

Caregiver Resource Guide to Older Adult Services

Jefferson County, Illinois

2010 Edition



Common Questions & Where to Find Help...

1. What is the difference between intermediate and skilled care? See page 32 for nursing care options.
2. I need a break from caregiving. Where do I turn? See Respite on page 39.
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 47-52.
4. My parents can't afford their medicine. Where can they turn for help? See Energy/Financial Needs page 15-17.
5. I don't feel comfortable bathing my parent. What help is available? See In-Home Services page 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 15-17 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 33.
9. My senior citizen friend is being financially exploited. What do I do? See page 6 for Senior Protective Services.
10. Medicare Prescription Drug Program? See pages 5, 7, 15, & 48. *

This Guide was written and disseminated by the Jefferson 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 services 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, 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.



Addus Evergreen Club (call for a free trial day)

108 N. 3rd St.

Mt. Vernon, IL 62864

618.241.9503

- Services: Transportation to and from the center, specialized Alzheimer's care, activities, meals, shower services, medical services (staff RN or LPN), podiatry.
- Hours: Monday—Friday: 7 a.m. – 5:30 p.m.
Saturday: 8 a.m. – 1 p.m.

Case Management Services:

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

General Information/Home Service	618.244.0331
Jefferson County	618.244.0369
Blind Service	618.244.2650
TDD only	618.244.0339

Opportunities for Access, Center for Independent Living

4206 Williamson Place, Ste. 3

Mt. Vernon, IL 62864 618.244.9212

(v/tty) Toll-Free: 1.800.938.7400

- 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 and amplified phones.
- Trains Personal Assistance and keeps a referral list.

Case Management Services continued...

St. Mary's Good Samaritan Outpatient Social Service Program

605 N. 12th St.

Mt. Vernon, IL 62864

618.241.3452

- Helps people who have difficulty accessing healthcare services and/or paying for long-term medications. Call about referral criteria.
- Provides: Assistance accessing healthcare services; assistance in obtaining medications; assistance obtaining services to pay for healthcare; assistance with Medicaid and Social Security applications and appeals; linkage to other needed resources.

Senior Protective Services

409 Harrison St.

Mt. Vernon, IL 62864

618.242.3556

24 hour Toll-Free: 1.800.283.4070

- Conducts 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 (see page 7).

Case Management Services continued...

Senior Services of Jefferson County

409 Harrison St.

Mt. Vernon, IL 62864

618.242.3505

- 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 **and** Income tax assistance.
- Volunteer money management.
- Legal representatives.
- ITAC Center for free tty's and amplified telephones.
- Support for Grandparents raising Grandchildren.

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.

Lifeline Providers for Mt. Vernon are:

- Herrin Hospital Lifeline 618.942.2171
- Southern Illinois Surgical Appliance Lifeline
618.244.5952
- VNA- TIP Home Care Toll-Free: 1.800.642.6099

Healthcom

618.241.8248

- CareLink which allows anyone living at home to quickly & reliably get help 24/7.

Project Rescue of Jefferson County

- Assists residents who have medical conditions that may cause them to wander.
- Rapid-response partnership between law enforcement & the families of those suffering from Alzheimer's disease & related disorders.
- Within Mt. Vernon City Limits, 618.242.6806
contact Marty Terry, Senior Services Officer.
- Outside Mt. Vernon City Limits, 618.244.8004
contact Sheriff's Department.

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.

Senior Services of Jefferson County

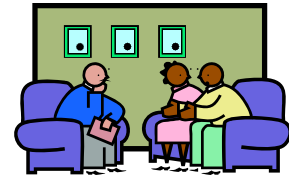
409 Harrison St.

Mt. Vernon, IL 62864

618.242.3505



Emotional Needs/Counseling:



Catholic Social Services of Southern Illinois

219 Withers Dr.

Mt. Vernon, IL 62864

618.244.0344

- 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.

Christian Counseling and Family Services (Main Office)

Central Christian Church

301 N. 10th St.

Mt. Vernon, IL 62864

618.242.4185

- Christian Counseling and Family Services is a ministry of concerned Christian churches and individuals.
- Provides professional counseling from a Christian perspective throughout Southern Illinois.
- Referrals are received from ministers, physicians, and community agencies.

