

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

**Clay County, Illinois**

**2021 Edition**



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

1. What is the difference between intermediate and skilled care? See page 17 for nursing care options.
2. I need a break from caregiving. Where do I turn? See Respite on page 24.
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 27-28; or Other Local Resources pages 29-33.
4. My parents can't afford their medicine. Where can they turn for help? See Energy/Financial Needs pages 10-11.
5. I don't feel comfortable bathing my parent. What help is available? See In-Home Services pages 13-14.
6. I'm concerned that Dad could fall and not be able to get up. See Emergency Home Response Systems on page 6-7.
7. It seems that my neighbor is always low on food and money? See Energy/Financial Needs pages 10-11 and Food/Meals pages 12.
8. My complaints to nursing home staff aren't getting mom better care. Where do I turn? See Ombudsman Program on page 20.
9. My senior citizen friend is being financially exploited. What do I do? See page 6 for Adult Protective Services.
10. Where can I go for assistance with the Medicare Prescription Drug Program? See pages 6. \*

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:  
217.347.7179 extension 1062 or 1038.*

## Table of Contents

<u>Page #</u>	<u>Subject</u>
2.....	Common Questions & Where to Find Help
4.....	Adult Day Services
5-6.....	Assistance in Your Home and Community
7.....	Emergency Home Response Systems
8 - 9 ....	Emotional Needs/Counseling
10-11...	Energy/Financial Needs
12....	Food/Meals
13...	Home Health Care Agencies
14....	In-Home Services/Home Chore
15.....	Hospice
16-19...	Housing Options & Resident Advocacy
20-21...	Medical Equipment
22.....	Memory Care Assessments
23.....	Memory Care Homes
24-25.....	Respite
26-27...	Support Groups
28.....	Transportation
29-33...	Other Local Resources
34.....	Toll-Free Numbers and Web Pages

### **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, 2021 open enrollment for 2022 begins

December 7, 2021 open enrollment for 2022 ends

January 1, 2022 coverage begins

**Look for agencies with an asterisk (\*) in their description for assistance in signing up for a Medicare Prescription Drug Plan or Benefits Access Program.**

- **Please note that the services listed in this guide are subject to the availability of funding.**

## Adult Day Services:

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



### Flora Gardens Care Center

701 Shadwell Ave

Flora IL 62839

[www.petersenhealthcare.net](http://www.petersenhealthcare.net)

618.662.8361

### Flora Rehabilitation and Health Care Center

232 Given St.

Flora IL 62839

[www.petersenhealthcare.net](http://www.petersenhealthcare.net)

618.662.8381

## Assistance in Your Home and Community:

Illinois Department of Rehabilitation (DORS) for vocational rehabilitation; for homemaker services for those under 60 years of age. [www.dhs.state.il.us](http://www.dhs.state.il.us)

General Information/Home Service	618.395.2147
Blind Service	217.875.4866
TDD only	Toll-Free: 888.472.0926
<a href="http://www.dhs.state.il.us">www.dhs.state.il.us</a>	

### Opportunities for Access, Center for Independent Living

(Local Office)	217.342.5521
102 Greenview Dr. (v/tty)	Toll-Free: 1.800.810.3184
Effingham, IL 62401	
Mt. Vernon /Home Office:	618.244.9212
<a href="http://www.ofacil.org">www.ofacil.org</a>	Toll-Free: 1.800.938.7400

- Eligibility Requirements: Presence of a disability.
- Services: Peer advisory; skills training; systems advocacy; individual advocacy; information and referral.

### SWAN

832 W. North Ave Suite B	618.662.7300
Flora IL 62839	
<a href="http://www.swandvhl.org">www.swandvhl.org</a>	

- Provide information & assistance to available resources
- Assist with Medicare Prescription Drug Program\*
- Assist with Benefit Access Application\*
- Schedule Legal appointments with legal representatives.
- Certified SHIP Counselors and designated SHIP site.
- Assist with Medicare Savings Program and Low Income Subsidy Program.

