

Caregiver Resource Guide To Older & Disabled Adult Services

Fayette County, Illinois

2021 Edition



Common Questions & Where to Find Help...

1. What is the difference between intermediate and skilled care? See page 24 for nursing care options.
2. I need a break from caregiving. Where do I turn? See Respite on page 29.
3. I just started caring for my parents. I need some direction. Where do I start? See Assistance in Your Home and Community pages 5-6; Caregiver Support page 9; or Other Local Resources pages 34-37.
4. My parents can't afford their medicine. Where can they turn for help? See Energy/Financial Needs pages 11-14.
5. I don't feel comfortable bathing my parent. What help is available? See In-Home Services pages 18-19.
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 11-14 and Food/Meals pages 15-16.
8. My complaints to nursing home staff aren't getting mom better care. Where do I turn? See Ombudsman Program on page 25.
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, 11, 12, & 37. *

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 - 10	Emotional Needs/Counseling
11-13...	Energy/Financial Needs
14-15...	Food/Meals
16.....	Home Health Care Agencies
17...	In-Home Services/Home Chore
18.....	Hospice
19-23...	Housing Options & Resident Advocacy
24.....	Medical Equipment
25.....	Memory Care Homes
26.....	Respite
27-28...	Support Groups
39.....	Transportation
30-34...	Other Local Resources
35.....	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 begins.

December 7, 2021 open enrollment 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.**

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

General Information/Home Service	618.244.0331
Blind Service	618.244.2650
TDD only	618.244.0339

Opportunities for Access, Center for Independent Living

102 Greenview Dr.	217.342.5521
Effingham, IL 62401 (v/tty) Toll-Free:	1.800.810.3184
Mt. Vernon /Home Office:	618.244.9212
www.ofacil.org	Toll-Free: 1.800.938.7400

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

Senior Services of Fayette County

112 N. Kennedy St.	618.283.4122
Vandalia, IL 62471	Toll-Free: 1.866.618.4122
www.eccoa.info	

- 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—including screening for **In-Home Services such as: Homecare Aide and Emergency Home Response System.**
- Volunteer money management,
- SHIP site/Insurance counseling.
- ITAC Center for free TTY's and amplified telephones.
- Referrals for many services that will add benefit to the individual's needs.

Assistance in Your Home and Community...

SWAN

Adult Protective Services

217.342.4526

www.swandvhl.org

Toll-Free: 1.888.715.6260

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.

SWAN Senior Services

427 W Orchard Suite E

Vandalia, IL 62471

618.283.9179

www.swandvhl.org

- Information & assistance to available resources.
- Assist with Medicare Prescription Drug Program. *
- Assist with Benefit Access Program Applications (formerly known as Circuit Breaker). *
- Assist with Medicare Savings Program and the Low-Income Subsidy Program.
- Schedule legal appointments with legal representatives.
- Certified SHIP counselors and designated SHIP site.

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

Senior Services of Fayette County

112 N. Kennedy

Vandalia, IL. 62471

618.283.4122

www.eccoa.info

- 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:



The Center for Senior Renewal

(Sarah Bush Lincoln/Fayette County Hospital & Long Term Care)

650 West Taylor Street

Vandalia, IL 62471

618.283.1731

www.fayettecountyhospital.org

Click on Services. Click on Senior Renewal.

- Provides outpatient group, individual and family counseling for persons 60+ years of age.
- Provides psychiatric services for participants above.
- Transportation to and from these services.
- Services provided for residents of Fayette County and those within a 30 mile radius of Vandalia.
- Medicare/2ndary or Private pay

Community Resource Center

421 W. Main St.

Vandalia, IL 62471

618.283.4229

- Outpatient counseling services.
- Representative Payee Services – for open clients.
- Substance abuse program includes outpatient counseling services, community education and DUI services.
- Psychiatric services are available at the Centralia office by referral from Community Resource counselors.

24-Hour Crisis Line

618.533.1391

- **Provides support and assistance to help callers cope with emergency situations.**

Emotional Needs/Counseling...