Lutheran Children & Family Services

800 S. 45th St. (Wells Bypass)

Mt. Vernon, IL 62864

618.242.3284

- Individual and family counseling are available. Counselors can help with painful situations like: coping with grief; experiencing stress or persistent dissatisfaction; facing a transition in life, such as retirement.

Emotional Needs/Counseling continued...

Jefferson County Comprehensive Services

Route 37 N.

P.O. Box 428

Mt. Vernon, IL 62864

618.242.1510

- Outpatient counseling services are available to assist individuals with a variety of mental, emotional, behavioral and social problems. Trained counselors work with individuals, couples, and families in resolving problems and improving coping skills. A consulting psychiatrist provides assessment and evaluation in complex cases and is available to prescribe medication as needed.
- Many additional supportive services are available depending on your needs, contact them for more information. Therapy groups are often available (i.e., grief or for bipolar disorders).
- Substance abuse programs include outpatient counseling; DUI services; community education; prevention; detoxification; residential/in-patient treatment.
- **24-Hour Crisis Line** provides support and assistance to help callers cope with emergency situations.

618.242.1546

618.242.1512

GROW

Mt. Vernon, IL 62864

- GROW offers its remedy of Truth, Character, and Friendship. Its Program of Personal Growth, Group Method and Caring and Sharing Community have all been developed by mental sufferers throughout the world. GROW is anonymous, non-denominational and open to all. Meetings are held weekly, last 2 hours, and are followed by refreshments. Groups vary in size from 3 to 15. Call 1.888.741.4769 for a site near you.

Emotional Needs/Counseling continued...

Heartland Human Services

1200 N. 4th St.

Effingham, IL 62401

Toll-Free: 1.888.560.8805

Caregiver Support Program (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 43).
- Respite (short term relief to primary caregiver from caregiving duties) is available to family caregivers in Jefferson County.

Gero-Psych Program (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.

Harmony

Washington County Hospital & Rural Health Clinic

705 S. Grand Ave.

Nashville, IL 62263

618.327.2679

- Individual counseling.
- Individualized group therapy with other senior adults struggling with similar issues.
- Family Therapy.
- Regular communication with family members.
- Regular meetings with assigned case managers.
- Services are available to residents of Washington County and surrounding counties.
- All initial screenings are complimentary.

Emotional Needs/Counseling continued...

Senior Care at Franklin Hospital

205 Bailey Lane

Benton, IL 62812

618.435.4731

- Intensive outpatient counseling program for older individuals struggling with depression, grief/loss issues, anxiety/nervousness, stress, and difficulty adjusting to life/physical changes (such as, a move).
- Eligibility:
 - Individuals must have Medicare as their primary insurance provider.
 - Live within 30 mile radius of Benton, IL.
- Initial Assessment is free.
- Program Staff: Psychiatrist, counselor, nurse and transportation specialist.
- Program Design: Group process with additional individual and family counseling provided.
- Transportation: Provided at no cost.

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.

Emotional Needs/Counseling continued...

Men Challenging Violence (A program of PAVE)

618.533.1391

618.283.4229

Toll-Free: 1.800.924.8444

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



For individual private counselors check the yellow pages of the local phone book—Counselors—

Energy/Financial Needs:

Angels on Assignment

First United Methodist Church

1133 Main St.

Mt. Vernon, IL 62864

618.242.1108

- Call ahead for an appointment. Only available on Fridays.

Catholic Social Services

219 Withers Dr.

Mt. Vernon, IL 62864

618.244.0344

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:
 - Senior Services (60 & over) — 618.242.3505
 - Opportunities for Access — 618.244.9212
 - Sunshine Center — 618.242.7010
 - St. Mary's Good Samaritan — 618.242.3452

DHS Family Community Resource Center in Jefferson County

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

DHS One Stop

333 Potomac Blvd. P.O. Box 1607

Mt. Vernon, IL 62864

618.242.1040

- Food stamps/link cards and medical assistance based on assets and income. Help available for people of all ages.

Victory Christian Church

1719 Broadway

Mt. Vernon, IL 62864

618.242.3338

Energy/Financial Needs continued...

Crosswalk Community Action Agency

(Covers Jefferson County)

410 W. Main St.

West Frankfort, IL 62896

618.937.3581

State-Wide Phone Number Toll-Free: 1.800.252.8643

- *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.
- *Ameren Program* – assists with *special rates relief programs* for Ameren customers.

