Caregiver Resource Guide To Older & Disabled Adult Services

Effingham County, Illinois
2020 Edition
Common Questions & Where to Find Help…

1. What is the difference between intermediate and skilled care? See page 27 for nursing home care options.

2. I need a break from caregiving. Where do I turn? See Respite on page 32 - 33.

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 or Other Local Resources pages 45-49.


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 11-14 and Food/Meals pages 15-17.


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

Questions about this publication may be directed to: 217.347.7179 extension 1062
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What is the Medicare Prescription Drug Program?

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

October 15, 2020 open enrollment for 2021 begins.

December 7, 2020 open enrollment for 2021 ends.

January 1, 2021 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 Programs:
Call for detailed information, such as times, cost, etc.

Community Support Systems
618 West Main St.
Teutopolis, IL. 62467  217-705-4448
www.csscares.org

Effingham Rehabilitation & Health Care Center
1610 N. Lakewood Dr.
Effingham, IL  62401  217-347-7781
www.petersenhealthcare.net

Evergreen Nursing & Rehabilitation Center
1115 N. Wenthe Dr.
Effingham, IL  62401  217-347-7121
www.evergreennursingrehab.com

Guardian Angel Adult Daycare
16101 E. US HWY 40
Teutopolis, IL. 62467  217-813-6027
- Full or Half Day Care Available.
- Call for available services.
Assistance in Your Home and Community:

Community Support Systems
618 West Main St.  Teutopolis, IL. 62467
Administrative Office: 217.705.4300
Intake: 217.705.4448
www.csscares.org

Services provided to individuals with developmental disabilities include:

**Employment Services:**

*Community Employment:* Assists individuals with Job Placement and Job Coaching Services at host employers throughout the community.

*Developmental Training* is a facility-based program offering personal, social, and vocational development activities.

**Residential Services:**

*24 hour Services:* See page 25.

*Intermittent Services:* Provides support to individuals who live independently in the community or with their families. Services may include training in cooking, home maintenance, finances and safety.

**Family Support:**

*Respite:* See page 31.

*Summer Day Camp:* Provides day camp opportunities to school aged individuals
Assistance in Your Home and Community…

Heartland Human Services
Information and Assistance for Seniors 217-347-7179 Ext. 1038
1200 N. 4th St.
P.O. Box 1047
Effingham, IL 62401
www.heartlandhs.org

- Assist with Benefit Access Applications (formerly known as Circuit Breaker). *
- Assist with Medicare Prescription Drug Program. *
- Schedule legal appointments with Land of Lincoln Legal Assistance Foundation, Inc.
- Link caregivers to resources and support groups (p 10).
- Link grandparents/relatives raising children to resources and support groups (p 37).
- Certified SHIP Counselors and designated SHIP Site.*

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

General Information/Home Service 217.235.3154
www.dhs.state.il.us TTY: 1. 888.261.2869

Opportunities for Access, Center for Independent Living (Local Office)
102 Greenview Dr. 217.342.5521
Effingham, IL 62401 (v/tty) Toll-Free: 1.800.810.3184
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.
Assistance in Your Home and Community…

Senior Services of Effingham County
Senior Center
209 S. Merchant
Effingham, IL  62401
www.seniorservices-eccoa.org

- Provides Community Care 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 free amplified and teletype telephones.
- Referrals for many services that will add benefit to the individual's needs.
- Center for daily activities and planned outings.

SWAN
Adult Protective Services

www.swandvhil.org
State of Illinois Hotline

- 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. ☐
- Accept reports of self-neglect and appropriate referrals are made.
- Provides legal advocacy to persons in need of accessing an order of protection.
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 your 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 Effingham County

Senior Center
209 S. Merchant
Effingham, IL. 62401
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:

Catholic Charities
1502 E. Fayette Ave.
Effingham, IL  62401 217-857-1458
www.cc.dio.org
Click on locations.  Click on Effingham.