# Assistance in Your Home and Community...

## SWAN

Adult Protective Services

Toll-Free: 888.715.6260

618.662.7300

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

State of Illinois Hotline

Toll-Free: 1.866.800.1409

- Adult Protective Services serving individuals with a disability in the community ages 18-59 as well as all people 60 and over in the community with alleged abuse, neglect, or exploitation.
- Conduct confidential abuse investigations.
- Types of abuse: Physical, Emotional, Confinement, Sexual, Passive Neglect, Willful Deprivation, Financial Exploitation.
- Accept reports of self-neglect and appropriate referrals are made.

## Senior Services of Clay County

832 W. North Avenue C-2

Flora IL 62839

618.662.7304

[www.seniorservices-ecco.org](http://www.seniorservices-ecco.org)

- Provides programs for people age 60+ who may need help to be able to live in their own homes instead of premature nursing home placement- **includes screening for In-Home Services such as: Homecare aide, Emergency Home Response Systems.**
- Certified SHIP counselors and Designated SHIP Site.
- Volunteer money management
- ITAC Center for tty's and amplified telephones
- Referrals for many services that will add benefit to the individual's needs.

## **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 a cell phone in certain circumstances, 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.

For a list of available providers please contact you designated Senior Services Office for a list of available providers or visit the Illinois Department of Aging Website at [www.illinois.gov/aging](http://www.illinois.gov/aging)

### **Senior Services of Clay County**

832 W. North Ave

Flora IL 62839

618.662.7304

[www.seniorservices-ecco.org](http://www.seniorservices-ecco.org)

- Care coordinators complete a comprehensive case management assessment for adults 60+ to determine eligibility for the Community Care Program. IF eligible, the Emergency Home Response System may be funded by the Illinois Department on Aging.



## Emotional Needs/Counseling:



### Center for Senior Renewal (Clay County Hospital)

911 Stacy Burk Dr.

PO Box 280

Flora IL 62839

618-662-6621

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

Click on Providers & Departments.

Click on Senior Renewal

- 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 psychiatrist.

### Clay County Counseling Services

125 Broadway St.

PO Box 67

Louisville, IL 62858

618-665-4532

\*accepts insurance and a sliding scale fee of \$30 for medicaid

### Grace & Truth Counseling

235 Chestnut St.

618-665-3050

PO Box 13

Louisville, IL 62858



# Emotional Needs/Counseling...

## Heartland Human Services

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

Effingham, IL 62401

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

217.347.7179

- **Caregiver Support Services** (contact Extension 1062)
- **Grandparents Raising Grandchildren** (contact Extension 1062)
- **DUI Evaluations** (contact Extension 1075)

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

1108 S Willow Ste. 12

Effingham IL 62401

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

217.342.6623

## Clay County Hospital Medical Clinic

Behavioral Health Program

929 Stacy Burke Dr.

Flora IL 62839

618.662.2191

- Services include treatment for the following: individual counseling, couples counseling, grief, depression, anxiety, and adjustment to life changes, post trauma, domestic abuse, anger control, and substance problems.
- Psycho-Education class focused on anger Management
- Provides services to those 5 years of age and older

## Energy/Financial Needs:

- ***Please note that these services may vary depending on the availability of funding.***

### Benefit Access Program (formerly known as Circuit Breaker-State of Illinois) \*

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

- License Plate Discount. ***File every 2 years!***
- Application assistance:
- CEFS Outreach Office 618.662.4024
- SWAN 618.662.7300
- Senior Services of Clay County 618.662.7304

### CEFS-Clay County Outreach Office

835 W. North Ave 618.662.4024

Flora IL 62839

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

- Energy Assistance or LIHEAP. Eligibility requirements.
- Weatherization Program-helps to weatherize or insulate a home. Eligibility requirements.
- Emergency Food and Shelter. Eligibility requirements.
- Provide assistance completing applications for food stamps, tax preparation, Medicare Prescription Drug Program.\*
- Provide referrals for Head Start, WIOA (Workforce Innovation and Opportunity Act), Homebuyer Assistance,

## Energy/Financial Needs...

- *Please note that these services may vary depending on the availability of funding.*

### Social Security Administration (local office)

1207 Network Centre Suite 2  
Effingham IL 62401 855.213.5288

Federal Building  
105 S. 6<sup>th</sup> St 866.931.2549  
Mt. Vernon IL 62864  
[www.ssa.gov](http://www.ssa.gov)

- Information available Toll-Free 24/7 800.772.1213
- Retirement application is available online
- Replacement social security cards and Medicare cards.