Salvation Army

1800 Waltonville Rd.

Mt. Vernon, IL 62864

618.244.7135

Social Security Administration (local office)

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...

Sunshine Center (Office Location)

1300 Park Ave.

Mt. Vernon, IL 62864

618.242.7010

- *Warm Neighbors Bill Payment Energy Assistance Program* that runs December 1 – May 31. Income Eligibility Requirements apply. Program funded by Ameren IP. Call the Sunshine Center for days & times when applications are accepted.
- *Warm Neighbors Weatherization Program* that runs from September – May. Income Eligibility Requirements apply. Program funded by Ameren IP. Call the Sunshine Center for days & times when applications are accepted.

Heartland Human Services

1200 N. 4th St.

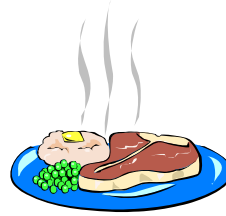
Effingham, IL 62401

Toll-Free: 1.888.560.8805 ext. 1062

- *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.



Food/Meals:



Sunshine Center (Office Location)
1300 Park Ave.
Mt. Vernon, IL 62864

618.242.7010

Meals are served at:

Rose Lane

4216 Rose Lane
Mt. Vernon, IL 62864

- **Home delivered meals** available to those within Mt. Vernon City limits and to those who live in the rural areas of Jefferson County. Call the Sunshine Center to sign up and find out the cost.
- **Congregate meals** are available at the following sites and days. Call the Sunshine Center (618.242.7010) by 2 p.m. one day ahead for your reservation. Ask them about cost or suggested donation as well.

Bonnie Community Building (Thursday & Friday)

Dix Rome Meadows (Monday—Friday)

Ina Community Building (Tuesday & Wednesday)

Rose Lane (Monday—Friday)

Food/Meals continued...

Soup Kitchen

Friendship of Faith Church

12th & Bell

Mt. Vernon, IL 62864

618.244.3430

- Hosts a free, hot, sit down meal provided by area churches on Monday through Friday from 4 – 6 p.m.

Food Pantries (contact information provided, call for details)

Angels on Assignment

1116 Broadway

Mt. Vernon, IL 62864

618.242.1108

Central Christian Church

301 N. 10th

Mt. Vernon, IL 62864

618.242.4185

Epworth United Methodist

401 Main St.

Mt. Vernon, IL 62864

618.242.5394

First Baptist Church of Woodlawn

301 N. Central

Woodlawn, IL 62898

618.735.2191

Lively Stone Apostolic Church

1700 Oakland Ave.

Mt. Vernon, IL 62864

618.242.7127

Long Prairie Baptist Church of Belle Rive

RR 1 Box 472

Belle Rive, IL 62810

618.736.2845

Food/Meals continued...

Food Pantries continued...

Mt. Vernon Rescue Mission

811 S. 10th

Mt. Vernon, IL 62864

618.242.3756

Park Ave Baptist Church

1100 Partridge Pl.

Mt. Vernon, IL 62864

618.242.5068

Pleasant Hill Baptist Church

19479 N. Highway 37

Mt. Vernon, IL 62864

618.266.7247

Prince of Peace Lutheran Church

3205 Broadway

Mt. Vernon, IL 62864

618.242.5143

Seventh Day Adventist Church

12831 N. Horton Lane

Mt. Vernon, IL 62864

618.735.2684

Wesley United Methodist Church

1601 Salem Rd.

Mt. Vernon, IL 62864

618.242.5328

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. Each month's menu is different than the previous and 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.com.

Local Providers:

First Presbyterian Church
2424 Broadway St.
Mt. Vernon, IL 62864

618.242.3410



Home Health Care Agencies: Offer nursing, physical, occupational, & speech therapies, medical social worker, & 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

(Servicing 30 counties; Medicare/Medicaid Certified)

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.

Crossroads Community Home Care Services

1009 S. 42nd St., Ste. 4

Mt. Vernon, IL 62864

618.244.9028

- Services: Nursing, infusion therapy, home health aides, physical, occupational, & speech therapy.

Fairfield Home Health *(covers a small part of Jefferson County)*

303 N.W. 11th

Fairfield, IL 62837

618.842.4049

Home Health Care Agencies continued...

