

Caregiver Resource Guide to Older Adult Services

Clay County, Illinois
2014 Edition



Common Questions & Where to Find Help...

1. What is the difference between intermediate and skilled care? See page 21 for nursing home care options.
2. I need a break from caregiving. Where do I turn? See Respite on page 25.
3. I just started caring for my parents. I need some direction. Where do I start? See Assistance in Your Home and Community on pages 5-7; Caregiver Support page 10; or Other Local Resources pages 30-32.
4. My parents can't afford their medicine. Where can they turn for help? See Energy/Financial Needs pages 11-12.
5. I don't feel comfortable bathing my parent. What help is available? See In-Home Services page 17.
6. I'm concerned that dad could fall and not be able to get up. See Emergency Home Response Systems on page 8.
7. It seems that my neighbor is always low on food and money? See Energy/Financial Needs pages 11-12 and Food/Meals pages 13-14.
8. My complaints to nursing home staff aren't getting mom better care. Where do I turn? See Ombudsman Information on page 22.
9. My senior citizen friend is being financially exploited. What do I do? See page 6 for Adult Protective Services.
10. We need help with the Medicare Prescription Drug Program? See pages 5, 11, and 30. *

This Guide was written and disseminated by the Clay 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?

The Medicare Prescription Drug 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 vary depending on the plan you choose.

October 15, 2014 open enrollment for 2015 begins.

December 7, 2014 open enrollment for 2015 ends.

January 1, 2015 coverage begins.

Look for agencies with an asterisk (*) in their description for assistance in signing up for a Medicare Prescription or Circuit Breaker Program now known as the Benefit Access Program.

Adult Day Services:

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



Flora Gardens Care Center

701 Shadwell Ave.

Flora, IL 62839

618.662.8361

www.petersenhealthcare.net

Flora Rehabilitation and Health Care Center

232 Given St.

Flora, IL 62839

618.662.8381

www.petersenhealthcare.net

Heartland Harmony—A Memory Enhancement Center

A Division of Heartland Human Services

1200 N. 4th St

217.347.7179

Effingham, IL 62401 Toll-Free:

1.888.560.8805

www.heartlandhs.org

- Provide engaging activities to individuals who have memory problems while family members get a break.

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 618.395.2147
Blind Service 217.875.4866
TDD only Toll-Free: 1.888.472.0926
www.dhs.state.il.us

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: Toll-Free: 1.800.938.7400
www.ofacil.org

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

Clay County Health Department

Medication Education/Management Program

(A program funded by Midland Area Agency on Aging)

601 E. 12th St.
Flora, IL 62839 618.662.4406
www.healthdept.org

- Provides medication education/management to anyone 60 years of age or older who is having trouble with her/his medication regimen.
- Provider is a registered nurse and donations are accepted for the service.
- Referrals are accepted via phone call.
- Serves the following counties: Clay and Marion.

Assistance in Your Home and Community...

SWAN Senior Services

832 W. North Ave., Suite B

Flora, IL 62839

618.662.7300

www.swandvhl.org

email: www.swanshelter@yahoo.com

- Information & assistance to available resources.
- Assistance with Medicare Prescription Drug Program.*
- Assistance with Circuit Breaker applications (Benefit Access Program).*
- Schedule legal appointments with Land of Lincoln Legal Assistance Foundation, Inc.
- Certified SHIP Counselors and designated SHIP Site

SWAN

Adult Protective Services

Toll-Free: 1.888.715.6260

www.swandvhl.org

618.662.7300

- Adult Protective Services serving individuals with a disability in the community ages 18-59 as well as 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.
- Provides Legal Advocacy to persons in need of accessing an order of protection.

Assistance in Your Home and Community...

Senior Services of Clay County

832 W. North Avenue C-2

Flora, IL 62839

618.662.7304

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—**includes screening for In-Home Services such as: Homecare Aide, Emergency Home Response System.**
- Certified SHIP Counselors and Designated SHIP Site.
- Volunteer money management.
- ITAC Center for tty's and amplified telephones.
- VOCA (Victims of Crime Act) Counseling.
- 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. An activation device is 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 Clay County:

Clay County Hospital

911 Stacy Burk Dr.
Flora, IL 62839

- Contact the EMT's @ 618.662.2131

Community Care Program:

Senior Services of Clay County

832 W. North Avenue C-2
Flora, IL 62839

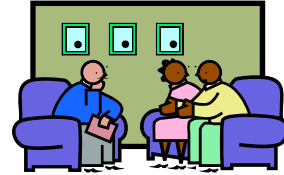
618.662.7304

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:



Center for Senior Renewal

Clay County Hospital

911 Stacy Burk Dr.

Flora, IL 62839

618.662.6621

www.claycountyhospital.org

Click on Services. 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 a psychiatrist.

