

Caregiver Resource Guide to Older Adult Services

Clay County, Illinois

2010 Edition



Common Questions & Where to Find Help...

1. What is the difference between intermediate and skilled care? See page 26 for nursing home care options.
2. I need a break from caregiving. Where do I turn? See Respite on page 29.
3. I just started caring for my parents. I need some direction. Where do I start? See Case Management Services on pages 5-8; Caregiver Support page 11; or Other Local Resources pages 34-36.
4. My parents can't afford their medicine. Where can they turn for help? See Energy/Financial Needs pages 13-15.
5. I don't feel comfortable bathing my parent. What help is available? See In-Home Services page 22-23.
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 13-15 and Food/Meals pages 16-18.
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 Senior Protective Services.
10. Medicare Prescription Drug Program? See pages 6, 7 & 13, and 34. *

This Guide was written and disseminated by the Clay 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 |
| 5-8..... | Case Management Services |
| 9..... | Emergency Home Response Systems |
| 10-12... | Emotional Needs/Counseling |
| 13-15... | Energy/Financial Needs |
| 16-18... | Food/Meals |
| 19-21... | Home Health Care Agencies |
| 22-23... | In-Home Services |
| 24..... | Hospice |
| 25-26... | Housing Options |
| 27-28... | Medical Equipment |
| 29..... | Respite |
| 30-32... | Support Groups |
| 33..... | Transportation |
| 34-36... | Other Local Resources |
| 37..... | 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, 2010 open enrollment for 2011 begins. Sign up by December 31, 2010 and coverage begins January 1, 2011.

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.



Flora Gardens Care Center

701 Shadwell Ave.

Flora, IL 62839

618.662.8361

Flora Rehabilitation and Health Care Center

232 Given St.

Flora, IL 62839

618.662.8381

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 | 618.395.2147 |
| Blind Service | 217.875.4866 |
| TDD only | Toll-Free: 1.888.472.0926 |

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

(A division of Effingham County Committee on Aging)

Toll-Free: 1.800.283.4070
618.662.8109

- 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 Senior Services of Clay County (see *below*).

Senior Services of Clay County

(A division of Effingham County Committee on Aging)

832 W. North Avenue C-2

Flora, IL 62839

618.662.7304

- 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.
- Insurance counseling.
- Volunteer money management.
- Legal representatives.

Case Management Services continued...

Arbors West

(A division of Southeastern Illinois Counseling Centers, Inc.)

901 W. 3rd St.

Flora, IL 62839

618.662.2871

- Provides community support case management services for those ages 18 and older.
- Eligibility requirement: Must have a persistent mental illness.
- Services include: Mental health assessments, individual counseling, home visits, life skills development, peer support and socialization.

Clay County Health Department

Medication Education/Management Program

(A program funded by Midland Area Agency on Aging)

601 E. 12th St.

Flora, IL 62839

618.662.4406

- Provides medication education/management to anyone 60 years of age or older who is having trouble with her/his medication regimen.
- Provider is a registered nurse and donations are accepted for the service.
- Referrals are accepted via phone call.
- Serves the following counties: Clay and Marion.

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 Clay County:

Clay County Hospital

911 Stacy Burk Dr.
Flora, IL 62839

- Contact the EMT's @ 618.662.2131

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 aids to determine eligibility for the Emergency Home Response System program funded by the Illinois Department on Aging.

ECCOA Senior Services of Clay County

832 W. North Avenue C-2
Flora, IL 62839

618.662.7304



Emotional Needs/Counseling:



Center for Senior Renewal

Clay County Hospital
911 Stacy Burk Dr.
Flora, IL 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.

Family Counseling Center (SICCI)

901 W. 3rd St.
Flora, IL 62839

618.662.2871

- Outpatient counseling services are available to assist individuals with a variety of mental, emotional, behavioral and social problems. Trained therapists work to help individuals resolve problems and improve social skills.
- Substance abuse programs include early intervention, outpatient counseling, intensive outpatient counseling, and case management.
- *24- Hour Crisis Line* provides support and assistance to help callers cope with emergency situations.