Heartland Human Services

1200 N. 4th St.
Effingham, IL 62401

217.347.7179

www.heartlandhs.org

- **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.
- **DUI Evaluations** (contact Extension 1075)
- **Crisis Line** **217.342.5504**

HSHS Holy Family Hospital

Outpatient Senior Wellness
200 Health Care Dr.
Greenville, IL. 62246

www.hshsholyfamily.org

618.664.2252

- Offers outpatient mental health counseling to seniors coping with depression, anxiety, and loss in the second half of life.

Pathways Counseling Center

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

618.367.6352

www.bchfs.com (Under Counseling Services)

- Provides counseling services with a sliding fee scale.
- Also accepts insurance. Call for more information.

Emotional Needs/Counseling...

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

1410 Sunset Dr., Ste. G

Vandalia, IL 62471

618.283.1414

www.safecrisiscenter.org

- Provides crisis counseling and advocacy for sexual assault victims and family emergencies.
- **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:

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

American Red Cross (serves Fayette County)

1045 Outer Park

Springfield, IL. 62701

217.787.7602

<http://www.redcross.org>

- Funds are available to assist with natural disasters.

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 618.283.2631
- SWAN Senior Services 618.283.9179
- Senior Services of Fayette County 618.283.4122
- Heartland Human Services (Effingham) 217.347.7179

Energy/Financial Needs...

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

Catholic Charities

1502 E. Fayette Ave.

Effingham, IL 62401

217.857.1458

www.cc.dio.org. Click on locations. Click on Effingham.

- Offers assistance with rent, utilities, acute medical needs, transient transportation, temporary lodging, and dental vouchers, and diabetic medications.
- Legal services assist people with little to no income obtain pro-bono legal services. Appointment necessary.
- Certified SHIP Counselors and designated SHIP Site.* Assists with filing for Extra Help, Medicare Prescription Drug Program, and Medicaid.
- Assists with obtaining low cost medications from pharmaceutical companies and/or reputable internet pharmacies for eligible clients.

CEFS – Fayette County Outreach Office

517 W. Gallatin

Vandalia, IL 62471

618.283.2631

www.cefseoc.org

- *Energy Assistance, or LIHEAP.* Eligibility requirements.
- *Weatherization Program* – helps to weatherize or insulate a home. Eligibility requirements exist.
- Income tax preparation.
- Budget & housing counseling.
- Rental and homeless assistance
- Appointments are required.
- **All services are subject to availability of funding**

Energy/Financial Needs...

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

Illinois Department of HealthCare & Family Services

Family Community Resource Center

800 S. Locust St.

Centralia, IL 62801

www.dhs.state.il.us

618.532.1966

fax: 618.532.4957

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

Social Security Administration (local office)

1207 Network Centre, Ste. 2

Effingham, IL 62401

www.socialsecurity.gov

1.855.213.5288

Toll Free : 1.800.772.1213

- Retirement application is available online.
- Replacement Medicare cards and social security cards.
- Social Security Survivor & Disability Income
- Supplemental Social Security Income

USDA Rural Development

2701 S. Banker St., Ste. 103A

Effingham, IL 62401

www.rurdev.usda.gov/IL

217.347.7107 ext. 4

- 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.
-

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.

Meals on Wheels of C.E.F.S.

1805 S. Banker St.

Effingham, IL 62401

217.342.2193 ext. 119

www.cefseoc.org

Golden Years Club

120 1st St.

Brownstown, IL. 62418

Contact Don for more information 217-821-5260

- Potluck every second and fourth Tuesday of the month.
- Food Bank the 1st Saturday of each month

Food/Meals...

Food Pantries (contact information provided, call for details)

6:35 Pantry

228 Johnson St.

Vandalia, IL. 62471

618.335.6241

- Every Thursday from 4:30 p.m. – 6:00 p.m.
- Residents of Fayette county ID is necessary

CEFS Fayette County Food Pantry

517 W. Gallatin

Vandalia, IL 62471

618.283.2631

- Open Wednesday & Thursday 1 p.m. – 4 p.m. and
Fridays 9 a.m. – 12 p.m.