Southeastern Illinois Counseling Centers Inc.

Family Counseling Center

901 W. 3rd St.

Flora, IL 62839

618.662.2871

www.seicc.org

Click on Locations. Click on Clay Family Counseling.

- Outpatient counseling services are available to assist individuals with a variety of mental, emotional, behavioral and social problems.
- Substance abuse programs include early intervention, outpatient counseling, intensive outpatient counseling, and case management.
- 24- Hour Crisis Line provides support and assistance to help callers cope with emergency situations.

618.395.5026

TDD: 618.392.5507

Emotional Needs/Counseling...

Heartland Human Services

1200 N. 4th St.

Effingham, IL 62401

www.heartlandhs.org

217.347.7179

Toll-Free: 1.888.560.8805

- **Caregiver Support Services** (contact Extension 1062)
- **Memory and Aging Clinic** (contact Extension 1046)
- **DUI Evaluations and Education**

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

1108 S. Willow, Ste. 12

Effingham, IL 62401

www.safecrisiscenter.org

217.342.6623

- Provides crisis counseling and advocacy for sexual assault victims and family emergencies.
 - **24 hour crisis intervention hotline**
Toll-Free: 1.800.625.1414



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

Energy/Financial Needs:

CEFS - Clay County Outreach Office

835 W. North Ave.

Flora, IL 62839

618.662.4024

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. *

Circuit Breaker Program, now known as the Benefit Access Program *

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

- Provides discount on license plate sticker fees. **File every 2 years!**

- Application assistance:

CEFS Outreach Office —

618.662.4024

Senior Services of Clay County —

618.662.7304

SWAN Senior Services –

618.662.7300

Illinois Department of Healthcare and Family Services

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

850 Bryant St.

Louisville, IL 62858

618.665.3391

www.2.illinois.gov/hfs

- 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.

Energy/Financial Needs...

Social Security Administration (local offices)

1207 Network Centre, Ste. 2
Effingham, IL 62401 1.888.397.4543

Federal Building
105 S. 6th St.
Mt. Vernon, IL 62864 1.866.931.2549
www.socialsecurity.gov

- Information available Toll-Free 24 /7 1.800.772.1213
- Retirement application is available online. See website above.

USDA Rural Development

221 Withers Dr.
Mt. Vernon, IL 62864 618.244.0773 ext. 4
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.

Food/Meals:

CEFS Golden Circle Nutrition Program

1805 S. Banker St.

Effingham, IL. 62401

www.cefseoc.org.



217.342.2193 ext. 119

- **Home delivered meals** are available to those within Clay County. Suggested donation is \$2.85. *Reservations required one day in advance.*
- **Congregate meals** are available at the following Golden Circle Nutrition sites Monday thru Friday, with the exception of major holidays. Suggested donation is \$2.60. Meal sites are listed below. *Reservations required one day in advance.*

Clay City Golden Circle

Community Building

SE 2nd St.

Clay City, IL 62824

618.676.1591

Flora Golden Circle

Flora Senior Citizens Building

218 S. Main St.

Flora, IL 62839

618.662.6741

Louisville Golden Circle (home delivered only)

Clay County Farm Bureau

165 Broadway St.

Louisville, IL 62858 217.342.2193 ext. 119 or 135

Community of Christ Church

751 Shadwell

Flora, IL 62839

618.662.8088

<http://www.cofchrist-brushcreek-missioncenter.org>

- Free meal the last Monday of each month.

Food/Meals...

Food Pantries (contact information provided, call for details)

Clay County Ministerial Alliance Food Pantry

1101 Austin Ave.

Flora, IL 62839

- Hours: Monday 9 a.m. – 11 a.m.
- Contact Esther Walker at 618.662.5661



Miscellaneous

Smart Choice Food Source - “Smart Choice” food boxes are offered through local Host Site locations, such as faith-based organizations and churches, companies, outreach or community action programs.

www.smartchoicefood.com

Remember:

- No income requirements.
- No membership fees.
- No pre-qualifications.

Flora Assembly of God Church (Local Host Site)

730 Seminary St.

Flora, IL 62839

618.622.4291

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.