### USDA Rural Development

221 Withers Dr. 618.244.0773 ext 4 or 5  
Mt. Vernon IL 62864  
[www.rurdev.usda.gov/il](http://www.rurdev.usda.gov/il)

- 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.

### Illinois DHS Family Community Resource Center in Macon

County (Long Term Care) 618-392-3151  
1406 Martin St. Toll-Free: 866-740-3932  
Olney, IL. 62450 Fax: 618-392-3623  
[www.dhs.state.il.us](http://www.dhs.state.il.us)

## **Food/Meals:**

If you would like more information about home delivered meals and congregate meal sites please contact your local office to see what options are available.

### CEFS Golden Circle Nutrition Program

1805 S Banker St  
Effingham, IL 62401  
[www.cefseoc.org](http://www.cefseoc.org)

217.342.2193 ext. 119

### Clay County Ministerial Alliance Food Pantry

1101 Austin Ave  
Flora IL 62839

618.427.3817

\*the first Saturday of every month from 9:30-12:30



**Home Health Care Agencies:** Offer nursing, physical, occupational, & speech therapies, medical social work, & home health aides. All report they provide intermittent care and are available 7 days/week. Care is provided as prescribed by your personal physician.

Advantage Home Health

801 S West St. 618.392.4624  
Olney IL 62450 Toll Free: 800.392.8440

Clay County Home Health (Health Department)

601 E. 12<sup>th</sup> St 618.662.4406  
Flora IL 62839 Toll Free: 800.544.4406  
[www.healthdept.org](http://www.healthdept.org)

HSHS Homecare & Hospice of Southern Illinois

503 N Maple 217-347-1777  
Effingham, IL 62414 Toll-Free: 1-800-551-6566

Lincolnland Home Care

1004 Health Center Drive, Suite. 202 217.234.4044  
Mattoon, IL 61938  
[www.sarahbush.org](http://www.sarahbush.org) Toll-Free: 1.800.879.3212

Residential Healthcare

8341 Expressway Dr. Suite C  
Marion IL, 62959 Toll Free: 1.800.642.6099  
[www.residentialhealthcare.com](http://www.residentialhealthcare.com)

Mederi Caretenders

4202 Williamson Place, Suite 1 618.242.3516  
Mt. Vernon, IL 62864  
[www.lhcgroup.com](http://www.lhcgroup.com)

## **In-Home Services:**

- Services: Transportation, meal preparation, housekeeping, shopping, laundry, bathing/dressing, companionship/respice, as well as 24-hour care. .

### Addus HomeCare

2929 Broadway Suite 7

618.244.4481

Mt.Vernon, IL. 62864

Toll Free: 1.800.729.8279

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

- Offers program for Veterans.

### Central Illinois Care Services, Inc.

1901 S. 4<sup>th</sup> St. Suite 4

Effingham, IL. 62401

217.994.9016

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

618.391.7138

### Community Care Systems, Inc.

200 Westgate Ave.

Salem, IL 62881

618.548.1613

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

Toll-Free: 1.800.266.7530

- Offers program for Veterans

### Help at Home, Inc.

128 N Third St.

Mt. Vernon, IL 62864

618.244.7800

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

Toll-Free: 1.877.699.7954

- Offers Program for Veterans.

### Visiting Angels

120 E Section Ave

217-690-4564

Effingham, IL 62401

“America’s Choice in Homecare” Visiting Angels Serves 15 Counties

[www.visitingangels.com/effingham](http://www.visitingangels.com/effingham)

Offers Programs for Veterans

**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.



Residential Healthcare

8341 Expressway Dr. Suite C  
Marion IL 62959 Toll-Free: 800.642.6099  
[www.residentialhealthcare.com](http://www.residentialhealthcare.com)

Clay County Health Department Hospice

601 E 12<sup>th</sup> St 618.662.4406  
Flora IL 62839 Toll-Free: 800.544.4406  
[www.healthdept.org](http://www.healthdept.org)

HSHS Homecare and Hospice Southern Illinois

503 S. Maple St. 217.347.1777  
Effingham, IL. 62401 Toll-Free: 1.800.551.6566  
[www.stanthonyshospital.org](http://www.stanthonyshospital.org)

