

Caregiver Resource Guide to Older Adult Services

Fayette County, Illinois

2011 Edition



Common Questions & Where to Find Help...

1. What is the difference between intermediate and skilled care? See page 28 for nursing care options.
2. I need a break from caregiving. Where do I turn? See Respite on page 34.
3. I just started caring for my parents. I need some direction. Where do I start? See Assistance in Your Home and Community pages 5-6; Caregiver Support page 10; or Other Local Resources pages 40-44.
4. My parents can't afford their medicine. Where can they turn for help? See Energy/Financial Needs pages 13-16.
5. I don't feel comfortable bathing my parent. What help is available? See In-Home Services pages 22-24.
6. I'm concerned that Dad could fall and not be able to get up. See Emergency Home Response Systems on page 7.
7. It seems that my neighbor is always low on food and money? See Energy/Financial Needs pages 13-16 and Food/Meals pages 17-19.
8. My complaints to nursing home staff aren't getting mom better care. Where do I turn? See Ombudsman Program on page 29.
9. My senior citizen friend is being financially exploited. What do I do? See page 6 for Elder Protective Services.
10. Where can I go for assistance with the Medicare Prescription Drug Program? See pages 5, 6, & 14. *

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

*Questions about this publication may be directed to:
1.888.560.8805 extension 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 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 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 Services:

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



Friendship Manor

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

618.829.5581

Heartland Harmony—A Memory Enhancement Center

A Division of Heartland Human Services

1200 N. Fourth St.

217.347.7179

Effingham, IL 62401

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.

Sweetbriar Retirement Home

410 Sunset Dr.

Vandalia, IL 62471

618.283.9816

Vandalia Rehabilitation & Health Care Center

1500 W. St. Louis Ave.

Vandalia, IL 62471

618.283.4262

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	618.244.0331
Blind Service	618.244.2650
TDD only	618.244.0339

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 and pharmaceutical procurement. *
- Community reintegration programs.
- Americans with Disabilities Act (ADA) training,
- ITAC Center for free tty's & amplified phones.
- Home Office/Phone: 4206 Williamson Place, Ste. 3
Mt. Vernon, IL 62864 Toll-Free: 1.800.938.7400

SWAN Senior Services

1410 Sunset Dr., Suite C
Vandalia, IL 62471 618.283.9179

- Information & assistance to available resources.
- Outreach to seniors.
- Assistance with Medicare Prescription Drug Program. *
- Assistance with Circuit Breaker Applications. *
- Assistance with Medicare Savings Program and the Low-Income Subsidy Program.
- Linkage to legal representatives.

Assistance in Your Home and Community...

Elder Protective Services

(A Program of SWAN Senior Services)

Toll-Free: 1.888.715.6260

618.283.9179

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

Senior Services of Fayette County

109 S. 5th St.

618.283.4122

Vandalia, IL 62471

Toll-Free: 1.866.618.4122

- Provides programs for people age 60 + who may need help to be able to live in their own homes—screens for In-Home Services such as Homecare Aide and Emergency Home Response System.
- Information & referral to available resources.
- Assistance with Medicare Prescription Drug Program Applications * and Circuit Breaker Applications. *
- Insurance counseling.
- Volunteer money management.
- ITAC Center for free tty's and amplified telephones.
- VOCA (Victims of Crime Act) Counseling
- Long Term Care Ombudsman Program (See page 29).

Emergency Home Response Systems:

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

Emergency Home Response Systems Installers in Fayette County:

EHRS Healthcom

1600 W. Jackson St.
Sullivan, IL 61951

Toll-Free: 1.800.525.6237

F.E. Moran

305 W. Professional Park Ave.
Effingham, IL 62401

217.347.0321

Toll-Free: 1.877.336.6726

Lincolnland Home Care

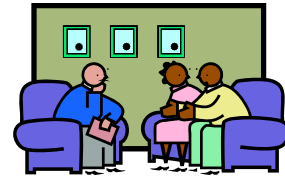
1000 Health Center Dr.
Mattoon, IL 61938

217.345.1033

Toll-Free: 1.800.879.3212



Emotional Needs/Counseling:



Catholic Charities (St. Joseph Outreach)

E. Main St.
Ramsey, IL 62080

618.423.2424

- Home visitation and some pastoral care are available.