618.395.5026

TDD: 618.392.5507

Emotional Needs/Counseling continued...

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 30).
- Respite (short term relief to primary caregiver from caregiving duties) is available to family caregivers in Clay 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...

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

1108 S. Willow

Effingham, IL 62401

217.342.6623

- 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:

CEFS - Clay County Outreach Office

835 W. North Ave.

Flora, IL 62839

618.662.4024

- *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* – specific requirements exist.
- Emergency Food and Shelter – 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.

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 — 618.662.4024
Senior Services (must be over 60) — 618.662.7304

DHS Family Community Resource Center of Clay County

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

850 Bryant St.

Louisville, IL 62858

618.665.3391

- Food stamps available, based on assets and income.
- Medical assistance available, based on assets and income.
- Help available to people of all ages.

Energy/Financial Needs continued...

Heartland Human Services

1200 N. 4th 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.

Social Security Administration (local offices)

1207 Network Centre, Ste. 2

Effingham, IL 62401

217.347.7186

Federal Building

105 S. 6th St.

Mt. Vernon, IL 62864

618.242.2566

- 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

821B S. West St.

Olney, IL 62450

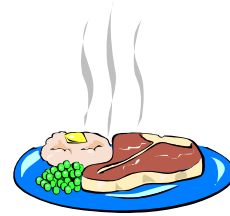
618.392.7141

- 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 Clay, Edwards, Lawrence, Richland, Wabash, & Wayne Counties.



Food/Meals:

CEFS Golden Circle Nutrition Program



- **Home delivered meals** available to those within Flora, Louisville, Hord, Clay City, and Sailor Springs and surrounding areas. Call the Golden Circle Nutrition site listed below in your area to find out the cost and to sign up. Suggested donation is \$2.50. *Reservations required one day in advance.*
- **Congregate meals** are available at the following Golden Circle Nutrition sites Monday through Friday, except on major holidays. Call the Center in your area to find out the cost and make your reservation. Suggested donation is \$2.25. *Reservations required one day in advance.*

Clay City Golden Circle

Community Building

2nd St.

Clay City, IL 62824

618.676.1591

Flora Golden Circle

Flora Senior Citizens Building

218 S. Main St.

Flora, IL 62839

618.662.6741

Louisville Golden Circle

165 Broadway St.

Louisville, IL 62858

618.665.3372

- **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.

Ingraham Café

2574 Ingraham Ln.

Ingraham, IL 62434

618.752.5200

Food/Meals continued...

Food Pantries (contact information provided, call for details)

Clay County Ministerial Alliance Food Pantry

1101 Austin Ave.

Flora, IL 62839

- Hours: Monday 9 a.m. – 11 a.m.

Oak Street Baptist Church

633 E. 3rd St.

Flora, IL 62839

618.662.7216

Higher Expectations/Caring Communities

P.O. Box 46

Ingraham, IL 62434

618.752.5820

Community Church of Xenia

323 W. 3rd St.

Xenia, IL 62899

618.678.2837

Miscellaneous

Community of Christ Church

751 Shadwell

Flora, IL 62839

618.662.8088

- Free meal the last Monday of each month.

Mike's Food Market

133 N. Church

Louisville, IL 62858

618.665.3151

- Home delivery of groceries in the Louisville area.
- Phone for ordering information and the charge.

Food/Meals continued...

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 size box at \$30 per unit (box). Each month's menu is different than the previous and consists of both fresh and 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.com.

Assembly of God Church

730 Seminary St.
Flora, IL 62839

618.662.4924
618.622.4291



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 nurse assistants, physical, occupational, & speech therapy, medical social worker.
- Specialties: Pulmonary rehabilitation, orthopedics, wound care specialist, infusion therapy, private case management.

Advantage Home Health

801 S. West St.

Olney, IL 62450

618.392.4624

- Services: Nursing, certified nurse assistants, physical, occupational, & speech therapy, medical social worker.
- Specialties: Orthopedics, wound care specialist, infusion therapy, diabetic care, ostomy and continence care.