Lincolnland Hospice of Sarah Bush Lincoln

1000 Health Center Dr. 217.234.4075  
Mattoon, IL 61938 Toll-Free: 1.800.454.4055  
[www.sarahbush.org](http://www.sarahbush.org)

## Housing Options:



### Apartments:

#### Chamber of Commerce

223 W Railroad St.

Flora IL 62839

618-662-5646

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

- List of rental landlords available

#### Clay County Housing Authority

County Office

201 S. Locust

Flora IL 62839

618-662-5311

- Rental options for low income individuals
- Hours are M-F 8:00-4:00

#### Village Green Apartments

811 Meadow View Dr.

Flora IL 62839

618-662-8199

#### Zink's Apartment Rental

150 Rte. 45 S.

Louisville, IL 62858

618-665-4083

## Developmental Disabilities

#### Country View Terrace

52 Old Route 45

Louisville, IL 62858

618-686-4542

- Intermediate Care Facility for adults with developmental delays.
- Offers nursing consultation, physician, consultation, physical, occupational, and speech services available as needed.
- Screening is through Southern Illinois Case Coordination



# Housing Options...



## Assisted Living/Supportive Living:

### Heritage Woods of Flora

1003 W. 4<sup>th</sup> St

Flora IL 62839

618.662.4599

[www.gardant.com/heritagewoodsflora](http://www.gardant.com/heritagewoodsflora)

- Affordable assisted lifestyle community for adults 65+
- Live in your own private apartment.
- Receive the personal assistance you need.
- Availability of three meals a day, housekeeping, and laundry services.
- Enjoy companionship of friends and neighbors.
- Participate in social, recreational, & educational activities.
- Financial assistance is available for those who qualify.

# Housing Options...

## Nursing Homes:

**Helpful Websites to use when selecting a nursing home:**

<http://health.usnews.com/best-nursing-homes>

<http://www.ucomparehealthcare.com/nhs/illinois>

<http://www.medicare.gov/NHCompare>

***When looking at a facility these are some things to keep in mind regarding each Long Term Care Facility:***

- Care Practice: How staff cares for the individual. When thinking about what is important for your loved one and what you expect from their life at a Long Term Care Facility.
- Environment: How the space around us looks can affect how we feel about the place.
- Dining: It is not just about food, it is also an opportunity for socializing as well as enjoying your meal.
- Everyday Life: How you spend your personal time is your choice, but having a good quality of day to day activities is very achievable while in a Long Term Care Facility.
- Culture Change: This is directed to the Home's awareness and commitment to person centered/direct care. Ask about the facility's Resident Council.
- Staff turnover is a method of measuring staff satisfaction.
- Longevity of the Administrator and Director of Nursing.
- Staff to resident ratios should be compared between facilities.
- Check out the surveys from the Illinois Department of Public Health for each Long Term Care Facility that you are considering.

These surveys are available at:

<https://ltc.dph.illinois.gov/webapp/LTCApp/ltc.jsp>

These suggestions are taken from the ***YourWay: How to Find Dignity and Choice in a Nursing Home*** book published by the Illinois Pioneer Coalition. A copy of this book is available on the web at

[www.illinoispioneercoalition.org/info/form.php](http://www.illinoispioneercoalition.org/info/form.php)

# Housing Options...

## Nursing Homes:

*Intermediate Care* – Help for those who cannot live alone.

*Skilled Care* – Intensive 24 hour nursing care.

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

### Aperion Care Olney

900 E Scott St.  
Olney, IL 62450

618.395.1000

### Flora Gardens Care Center

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

701 Shadwell Ave  
Flora IL 62839

618.662.8361

[www.petersenhealthcare.net](http://www.petersenhealthcare.net)

### Flora Rehabilitation and Health Care Center

*(Skilled & Intermediate Care)*

232 Given St.  
Flora, IL 62839

618.662.8381

[www.petersenhealthcare.net](http://www.petersenhealthcare.net)

# Residents' Rights in Long Term Care, Home, & Community:

## Effingham County Committee on Aging (ECCOA)

Senior Services of Effingham County  
209 S. Merchant St. 217.347.5216  
Effingham, IL 62401 Toll-Free: 1.800.283.4070  
[www.seniorservices-eccoa.org](http://www.seniorservices-eccoa.org)

- Regional Long Term Care Ombudsman Program:
  1. Provides advocacy to residents 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 with permission, if requested.
  5. Answers any questions regarding Long Term Care issues.