Center for Senior Renewal

(Fayette County Hospital & Long Term Care)

802 N. 8th St.
Vandalia, IL 62471

618.283.1731

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

Family Life Consultants

1404 N. 5th St.
Vandalia, IL 62471

618.283.2883

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

Emotional Needs/Counseling...

Community Resource Center

421 W. Main St.
Vandalia, IL 62471

618.283.4229

- Outpatient counseling services for emotional difficulties, eating disorders, marital problems, depression, anxiety, suicide prevention, and serious mental illnesses (individual, group and family).
- Representative Payee Services – for open clients.
- Alcohol/Substance Abuse and/or Dependency counseling services (individual, group and family).
- DUI Services – evaluations & risk reduction education available at Centralia office.
- Psychiatric services are available at the Centralia office by referral from Community Resource counselors.

- **24-Hour Crisis Line** **618.533.1391**
 - Professionally trained staff members are available 24 hours a day, 7 days a week and are prepared to respond to people in crisis situations. Confidentiality with all crisis line contacts is assured.

Pathways Baptist Children's Home & Counseling Center

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

618.283.0842

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

Emotional Needs/Counseling...

Heartland Human Services

1200 N. 4th St.

Effingham, IL 62401

217.347.7179

Toll Free: 1.888.560.8805

Caregiver Support Services (contact Extension 1062)

- Provide support and counseling to family caregivers who are caring for friends and relatives who are age 60 and over.
- Provide 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 36).
- Respite (short term relief to primary caregiver from caregiving duties) is available to family caregivers in Fayette County.

DUI Evaluations & Risk Reduction Education

217.347.7179

Lutheran Child and Family Services

726 W. Fillmore

Vandalia, IL 62471

618.283.0616

Toll-Free: 1.800.363.5237

- Services include Mothers Outreach & counseling.

Emotional Needs/Counseling...

People Against Violent Environments (PAVE)

P.O. Box 342

Centralia, IL 62801

618.533.7233

Toll-Free: 1.800.924.8444

- Provides support to domestic violence victims and their dependent children.
- Provides court advocacy and assistance with orders of protection.
- Emergency shelter.
- Provides individual and group support.
- 24-Hour crisis line.
- Serves Clinton, Fayette, Jefferson, Marion, & Washington Counties.

Men Challenging Violence (A program of PAVE)

618.533.1391

618.283.4229

Toll-Free: 1.800.924.8444

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

Emotional Needs/Counseling...

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

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

618.283.1414

- Provides crisis counseling and advocacy for sexual assault victims and family emergencies.
- Provides educational programs on bullying and body safety.
- Provides many prevention programs.
- Serves Bond, Clay, Clinton, Effingham, Fayette, Marion & Washington Counties.
- **24 hour hotline** **Toll-Free: 1.800.625.1414**



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

Energy/Financial Needs:

American Red Cross *(serves Fayette County)*

1108 S. Willow St., Ste. 3

Effingham, IL 62401

217.342.4344

- Hours: Tuesday, Thursday & 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.

Caring and Sharing

North Side Christian Church

1845 W. Jackson

Vandalia, IL 62471

618.283.1970

- Funds are available to assist with food vouchers, transportation (gas cards), utility assistance, rent, and 1 night stay in hotel for those who have received fire or flood damage to their home.
- Contact Pat Monday – Friday to set up an appointment.

Catholic Charities

E. Main St.

Ramsey, IL 62080

618.423.2424

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

Energy/Financial Needs...

CEFS – Fayette County Outreach Office

517 W. Gallatin
Vandalia, IL 62471

618.283.2631

- *Energy Assistance*, or *LIHEAP*, assists with heating bills, prevention of disconnection of utility service, and re-connection of utility service. Eligibility requirements exist.
- *Weatherization Program* – helps to weatherize or insulate a home and possible help with a heating system. 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. *
- Budget & housing counseling.
- Information and Referral to other agencies.
- CSBG (Community Services Block Grant) Crisis Intervention.

