

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

**Effingham County, Illinois**

**2011 Edition**



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

1. What is the difference between intermediate and skilled care? See page 34 for nursing home care options.
2. I need a break from caregiving. Where do I turn? See Respite on page 41.
3. I just started caring for my parents. I need some direction. Where do I start? See Assistance in Your Home and Community on pages 5-7; Caregiver Support Services on page 10; or Other Local Resources pages 52-55.
4. My parents can't afford their medicine. Where can they turn for help? See Energy/Financial Needs pages 12-15.
5. I don't feel comfortable bathing my parent. What help is available? See In-Home Services pages 23-26.
6. I'm concerned that dad could fall and not be able to get up. See Emergency Home Response Systems on page 8.
7. It seems that my neighbor is always low on food and money? See Energy/Financial Needs pages 12-15 and Food/Meals pages 16-19.
8. My complaints to nursing home staff aren't getting mom better care. Where do I turn? See Ombudsman Program on page 35.
9. My senior citizen friend is being financially exploited. What do I do? See page 6 for Elder Protective Services.
10. Medicare Prescription Drug Program? See pages 6, 7, 12, 13, 53, & 54. \*

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

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

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### **What is the Medicare Prescription Drug Program?**

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

October 15, 2011 open enrollment for 2012 begins.

December 7, 2011 open enrollment for 2012 ends.

January 1, 2012 coverage begins.

**In Illinois, additional drug plans are available. Look for agencies with an asterisk (\*) in their description for assistance in signing up for a Medicare Prescription Drug Plan or Circuit Breaker Pharmaceutical Assistance.**

## Adult Day Programs:

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



### Aspen Creek

100 Bloehm Ave.

Effingham, IL 62401

217.342.3233

- Day care services at Aspen Creek provide caregivers and families an eight hour break from the daily care obligations. Aspen Creek will provide stimulating social and recreational activities as well as nutritious meals and medication oversight.

### Effingham Rehabilitation & Health Care Center

1610 N. Lakewood Dr.

Effingham, IL 62401

217.347.7781

### Evergreen Nursing & Rehabilitation Center

1115 N. Wenthe Dr.

Effingham, IL 62401

217.347.7121

### Heartland Harmony—A Memory Enhancement Center

A Division of Heartland Human Services

1200 N. 4th St

Effingham, IL 62401

217.347.7179

Toll-Free : 1.888.560.8805

- Provides engaging activities to individuals who have memory problems while providing caregivers or family members with a break.
- Meets Tuesdays from 10 a.m. to 2 p.m.

## **Assistance in Your Home and Community:**

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

General Information/Home Service 217.235.3154

### Persons with Visual Impairments

Illinois Department of Human Services (IDHS) offers information & possible purchase of assistive devices and possible instruction that may include:

- Adjustment counseling; Cooking; Home management
- Braille & handwriting; Mobility; Technology
- Organizational skills

Mattoon Office

129 N. 5<sup>th</sup> St.

Mattoon, IL 61938

217.235.3154

TTY: 888.261.2869

### Opportunities for Access, Center for Independent Living

(local office)

102 Greenview Dr.

217.342.5521

Effingham, IL 62401 (v/tty) Toll-Free: 1.800.810.3184

- Eligibility Requirements: Presence of a disability.
- Peer advisory, skills training, & advocacy.
- Information & referral.
- Employment preparation, adaptive equipment selection & pharmaceutical procurement. \*
- Community reintegration programs.
- Americans with Disabilities Act (ADA) training.
- ITAC Center for free tty's & amplified phones.
- Mt. Vernon /Home Office: Toll-Free: 1.800.938.7400

# Assistance in Your Home and Community...

## Heartland Human Services

Information and Assistance for Seniors

1200 N. 4<sup>th</sup> St

217.347.7179

Effingham, IL 62401

Toll-Free: 1.888.560.8805

- Provide information and assistance to resources.
- Assist with Circuit Breaker applications. \*
- Assist with Medicare Prescription Drug Program applications. \*
- Schedule appointments with Legal Representative from Land of Lincoln Legal Assistance Foundation, Inc.
- Link caregivers to resources and support groups (p 12).
- Link grandparents/relatives raising children to resources and support groups (p 47).