Hamilton Memorial Home Health Agency

(Only covers part of Jefferson County)

112 S. Washington P.O. Box 429

McLeansboro, IL 62859

618.643.4415

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

Mederi Caretenders

14335 Jamestown Rd. Apt. 36

Breese, IL 62230

618.526.8899

- Services: Nursing, certified nurse assistants, physical, occupational, & speech therapy, medical social worker.
- Covers: Effingham, Fayette, Jefferson, and Marion Counties.

SSM Home Care at St. Mary's Good Samaritan

(Serving 9 counties in Southern Illinois for over 35 years;

Medicare/Medicaid Certified)

605 N. 12th St.

Mt. Vernon, IL 62864

618.241.1621

Toll-Free: 1.877.991.4663

- Services:
 - Skilled nursing including but not limited to: Cardiac nursing, diabetic care, wound, ostomy and continence nursing, mental health nursing, pediatric nursing.
 - Physical, occupational and speech therapies.
 - Medical social services.
 - Personal care.
 - Nutrition counseling.
 - Hospice.
 - Private duty.

Home Health Care Agencies continued...

VNA-TIP HomeCare

1809 W. McCord St.
Centralia, IL 62801

618.533.2781

Toll-Free: 1.800.642.6099

- Services:
 - Skilled nursing including medical-surgical; wound care.
 - Diabetic care.
 - Tracheostomy, colostomy, & ventilator care.
 - Mental health care; patient education.
 - Physical, occupational, & speech therapy rehabilitation services.
 - Personal care.
 - Infusion therapy.
 - Hospice.



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

Mt. Vernon, IL 62864

618.244.7800

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.

Centralia, IL 62801

618.545.0733

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.



Hospice of Southern Illinois, Inc.

618.235.1703

Toll-Free: 1.800.233.1708

- Over 20 years experience; serving 27 counties in Southern Illinois; Medicare/Medicaid Certified.

Hospice of The Good Samaritan at St. Mary's Good Samaritan

(Caring for the terminally ill in 9 Southern Illinois Counties for over 20 years; Medicare/Medicaid Certified)

605 North 12th St.

Mt. Vernon, IL 62864

618.241.1621

Toll-Free: 1.877.991.4663

- Overall goal is to control the patient's pain and discomfort and assist the patient and their family with physical, emotional and spiritual concerns.
- Services: Skilled nursing; physical, occupational and speech therapies; medical social services; personal care; nutrition counseling; pastoral care; volunteer services.

VNA-TIP Hospice

1809 W. McCord St.

Centralia, IL 62801

618.533.2781

Toll-Free: 1.800.642.6099

- Utilize a holistic approach so that spiritual, psycho-social, physical, and emotional needs of the patient and the family are addressed.

Housing Options:

Apartments:

Housing Authority of Jefferson County

1000 S. 9th St. P.O. Box 1547

Mt. Vernon, IL 62864

618.244.5910

- Services: **Traditional rental apartment assistance** to low and very low income families or persons; **section 8 housing assistance** payments to private landlords on behalf of participants; **farmer's home assistance** to the elderly and/or disabled.

Mt. Vernon Housing Authority

4217 Rose Lane

Mt. Vernon, IL 62864

618.244.6275

Rome Meadows Apartments

R.R. 1

Dix, IL 62830

618.266.7324

Rural Development Housing

618.327.8822 ext. 105

- Subsidized apartments based on income.

Willow Springs Apartments

4100 Willow Springs

Mt. Vernon, IL 62864

618.242.4907

- Subsidized apartments based on income.

Garden Glen Apartments

1407 S. 34th St.

Mt. Vernon, IL 62864

618.242.9090

Housing Options continued...

Apartments continued...

Heritage Landing (*For Seniors age 55 +; Income Based*)

4260 Heritage Ave.

Mt. Vernon, IL 62864

618.242.1728

- One and two bedroom apartments.
- Spacious floor plans.
- Individual forced air and electric heat.
- Handicapped accessible (select units).
- Community features:
 - Fitness center.
 - Computer area.
 - Party room with large screen TV.
 - Laundry facilities on every floor.
 - Phone controlled entry access system.
 - Ample off street parking.

Housing Options continued...