## Illinois Department on Aging

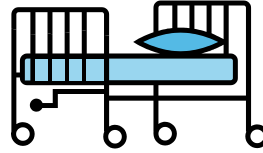
One Natural Resources Way, Suite 100  
Springfield, IL 62702-1271  
[www.illinois.gov/aging](http://www.illinois.gov/aging)

State Long-Term Care Ombudsman 217.785.3143  
Deputy State LTC Ombudsman 217.785.3140  
Senior HelpLine: 1.800.252.8966  
Illinois Department of Public Health Hotline:  
1.800.252.4343

National Long-Term Care Ombudsman Resource Center:  
[www.ltombudsman.org](http://www.ltombudsman.org) 202.332.2275

**Medical Equipment:** Providers 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, Elevators & Special Chairs



Medical Equipment providers also perform several services:

- Directly bill Medicare, Medicaid, or private insurance.
- Free (or low cost) delivery installation, and instruction.

Apria Healthcare

401 S Banker Suites A&B. 217.347.5212  
Effingham, IL 62401 Toll-Free: 1.800.234.6897  
[www.apria.com](http://www.apria.com)

Bandy's Home Health Care Equipment

1413 W. Whittaker  
Salem, IL 62881 618.283.0800

The Medicine Shoppe

215 N Broadway 618.548.0070  
Salem IL 62881

Lincolnland Home Medical Equipment

903 N Maple St 217.347.7372  
Effingham, IL 62401 Toll-Free: 1.800.345.3191  
[www.inhomemedical.com](http://www.inhomemedical.com)

LINCARE

700 N. Henrietta Suite B 217.347.7002  
Effingham, IL 62401 Toll-Free: 1.888.664.7002  
[www.lincare.com](http://www.lincare.com)

## Memory Care Assessments:

### Center for Senior Renewal

Clay County Hospital

911 Stacy Burk Dr.

PO BOX 280

Flora, IL 62839

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

Open M-F 8:00-4:00

618-662-6621

### **Memory and Aging Clinic** (contact Extension 1046)

- A Memory & Aging Network Provider of Southern Illinois University School of Medicine's 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:



## Assisted Living:

### Lavender Ridge Memory Care

1103 N. Maple St.

Effingham, IL 62401

217.342.4150

[www.lavenderridge.net](http://www.lavenderridge.net)

- Specialized care for individuals with memory impairments.
- Family support and education.

### Willowbrook Memory Support Residences

100 E. Bloehm Ave.

Effingham, IL 62401

217.342.3233

[www.willowbrookliving.net](http://www.willowbrookliving.net)

- Specialized care for individuals with Alzheimer's disease and other dementia related diseases.
- Family support and education.
- Respite care is available.

**Respite** – is temporary relief for the primary caregiver from her/his caregiver duties.

**Respite in Communities**

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

Flora Gardens Care Center 618.662.8361  
701 Shadwell St.  
Flora, IL 62839  
[www.petersenhealthcare.net](http://www.petersenhealthcare.net)

Flora Rehabilitation & Health Care Center 618.662.8381  
232 Given Dr.  
Flora, IL 62839  
[www.petersenhealthcare.net](http://www.petersenhealthcare.net)

**Willowbrook Memory Support Residences**

100 E. Bloehm Ave.  
Effingham, IL 62401 217.342.3233  
[www.willowbrookliving.net](http://www.willowbrookliving.net)

- Specialized care for individuals with Alzheimer’s disease and other dementia related diseases.
- Respite care is available.