## Elder Protective Services

(A Program of SWAN Senior Services)

217.342.4526

Toll-Free: 1.888.715.6260

- Conduct confidential elder abuse investigations. Elder abuse is the mistreatment of any Illinois resident 60 years of age or older who lives in the community. The abuse must be one of the following types:
  - 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 Senior Services of Effingham County (see p 7).

# Assistance in Your Home and Community...

## Senior Services of Effingham County

Senior Center

209 S. Merchant

Effingham, IL 62401

217.347.5569

- Provides programs for people age 60 + who may need help to be able to live in their own homes—**includes screening for In-Home Services such as: Homecare Aide, Emergency Home Response System (all through the Community Care Program).**
- Volunteer money management.
- Provides monthly newsletter and a center for daily activities, planned outings, and transportation.
- Information & referral to available resources.
- Assistance with Medicare Prescription Drug Program Applications\* and Circuit Breaker applications.
- Income tax assistance.
- ITAC Center for free amplified and teletype telephones.
- Certified SHIP Counselors and designated SHIP site offering assistance with Senior Health Insurance Programs.
- Hosts evening meal on Tuesdays at 5 p.m. (see p 19).

## Emergency Home Response Systems:

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

### Installers in Effingham County:

#### Effingham County Health Department

901 W. Virginia P.O. Box 658  
Effingham, IL 62401

217.342.9237

- Installer of HealthWatch

#### F.E. Moran

305 W. Professional Park Ave.  
Effingham, IL 62401

217.347.0321

Toll-Free: 1.866.472.6450

#### Lincolnland Home Care

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

217.345.1033

Toll-Free: 1.800.879.3212



## Emotional Needs/Counseling:



### ARC Community Support Systems

2502 Veterans Dr.

Effingham, IL 62401

217.347.5118

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

### Catholic Charities

1502 E. Fayette Ave.

Effingham, IL 62401

217.857.1458

- Professional counselors provide confidential counseling services to individuals, couples, families, and groups.
- Trained and licensed in many areas, including—grief; depression; anxiety/panic; anger management; marital and relationship issues.
- Outreach to local schools, churches, and communities.

### Center for Senior Renewal

Clay County Hospital

911 Stacy Burk Dr.

Flora, Illinois 62839

618.662.6621

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

# Emotional Needs/Counseling...

## Heartland Human Services

1200 N. 4<sup>th</sup> 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 information, assistance, and referral to additional resources and services.
- Loan books, videos, and DVDs to family and professional caregivers.
- Monthly Caregiver Support Group (see page 30).
- Respite (***short term relief to primary caregiver***) is available to family caregivers in Effingham County.

### **Outpatient Counseling Services**

- Counseling provided by licensed therapists to children, adolescents and adults. Services include individual, couples, family, or group counseling (reduced fee for senior counseling). Psychiatric evaluation and medication management services are also available.

### **DUI Evaluations & Education**

#### **Addictions Treatment**

- Certified staff persons provide treatment that includes individual and group counseling, case management, and aftercare.

#### **24 Hour Crisis Line**

**217.342.5504**

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

# Emotional Needs/Counseling...

## Lutheran Child and Family Services

726 W. Fillmore

Vandalia, IL 62471

618.283.0616

Toll-Free: 1.800.363.5237

- Services include Mothers Outreach to Mothers & counseling.

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

1108 S. Willow

Effingham, IL 62401

217.342.6623

- 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

1108 S. Willow St., Ste. 3  
Effingham, IL 62401

217.342.4344

- Hours: Tuesday, Thursday & Friday from 11 a.m.–4 p.m.
- Funds are available to assist with natural disasters, such as fires, floods, tornadoes, etc. Also assist with basic necessities, such as food, shelter, clothing, etc.