Supportive Living:

Heritage Woods of Mt. Vernon

1033 S. 42nd St.

Mt. Vernon, IL 62864

618.241.9518

- Gracious affordable assisted lifestyle community for seniors 65+. Financial assistance available to those who qualify.
- Private one bedroom & studio apartments. Full private bathroom with sit down shower, kitchenette with refrigerator and microwave, individually controlled heating & cooling, emergency call devices in bathroom & bedroom.
- Ongoing health monitoring & nursing assessments.
- Assistance with activities of daily living i.e., bathing, dressing, walking, personal grooming, hygiene.
- Medication reminders & assistance.
- Three restaurant style meals plus snacks & beverages.
- Weekly housekeeping & laundry services.
- Planned activities, programs, & events.
- Assistance with transportation needs.
- 24-hour staffing.
- On-site beauty/barber services, exercise room, computer & library room, & general store.

Housing Options continued...

Assisted Living:

Countryside Residential Living Center

608 E. IL Hwy 15

Mt. Vernon, IL 62864

618.244.9318

- A family operated business, owned locally since 1991. Consists of studio, one bedroom, and two bedroom apartments that provide a peaceful, country-like feel.
- Amenities include a beauty salon, exciting activities, gardens, computer access and more.
- Twenty-four hour security and emergency response system provides peace-of-mind.

GreenTree Assisted Living for Seniors

208 Zachery St.

Mt. Vernon, IL 62864

618.244.5580

- Residential Apartment Living: apartment styles range from cozy and economical alcove studios to more spacious three-room suites.
- Personal Care Assistance: personal assistance and care services are individualized to meet the needs of each resident. Staff persons are available 24 hours a day to provide support and encouragement or residents may elect scheduled nursing visits from a home health care agency.
- Some services & amenities offered include: home cooked meals three times a day; weekly housekeeping; linen & towel laundry; scheduled transportation; emergency response system; utilities (except phone & cable); maintenance of residence & grounds; safety features in bathrooms; social, recreational, & educational programs.

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.

Mt. Vernon Countryside Manor

(Intermediate & Skilled Care)

606 New Fairfield Rd.

Mt. Vernon, IL 62864

618.242.1800

Mt. Vernon Health Care Center

(Specialized Alzheimer's Unit, Intermediate Care)

5 Doctor's Park Rd.

Mt. Vernon, IL 62864

618.242.1064

Nature Trail

(Intermediate & Skilled Care)

1001 S. 34th St.

Mt. Vernon, IL 62864

618.242.5700

White Oak Rehab & Health Care Center

(Intermediate & Skilled Care)

1700 White Ave.

Mt. Vernon, IL 62864

618.242.4075

Resident's Rights in Long-Term Care:

Effingham County Committee on Aging (ECCOA)

(Covers Jefferson County)

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.

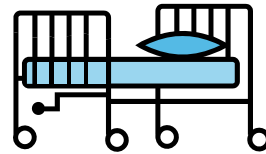


Medical Equipment:

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.

American Homepatient, Inc.

4 Cusumano Plaza Dr.
Mt. Vernon, IL 62864

618.244.9922

Toll-Free: 1.800.933.9451

Apria Healthcare

1912 W. Rendleman
Marion, IL 62959

618.242.2966

Toll-Free: 1.800.642.5459

Medical Equipment continued...

Byrd Watson

1200 Main St.
Mt. Vernon, IL 62864 618.242.2800

3401 Broadway
Mt. Vernon, IL 62864 618.244.5400

Care Medical Supplies, Inc.

4201 Ilberry Rd.
Mt. Vernon, IL 62864 618.244.4949
Toll-Free: 1.800.642.7784

Medicine Shoppe

2339 Broadway
Mt. Vernon, IL 62864 618.242.8776

Southern Illinois Surgical Appliance Co.