Circuit Breaker – State of Illinois

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

- Provides annual rebate for rent/taxes/long term care fees and license plates. Also applies to Illinois Cares Rx.
- Application assistance:

CEFS Outreach Office

618.283.2631

Senior Services of Fayette County

618.283.4122

SWAN Senior Services

618.283.9179

Energy/Financial Needs...

DHS Family Community Resource Center of Fayette County

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

228 W. Johnson St.

Vandalia, IL 62471

618.283.2607

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

Heartland Human Services

1200 N. 4th St.

Effingham, IL 62401

217.347.7179

Toll-Free: 1.888.560.8805 ext. 1062

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

Salvation Army (Fayette County)

c/o First United Methodist Church

127 N. 4th St.

Vandalia, IL 62471

618.283.3684

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

Energy/Financial Needs...

Social Security Administration (local office)

1207 Network Centre, Ste. 2
Effingham, IL 62401

217.347.7186

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

USDA Rural Development

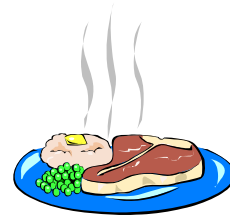
2701 S. Banker St., Ste. 103A
Effingham, IL 62401

217.347.7107

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



Food/Meals:



CEFS Golden Circle Nutrition Program

1805 S. Banker St.
Effingham, IL 62401

217.342.2193 ext. 119

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

American Legion Hall

429 E. 5th St.
Ramsey, IL 62080

618.423.9094

Fayette County Senior Center

616 W. Jackson
Vandalia, IL 62471

618.283.1040

- **Restaurant Program**

Meals are served every Thursday evening. Suggested donation is \$3.00.

The Family Cafe (Thursday evenings 4 - 6 p.m.)

1920 Veterans Parkway
Vandalia, IL 62471

618.283.1952

Food/Meals...

Friendship Manor

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

618.829.5581

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

Golden Years Club

120 1st St.
Brownstown, IL 62418

618.427.3769

- Potluck every second and fourth Tuesday of the month.

Food Pantries (contact information provided, call for details)

CEFS Fayette County Food Pantry

517 W. Gallatin
Vandalia, IL 62471

618.283.2631

- Open Monday – Friday 9 a.m. – 4 p.m.

Farina Daily Bread

First United Methodist Church
311 E. Jackson St.
Farina, IL 62838

618.245.6175

- Open the third Saturday of each month from 9 a.m. – 11 a.m.
- For residents of Farina, Laclede, Loogootee, & St. Peter.
- Also, contact Jo Williams @ 618.245.6677.

Food/Meals...

Food Pantries...

St. Joseph's Catholic Church

118 Main St.

Ramsey, IL 62080

618.423.2424

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

Family Worship Center

1803 Janette Dr.

Vandalia, IL 62471

618.283.0700

- Open 2nd Saturday of month from 9 a.m. – 12 noon.

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 signature box is \$31 per unit. Each month's menu is different than the previous & consists of both fresh & frozen items.

Senior/Convenience box contains ten perfectly seasoned, nutritionally balanced, fully cooked meals—just heat and serve. Each meal consists of three ounces of protein, a starch & two vegetables or fruit. The Senior/Convenience box is \$28. No income guidelines. Link Cards are accepted. For a provider near you, visit www.angelfoodministries.com.

Family Worship Center

1803 Janette Dr.

Vandalia, IL 62471

618.283.0700

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

Addus HealthCare

Home Health Services
1 Crownview Dr.
Mt. Vernon, IL 62864

618.244.0934
Toll-Free: 1.866.687.9639

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

Fayette County Health Department Home Health Care

416 W. Edwards
Vandalia, IL 62471

618.283.1044

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

BJC Home Care Services

3535 College Ave.
Alton, IL 62002

618.283.6050

- Contact the number above on Fridays – Vandalia office.

Home Health Care Agencies...

Lincolnland Home Care of Sarah Bush Lincoln

1000 Health Center Dr.

Mattoon, IL 61938

217.345.1033

Toll-Free: 1.800.879.3212

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

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: Bond, Clinton, Effingham, Fayette, Jefferson, Marion, and St. Clair Counties.