### Catholic Charities

1502 E. Fayette Ave.  
Effingham, IL 62401

217.857.1458

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

### CEFS – Effingham County Outreach Office

204 W. Washington  
Effingham, IL 62401

217.347.7514

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

## Energy/Financial Needs ...

### Circuit Breaker – State of Illinois (Form IL 1363) \*

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

- Illinois Cares Rx, Circuit Breaker Grant & License Plate Discount
- Remember that you must file each year
- Application assistance:
  - CEFS Outreach Office — 217.347.7514
  - Opportunities for Access (under 60) — 217.342.5521
  - Heartland Human Services 217.347.7179
  - Senior Services of Effingham County 217.347.5569

### FISH Human Services (Effingham County Only)

708 S. Linden  
Effingham, IL 62401 217.342.2200

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

### Heartland Human Services

1200 N. 4<sup>th</sup> St.  
Effingham, IL 62401 217.347.7179 ext. 1062  
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.
- Possibilities include: medications, personal medical devices, temporary housing arrangements, & home repair/modifications. **Eligibility requirements exist.**

## Energy/Financial Needs ...

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

925 E. Fayette Ave.

Effingham, IL 62401

217.342.4160

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

### Salvation Army (Effingham County)

1108 S. Willow St.

Effingham, IL 62401

217.342.5434

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

### Social Security Administration (local office)

1207 Network Centre, Ste. 2

Effingham, IL 62401

217.347.7186

1.800.772.1213

- 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.

# Energy/Financial Needs ...

## USDA Rural Development

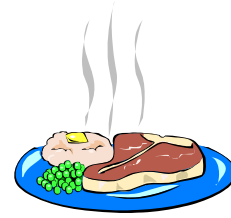
2701 S. Banker St., Ste. 103A  
Effingham, IL 62401

217.347.7107

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



## Food/Meals:



### CEFS Golden Circle Nutrition Program

1805 S. Banker St.  
Effingham, IL 62401

217.342.2193 ext. 119

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

#### Altamont Municipal Building

202 N. 2<sup>nd</sup> St.

Altamont, IL 62411

618.483.6912

#### Beecher City Kluthe Center

Park Rd.

Beecher City, IL 62414

618.487.5401

#### Dieterich Kluthe Civic Center

102-104 W. Virginia

Dieterich, IL 62424

217.925.5461

#### Effingham Hendelmeyer Park Rec. Building

1906 S. 4<sup>th</sup> St. Rd.

Effingham, IL 62401

217.347.2851

#### Teutopolis Grade School (home delivered only)

Main St.

Teutopolis, IL 62467

217.857.3848

# Food/Meals ...

## Restaurant Programs

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

### Corky's Café

308 Locust Street  
Edgewood, IL 62426 618.238.4608

### The Good Ole Days

365 W. Cumberland Rd  
Brownstown, IL 62418 618.427.5352

## Evening Congregate Meal Site

### Effingham Senior Center

209 S. Merchant  
Effingham, IL 62401 217.347.5569

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



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

Summer Lunch Program – Catholic Charities & Effingham Unit 40 Schools are providing free lunch to students under 18 years old during summer 2011 (Adults can obtain a free lunch when accompanying a youth to the program). Various local organizations provide entertaining/educational programs for those attending. Contact information is given below.

Effingham Unit 40:	217.540.1500
Catholic Charities:	217.857.1458

West Side School  
900 Edgar Ave.  
Effingham, IL 62401

Angel Food Ministries – non-profit, non-denominational organization dedicated to providing grocery relief & financial support to communities throughout the U.S. Angel Food's Signature Box is \$31. 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. Each meal consists of three ounces of protein, a starch & two vegetables or fruit. The Senior/Convenience box is \$28. No income guidelines apply. Link Cards are accepted. For a provider near you, visit [www.angelfoodministries.org](http://www.angelfoodministries.org).

### **Local Provider for Angel Food Ministries:**

Grace Family Church  
1901 S. 4<sup>th</sup> St., Ste. 11  
Effingham, IL 62401

217.342.3305

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

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

Calvary Baptist Church

600 W. Fayette Ave.  
Effingham, IL 62401 217.342.6671

Catholic Charities

1502 E. Fayette Ave.  
Effingham, IL 62401 217.857.1458

St. John's Lutheran Church

901 W. Jefferson Ave.  
Effingham, IL 62401 217.342.4334

St. Paul Evangelical Lutheran Church

2293 E. U.S. Hwy 40  
Altamont, IL 62411 618.483.5249

## **Miscellaneous**

Martin's IGA

101 S. Merchant St.  
Effingham, IL 62401 217.347.7191

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

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

Addus HealthCare

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

- Services: Nursing, certified nurse assistants, physical, occupational therapy.
- Specialties: Pulmonary rehabilitation, orthopedics, wound care specialist, infusion therapy, private case management.