- Provides counseling services with a forgiveness scale based on household size and income.
- Accepts cash, checks, and insurance.

Center for Senior Renewal
Clay County Hospital
911 Stacy Burk Dr.
Flora, Illinois  62839 618-662-6621
www.claycountyhospital.org
Click on Providers & Departments.
Click on Senior Renewal.

Heartland Human Services
1200 N. 4th St.,
P.O. Box 1047  217-347-7179
Effingham, IL  62401
www.heartlandhs.org

- Caregiver Support Services
- Mental Health & Addictions Counseling Services
- DUI Evaluations & Education
- Psychiatric Services
- Accepts Medicaid & Medicare
- Provides counseling services with a sliding fee scale

24 Hour Crisis Line  217-342-5504
- Services include brief emergency counseling, pre-screening for inpatient hospitalization and crisis consultation.
Emotional Needs/Counseling...

Pathways Counseling Center
1st Baptist Church
213 W. Fayette Ave.
Effingham, IL. 62401 618-387-1114
www.bchfs.com
- Provides counseling services with a sliding fee.
- Also accepts insurance.
- Call for more information.

Sexual Assault Family Emergencies (S.A.F.E.)
1108 S. Willow
Effingham, IL 62401 217.342.6623
www.safecrisiscenter.org
- Provides crisis counseling and advocacy for sexual assault victims and family emergencies.
- 24 hour Crisis Intervention hotline: Toll-Free: 1.800.625.1414

Wellness Loft
408 S. 4th St.
Effingham, IL. 62401 217.347.5118
www.the-wellness-loft.com

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.*

**Benefit Access Program** (formerly known as Circuit Breaker)*

- License Plate Discount. File every 2 years
- Application assistance:
  - CEFS Outreach Office 217-347-7514
  - Opportunities for Access (under 60) 217-342-5521
  - Heartland Human Services 217-347-7179
  - Senior Services of Effingham County 217-347-5569
  - Catholic Charities 217-857-1458

**To be eligible for the Benefit Access Program**

1. You must be 65 years of age or older by December 31 of the current year; or you must be 16 years of age or older and totally disabled before January 1 on this year.

2. You must live in Illinois at the time you file your application

3. You total income last year must be less than:
   - $33,562 for a 1 person household;
   - $44,533 for a 2 person household
   - $55,500 for a 3 person household

*Eligibility is good for two years under the Benefit Access Program. The two-year period starts at the time your application is approved. You may file again beginning 90 days before your eligibility expires.*
**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

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 – Effingham County Outreach Office**
202 N. Banker St.
Effingham, IL 62401 217.347.7514
www.cefseoc.org

- Energy Assistance or LIHEAP. Eligibility requirements.
- Weatherization Program – helps to weatherize or insulate a home. Eligibility requirements.
- Income tax preparation.
- Housing counseling, Rental & Homeless Assistance.
Energy/Financial Needs …

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

DHS Family Community Resource Center Mid Illinois
1550 Douglas St.
Charleston, IL. 61920 217.345.2188
www.dhs.state.il.us Fax : 217.345.2190

- 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.

DHS Family Community Resource Center in Macon County
(Long Term Care)
707 East Wood St. 217.362.6515
Decatur, IL. 62523 Fax: 217.362.6515
www.dhs.state.il.us

- Receives applications for long term care residents.

FISH Human Services (Effingham County Only)
708 S. Linden
Effingham, IL  62401 217.342.2200

- Recorded message directs caller to phone numbers for further assistance.
- Services include clothes closet, transportation, and emergency funds for housing, rent, and medication.
Energy/Financial Needs …

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

**Salvation Army** (Effingham County)
1108 S. Willow St.
Effingham, IL  62401  
217.342.5434  
www.salvationarmy.org

- Offers assistance with utilities, clothing, medication, food and gas.
- Hours are Monday, Wednesday, Friday from 9am-12pm

**Social Security Administration** (local office)
1207 Network Centre, Ste. 2
Effingham, IL  62401  
1.855.213.5288  
www.socialsecurity.gov