St. Anthony's Memorial Hospital Home Care

503 N. Maple St.

Effingham, IL 62401

217.347.1777

Toll-Free: 1.800.551.6566

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

In-Home Services:

Addus HealthCare

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

128 N. 3rd St.

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...

Hands Across Illinois

505 E. 5th St.

Pana, IL 62557

217.562.7119

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

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.

In-Home Services...

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

- 24 Hour In-Home Care Only.

Hospice: is a special healthcare option for patients and families who are faced with a terminal illness. Hospice provides palliative (comfort) care when curative treatment is no longer being used. Hospice Providers are listed below.



Fayette County Health Department Hospice

416 W. Edwards St.

Vandalia, IL 62471

618.283.1044 x 143

- Serves Fayette County and surrounding 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 Fayette.

Bond County Hospice

1520 S. 4th St.

Greenville, IL 62246

618.664.5020

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

Housing Options:

Apartments:

Capitol Pointe Apartments

2415 W. Randolph St.
Vandalia, IL 62471

618.283.0236

Carpenter Apartments

P.O. Box 446
Shelbyville, IL 62565

217.774.3290

- Apartments available in Farina, St. Peter, Ramsey, & St. Elmo.

Central High School Apartments

211 N. Kennedy Blvd.
Vandalia, IL 62471

618.283.1032

Country Place Apartments

(Managed by Professional Properties 815.397.3755)

929 W. Johnson St.
Vandalia, IL 62471

618.283.3444

Hanna Apartments

Brownstown, IL 62418

618.427.3911

J & J Apartments (55+)

Corner of 7th & Fletcher
Vandalia, IL 62471

217.532.6741

North Pointe Apartments

1502 N. 8th St.
Vandalia, IL 62471

618.283.0713

Terra Apartments

1916 W. Randolph St. Bldg. #3
Vandalia, IL 62471

618.654.7033

Toll-Free: 1.800.736.8669

Housing Options...

Sweetbriar Retirement Home

410 Sunset Dr.

Vandalia, IL 62471

618.283.9816

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

Vandalia Heights

1928 W. Randolph

Vandalia, IL 62471

618.854.7033 ext. 622

Supportive Living:

Brookstone Estates

1607 W. Fillmore

Vandalia, IL 62471

618.283.9825

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

Housing Options...

Nursing Homes:

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

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

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

Fayette County Hospital & Long Term Care

(*Skilled Care*)

7th & Taylor

Vandalia, IL 62471

618.283.1231

Friendship Manor

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

221 E. Cumberland Rd.

St. Elmo, IL 62458

618.829.5581

Vandalia Rehabilitation and Health Care Center

(*Skilled Care*)

1500 St. Louis Ave.

Vandalia, IL 62471

618.283.4262

Vandalia Terrace

(*Intermediate Care*)

1610 Hillsboro Rd.

Vandalia, IL 62471

618.283.1434

Residents' Rights in Long Term Care:

ECCOA Ombudsman Program

209 S. Merchant St.

Effingham, IL 62401

Toll-Free: 1.800.283.4070

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

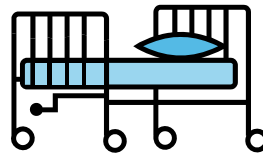


Medical Equipment:

Medical Equipment needs are met by a wide variety of companies. All will work with the patient's doctor and family to ensure that the equipment needs of the patient are met.

Equipment needs include:

- Hospital Beds
- Walkers and/or Wheelchairs
- Oxygen/CPAP
- Lifts and Elevators
- Special Chairs
- Other Equipment (i.e., medication reminders, emergency response devices, etc.)
— Call provider for further information.



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

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

Providers are listed below. Call for specific needs.

Apria Healthcare

500 W Jaycee Ave.
Effingham, IL 62401

217.347.5212

Bandy's Home Health Care Equipment

730 W. Orchard
Vandalia, IL 62471

618.283.0800

Medical Equipment...

Cain's Drug Store, Inc.

1401 N. 8th St.

Vandalia, IL 62471

618.283.0054

Care Medical Supplies, Inc.