At Home Care, Incorporated

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

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

Carle Home Health Services

200 Lerna Rd South 217.345.4614  
Mattoon, IL 61938 Toll-Free: 1.800.457.5079

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

# Home Health Care Agencies ...



## Community Homecare

113 E. Jefferson St., Suite D 217.728.2320  
Sullivan, IL 61951 Toll-Free: 1.877.728.2320

- Registered nurses, home health aides, physical, occupational and speech therapy.
- Licensed to serve the counties of Effingham, Shelby, Moultrie, Coles, Cumberland, Douglas, Piatt, Edgar, Clark, Christian and Macon.

## Effingham County Health Department

901 W. Virginia Ave.  
Effingham, IL 62401 217.342.9237

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

## Family Home Care, Inc.

80 Broadway Ste. 102  
Mattoon, IL 61938 217.235.0648

- Nursing, home health aides, physical therapy, occupational therapy, speech therapy, and medical social work.
- Covers: Coles, Douglas, Champaign, Edgar, Cumberland, Moultrie, Piatt, Shelby, Effingham, and Jasper Counties.

## Home Health Care Agencies ...

### Lincolnland Home Care

1000 Health Center Drive 217.345.1033  
Mattoon, IL 61938 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.

### Mederi Caretenders

4202 Williamson Place  
Mt. Vernon, IL 62864 618.242.3516

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

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

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

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



## **In-Home Services:**

### Addus HealthCare

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

128 N. 3<sup>rd</sup> 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, Marion, Franklin and Williamson Counties.

## **In-Home Services ...**

### Carle Home Health Services

5731 Park Dr.

Charleston, IL 61920

217.345.4614

Toll-Free: 1.800.457.5079

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

### Family Home Care, Inc.

80 Broadway Ste. 102

Mattoon, IL 61938

217.235.0648

- Services: Bathing assistance, meal preparation, housekeeping, laundry service, shopping and running errands, medication reminders, and transportation to and from appointments.
- Serves: Coles, Douglas, Champaign, Edgar, Cumberland, Moultrie, Piatt, Shelby, Effingham, and Jasper Counties.

### 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.

## **In-Home Services ...**

### Nursing Services of Illinois, LLC

R.R 1 Box 113

Brownstown, IL 62418

618.218.4335

- Provides RN's, LPN's, and CNA's for private duty.

### 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.

### Sarah's Homemaker's of Sarah Bush Lincoln

1000 Health Center Dr

Mattoon, IL 61938

217.348.0463

Toll-Free: 1.800.926.9914

- 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

- 10 to 12 Hour Shifts Available Locally (call for details)
- 24 Hour In-Home Care.

## **In-Home Services continued...**

“Sitter’s List” – updated by:

Effingham County Health Department

901 W. Virginia Ave.

Effingham, IL 62401

217.342.9237

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

**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. 12<sup>th</sup> St. 618.662.4406  
Flora, IL 62839 Toll-Free: 1.800.544.4406

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

Carle Hospice

200 Lerna Rd South 217.345.4614  
Mattoon, IL 61938 Toll-Free: 1.800.457.5079

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

Hospice of Southeastern Illinois

633 North East St. 618.395.1068  
Olney, IL 62450 Toll-Free: 1.800.375.9343

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

Lincolnland Hospice of Sarah Bush Lincoln

1000 Health Center Dr. 217.234.4075  
Mattoon, IL 61938 Toll-Free: 1.800.454.4055

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

# Housing Options:

## Apartments:

### Effingham County Housing Authority

215 N. Banker St.  
Effingham, IL 62401

217.342.3520

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

### Colonnade Apartments

512 Hendelmeyer Ave.  
Effingham, IL 62401

217.347.0415

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

### Effingham Village Apartments

504 N. Henrietta  
Effingham, IL 62401

217.343.6694

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

### Lake Pointe Apartments

1706 Ford Ave.  
Effingham, IL 62401

217.347.5514

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

# Housing Options ...

## Apartments...

### Slate Creek Apartments

2301 Veterans Dr.

Effingham, IL 62401

217.347.5616

- 1 bedroom units for seniors, disabled and handicapped.
- Rent based on income.