- 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  
217.347.7107 ext. 4 or 5  
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:

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

- A certified SHIP Counselor is available at meal sites to provide assistance with Medicare Prescription Drug Programs. Call to schedule an appointment or to check availability.*

Miscellaneous Food & Meals

Martin’s IGA
101 S. Merchant St.
Effingham, IL 62401 217.347.7191

- Home delivery of groceries in the Effingham area.
- Call for details and guidelines.
Food/Meals …

Food Pantries (contact information provided, call for details)

Calvary Baptist Church
600 W. Fayette Ave.
Effingham, IL  62401  217.342.6671

Catholic Charities
1502 E. Fayette Ave.
Effingham, IL  62401  217.857.1458
Click on locations. Click on Effingham.
  • Food Pantry Wednesdays and Fridays
    o Open 9-11:30 and 12:30-3:45
    o Register at the main office

Enduring Freedom Food Pantry & Soup Kitchen
304 Southwest St
Shumway, IL 62461  217.240.0059
Office:  217.868.5293
  • Food Pantry: Tuesday, Wednesday, and Thursday 10:00-2:00
  • Soup Kitchen: 1st and 2nd Tuesdays of each month 4:00-6:00
  • Soup Kitchen: 2nd and 3rd Wednesday of each month 12:00-2:00
  • Soup Kitchen: Last Saturday of each month 8:00-12:00

St. John’s Lutheran Church
901 W. Jefferson Ave.
Effingham, IL  62401  217.342.4334
www.stjohnslcms.net
  • 2nd and 4th Tuesdays of each month from 3:00-4:00pm

St. Paul Evangelical Lutheran Church
2293 E. U.S. Hwy 40
Altamont, IL  62411  618.483.5249
www.stpaulaltamont.org
  Food Pantry 2nd Saturday of each month from 9:00-11:00am
Food/Meals …

Home Delivery/Pick Up

**Walmart**

1204 Avenue of Mid-America
Effingham, IL 62401

- Use the Walmart App (orange)

**Aldi**

908 N Keller Dr.
Effingham, IL 62401

Shop.aldi.us

- No pickup but will deliver in Effingham

**Nuxoll’s**

1211 S Banker St.
Effingham, IL 62401

- Will deliver in Effingham: $5 delivery charge
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.

Carle Home Health Services
1813 W Kirby Ave. 217.383.3488
Champaign, IL 61822 Toll-Free: 1.800.239.3620
www.carle.org
   • Ask for the Referral Dept.

Clay County Home Health (Health Department)
601 E. 12th St. 618.662.4406
Flora, IL 62839 Toll-Free: 1.800.544.4406
www.healthdept.org

Community Homecare, Inc.
107 E. Jefferson St. 217.728.2320
Sullivan, IL 61951 Toll-Free: 1.877.728.2320

HSHS Home Care Southern and Hospice of Southern Illinois
701 W. Temple Ave 217.347.1777
Effingham, IL 62401 Toll-Free: 1.800.551.6566
www.hshshomecare.org

Lincolnland Home Care
1004 Health Center Drive, Ste. 202 217.234.4044
Mattoon, IL 61938 Toll-Free: 1.800.879.3212
www.sarahbush.org
Home Health Care Agencies:

Mederi Caretenders
4202 Williamson Place, Suite 1
Mt. Vernon, IL 62864
www.lhcgroup.com
In-Home Services/Home Chore:

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

Addus Home Care
2929 Broadway St. Suite 7A
Mt. Vernon, IL. 62864
www.addus.com
618.244.4481
-Offers program for Veterans.

Central Illinois Care Services, Inc.
1901 S. 4th St. Ste. 4
Effingham, IL. 62401
www.centralillinoiscareservices.com
217.994.9016
-Requires a minimum of 4 hour shifts

Community Care Systems, Inc.
200 Westgate Ave.
Salem, IL 62881
www.ccsicares.com
618.548.1613
Toll-Free: 1.800.266.7530
-Offers program for Veterans.