St. Elmo Food Pantry

512 N. Main St.

St. Elmo, IL 62458

618.829.3273

- Open Mondays 10 – 11 a.m. and 5:30 – 6:30 p.m.
- Must live in St. Elmo school district.

St. Joseph's Food Pantry

114 E. Main St.

Ramsey, IL 62080

618.423.2424

- Food Pantry- Open Wednesdays 9:30 a.m. – 11:30 a.m.

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.

BJC Home Care Services

3535 College Ave.

Alton, IL 62002

618.463.7541

Bond County Health Department

1520 S. 4th St.

Greenville, IL. 62246

618.664.5020

Toll Free: 1.800.272.9159

www.bchd.us

- Covers 35 mile radius from Greenville.

Fayette County Health Department Home Health Care

416 W. Edwards

Vandalia, IL 62471

618.283.7262

618.283.1044

www.fayettehealthdept.org Click on Home Health.

HSHS Home Care and Hospice Southern Illinois

503 N Maple St.

Effingham, IL 62401

217.347.1777

Toll-Free: 1.800.551.6566

www.hshshomecare.org

Mederi Caretenders

4202 Williamson Place, Suite 1

Mt. Vernon, IL 62864

618.242.3516

www.lhcgroupp.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

- Offers program for Veterans.

Central Illinois Care Services, Inc.

1901 S. 4th St. Suite 4

Effingham, IL. 62401

217.994.9016

www.centralillinoiscareservices.com

618.319.7138

- Requires a minimum of 4 hour shifts

Help at Home, Inc.

128 N Third St.

Mt. Vernon, IL 62864

618.244.7800

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

www.visitingangels.com/effingham

- Offers Veterans Program
- Minimum 4 hours per visit

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.



Bond County Hospice

1520 S. 4th St. 618.664.5020
Greenville, IL 62246 Toll-Free: 1.800.272.9159
www.bchd.us Click on Hospice.

- Covers 35 mile radius from Greenville.

Fayette County Health Department Hospice

416 W. Edwards St. 618.283.1044
Vandalia, IL 62471 618.283.7262
www.fayettehealthdept.org Click on Hospice.

- Serves Fayette County and surrounding counties.

HSHS Homecare and Hospice Southern Illinois

701 W. Temple St. 217.347.1777
Effingham, IL. 62401 Toll-Free: 1.800.551.6566
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

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 Brownstown, 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

North Town Apartments

1502 N. 8th St.
Vandalia, IL 62471

618.292.3932

618.283.1135

Terra Properties (55+)

Corner of 7th & Fletcher
Vandalia, IL 62471

618.654.7033

Vandalia Heights (Terra Properties)

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

618.654.7033

1928 W. Randolph
Vandalia, IL. 62471

618.654.7033

Housing Options...



Sweetbriar Retirement Home

410 Sunset Dr.
Vandalia, IL 62471

618.283.9816

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

Assisted Living/Supportive Living:

Brookstone Estates

1607 W. Fillmore
Vandalia, IL 62471

618.283.9825

www.seniorlifestyle.com

- Price based on income for those who qualify.

The Glenwood of Effingham

14061 E. 1600th St.
Effingham, IL. 62401

217.347.8880

www.theglenwoodcommunities.com

The Glenwood of Greenville

605 S. Dewey St.
Greenville, IL. 62246

618.664.9012

www.theglenwoodcommunities.com

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

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 St. Elmo

(Intermediate & Skilled Care, Secured Dementia Unit)

221 E. Cumberland Rd.

St. Elmo, IL 62458

618.829.5581

<https://aperioncare.com/locations/st-elmo/>

Fayette County Hospital & Long Term Care

(Skilled Care)

7th & Taylor

Vandalia, IL 62471

618.283.1231

Vandalia Rehabilitation and Health Care Center

(Skilled Care)

1500 St. Louis Ave.

Vandalia, IL 62471

618.283.4262

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

- 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

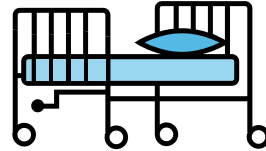
One Natural Resources Way, Suite 100
Springfield, IL 62702-1271
www.illinois.gov/aging

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 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.