2419 W. Broadway
Mt. Vernon, IL 62864 618.244.5952
Toll-Free: 1.800.242.5952

Memory Care Assessments:

St. Mary's Good Samaritan Medical Group

1708 Jefferson, Suite 250

Mt. Vernon, IL 62864

618.241.1400

- The Memory Clinic – Primary Provider Site of SIU School of Medicine in Springfield
- Requirements:
 - Referral from primary care physician
 - Accepts Medicare, Medicaid, most major insurance carriers (financial assistance program is offered)
 - Caregiver attend appointments with patient

Heartland Human Services

1200 N. 4th St.

Effingham, IL 62401

Toll-Free: 1.888.560.8805

Memory and Aging Clinic (contact Extension 1046)

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

Memory Care Homes:

Assisted Living:

Green Tree Memory Care (*Opening May 2010*)

208 Zachery St.

Mt. Vernon, IL 62864

618.244.5580

- Specialized care for individuals with memory impairments. Based on the “Forget-Me-Not Care Model.”
- Spacious apartment suites.
- Contemporary residential kitchens where residents can participate in cooking.
- Indoor greenhouse.
- Private therapy spa.
- Wellness and rehab center.
- Full service beauty and barber salon.
- Resident care specialist available on-site 24 hours/day.
- Licensed nurses on-site assisting with individual personal care and medication management.
- Individual and group activities.
- Accommodation for special nutritional needs.
- Laundry and housekeeping services.

Memory Care Homes continued...

Assisted Living continued...

Lavender Ridge Memory Care

1400 S. 34th St.

Mt. Vernon, IL 62864

618.242.4050

- Specialized care for individuals with memory impairments.
- Private studio style rooms.
- Secure outdoor patio and garden area.
- Continual supervision and monitoring of exits.
- Nurse on staff.
- Health monitoring and assessments with personal plans of care.
- Medication management.
- Assistance with bathing, dressing and toileting.
- Diversified activity programs that address individual and group needs.
- Nutritious meals and snacks.
- Housekeeping.
- Laundry and linen service.
- Scheduled transportation.
- On site beauty/barber shop.



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.

Mt. Vernon Countryside Manor	618.242.1800
Mt. Vernon Health Care Center	618.242.1064
Nature Trail	618.242.5700
White Oak Rehab & Health Care Center	618.242.4075

GreenTree Assisted Living for Seniors 618.244.5580
Suite Retreat Respite Program (several days or weeks)

- Convenience.
- First class accommodations.
- Great service.
- Affordable.

Heartland Human Services

Toll-Free: 1.888.560.8805 ext. 1062

Caregiver Advisor assesses family caregiving situations and determines eligibility for respite. In Jefferson County, two types of respite are available:

In-home Respite

- Possible provisions—companionship, reading, light housekeeping duties.
- Laundry, meal preparation, assistance with personal care, and encourage exercise.
- In-home workers are trained and employed by Addus HealthCare at 128 N. 3rd St. in Mt. Vernon.

Adult Day Respite

- Available through Addus Evergreen Club located at 108 N. 3rd St. in Mt. Vernon.

Support Groups: Meeting dates & times are subject to change.
(For information about times and locations of AA meetings in the Mt. Vernon area,
call 618.242.0302)

Alcoholics' Anonymous

Love to Laughter

Corinthian Baptist Church
100 Newby Ave.
Mt. Vernon, IL 62864

- Meets Sundays at 7 p.m.

Share & Care

St. Mary's Catholic Church
1500 Main St.
Mt. Vernon, IL 62864

- Meets Mondays at 8 p.m.

Tuesday Noon Meeting

Central Christian Church
301 N. 10th St.
Mt. Vernon, IL 62864

- Meets Tuesdays at 12 p.m. (noon).

Agape Group

St. Mary's Catholic Church
1500 Main St.
Mt. Vernon, IL 62864

- Meets Tuesdays at 8 p.m.

New Found Freedom

Faith Lutheran Church
1104 N. 42nd St.
Mt. Vernon, IL 62864

- Meets Wednesdays at 8 p.m.

Support Groups continued...

Alcoholics' Anonymous continued...

Big Book Study

Prince of Peace Lutheran Church
3205 Broadway
Mt. Vernon, IL 62864

- Meets Thursdays at 7 p.m.

Friday Night Mixers

Central Christian Church
301 N. 10th St.
Mt. Vernon, IL 62864

- Meets Fridays at 8 p.m.

AA

St. Mary's Catholic Church
1500 Main St.
Mt. Vernon, IL 62864

- Meets Saturdays at 8 p.m.

Saturday Night Group

Prince of Peace Lutheran Church
3205 Broadway
Mt. Vernon, IL 62864

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

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

Central Christian Church (room 116)
301 N. 10th St.