Help at Home, Inc.
128 N Third St.
Mt. Vernon, IL. 62864
www.helpathome.com
618.244.7800
Toll-Free: 1.877.699.7954
- Offers program for Veterans
In-Home Services/Home Chore:

SPS In Home Care/Hospital Care Services
207 Santa Maria Ave.
Effingham, IL 62401 217.342.4408
- Provides hourly care
- 24 Hour In-Home Care available

Visiting Angels
120 E Section Ave
Effingham, IL 62401 217.690.4564
Hospice

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

Carle Hospice
206A West Anthony Dr. 217.383.3488
Champaign, IL. 61822  Toll-Free:  1.800.239.3620
www.carle.org

Hospice of Southeastern Illinois
800 E. Locust St. 618.392.2745
Olney, IL  62450  Toll-Free:  1.800.375.9343
www.richlandmemorial.com

HSHS Hospice Southern Illinois
701 W. Temple Ave. 217.347.1777
Effingham, IL. 62401  Toll-Free:  1.800.551.6566
www.hshshospice.org

Lincolnland Hospice of Sarah Bush Lincoln
1004 Health Center Dr. Ste. 202 217.234.4075
Mattoon, IL 61938  Toll-Free:  1.800.454.4055
www.sarahbush.org
Housing Options:
Apartments:

**Effingham County Housing Authority**
215 N. Banker St.
Effingham, IL  62401  217.342.3520
- Traditional rental apartment assistance to low and very low income families
- 1, 2, 3, & 4 bedroom units available.
-Units available in Effingham and the surrounding communities of Altamont, Dieterich, Edgewood, and Montrose for families and units specifically for seniors.

**Burton-Devore Apartments**
610 N Henrietta St.
Effingham, IL  62401
-For those disabled or age 62+

**Colonnade Apartments**
512 E Hendelmeyer Ave.
Effingham, IL  62401  217.347.0415
-Rent based on income, 1 & 2 bedroom units available.

**Effingham Village Apartments**
504 N. Henrietta
Effingham, IL  62401  217.347.3337
-Rent based on income, 1 & 2 bedroom units available.

**Lake Pointe Apartments**
1706 Ford Ave.
Effingham, IL  62401  217.347.5514
-Rent based on income, 1, 2, & 3 bedroom units

**Slate Creek Apartments**
2301 Veterans Dr.
Effingham, IL  62401  217.347.5616
-units for seniors and for those who have disabilities.
-Rent based on income.
Housing Options:

Apartments:

Village Apartments of Effingham
101 Hendelmeyer Ave.
Effingham, IL  62401
217.347.0127

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

Assisted Living:

**Luther Villas – Independent Retirement Community**
Luther Terrace Senior Living Apartments
(An affiliate of Lutheran Care Center Corporation)
702 W. Cumberland Rd.
Altamont, IL  62411  618.483.6136

**Brookstone Estates**
1101 N. Maple St.
Effingham, IL  62401  217.347.5871
www.seniorlifestyle.com
-Price based on income for those who qualify.

**Brookstone Suites** (Senior Living Apartments – licensed shelter care)
505 W. Temple Ave.
Effingham, IL  62401  217.347.5875
www.seniorlifestyle.com

**The Glenwood of Effingham**
14061 E 1600th Street
Effingham, IL  62401  217-347-8880
www.theglenwoodcommunities.com

**The Villas of Holly Brook**
904 W. Evergreen
Effingham, IL 62401  217.342.2345
www.meridiansenior.com
Housing Options …

Developmental Disabilities:

Community Support Systems
618 West Main St.
Teutopolis, IL. 62467
www.csscares.org

Administrative Office: 217.705.4300
Intake: 217.705.4448

Residential Services 24 hour Services: Provides services in three group homes located in Effingham, one in Dieterich, and two in Teutopolis. Residents work with their team to develop a plan outlining their personal choices and goals for a successful living experience.