4201 Ilberry Rd.

Mt. Vernon, IL 62864

618.244.4949

Toll-Free: 1.800.848.1350

InHome Medical of Sarah Bush Lincoln

903 N. Maple St.

Effingham, IL 62401

217.347.7372

Toll-Free: 1.800.345.3191

LINCARE Inc.

700 N. Henrietta, Ste. B

Effingham, IL 62401

217.347.7002

Memory Care Assessments:

Heartland Human Services

1200 N. 4th 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's 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:

- Provide:
 - A nurturing environment for those who have Alzheimer's Disease and related dementias.
 - A secure home with care givers who provide around-the-clock care.
 - Call these locations for more details.

Assisted Living:

Aspen Creek

100 Bloehm Ave.
Effingham, IL 62401 217.342.3233

Gowin Parc

240 IL Route 29
Pana, IL 62557 217.562.3004

Lavender Ridge

1103 N. Maple St.
Effingham, IL 62401 217.342.4150

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.

Friendship Manor 618.829.5581

Vandalia Rehabilitation & Health Care Center 618.283.4262

Heartland Human Services

Toll-Free: 1.888.560.8805 ext. 1062

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

In-home Respite

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

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

Alcoholics' Anonymous:

First Baptist Church
Rt. 51 S.
Ramsey, IL 62080

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

Helm's Service Building
716 School St.
Vandalia, IL 62471

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

First Presbyterian Church
1221 W. Filmore St.
Vandalia, IL 62471

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

Fayette County Hospital
7th & Taylor

Vandalia, IL 62471

618.283.1231

- Meets Mondays @ 8 p.m. (open 12 + 12 Study)
- Meets Fridays @ 8 p.m. (closed Big Book Study)
- Meets Saturdays at 8 p.m. (closed)

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

First United Methodist Church
127 N. 4th St.

Vandalia, IL 62471

618.283.3684

- Meets Mondays at 10 a.m.

First Presbyterian Church
1221 W. Filmore St.
Vandalia, IL 62471

- Meets Thursdays at 8 p.m.

Support Groups...

Alzheimer's Association Support Group

Greenville Hospital—Community Room
200 Healthcare Dr.
Greenville, IL 62246

- Meets third Tuesday of month from 6 p.m. – 7:30 p.m.
- For more information, call — 618.664.1230 ext. 3736

Alzheimer's Support Group

Lakeland Rehabilitation & Health Care Center
800 W. Temple Ave.
Effingham, IL 62401 217.342.2171

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

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

Caregiver Connection (monthly education/support seminars)
Brookstone Estates
1607 W. Fillmore
Vandalia, IL 62471 618.283.9825

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

Grandparents Raising Grandchildren

Heartland Human Services
1200 N. Fourth St.
Effingham, IL 62401 217.347.7179 ext. 1046

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

Support Groups...

Grief Support Group

Rainbow Reflections

First United Methodist Church

127 N. 4th St.

Vandalia, IL 62471

- Meets Tuesdays at 6 p.m. (October – May)
- Confirm by calling Mary @ 618.283.3176

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

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

Multiple Sclerosis (MS) Support Group

Fayette County Hospital—Conference Room

7th & Taylor

Vandalia, IL 62471

618.283.1231

- Meets third Wednesday of month from 10 a.m. – 12 p.m.

Narcotics Anonymous

Fayette County Hospital

7th & Taylor

Vandalia, IL 62471

618.283.1231

- Meets Sundays at 8 p.m.

First Presbyterian Church

1221 W. Filmore St.

Vandalia, IL 62471

- Meets Tuesdays at 8 p.m.

Support Groups...

Narcotics Anonymous...

St. Elmo More Hugs No Drugs

Phillips Building

Rte. 40

St. Elmo, IL 62458

- Meets Wednesdays at 8 p.m.

Neurological Support Group

Vandalia, IL 62471

- Contact Charlene for more information— 618.283.4633

Parkinson's Support Group

Vandalia, IL 62471

- Contact Charlene for more information— 618.283.4633

Greenville Hospital—Community Room

200 Healthcare Dr.

Greenville, IL 62246

- Meets third Monday of month at 1 p.m.
- For more information, call — 618.664.1230 ext. 3700

Transportation:

Area Medi-Van, Inc.