Mt. Vernon, IL 62864

618.242.8562

- Meets Thursdays at 7:30 p.m. (King City); Saturdays at 10 a.m. (Making a Difference).

Support Groups continued...

Alzheimer's Support Group

Mt. Vernon Health Care Center

5 Doctor's Park Rd.

Mt. Vernon, IL 62864

618.242.1064

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

GreenTree Assisted Living

208 Zachery St.

Mt. Vernon, IL 62864

618.244.5580

- Meets the last Wednesday of month at 6 p.m.

Bereaved Parents Support Group

Prince of Peace Lutheran Church

3205 Broadway

Mt. Vernon, IL 62864

618.242.5143

- Meets second Sunday of month at 2 p.m.

Cancer Support Group

St. Mary's Good Samaritan—Auditorium

400 N. Pleasant

Centralia, IL 62801

618.436.8548

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

St. Mary's Good Samaritan Hospital—Cancer Center

1052 Martin Luther King Dr., Ste. 2

Centralia, IL 62801

618.532.1891

- Meets second Thursday of month at 5:30 p.m.

Support Groups continued...

Caregiver Support Group (respite may be arranged—see page 39)

Caregiver Connection (monthly education/support seminar)

Lavender Ridge Memory Care

1400 S. 34th St.

Mt. Vernon, IL 62864

618.242.4050

- Meets second Tuesday of month from 3 p.m. – 4 p.m. in the activity room.
- Phone the Caregiver Advisor: 1.888.560.8805 ext 1062.

Diabetes Education Class

St. Mary's Good Samaritan

605 N. 12th St.

Mt. Vernon, IL 62864

618.241.2078

- Meets first Tuesday of month at 7 p.m. in the 2nd floor meeting room.

Grandparents/Relatives Raising Grandchildren

Senior Services of Jefferson County

409 Harrison St.

Mt. Vernon, IL 62864

618.242.3530

- Usually meets second Thursday of month at 9:30 a.m.
- Babysitting provided.

Grief Support Group

St. Mary's Good Samaritan Home Health/Hospice—

Conference Room

605 N. 12th St.

Mt. Vernon, IL 62864

618.241.1617

- Meets third Thursday from 11 a.m. – 1 p.m.

Support Groups continued...

HOPE – 9 week ministry of education & support for those who have lost a loved one (Sessions in Fall & Spring)

Central Christian Church

301 N. 10th St.

Mt. Vernon, IL 62864

618.242.4185

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

Toll-Free: 1.800.FIGHT.MS

(1.800.344.4867)

Narcotics Anonymous

Welcome Home

Grace Community Church

Rte. 37 N.

Mt. Vernon, IL 62864

- Meets Mondays at 7 p.m.; Wednesdays at 7 p.m.; and Fridays at 8 p.m.

St. Mary's Good Samaritan Hospital—Doctor's Hall

400 N. Pleasant Ave.

Centralia, IL 62801

- Meets Sundays at 8 p.m.; Mondays at 7 p.m.; and Saturdays at 6 p.m.
- Call for room number of meetings 618.532.6731

Parkinson's Support Group

GreenTree Assisted Living

208 Zachery St.

Mt. Vernon, IL 62864

618.244.5580

- Meets the fourth Thursday of the Month at 6 p.m.

Transportation:

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 Jefferson County and many others.

AMES (Air & Medical Emergency Services)

3340 Selmaville Rd.

Salem, IL 62881

618.548.0001

- Ambulance transport only.
- Accepts Medicaid.

Blue J's Taxi Medical Transport

830 Main St.

Mt. Vernon, IL 62864

618.242.4787

- Accepts Medicaid.

Dave's Taxi

1201 E. Webster St.

Benton, IL 62812

618.438.9084

- Do not do same town transport. Call for details.
- Accepts Medicaid.

Transportation continued...

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.

South Central Transit (scheduling)

1707 Veterans Memorial Dr.

Mt. Vernon, IL 62864

618.242.0202

Toll-Free: 1.800.660.7433

Services:

- Demand responsive transportation service (24-hour notice) within Mt. Vernon city limits.
- Wheelchair accessible transportation.
- Shopping shuttle.
- Discounted monthly senior, adult, & child school passes.
- Dispatching department is open 8 a.m. – 3:30 p.m. Monday through Friday.