- Hospital Beds
- Walkers and/or Wheelchairs
- Oxygen/CPAP



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 Suite A&B
Effingham, IL 62401

217.347.5212
Toll-Free: 1.800.234.6897

www.apria.com

- Now serves Central and Southern IL

Cain's Drug Store, Inc.

1401 N. 8th St.
Vandalia, IL 62471

618.283.0196

Carle Medical Supplies, Inc.

4201 Ilberry Rd.
Mt. Vernon, IL 62864

618.244.4949
Toll-Free: 1.800.642.7784

Lincolnland Home Medical Equipment

903 N. Maple St.
Effingham, IL 62401

217.347.7372
Toll-Free: 1.800.345.3191

www.sarahbush.org

LINCARE Inc.

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

217.347.7002
Toll Free: 1.888.664.7002

Memory Care Homes:

Aperion Care St. Elmo Garden Unit

221 E Cumberland Rd.
St Elmo, IL 62458



618.829.5551

Lavender Ridge Memory Care

1103 N. Maple St.
Effingham, IL 62401

www.lavenderridge.net

217.342.4150

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

Life Journey Senior Living

340 IL Route 29
Pana, IL 62557

www.lifesjourneymc.com

217.562.3004

- Provides a nurturing environment for those who have Alzheimer's disease and related dementias.
- Family support and education.

Willowbrook Memory Support Residences

100 E. Bloehm Ave.
Effingham, IL 62401

www.willowbrookliving.net

1124 Sunset Dr
Vandalia UIL 62471

www.willowbrookliving.net

217.342.3233

618.431.2125

- Specialized care for individuals with Alzheimer's disease and other dementia related diseases.

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.

Respite for Care Receivers age 60 and older

Heartland Human Services

1200 N Fourth St.

PO Box 1047

Effingham, IL. 62401

Caregiver Advisor

217.347.7179 ext. 1062

www.heartlandhs.org

You can now find us on Facebook!

In-Home Respite:

- Companionship, supervision, reading.
- Assistance with laundry, meal preparation, personal care, and exercise.
- In-home respite workers are trained and employed by Addus HomeCare at 2929 Broadway in Mt. Vernon.

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

www.aa.org

Alcoholics' Anonymous:

AA: A Vision for You
Northside Christian Church
1845 W. Jackson
Vandalia, IL. 62471
Women: Saturday @ 10:00a.m.
Men: Saturday @ 11:00 a.m.

Courage to Change
230 W. Tower Rd.
St. Elmo, IL. 62458
Book Study, Monday @ 7 p.m.

First Baptist Church
Rt. 51 S.
Ramsey, IL 62080
Meets Tuesdays @ 7 p.m. (open)

First Presbyterian Church
1221 W. Filmore St.
Vandalia, IL 62471
Meets Thursdays @ 8 p.m.

Fayette County Hospital (Call for room number)
7th & Taylor
Vandalia, IL 62471 618.283.1231
Meets Tuesdays @ 8 p.m. (Open 12 + 12 Study)
Meets Fridays @ 8 p.m. (Open Big Book Study)
Meets Saturdays at 8 p.m. (Closed)

Support Groups...

Alcoholics' Anonymous cont...

Mulberry Grove Firehouse
7th & Route 40
Mulberry Grove, IL. 62262
Meets Sundays @ 8 p.m. (open) 618.326.9025

Newcomers 123is
Helm Center
716 School St.
Vandalia, IL. 62471
Meets Wednesdays @ 8 p.m. 618.283.2313

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

First Presbyterian Church
1221 W. Filmore St.
Vandalia, IL 62471
• Meets Thursdays at 8 p.m. 618.283.0937

Caregiver Connection (respite may be arranged—see page 27)

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

Support Groups...