## **Respite for Care Receivers age 60 and older**

### **Heartland Human Services**

1200 N Fourth St.

Effingham, IL. 62401

Caregiver Advisor

217.347.7179 ext. 1062

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

### **In-Home Respite:**

- Companionship and Supervision
- Assistance with laundry, meal preparation, personal care, and exercise.
- In-home respite workers are trained and employed by Addus HomeCare

**Support Groups:** Meeting dates & times are subject to change.  
[www.aa.org](http://www.aa.org)

**Alcoholics' Anonymous:**

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

- Meets Tuesdays and Fridays at 7:00pm
- For more information call 618.395.7667

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

New Choices Night AFG  
United Methodist Church  
10725 N State HWY 49  
Willow Hill IL 62480

- Meets Thursdays at 7:00pm (use side door)

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

- Meets Thursdays at 7:00

## **Support Groups...**

### Caregiver Connection

Heartland Human Services –Sponsoring Agency  
216 N Main St  
Flora IL 62839

- Meets VIA Zoom- call or email the caregiver advisor for a direct link or follow us on Facebook at Heartland Human Services and look under “Events”
- Phone the Caregiver Advisor: 217.347.7179 ext. 1062.

### Clay County Crusaders

- Financial assistance for Clay County Residents diagnosed with cancer.
- Contact Nancy Mills for more info- 618.662.9592

### Grandparents Raising Grandchildren

Heartland Human Services – Sponsoring Agency  
Flora Public Library-Meeting Place  
216 N. Main St.  
Flora, IL. 62839 217.347.7179 ext. 1062

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

- Meets the first Thursday of the month at 3:30 p.m.

### **Narcotics Anonymous**

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

### Clay County Hospital

911 Stacy Burk Dr.  
Flora IL 62839

### Ties that Bind Us

Free Methodist Church  
223 W Cherry St.  
Olney IL 62450

# Transportation:

## Effingham County Public Transportation

1805 S Banker St

Effingham IL 62401

Toll-Free: 1.855.755.2478

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

- Monday thru Friday 6 a.m. to 8 p.m.  
Saturday 6 a.m. – 4 p.m.
- A demand-response, door-to door public transportation service which serves everyone, any age and any income level.
- Transports EffinghamCounty Residents to medical appointments, visit friends and family, get groceries, or to go to work or school...anywhere you would drive yourself.
- 24 hours in advance notice is appreciated but same day service is available when space permits.
- Passengers age 60 and over ride for free, donations are accepted.
- All vehicles are wheelchair accessible.

## **Other Local Resources:**

### ATI Physical Therapy

815 N. Main St., P.O. Box 481  
Flora, IL. 62839  
[www.atipt.com](http://www.atipt.com)

618.662.1333  
Fax. 618.662.0321

### CEFS Economic Opportunity Corp RSVP

835 W. North Ave  
Flora IL 62839  
[www.cefseoc.org/rsvp](http://www.cefseoc.org/rsvp)

217.342.2193 ext. 135

### Dent Law Office, LLC

415 W Virginia Ave.  
Effingham IL 62401  
<https://dentlawoffices.com/>

217-330-5500

Find us on Facebook!

- Elder Law Practice- providing legal guidance & care planning services for elderly or disabled clients.
- Powers of Attorney, Wills, Trusts, Nursing Home Planning & Estate Settlement.

## Other Local Resources...

### Effingham Area Alzheimer's Awareness (EAAA)

- This group was founded to provide education and support to all families, caregivers, and persons living with Alzheimer's disease and related dementia in Effingham County and surrounding area.
- Hosts a community speaker series focusing on various topics associated with aging, caregiving, and dementia.
- Created the Forget-Me-Not Resource Center at the Flora Public Library
- For more information contact:  
Amy Sobrino 618.363.8372 ([eaaa.amy@gmail.com](mailto:eaaa.amy@gmail.com))  
Shannon Nobsch: 217.663.0010  
[eaaa.shannon@gmail.com](mailto:eaaa.shannon@gmail.com)

### Flora Public Library

216 N Main St

Flora IL 62839

618.662.6553

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

- Local caregiver resource center with access to books and videos on caregiving. Caregiver Advisor is available the 1<sup>st</sup> Thursday of each month by appointment (217.347.7179 ext. 1062)

### Illinois Assistive Technology Program

1020 Spring St.

Springfield, IL 62701

217.522.7985

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

TTY: 217.522.9966

Email: [iatp@iltech.org](mailto:iatp@iltech.org)

Services include:

- Information & Assistance
- Devices Loan Program

## Other Local Resources...

### Illinois Department of Veterans' Affairs

[www.2illinois.gov/veterans](http://www.2illinois.gov/veterans)