### Village Apartments of Effingham

101 Hendelmeyer Ave.

Effingham, IL 62401

217.347.0127

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

## Housing Options ...

### Assisted Living:

#### Luther Villas – Independent Retirement Community

*(An affiliate of Lutheran Care Center Corporation)*

702 W. Cumberland Rd.

Altamont, IL 62411

618.483.6136

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

#### Brookstone Estates

1101 N. Maple St.

Effingham, IL 62401

217.347.5871

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

# Housing Options...

## Assisted Living...

### Brookstone Suites

*(Senior Living Apartments – licensed shelter care)*

505 W. Temple Ave.  
Effingham, IL 62401

217.347.5875

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

### Luther Terrace Senior Living Apartments

*(An affiliate of Lutheran Care Center Corporation)*

702 W. Cumberland Rd.  
Altamont, IL 62411

618.483.6136

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

# Housing Options...

## Assisted Living...

### The Glenwood of Effingham

14061 E 1600<sup>th</sup> Street

Effingham, IL 62401

217-347-8880

- Licensed Assisted Living Community with spacious apartments- each with their own private patio.
- Locally owned and operated and has been serving seniors for over 10 years in various communities in Illinois.
- Area includes walking paths, sitting areas and a waterfall retreat area.
- Provides 24 hour certified and licensed healthcare staff to assist with any nursing and medication needs.
- Provides all utilities free of charge, three meals daily, laundry services, and weekly housekeeping.
- Social and recreational activities available.
- Provides medical transportation.
- Onsite beauty/barber shop, coffee bar, exercise room, and home theatre.
- Pets are welcome.

# Housing Options...

## Assisted Living...

### The Villas of Holly Brook (opening soon)

904 W. Evergreen

Effingham, IL 62401

217.826.5600

- Spacious assisted lifestyle community for seniors.
- Provide one and two bedroom apartments.
- Ongoing health monitoring.
- Individual personal emergency response system.
- Includes paid utilities, laundry service, weekly housekeeping service.
- Three meals served daily.
- Includes a hair salon, media room, and fitness center on site.
- Planned social and recreational activities.
- Local transportation to healthcare providers.
- Pets are welcome.

# Housing Options...

## Nursing Homes:

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

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

*Alzheimer's Dementia Unit* – Supervision by staff trained in caring for people with Alzheimer's disease. Provide structured daily activities.

### Effingham Rehabilitation and Health Care Center

*(Intermediate & Skilled Care)*

1610 N. Lakewood Dr.

Effingham, IL 62401

217.347.7781

### Evergreen Nursing and Rehabilitation

*(Intermediate & Skilled Care)*

1115 N. Wenthe Dr.

Effingham, IL 62401

217.347.7121

### Lakeland Rehabilitation and Health Care Center

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

800 W. Temple Ave.

Effingham, IL 62401

217.342.2171

### Lutheran Care Center

*(Intermediate & Skilled Care)*

702 W. Cumberland Rd.

Altamont, IL 62411

618.483.6136

## Residents' Rights in Long Term Care:

### Effingham County Committee on Aging (ECCOA)

Senior Services of Effingham County

209 S. Merchant St.

Effingham, IL 62401

Toll-Free: 1.800.283.4070

- Regional Long Term Care Ombudsman Program:
  1. Provides advocacy to residents age 60 or older in licensed homes — nursing, supportive, and assisted.
  2. Is a confidential listener to the problems and concerns of residents.
  3. Informs residents of their rights.
  4. Assists in solving problems, if requested.

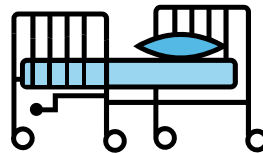


## Medical Equipment:

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  
Toll-Free 1.800.234.6897

### Bandy's Medical Equipment

800 N. Keller Dr.  
Effingham, IL 62401

217.342.4919

## **Medical Equipment...**

### Browns Drug Store

115 W. Jefferson Ave.  
Effingham, IL 62410

217.342.2185

### InHome Medical of Sarah Bush Lincoln

903 N. Maple St.  
Effingham, IL 62401

217.347.7372

Toll-Free: 1.800.345.3191

- Includes mastectomy services

### LINCARE Inc.

700 N. Henrietta, Ste. B  
Effingham, IL 6240

217.347.7002

Toll-Free : 1.888.664.7002

### Personal Medical Supply Inc.

(ostomy, mastectomy, wound care items)