Advantage Home Health

801 S. West St.

Olney, IL 62450

618.392.4624

Toll-Free: 1.800.392.8440

Clay County Home Health (Health Department)

601 E. 12th St.

Flora, IL 62839

618.662.4406

Toll-Free: 1.800.544.4406

www.healthdept.org

Fairfield Memorial Hospital Home Health

(Only covers small part of Clay County South of Rt. 50 and 250)

303 N.W. 11th St.

Fairfield, IL 62837

618.842.4049

www.fairfieldmemorial.org Click on Services.

Lincolnland Home Care

1004 Health Center Dr., Suite 202

Mattoon, IL 61938

217.345.1033

www.sarahbush.org

Toll-Free: 1.800.879.3212

Mederi Caretenders

4202 Williamson Place, Suite 1

Mt. Vernon, IL. 62864

618.242.3516

Toll-Free: 1.800.451.3612

www.almostfamily.com Click on Locations

Richland Memorial Home Health Services

800 E. Locust St.

Olney, IL 62450

618.395.1068

Toll-Free: 1.888.779.7709

www.richlandmemorial.com Click on Services

Home Health Care Agencies...

St. Anthony's Memorial Hospital Home Care

503 N. Maple St.

Effingham, IL 62401

217.347.1777

www.stanthonyshospital.org Toll-Free: 1.800.551.6566

VNA Tip Homecare

(Covers Only a Small Part of Clay County)

Central Intake in Centralia

1809 W. McCord St.

Centralia, IL 62801

618.533.2781

www.vnatip.com/homecare Toll-Free: 1.800.358.8227

In-Home Services:

- Assistance with grooming and personal care activities, routine house cleaning, laundry, meal preparation, companion care, essential errands.

Addus HealthCare

www.addus.com

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

Central Illinois Care Services, Inc.

1102 W. Jefferson

Effingham, IL. 62401

217.994.9016

www.centralillinoiscareservices.com

- Requires a minimum of 4 hour shifts

Community Care Systems, Inc.

www.ccsicare.com

200 Westgate Ave.

Salem, IL 62881

618.548.1613

Toll-Free: 1.800.266.7530

Help at Home, Inc.

www.helpathome.com

3456 Broadway

Mt. Vernon, IL 62864

618.244.7800

Toll-Free: 1.877.699.7954

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



Clay County Health Department Hospice

601 E. 12th St. 618.662.4406
Flora, IL 62839 Toll-Free: 1.800.544.4406
www.healthdept.org

Hospice of Southeastern Illinois

218 E. Main St. 618.392.2745
Olney, IL 62450 Toll-Free: 1.800.375.9343
www.richlandmemorial.com

Lincolnland Hospice of Sarah Bush Lincoln

1000 E. Health Center Dr. 217.234.4075
Mattoon, IL 61938 Toll-Free: 1.800.454.4055
www.sarahbush.org

St. Anthony's Memorial Hospital Hospice

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

VNA Tip Hospice

1809 W. McCord St. (Rt 161 West) 618.533.2781
Centralia, IL 62801 Toll-Free: 1.800.358.8227
www.vnatip.com Click on Services. Click on Hospice

Housing Options:

Apartments/Rental Properties:



Chamber of Commerce

122 N. Main St.

Flora, IL 62839

618.662.5646

- List of Rental Houses

Clay County Housing Authority

County Office

201 S. Locust

Flora, IL 62839

618.662.5311

Village Green Apartments

811 Meadow Dr.

Flora, IL 62839

618.662.8199

Zink's Apartment Rental Property

150 Rte. 45 S.

Louisville, IL 62858

618.665.4083

Housing Options...

Supportive Living:

Heritage Woods of Flora

1003 W. 4th St.

Flora, IL 62839

618.662.4599

www.bma-mgmt.com/heritagewoods/flora

- Affordable assisted lifestyle community for adults 65 and over.
- 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.

Developmentally Disabled Care

Country View Terrace

52 Old Route 45

Louisville, IL. 62858

618.686.4542

Nursing Homes:

Helpful Website when selecting a nursing home:

www.medicare.gov/NHCompare

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.

Flora Gardens Care Center

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

701 Shadwell Ave.

Flora, IL 62839

618.662.8361

www.petersenhealthcare.net

Flora Rehabilitation & Health Care Center

(Skilled & Intermediate Care)

232 Given St.

Flora, IL 62839

618.662.8381

www.petersenhealthcare.net

Residents' Rights in Long Term Care:

Effingham County Committee on Aging (ECCOA)

Senior Services of Effingham County

209 S. Merchant St.

Effingham, IL 62401

Toll-Free: 1.800.283.4070

www.eccoa.info

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

Illinois Department on Aging

One Natural Resources Way, Suite 100

Springfield, IL 62702-1271

www.state.il.us/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



Home Medical Equipment:

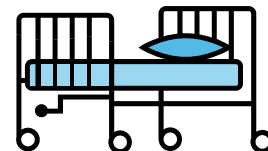
Providers work with the patient's doctor and family to ensure that the needs of the patient are met. Equipment needs include:

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.