Fairfield Memorial Hospital Home Health

(Only covers small part of Clay County South of Rt. 50 and 250)

303 N.W. 11th St.

Fairfield, IL 62837

618.842.4049

- Services: Nursing, physical, & speech therapy.
- Specialties: Wound care specialist, infusion therapy.

Home Health Care Agencies continued...

Clay County Home Health (Health Department)

601 E. 12th St.

Flora, IL 62839

618.662.4406

- Services: Nursing, certified nurse assistants, physical, occupational, respiratory & speech therapy, medical social worker.
- Specialties: Pulmonary and orthopedic rehabilitation, wound vac certified, PIC line certified, in-home dialysis certified, infusion therapy, diabetic educator, ostomy and continence care, medication monitoring/education program.

Hamilton Memorial Home Health Agency

(Only covers small part of Clay County South of Rt. 50)

112 S. Washington P.O. Box 429

McLeansboro, IL 62859

618.643.4415

- Services: Nursing, physical, & occupational therapy.
- Specialties: Wound care specialist, infusion therapy.

Lincolnland Home Care of Sarah Bush Lincoln

700 Broadway Ave. E., Ste. 9

Mattoon, IL 61938

217.345.1033

Toll-Free: 1.800.879.3212

- Services: Nursing, certified nurse assistants, physical, occupational & speech therapy, medical social worker.
- Specialties: Diabetic care, ostomy continence care, infusion therapy, orthopedics, wound care specialist, private case management.
- Licensed to serve the counties of Douglas, Moultrie, Coles, Edgar, Shelby, Cumberland, Clark, Fayette, Effingham, Jasper, Crawford, Clay and Richland.

Home Health Care Agencies continued...

Richland Memorial Home Health Services

218 E. Main St.

Olney, IL 62450

618.395.1068

- Services: Nursing, certified nurse assistants, physical, occupational, & speech therapy, medical social worker.
- Specialties: Diabetic care, ostomy continence care, infusion therapy, orthopedics, wound care specialist, infusion therapy, private case management.

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.

VNA Tip

(Covers Only a Small Part of Clay County)

Central Intake in Centralia

1809 W. McCord St.

Centralia, IL 62801

618.533.2781

Toll-Free: 1.800.642.6099

- Services: Nursing, certified nurse assistants, physical, occupational, & speech therapy, medical social worker.
- Specialties: Diabetic care, ostomy continence care, infusion therapy, orthopedics, wound care specialist, private case management, private sitters.

In-Home Services:

Addus HealthCare

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

128 N. 3rd 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.
- Serves: Clay, Effingham, Fayette, Jefferson, and Marion Counties.

In-Home Services continued...

Help at Home, Inc.

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

- Services: Personal care, light housekeeping, laundry, meal preparation, errands/transportation, and companionship.
- Serves: Clay, Effingham, Fayette, Jefferson, and Marion Counties.

Omega Home HealthCare, LLC.

224 W. Noleman St. 618.545.0733
Centralia, IL 62801 Toll-Free: 1.888.270.7795

- Services: Personal care, light housekeeping, laundry, meal preparation, errands/transportation, and companionship.
- Serves: Clay, Effingham, Fayette, Jefferson, and Marion Counties.

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.

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, & 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 Clay.

Housing Options:



Apartments/Rental Properties:

Chamber of Commerce

122 N. Main St.
Flora, IL 62839

618.662.5646

- List of Rental Houses

Clay County Housing Authority

County Office
201 S. Locust
Flora, IL 62839

618.662.5311

Village Green Apartments

811 Meadow Dr.
Flora, IL 62839

618.662.8199

Zink's Apartment Rental Property

150 Rte. 45 S.
Louisville, IL 62858

618.665.4083

Supportive Living:

Heritage Woods of Flora

1003 W. 4th St.
Flora, IL 62839

618.662.4599

- Live in your own private apartment.
- Receive the personal assistance you need.
- Availability of three meals a day, housekeeping, and laundry services.
- Enjoy companionship of friends and neighbors.
- Participate in social, recreational, & educational activities.
- Phone them to learn more about costs.

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. Provision of structured ongoing daily activities.