373 W. 1<sup>st</sup> Dr.  
Decatur, IL 62521

217.422.1271

Toll-Free: 1.800.445.1672

## **Memory Assessments:**

### Heartland Human Services

1200 N. 4<sup>th</sup> St.

Effingham, IL 62401

217.347.7179

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:

### Aspen Creek

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

217.342.3233

- Specialized care for individuals with Alzheimer's disease and other dementia related diseases.
- Private suites with full baths.
- 24 hour staffing by licensed nurses.
- Medication management.
- Individualized health and well-being programs.
- Home-cooked meals.
- Assistance with activities of daily living.
- Transportation services.
- Beauty and barber services.
- Housekeeping and laundry.
- Secure garden and patio areas.
- Exit monitoring system.
- Family support and education.

### Gowin Parc

300 Lerna Rd. South  
Mattoon, IL 61938

217.234.3003

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

## Memory Care Homes...

### Lavender Ridge Memory Care

1103 N Maple

Effingham, IL 62401

217.342.4150

- 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 communities provide short-term stays. Contact them for details and cost.

Aspen Creek 217.342.3233

Effingham Rehabilitation & Health Care Center 217.347.7781

Evergreen Nursing & Rehabilitation 217.347.7121

Lakeland Rehabilitation & Health Care Center 217.342.2171

Heartland Human Services 217.347.7179 ext. 1062

Toll-Free: 1.888.560.8805 ext. 1062

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

### **In-Home Respite**

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

**Support Groups:** Meeting dates & times are subject to change.  
AA/NA (District 13) Phone Contact 1.866.591.5867

Alcoholics' Anonymous

Watson Civic Center  
806 W. Franklin  
Watson, IL 62473

- Meets Sundays at 7 p.m. (open)
- Meets Saturdays at 8 p.m. (open)

First United Methodist Church  
308 N. 2<sup>nd</sup> St.  
Altamont, IL 62411

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

Centenary United Methodist Church  
203 E. Grove  
Effingham, IL 62401

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

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

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

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

Centenary United Methodist Church  
203 E. Grove  
Effingham, IL 62401

- Meets Tuesdays at 8 p.m.

## Support Groups...

### Alzheimer's 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.

### Alzheimer's Association Support Group

Flora Public Library (respite may be arranged—see page 40)

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.

First Presbyterian Church of Mattoon

10 Charleston Ave.

Mattoon, IL 61938

- Meets second and fourth Monday of month at 1 p.m.

Odd Fellow-Rebekah Home

201 Lafayette Ave.

Mattoon, IL 61938

217.235.5449

- Meets third Wednesday of month at 6:30 p.m.

## Support Groups...

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

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

217.258.4538

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

### Caregiver Support Group (respite may be arranged—see page 40)

Heartland Human Services  
1200 N. 4<sup>th</sup> St.  
Effingham, IL 62401

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

### Cancer Support Group

Crossroads Cancer Center  
905 Medical Park Dr.  
Effingham, IL 62401

217.342.2066

- Meets second Thursday of month at 6 p.m. in lobby.

### **Sarah Bush Education Center**

1000 Health Center Dr.  
Mattoon, IL 61938

### New Beginnings - Breast Cancer Support Group

217.258.2141

- Usually meets first Thursday of month at 7 p.m. but call to verify dates/times.

## Support Groups...

### Grandparents/Relatives Raising Grandchildren

Heartland Human Services

1200 N 4<sup>th</sup> St

Effingham, IL 62401

217.347.7179 ext.1046

Toll-Free 1.888.560.8805

- Meets first Tuesday of month 6:30 p.m.

### Diabetic Support Group

St. Anthony's Memorial Hospital

503 N. Maple St.

Effingham, IL 62401

217.347.1346

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

Sarah Bush Education Center

1000 Health Center Dr.

Mattoon, IL 61938

217.258.2130

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

### Life Recovery Program

Effingham Assembly of God

3200 S. Banker St.

Effingham, IL 62401

217.536.6099

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

## Support Groups...

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

- Contact Person: Field worker Matt @ 217.994.3068
- For other groups in Illinois phone: 1.888.741.4769

GROW Center  
715 N. 3<sup>rd</sup> St.  
Effingham, IL 62401

- Meets Thursdays at 11 a.m. – 1 p.m.