420 Livingston Ave.

Livingston, IL 62058

Toll-Free: 1.888.511.5454

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

Addus HealthCare

Assisted Care Services

1 Crownview Dr.

Mt. Vernon, IL 62864

618.244.0934

Toll-Free: 1.866.687.9639

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

CEFS/ Central Illinois Public Transit (CIPT)

CEFS Fayette County Outreach Office

517 W. Gallatin

Vandalia, IL 62471

618.283.2631

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

Helping Hands Incorporated

512 W. Main St.

Belleville, IL 62220

618.239.9900

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

Other Local Resources:

Evans Public Library District

215 S. 5th St.

Vandalia, IL 62471

618.283.2824

- **Services Available:**

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

Brownstown Branch of St. Elmo Public Library District

114 A. Main St.

Brownstown, IL 62418

618.427.3853

- **Call for Available Services.**

Ramsey Public Library

401 S. Superior

Ramsey, IL 62080

618.423.2019

- **Call for Available Services.**

St. Elmo Public Library District

311 W. Cumberland Rd.

St. Elmo, IL 62458

618.829.5544

- **Call for Available Services.**

Other Local Resources...

Land of Lincoln Legal Assistance Foundation, Inc.

- Services: Free legal services (certain guidelines apply) including Powers of Attorney and Living Wills.
- A representative from this office is available at least once a month in Fayette County at SWAN Senior Services.
- For an appointment call: 618.283.9179

Illinois Guardianship & Advocacy Commission

Metro East Regional Office

Pine Cottage

4500 College Ave., Ste. 100

Alton, IL 62002-5051

618.474.5503

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

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

Other Local Resources...

Midland Area Agency on Aging

434 S. Poplar P.O. Box 1420 618.532.1853
Centralia, IL 62801 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)

Southern Illinois Healthcare Foundation
1510 Sunset Dr.
Vandalia, IL 62471 618.283.3144

- Serves: Fayette and Marion Counties.

Other Local Resources...

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.

Incontinence Supplies—Medicaid Approved Providers

- Recipients must be on Medicaid and have doctor's approval.
- Active Style (MN) Toll-Free: 1.800.651.6223
- Senior Care Services, Inc. Toll-Free: 1.800.678.5915
- Senior Medical Services, Inc. Toll-Free: 1.800.425.1101
- Tri-Star Medical Services Toll-Free: 1.866.429.3188

Other Local Resources...

Illinois Department of Veterans' Affairs

- Veterans Assistance Commission
321 S. 7th St.
Vandalia, IL 62471 618.283.4319
- Community Based Outpatient Clinic
1901 S. Fourth St., Ste. 21
Effingham, IL 62401 217.347.7600

Veterans Aid & Attendance Program

(Referrals handled through Addus HealthCare)

Toll-Free: 1.866.687.9639

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

Resch Siemer Law Office, LLC.

400 W. Jefferson, Ste. B

Effingham, IL 62401 217.342.1105

- Elder Law Practice Group provides legal & care planning service for elderly or disabled clients.
- Martin Siemer is an accredited attorney with the Department of Veterans Affairs for assisting veterans with pension claims before the VA.

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 Fayette County MHASI Advisory Group

CEFS Outreach Office www.cefseoc.org
Center for Senior Renewal, Fayette County Hospital & LTC
www.fayettecountyhospital.org
Community Resource Center www.crconline.info
Senior Services of Fayette County www.eccoa.info
Evans Public Library District www.epl.lib.il.us
Heartland Human Services www.heartlandhs.org
Midland Area Agency on Aging www.midlandaaa.org
SWAN Senior Services www.swanservices.org
Vandalia Rehabilitation & Health Care Center
www.petersenhealthcare.net

The *Guide for Family Caregivers* has been written to assist families and friends in finding resources to help them care for loved ones. The resources included in this printing are the ones known to the contributors who provide services in Fayette County. It is not the intent of this group to omit providers. Phone numbers, addresses and websites are current as of January 1, 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:
Caregiver Advisor at 1.888.560.8805, extension 1062
Director of Geriatric Services at 1.888.560.8805, extension 1046*