Flora Gardens Care Center

(Skilled & Intermediate Care; Construction of Alzheimer's Dementia Unit beginning in 2009)

701 Shadwell Ave.

Flora, IL 62839

618.662.8361

Flora Rehabilitation & Health Care Center

(Skilled & Intermediate Care)

232 Given St.

Flora, IL 62839

618.662.8381

Residents' Rights in Long Term Care:

ECCOA Ombudsman Program

209 S. Merchant St.

Effingham, IL 62401

Toll-Free: 1.800.283.4070

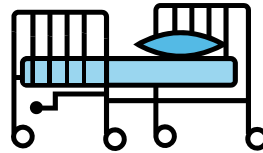
- Provides advocacy to residents age 60 or older in licensed homes – nursing, supportive, and assisted.
- Is a confidential listener to the problems and concerns of residents.
- Informs residents of their rights.
- Assists in solving problems, if requested.

Home 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

InHome Medical of Sarah Bush Lincoln

903 N. Maple St.
Effingham, IL 62401

217.347.7372

Toll-Free: 1.800.345.3191

Home Medical Equipment continued...

LINCARE

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

217.347.7002

Sav-Mor Pharmacy

121 W. North Ave.
Flora, IL 62839

618.662.9470

Thrifty Home Medical

100 W. North Ave.
Flora, IL 62839

618.662.9404

Toll-Free: 1.888.662.9404

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.

| | |
|---|--------------|
| Flora Gardens Care Center | 618.662.8361 |
| Flora Rehabilitation & Health Care Center | 618.662.8381 |

Heartland Human Services

Toll-Free: 1.888.560.8805 ext. 1062

Caregiver Advisor assesses family caregiving situations and determines eligibility for respite. In Clay 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. 3rd St. in Mt. Vernon.

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

Alcoholics' Anonymous

First Baptist Church (use rear door)
203 E. 3rd St.
Flora, IL 62839

- Meets Mondays at 7 p.m.
- For more information, call 618.676.4593

First Church of Olney
1401 N. Silver St.
Olney, IL 62450

- Meets Tuesdays and Thursdays 7 p.m.
- For more information, call 618.393.7436

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

Flora Wednesday Nite Group
Clay County Rehabilitation Center
530 W. 4th St.
Flora, IL 62839

- Meets Wednesdays at 8 p.m.

Richland County Al-Anon
Richland Memorial Hospital
800 E. Locust St.
Olney, IL 62450

- Meets Sundays at 7 p.m.

Support Groups continued...

Alzheimer's Association Support Group

Flora Public Library (respite may be arranged—see page 28)
216 N. Main St.
Flora, IL 62839

- Meets fourth Tuesday of every other month at 3:30 p.m. – 4:30 p.m. in the community room.
- 2010 meetings: **Jan., March, May, July, Sept., & Nov.**
- Phone the Caregiver Advisor: 1.888.560.8805 ext. 1062.

Caregiver Support Group (respite may be arranged—see page 28)

Flora Public Library
216 N. Main St.
Flora, IL 62839

- Meets fourth Tuesday of every other month at 3:30 p.m. – 4:30 p.m. in the community room.
- 2010 meetings: **Feb., April, June, Aug., & Oct.**
- Phone the Caregiver Advisor: 1.888.560.8805 ext. 1062.

Clay County Cancer Support Group

Clay County Hospital
911 Stacy Burk Dr.
Flora, IL 62839 618.662.2131

- Meets fourth Monday of March, June, and September at 7 p.m. in the conference room.
- Contact Jacquie Slover for more info — 618.662.4187

Clay County Diabetic Support Group

Clay County Hospital
911 Stacy Burk Dr.
Flora, IL 62839 618.662.2131

- Meets third Tuesday of month from 7 p.m. – 8 p.m. in the conference room.

Support Groups continued...

Grief Support Group

YANA – You Are Not Alone

American Dreams Realty

108 E. North Ave.

Flora, IL 62839

618.662.2476

- Meets last Tuesday of month at 5:30 p.m.
- Contact Donna Mason for more info — 618.839.3106

Heart Support Group

Clay County Hospital

911 Stacy Burk Dr.

Flora, IL 62839

618.662.2131

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

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

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

Narcotics Anonymous

Potter House Ministries (Across from West Lawn Cemetery)

Rt. 33

Newton, IL 62448

- Meets every Monday of month at 7 p.m.