Grandparents Raising Grandchildren

Heartland Human Services – Sponsoring Agency

215 S. 5th St.

Vandalia, IL. 62471

217.347.7179 ext. 1062

Meets VIA Zoom- Contact the Caregiver Advisor for a direct Zoom link or follow us on Facebook at Heartland Human Services and look under “Events”

www.heartlandhs.org

Grief Support Group

Sponsored by SBLH (618)238-0842

Narcotics Anonymous

www.na.org

Northside Christian Church

1845 W. Jackson St.

Vandalia, IL 62471

- Meets Fridays at 7 p.m.

618.283.1970

Transportation:

CEFS Central Illinois Public Transportation

Fayette County Outreach

517 W. Gallatin

Vandalia, IL. 62471

Toll-Free: 1.855.755.2478

www.cefseoc.org

Click on Central Illinois Public Transportation

- 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 Fayette County 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.

Vandalia Rehabilitation and Health Care Center

1500 St. Louis Ave.

Vandalia, IL. 62471

618.283.4262

- Provides transportation to individuals with the Medical Card Only.
- Call Michelle for details and availability.

Other Local Resources:

ATI Physical Therapy

815 N. Main St., P.O. Box 481

618.662.1333

Flora, IL. 62839

Fax. 618.662.0321

www.atipt.com

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 Evans Public Library.
- For more information contact:
Amy Sobrino 618.363.8372 (eaaa.amy@gmail.com)
Shannon Nosbisch: 217.663.0010
eaaa.shannon@gmail.com

Frisse & Brewster Law Offices, LLC

304 E Jefferson Ave

Effingham, IL 62401

866.631.2946

<https://frissebrewsterlaw.com>

You can now 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...

Illinois Assistive Technology Program

1020 Spring St.

Springfield, IL 62701

www.iltech.org

Email: iatp@iltech.org

Services include:

- Information & Assistance
- Devices Loan Program

217.522.7985

TTY: 217.522.9966

Illinois Department of Veterans' Affairs

www.2illinois.gov/veterans

- Veterans Assistance Commission

101 N. 4th St. (second floor)

Effingham, IL. 62401

217.342.8493

- Daily except for 1st Wednesday & 4th Thursday

- Community Based Outpatient Clinic

1011 Ford Ave.

Effingham, IL 62401

217.347.7600

Illinois Guardianship & Advocacy Commission

Metro East Regional Office

4500 College Ave.

Alton, IL 62002-5099

618.474.5503

www.gac.state.il.us

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

Other Local Resources...

Libraries:

Evans Public Library District

215 S. 5th St.

Vandalia, IL 62471

618.283.2824

www.evanspubliclibrary.org

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

Brownstown Branch of St. Elmo Public Library District

120 E. 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.**

www.stelmo.lib.il.us

Other Local Resources...

Land of Lincoln Legal Aide Foundation, Inc.

- Services: Powers of Attorney and Last Wills.
- A representative from Land of Lincoln is available once every other month for Fayette County residents at SWAN Senior Services at 427 W. Orchard Street, Suite E, Vandalia IL.
- An appointment is required.
For an appointment call: 618.283.9179
- For other types of cases call Land of Lincoln Legal Assistance Monday through Friday between 9:00 a.m. – 3:30 p.m.
Foreclosure and Consumer: (855) 601.9474
All other types of cases: (877)342.7891

Midland Area Agency on Aging

www.midlandaaa.org

434 S. Poplar

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 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

Other Local Resources...

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.

Illinois Talking Book Center

300 S Second St.

Springfield, IL. 62701-179

Monday-Friday 8:00-4:30

<http://mitbc.org>

Toll-Free: 1.800.426.0709

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

Caregiver Action Network

www.nfcacares.org

National Institute of Mental Health

www.nimh.nih.gov

National Institute on Aging

1.800.222.2225

www.nia.nih.gov

Mental Health America

1.800.969.6642

www.nmha.org

Contributing Members of the Fayette County MHASI Advisory Group

Addus Homecare www.addus.com
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 Agency on Aging www.midlandaaa.org
SWAN Senior Services & Adult Protective Services
www.swandvhl.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, 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.*