### Grief Support Groups

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

217.347.1529

- "Healing the Grieving Heart" is a free 7 session support system for adults who have experienced the death of a loved one or friend.
- Meets in the Hospital Auditorium.
- Phone for next scheduled program.

### **Sarah Bush Education Center (Lincolnland Hospice)**

1000 Health Center Dr.

Mattoon, IL 61938

Toll-Free: 1.800.454.4055

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

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

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

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

## Support Groups...

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

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

Narcotics Anonymous

AA/NA (District 13) Phone contact 1.866.591.5867

Immanuel Lutheran Church  
308 E Division St  
Altamont, IL 62411

- Meets Sunday 7p.m.

First Presbyterian Church  
600 W. Temple  
Effingham, IL 62401

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

Christ's Church  
2511 S. Veterans Dr.  
Effingham, IL 62401  
Meets Tuesday at 12.00 p.m. (open)

- Meets Thursday at 11:30 a.m.

First United Methodist Church  
308 N. 2<sup>nd</sup> Street  
Altamont, IL 62411

- Meets Thursday at 7 p.m.

## Support Groups...

### Parkinson's Disease Support Group

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

217.258.4040

- Meets last Tuesday of month at 7 p.m. (March through November).

### Ostomy Support Group

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

- Meets second Thursday of April, August, October, and December at 7 p.m.
- Offers advice and support to people who have had ostomies.

- For more information, call — 217.258.4112  
217.258.4113

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

- Meets second Thursday of March and July at 7 p.m.

### Polio Survivors & Friends Support Group

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

217.345.1549

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

## Transportation:

### Addus HealthCare

Assisted Care Services

1 Crownview Dr.

618.244.0934

Mt. Vernon, IL 62864

Toll-Free: 1.866.687.9639

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

### Advanced Medi-Van

210 W. National Ave.

217.342.3120

Effingham, IL 62401

Toll-Free: 1.800.959.3120

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

### C.E.F.S./Central Illinois Public Transportation (CIPT)

202 N. Banker St.

217.347.0859

Effingham, IL 62401

Toll-Free: 1.877.360.4085

- Provides all kinds of transportation, including medical.
- Suggested donation for passengers age 60 and over.
- Reservations must be made 24 hours in advance.
- All vehicles are wheelchair accessible.
- Covers: Clay, Effingham, Douglas, Fayette, Moultrie, Montgomery, and Shelby Counties.

## Transportation...

### ECCOA Senior Center

209 S. Merchant St.  
Effingham, IL 62401

217.347.5569

- Will pick up Effingham residents for in-town medical appointments, banking, errands, shopping.
- Must be 60 or older.
- Call Senior Center in advance to arrange the appointments—tell receptionist if you need to have assistance getting from your door to the van.
- Driver will assist person into van (which has a wheel chair lift) but doesn't stay with person for the appointment.
- Out of town services offered:  
Wednesday – Teutopolis, Montrose and Dieterich area.  
Friday- Altamont Area.
- Call if there is a need. Volunteers may be able to assist.

### Effingham Taxi

210 W. National Ave.  
Effingham, IL 62401

217.342.3119

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

### FISH Human Services (*Effingham County Residents Only*)

708 S. Linden St.  
Effingham, IL 62401

217.342.2200

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

# Transportation...

## Helping Hands Incorporated

512 W. Main St.  
Belleville, IL

618.239.9900

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



## Other Local Resources:

### Helen Matthes Library

100 Market Ave.

Effingham, IL 62401

217.342.2464

- Services: Local caregiver resource center with access to books and videos on caregiving. Caregiver Advisor is available the first Thursday of each month by appointment (217.347.7179 ext. 1062).