Other Local Resources:

C.E. Brehm Memorial Library

101 South 7th St.

Mt. Vernon, IL 62864

618.242.6322

Services Available:

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

Elderly Services Officer

City of Mt. Vernon Police Department 618.242.0215

Jefferson County Sheriff Department 618.242.2141

Kids Hope United—Foster Grandparent Program

320 S. 11th St.

Mt. Vernon, IL 62864

618.242.8266

- Services: Offers seniors age 60 and over opportunities to serve as mentors, tutors, and loving caregivers for youth with special needs in supervised structured settings within the community, such as schools, day cares, youth centers.
- Benefits: Children grow, gain self-confidence, succeed, and become a productive member of society. In return, the Volunteer receives the joy of being needed within the community.
- Other Benefits: Tax-free stipend, travel allotment, free monthly training, annual physical, paid holiday/vacation/sick days, recognition, and support from other Foster Grandparent Volunteers.

Other Local Resources continued...

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 regularly in Jefferson County at ECCOA Senior Services of Jefferson County.
- For an appointment call: 618.242.3505

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.

CARE Consortium (HIV/AIDS Services)

Jackson County Health Department

415 Health Department Rd.

Murphysboro, IL 62966

618.684.3143

- Serves: Jefferson, Wayne, Edwards, and Wabash Counties.

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.

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...

United Cerebral Palsy of Southern Illinois

9 Cusumano Professional Plaza

Mt. Vernon, IL 62864

618.244.2505

Toll-Free: 1.800.332.9745

- Informational and referral services for medical, social and financial support of persons with developmental disabilities; monthly orthopedic clinic, equipment and rental program; advocacy; and other services.

Illinois Department of Veterans' Affairs

Veterans Assistance Commission

#1 Doctors Park, Ste. G

Mt. Vernon, IL 62864

618.242.8792

- Hours: 8:30 a.m. to 4:30 p.m. M, T, W & F
- 9 a.m. to 2:30 p.m. on Thursdays

Veterans Aid & Attendance Program

(Referrals handled through Addus HealthCare)

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.

Other Local Resources continued...

Vision Centers who Accept Medicaid

- The Eye Clinic (*only for treating diseases, not exams or glasses*)
109 S. 32nd St.
Mt. Vernon, IL 62864 618.242.4141
- Marion Eye Center (*for eye exams and 1 pair of eye glasses per year*)
3111 Broadway
Mt. Vernon, IL 62864 618.244.2777
- Mt. Vernon Eye Center (*for eye exams and eye glasses*)
Times Square Mall
Mt. Vernon, IL 62864 618.244.5522
 - *Low cost lenses and frames for out-of-pocket purchase.*

Southern Illinois Radio Information Service (SIRIS)

- Any person in the WSIU-FM (91.9) or WVSI-FM (88.9) listening area whose eyesight or physical condition makes it impossible to read a newspaper or book qualifies to receive the SIRIS broadcast.
- Broadcast can only be heard on a special radio receiver that is pre-tuned to the SIRIS broadcast.
- Receivers are provided at no cost to qualified listeners in the listening region.
- Request for application— 618.453.2808

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

Senior Circle, Crossroads Chapter

#8 Doctors Park Rd.

Mt. Vernon, IL 62864

618.244.5500 ext. 8567

- Senior Circle Association is committed to enriching the lives of adults age 50 and over. Your annual membership provides access to a generous menu of valuable discounts, a variety of activities and events, exercise and wellness classes, chapter newsletter subscription, and much more.

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 Jefferson County MHASI Advisory Group

Addus HealthCare www.addus.com
C.E. Brehm Memorial Library www.mtvbrehm.lib.il.us
GreenTree Assisted Living for Seniors www.greentreliving.com
Heartland Human Services www.heartlandhs.org
Jefferson County Comprehensive Services & Sunshine Center www.jccsinc.info
Kids Hope United—Foster Grandparent Program www.kidshopeunited.org
Lavender Ridge Memory Care www.lavenderridge.net
Midland Area Agency on Aging www.midlandaaa.org
Mt. Vernon Care & White Oak Rehab www.petersenhealthcare.net
Opportunities for Access www.ofacil.org
Senior Services of Jefferson County & Senior Protective Services www.eccoa.info
St. Mary's Good Samaritan, Inc. www.smgsi.com

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 Jefferson 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*