Parkinson's Disease Support Group

Sarah Bush Education Center

1000 Health Center Dr.

Mattoon, IL 61938

217.258.4040

- Meets in April, May, June, July, August, September, & October. Call for date/time.

Transportation:

Addus HealthCare

Assisted Care Services

1 Crownview Dr.

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 Clay County and many other counties.

AMES (Air & Medical Emergency Services)

3340 Selmaville Rd.

Salem, IL 62881

618.548.0001

- Transports residents who live in Clay County to doctors appointments only.
- Accepts Medicaid.

CEFS—Central Illinois Public Transit

(Schedule available. Must phone ahead. Fares vary.)

Clay County Outreach Office

835 W. North Ave.

Flora, IL 62839

618.662.4024

Toll-Free: 1.800.284.0111

Express Taxi – serving Flora and surrounding areas.

618.662.2100

Other Local Resources:

Flora Public Library

216 N. Main St.
Flora, IL 62839

618.662.6553

- Serves as a local resource center with access to books and videos on caregiving. Caregiver Advisor is available the fourth Tuesday of each month by appointment (1.888.560.8805 ext. 1062).

Land of Lincoln Legal Assistance Foundation, Inc.

- Services: Free legal services (certain guidelines apply) including Powers of Attorney and Living Wills.
- Representative is available at least once a month in Clay County at Senior Services in Flora.
- For an appointment call: 618.662.7304

Midland Area Agency on Aging

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:
 - Determines the service needs of senior citizens.
 - Develops programs.
 - Provides funding to local community agencies.
 - Develops other resources.
 - Advocates on behalf of senior citizens.
 - Senior insurance counseling.
 - Assistance with Medicare Prescription Drug Applications * and Circuit Breaker Applications.

Other Local Resources continued...

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.

Illinois Department of Veterans' Affairs

- Veterans Assistance Commission
600 E. Main St., Ste. 5
Salem, IL 62881 618.548.6929
- 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, shopping, transportation, 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.

Other Local Resources continued...

CARE Consortium (HIV/AIDS Services)

Champaign-Urbana Public Health District

Satellite Office:

2003 S. Banker St., Ste. B

Effingham, IL 62410

217.342.7177

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

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

Toll Free Numbers and Web Pages...

AARP

1.888.687.2277

www.aarp.org

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

www.aoa.gov

Alzheimer's Association

1.800.272.3900

www.alz.org

Alzheimer's Disease Education and Referral (ADEAR) Center

1.800.438.4380

www.nia.nih.gov/alzheimers

Caring Today

www.caringtoday.com

Elder Abuse

1.866.800.1409

www.ncea.aoa.gov

Eldercare Locator

1.800.677.1116

www.eldercare.gov

Geriatric Mental Health Foundation

www.gmhfonline.org

National Alliance for Caregiving

www.caregiving.org

National Council on the Aging

www.ncoa.org

National Family Caregivers Association

1.800.396.3650

www.nfcacares.org

National Institute of Mental Health

www.nimh.nih.gov

National Institute on Aging

1.800.222.2225

www.nia.nih.gov

National Mental Health Association

1.800.969.6642

www.nmha.org

Contributing Members of the Clay County MHASI Advisory Group

Center for Senior Renewal, Clay County Hospital
www.claycountyhospital.org

Clay County Health Department www.healthdept.org

ECCOA Senior Services of Clay County & Senior Protective Services
www.eccoa.info

Flora Gardens & Flora Rehabilitation & Health Care Center
www.petersenhealthcare.net

Flora Public Library www.florapubliclibrary.org

Heartland Human Services www.heartlandhs.org

Heritage Woods of Flora bma-mgmt.com

Midland Area Agency on Aging www.midlandaaa.org

Southeastern Illinois Counseling Centers, Inc. www.seicc.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 Clay County. It is not the intent of this group to omit providers. Phone numbers, addresses and websites are current as of January 1, 2010. 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*

