methodist Church

203 S. Grove

Effingham, IL 62401

- Meets Tuesdays at 8 p.m. (closed)

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.

Caregiver Support Group (respite may be arranged—see page 34)

First United Methodist Church

127 N. Fourth St.

Vandalia, IL 62471

618.283.3684

- Meets first Tuesday of month at 3 p.m. – 4 p.m.
- Contact Caregiver Advisor toll-free @ 1.888.560.8805 ext. 1062 for more information.

Grief Support Group

Rainbow Reflections

First United Methodist Church

127 N. Fourth St.

Vandalia, IL 62471

- Meets **September through May**. Confirm by calling Mary @ 618.283.3176
- Meets first & third Tuesdays from 6 p.m. – 7 p.m.
- Meets second & fourth Tuesdays from 9 a.m. – 10 a.m.

## **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.

- To find a group near you, call toll-free: 1.888.741.4769

### Multiple Sclerosis (MS) Support Group

Fayette County Hospital—Conference Room

Seventh & Taylor

Vandalia, IL 62471

618.283.1231

- Meets third Wednesday of month from 12 p.m. – 1 p.m.

### Narcotics Anonymous

St. Elmo More Hugs No Drugs

Phillips Building

Rte. 40

St. Elmo, IL 62458

- Meets Wednesdays at 8 p.m.

### Neurological Support Group

Fayette County Hospital—Conference Room

Seventh & Taylor

Vandalia, IL 62471

618.283.1231

- Meets the last Monday of each month from 1 p.m. – 2 p.m.
- Contact Charlene for more information— 618.283.4633

## **Transportation:**

### Area Medi-Van, Inc.

420 Livingston Ave.

Livingston, IL 62058

Toll-Free: 1.888.511.5454

- Serves Bond, Fayette, Macoupin, Madison, & Montgomery Counties.
- Wheelchair accessible.

### Addus HealthCare

Assisted Care Services

1 Crownview Dr.

Mt. Vernon, IL 62864

618.244.0934

Toll-Free: 1.866.687.9639

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

### CEFS Central Illinois Public Transit

CEFS Fayette County Outreach Office

517 W. Gallatin

Vandalia, IL 62471

618.283.2631

- Provides a door-to-door demand/response service requiring advance reservation. Lift-equipped & ramped vehicles.
- Service available Monday-Friday from 8:30 a.m. – 4:30 p.m.
- Call for cost details. Toll-Free: 1.800.283.3213

### Helping Hands Incorporated

512 W. Main St.

Belleville, IL 62220

618.239.9900

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

## Other Local Resources:

### Brownstown Branch of St. Elmo Public Library District

114 A. Main St.

Brownstown, IL 62418

618.427.3853

#### **Services Available:**

- Homebound delivery.
- Internet access.
- Non-resident library cards available.

### Evans Public Library District

215 S. Fifth St.

Vandalia, IL 62471

618.283.2824

#### **Services Available:**

- Local caregiver resource center with access to books and videos on caregiving. Caregiver Advisor is available the first Thursday of each month by appointment (1.888.560.8805 ext. 1062).
- Adult reading program.
- Homebound delivery.
- Internet access.
- Magnification machine available.
- Non-resident library cards available.

### Ramsey Public Library

401 S. Superior

Ramsey, IL 62080

618.423.2019

#### **Services Available:**

- Internet access.
- Non-resident library cards available.

## Other Local Resources continued...

### St. Elmo Public Library District

311 W. Cumberland Rd.

St. Elmo, IL 62458

618.829.5544

#### **Services Available:**

- Homebound delivery.
- Internet access.
- Magnification machine.
- Non-resident library cards available.
- Senior computer classes (computers with magnification screens).
- Senior game day monthly during winter.

### 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 Fayette County at ECCOA Senior Services of Fayette County.
- For an appointment call: 618.283.4122

### Midland Area Agency on Aging

434 S. Poplar P.O. Box 1420

618.532.1853

Centralia, IL 62801

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 advocate on behalf of senior citizens, and disseminate information.

## Other Local Resources continued...

### Southern Illinois Talking Book Center

Shawnee Library System

607 S. Greenbriar Rd.

Carterville, IL 62918

Toll-Free: 1.800.455.2665

#### **Services Available:**

1. Free library providing books and magazines on cassette and Braille, descriptive videos, and other services FREE to individuals of any age who meet the qualifying guidelines list below:
  - a. Have a vision impairment which makes it very difficult or impossible to read printed material.  
—OR—
  - b. Have a physical limitation which makes it very difficult or impossible to hold a book and/or turn pages.  
—OR—
  - c. Have a reading disability (such as dyslexia) which makes it very difficult or impossible to read printed material (based on a medical doctor's diagnosis).
2. Service is also available to organizations and residential facilities, such as nursing homes, in-home-care agencies, and senior citizen centers, who serve print-impaired individuals.

### Tri-Star Medical

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  
321 S. Seventh St.  
Vandalia, IL 62471 618.283.4319
- Community Based Outpatient Clinic  
1901 S. Fourth 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.

### Illinois Guardianship & Advocacy Commission

Metro East Regional Office

Pine Cottage

4500 College Ave., Ste. 100

Alton, IL 62002-5051

618.474.5503

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

## Other Local Resources continued...

### CARE Consortium (HIV/AIDS Services)

St. Clair County Health Department  
#19 Public Square, Ste. 150  
Belleville, IL 62220

618.233.7703

- Serves: Fayette and Marion Counties.

### Illinois Assistive Technology Program

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

217.522.7985

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



## Toll Free Numbers and Web Pages...

AARP

1.888.687.2277

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

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

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

Alzheimer's Association

1.800.272.3900

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

Alzheimer's Disease Education and Referral (ADEAR) Center

1.800.438.4380

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

Caring Today

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

Elder Abuse

1.866.800.1409

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

Eldercare Locator

1.800.677.1116

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

Geriatric Mental Health Foundation

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

National Alliance for Caregiving

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

National Council on the Aging

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

National Family Caregivers Association

1.800.396.3650

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

National Institute of Mental Health

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

National Institute on Aging

1.800.222.2225

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

National Mental Health Association

1.800.969.6642

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

## **Contributing Members of the Fayette County MHASI Advisory Group**

CEFS Outreach Office [www.cefseoc.org](http://www.cefseoc.org)  
Center for Senior Renewal, Fayette County Hospital & LTC  
[www.fayettecountyhospital.org](http://www.fayettecountyhospital.org)  
Community Resource Center  
ECCOA Senior Protective Services [www.eccoa.info](http://www.eccoa.info)  
ECCOA Senior Services of Fayette County [www.eccoa.info](http://www.eccoa.info)  
Evans Public Library District [www.epl.lib.il.us](http://www.epl.lib.il.us)  
Heartland Human Services [www.heartlandhs.org](http://www.heartlandhs.org)  
Midland Area Agency on Aging [www.midlandaaa.org](http://www.midlandaaa.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 Fayette 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*