- Veterans Assistance Commission  
600 E. Main St, Ste. 5  
Salem IL 62881 618.548.6929
- Community Based Outpatient Clinic  
1011 Ford Ave.  
Effingham, IL 62401 217.347.7600

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

- Services: Powers of Attorney and Last Wills.
- Clay County at SWAN, located at 832 W North Ave Suite B in Flora.
- An appointment is required
  - For an appointment call: 618.662.7300
- For other types of cases call Land of Lincoln Legal Assistance Monday through Friday between 9:00am-3:30pm.
  - Foreclosure and Consumer: 855.601.9474
  - All other types of cases: 877.342.7891

### Life Masters Senior Club

Clay County Hospital  
911 Stacy Burk Dr.  
Flora IL 62839

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

- Features Monthly meeting contact the Clay County Hospital for more information.

## Other Local Resources...

### Midland Area Agency on Aging

www.midlandaaa.org

434 S. Poplar

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 needs of Seniors and persons living with disabilities
  - Develops programs and funds community agencies.
  - Advocates on behalf of senior citizens
  - Program Coordination
  - SHIP site Assists with Medicare Prescription Drug Applications \* and Benefit Access Applications (formerly known as Circuit Breaker) \*.
  - Provides General and Court Advocacy services to Victims of Abuse through Senior Advocacy Program
  - Senior Medicare patrol
  - Veterans Independence program
  - Senior Employment Services

### Virtual Opportunities

- Over 150 small group classes for **FREE!** This is supported by the Midland Area Agency on Aging, and in partnership with GetSetUp. These classes are designed to keep your mind active, allow you to engage with others, increase your ability to live independently and learn new things. <https://www.getsetup.io/partner/midland>
- Adaptive Equipment Corner offers free videos on how to adapt to the environment for those who are having mobility and other issues in daily activities. To access this you would simply google AECorner.com, register and create a (at least 8 character) password. Then you would use the code "midlandcares" which is good till June 2021 and sign up to view videos and access information available. When visiting this site again, you would simply use "returning user LOGIN" option and put in your information and password from registering.



## Other Local Resources...

### Mid-Illinois Talking Book Center

300 S Second St.

Springfield IL 62701-1796

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

Monday-Friday 8:00-4:30

Toll Free: 800.426.0709

## Toll Free Numbers and Web Pages...

AARP

1.888.687.2277

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

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

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

Alzheimer's Association

1.800.272.3900

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

Alzheimer's Disease Education and Referral (ADEAR) Center

1.800.438.4380

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

Caring Today

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

Elder Abuse

1.866.800.1409

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

Eldercare Locator

1.800.677.1116

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

Geriatric Mental Health Foundation

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

National Alliance for Caregiving

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

National Council on the Aging

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

Caregiver Action Network

[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)

Mental Health America

1.800.969.6642

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

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

Addus Home Care [www.addus.com](http://www.addus.com)  
Center for Senior Renewal, Clay County Hospital  
[www.claycountyhospital.org](http://www.claycountyhospital.org)  
Clay County Health Department [www.healthdept.org](http://www.healthdept.org)  
Effingham Area Alzheimer's Awareness  
Flora Gardens and Flora Rehabilitation & Health Care Center  
[www.petersenhealthcare.net](http://www.petersenhealthcare.net)  
Flora Public Library [www.florapubliclibrary.org](http://www.florapubliclibrary.org)  
Heartland Human Services [www.heartlandhs.org](http://www.heartlandhs.org)  
Heritage Woods of Flora [www.gardant.com/heritagewoodsflora](http://www.gardant.com/heritagewoodsflora)  
Midland Area Agency on Aging [www.midlandaaa.org](http://www.midlandaaa.org)  
Senior Services of Clay County [www.eccoa.info](http://www.eccoa.info)  
SWAN [www.swandvhl.org](http://www.swandvhl.org)

The *Guide for Family Caregivers* has been written to assist families and friends in finding resources to help them care for loved ones. The resources included in this printing are the ones known to the contributors who provide services in Fayette County. It is not the intent of this group to omit providers. Phone numbers, addresses and websites are current as of January 1, 2021. 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:  
The Geriatric Services Division at Heartland Human Services at  
217.347.7179, extension 1062.*