Providers are listed below. Call for specific needs.

Apria Healthcare

500 W. Jaycee Ave.

Effingham, IL 62401

www.apria.com

217.347.5212

Toll-Free: 1.800.234.6897

Lincolnland Home Medical Equipment

903 N. Maple St.

Effingham, IL 62401

www.inhomemedical.com

217.347.7372

Toll-Free: 1.800.345.3191

LINCARE

700 N. Henrietta, Ste. B

Effingham, IL 62401

www.lincare.com

217.347.7002

Toll-Free: 1.888.664.7002

Sav-Mor Pharmacy

121 W. North Ave.

Flora, IL 62839

www.savmor.com

618.662.9470

Click on Locations. Click on Flora.

Memory Assessments:

Center for Senior Renewal

Clay County Hospital

911 Stacy Burk Dr.

Flora, IL. 62839

618.662.6621

www.claycountyhospital.org

Click on Services. Click on Senior Renewal

- 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.

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

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

Flora Gardens Care Center 618.662.8361
www.petersenhealthcare.net

Flora Rehabilitation & Health Care Center 618.662.8381
www.petersenhealthcare.net

Heartland Human Services 217.347.7179
Caregiver Advisor Toll-Free: 1.888.560.8805
www.heartlandhs.org

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

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 HealthCare at 128 N. 3rd St. in Mt. Vernon.

Group Respite/Heartland Harmony

- Socialization and Reminiscing
- Light exercise
- Music and Art
- Games and Puzzles
- Provided by specially trained staff members of Heartland Human Services.

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

www.aa.org

Alcoholics' Anonymous

First Baptist Church

203 E. 3rd St.

Flora, IL 62839

- Meets Mondays at 7 p.m. (use North door)
- Meets Thursdays at 7 p.m.
- For more information, call 618.679.4593

First Church of Olney

1401 N. Silver St.

Olney, IL 62450

- Meets Fridays at 7 p.m.
- For more information, call 618.395.7667

Clay County Hospital

911 Stacy Burk Dr.

Flora, IL. 62839

- Meets Monday at 8 p.m.

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

New Choices Night AFG

United Methodist Church

Willow Hill, IL 62480

- Meets Thursdays at 7 p.m. (use side door)

Clay County Cancer Support Group

Contact Jacquie Slover for more info — 618.662.4187

Multiple Sclerosis Support Group

- Toll-Free: 1.800.344.4867 www.nationalmssociety.org

Support Groups...

Alzheimer's Association Support Group

Flora Public Library (respite may be arranged—see page 28)

216 N. Main St.

Flora, IL 62839

- Meets fourth Tuesday of every other month at 3:30 p.m. – 4:30 p.m. in the community room.
- 2014 meetings: **Jan., March, May, July, Sept., & Nov.**
- Phone the Caregiver Advisor: 1.888.560.8805 ext. 1062

Caregiver Support Group (respite may be arranged—see page 28)

Flora Public Library

216 N. Main St.

Flora, IL 62839

- Meets fourth Tuesday of every other month at 3:30 p.m. – 4:30 p.m. in the community room.
- 2014 meetings: **Feb., April, June, Aug., & Oct.**
- Phone the Caregiver Advisor: 1.888.560.8805 ext. 1062

Diabetic Support Group

606 E. 7th St.

Flora, IL 62839

- Meets third Thursday of month at 3:00 p.m. & 4:30 p.m.
- Contact Steve Welty at 618.662.2191 ext. 312

Grandparents/Relative Raising Grandchildren

Heartland Human Services-Sponsoring Agency

Center for Senior Renewal-Meeting Site

911 Stacy Burk Dr.

Flora, IL. 62839

- Meets the 1st Thursday of the month at 3:30 p.m.
- Contact the GRG Coordinator at 1.888.560.8805 ext. 1046.
- www.heartlandhs.org

Support Groups...

Clay County Healthy Hearts

Clay County Hospital
911 Stacy Burk Dr.
Flora, IL 62839

- Contact Vicki Simpson for more info -- 618.662.4291

Narcotics Anonymous

www.na.org

Potter House Ministries (Across from West Lawn Cemetery)
Rt. 33
Newton, IL 62448

- Meets every Monday of month at 7 p.m.