### Land of Lincoln Legal Assistance Foundation, Inc.

- Services: Free legal services (certain guidelines apply) including Powers of Attorney and Living Wills.
- A representative from this office is available at least once a month in Effingham County at Heartland Human Services at 1200 N. 4<sup>th</sup> St. in Effingham.
- For an appointment call: 217.347.7179, ext 1050

### Elderly Services Officer

Effingham Police Department

217.347.0776

Effingham Sheriff's Office

217.342.2102

### Daily Money Management

8386 N. Cardinal Lane

Altamont, IL 62411

217.433.4367

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

## Other Local Resources...

### CARE Consortium (HIV/AIDS Services)

Champaign-Urbana Public Health District

Satellite Office:

2003 S. Banker St., Ste. B

Effingham, IL 62410

217.342.7177

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

### Resch Siemer Law Office, LLC.

400 W. Jefferson, Ste. B

Effingham, IL 62401

217.342.1105

- Elder Law Practice Group provides legal & care planning services for elderly or disabled clients, using a multi-disciplinary approach with advance directives, estate planning, asset protection, Medicaid & Medicare issues, including Prescription Drug Program applications \*, long term care planning, and solutions for legal and medical decision making.
- Martin Siemer is an accredited attorney with the Department of Veterans Affairs for assisting veterans with pensions claims before the VA.

### CEFS Economic Opportunity Corporation RSVP

1805 S. Banker, P.O. Box 928

Effingham, IL 62401

217.342.2193 ext 135

- Engages individuals 55 years and older in volunteer service activities to meet the critical needs of the community. RSVP provides volunteers opportunities to utilize their talents and learn new skills.

## Other Local Resources...

### 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.

### 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

## Other Local Resources...

### Illinois Department of Veterans' Affairs

- Veterans Assistance Commission  
101 N. 4<sup>th</sup> St. (second floor)  
Effingham, IL 62401 217.342.8493
- Community Based Outpatient Clinic  
1901 S. 4<sup>th</sup> 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, 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.

### Incontinence Supplies—Medicaid Approved Providers

- Recipients must be on Medicaid and have doctor's approval.

Andes Health Mart Pharmacy (will deliver)	217.342.9393
Bandy's Medical Equipment (will deliver)	217.342.4919
K-Mart Pharmacy	217.347.2560
Active Style (MN)	Toll-Free: 1.800.651.6223
Senior Care Services, Inc (CO)	Toll-Free: 1.800.678.5915
Senior Medical Services Inc, (OH)	Toll-Free: 1.800.425.1101
Tri-Star Medical Services (OH)	Toll-Free: 1.866.429.3188



## 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

1.800.667.1116

[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 Effingham County MHASI Advisory Group

Addus HealthCare [www.addus.com](http://www.addus.com)  
Aspen Creek [www.aspencreekliving.com](http://www.aspencreekliving.com)  
CEFS Golden Circe Nutrition Program [www.cefseoc.org](http://www.cefseoc.org)  
Center for Senior Renewal, Clay County Hospital  
[www.claycountyhospital.org](http://www.claycountyhospital.org)  
Elder Protective Services of SWAN [www.swanservices.org](http://www.swanservices.org)  
Effingham Rehabilitation & Health Care Center [www.petersenhealthcare.net](http://www.petersenhealthcare.net)  
Heartland Human Services [www.heartlandhs.org](http://www.heartlandhs.org)  
Helen Matthes Library [www.ewinghamlibrary.org](http://www.ewinghamlibrary.org)  
Midland Area Agency on Aging [www.midlandaaa.org](http://www.midlandaaa.org)  
Resch Siemer Law Office, LLC. [www.reschsiemer.com](http://www.reschsiemer.com)  
St. Anthony's Memorial Hospital & Home Care  
[www.stanthonyshospital.org](http://www.stanthonyshospital.org)  
Senior Services of Effingham County [www.eccoa.info](http://www.eccoa.info)

The *Guide for Family Caregivers* has been written to assist families and friends in finding resources to help them care for loved ones. The resources included in this printing are the ones known to the contributors who provide services in Effingham County. It is not the intent of this group to omit providers. Phone numbers, addresses and websites are current as of January 1, 2011. Printing provided by Heartland Human Services, supported in part by a Caregiver Grant through Midland Area Agency on Aging.

*Questions about this publication may be directed to:  
Information & Assistance Specialist at 217.347.7179 extension 1050  
Caregiver Advisor at 217.347.7179, extension 1062  
Director of Geriatric Services at 217.347.7179, extension 1046*