Ties that Bind Us
Free Methodist Church
223 W. Cherry St.
Olney, IL 62450

- Meets Fridays at 7 p.m.

Parkinson's Disease Support Group

First General Baptist Church
709 S. 9th St.
Mattoon, IL 61938

217.268.4428

- Meets last Tuesday of month at 1:30 p.m.

Transportation:

CEFS—Central Illinois Public Transit (CIPT)

Clay County Outreach Office

835 W. North Ave.

Flora, IL 62839

1.855.755.2478

www.cefseoc.org Click on Central Illinois Public Transportation

- Provides all kinds of transportation, including medical.
- Suggested donation for passengers age 60 and over.
- Reservations must be made 24 hours in advance.
- All vehicles are wheelchair accessible.
- Charges apply for those under age 60.



Other Local Resources:

Land of Lincoln Legal Assistance Foundation, Inc.

- Services: Free legal services (certain guidelines apply) including Powers of Attorney and Last Wills.
- Representative is available on designated days in Clay County at SWAN Senior Services in Flora.
- For an appointment call: 618.662.7300

Midland Area Agency on Aging

www.midlandaaa.org

434 S. Poplar

P.O. Box 1420

Centralia, IL 62801

618.532.1853

Toll-Free: 1.877.532.1853

- Area Agency on Aging as designated by the Illinois Department on Aging. Covers Clay, Effingham, Fayette, Jefferson, and Marion Counties.
- Services:
 - Develops programs and funds community agencies.
 - 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.

Incontinence Supplies—Medicaid Approved Providers

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

ActivStyle

1.800.651.6223

Tri-Star Medical Services (OH)

1.866.429.3188

Other Local Resources...

Illinois Department of Veterans' Affairs

www.2.illinois.gov/veterans

- Veterans Assistance Commission
600 E. Main St., Ste. 5
Salem, IL 62881 618.548.6929
- Community Based Outpatient Clinic
1901 S. 4th St., Ste. 21
Effingham, IL 62401 217.347.7600

Veterans Aid & Attendance Program

(Referrals handled through Addus HealthCare)

618.244.4481

- Call Addus HealthCare for a Pre-Screen to determine eligibility for the Veterans Aid & Attendance Program.

RSVP @ CEFS

835 W. North Ave.

Flora, IL 62839

217.342.2193 ext. 135

www.cefseoc.org/rsvp

- Engages individuals 55 years of age and older in volunteer service activities to meet the critical needs of the community.

Mid-Illinois Talking Book Center

125 Tower Dr.

Burr Ridge, IL. 60527

Toll Free: 1.800.426.0709

www.illinoistalkingbooks.org

Other Local Resources...

Flora Public Library

216 N. Main St.
Flora, IL 62839

618.662.6553

www.florapubliclibrary.org

- Local caregiver resource center with access to books and videos on caregiving. Caregiver Advisor is available the 4th Tuesday of each month by appointment (217.347.7179 ext. 1062).

Resch Siemer Law Office, LLC.

400 W. Jefferson, Ste. B
Effingham, IL 62401

217.342.1105

www.reschsiemer.com

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

Illinois Assistive Technology Program

1 West Old State Capitol Plaza, Ste. 100
Springfield, IL 62701

217.522.7985

www.iltech.org

- Services include:
 - Information & Assistance
 - Devices Loan Program

CARE Consortium (HIV/AIDS Services)

Champaign-Urbana Public Health District/Satellite Office
2003 S. Banker St., Ste. B
Effingham, IL 62410

217.342.7177

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

Mental Health America

1.800.969.6642

www.nmha.org

Contributing Members of the Clay County MHASI Advisory Group

Center for Senior Renewal, Clay County Hospital
www.claycountyhospital.org

Clay County Health Department www.healthdept.org

Flora Gardens and Flora Rehabilitation & Health Care Center
www.petersenhealthcare.net

Flora Public Library www.florapubliclibrary.org

Heartland Human Services www.heartlandhs.org

Heritage Woods of Flora bma-mgmt.com

Midland Area Agency on Aging www.midlandaaa.org

Senior Services of Clay County www.eccoa.info

Southeastern Illinois Counseling Centers, Inc. www.seicc.org

SWAN Senior Services & Adult Protective Services 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 Clay County. It is not the intent of this group to omit providers. Phone numbers, addresses and websites are current as of January 1, 2014. 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*