Mental Health: Community Integrated Living Arrangement (CILA)

Heartland Human Services
1200 N Fourth St.
Effingham, IL. 62401
www.heartlandhs.org

24 hour Services: Provides housing and specialized services to adults (ages 18 and older) diagnosed with a severe mental illness who have difficulty living independently. Residents build skills in daily living, economic self-sufficiency, and community integration.
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/LTCAppltc.jsp

Housing Options…

Nursing Homes cont.:

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
618.829.5551
221 E Cumberland Rd.
St Elmo, IL 62458

Effingham Rehabilitation and Health Care Center
(Intermediate & Skilled Care)
1610 N. Lakewood Dr.
Effingham, IL 62401 217.347.7781
www.petersenhealthcare.net

Evergreen Nursing and Rehabilitation
(Intermediate & Skilled Care)
1115 N. Wenthe Dr.
Effingham, IL 62401 217.347.7121
www.evergreennursingrehab.com

Heartland Christian Village
101 Trowbridge Rd.
Neoga, IL 62447 217.895.2665
www.heartlandchristianvillage.org

Lakeland Rehabilitation and Health Care Center
(Intermediate & Skilled Care, Secured Alzheimer’s Dementia Unit)
800 W. Temple Ave.
Effingham, IL 62401 217.342.2171
www.lakelandrehabandhealthctr.com
Housing Options…

**Lutheran Care Center** (Intermediate & Skilled Care)
702 W. Cumberland Rd.
Altamont, IL  62411  
618.483.6136

**Newton Rest Haven**
300 S Scott Ave
Newton, IL 62448  
618.783.2309

Residents’ Rights in Long Term Care, Home, & Community:

**Effingham County Committee on Aging (ECCOA)**
Senior Services of Effingham County
209 S. Merchant St.  
Effingham, IL 62401  
217.347.5216
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.ltcombudsman.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.

AAA Mobility Specialist, LLC
711 W. Jefferson
Effingham, IL 62401 217.994.9417
www.aaamobilityspecialists.com

Apria Healthcare
401 S Banker St. Ste A&B. Toll Free: 1.800.234.6897
Effingham, IL 62401 217.347.5212
www.apria.com

Bandy’s Medical Equipment
410 N. Maple St.
Effingham, IL 62401 217.342.4919
www.bandysmedicalequipment.com

Browns Drug Store
115 W. Jefferson Ave.
Effingham, IL 62410 217.342.2185

Lincolnland Home Medical Equipment
903 N. Maple St. Toll-Free: 1.800.345.3191
Effingham, IL 62401 217.347.7372
www.sarahbush.org/lincolnlandhomemedical

LINCARE Inc.
Effingham, IL 62401 217.347.7002
www.lincare.com
Memory Care Homes:
Assisted Living:

Lavender Ridge Memory Care
1103 N Maple
Effingham, IL 62401
www.lavenderridge.net
- Specialized care for individuals with memory impairments.
- Family support and education.

Willowbrook
100 E. Bloehm Ave.
Effingham, IL 62401
www.willowbrookliving.net
- Specialized care for individuals with Alzheimer’s disease and other dementia related diseases.
- Family support and education.
- 3 Individual homes.
**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.

**Effingham Rehabilitation & Health Care Center**  
Effingham, IL 62425  
217.347.7781  
[www.petersenhealthcare.net](http://www.petersenhealthcare.net)

**Evergreen Nursing & Rehabilitation**  
Evergreen, IL 62427  
217.347.7121  
[www.evergreenrehab.com](http://www.evergreenrehab.com)

**Lakeland Rehabilitation & Health Care Center**  
Lakeland, IL 62450  
217.342.2171  
[www.lakelandrehabandhealthctr.com](http://www.lakelandrehabandhealthctr.com)

**Villas of Hollybrook**  
Evergreen, IL 62427  
217.342.2345  
[www.meridiansenior.com](http://www.meridiansenior.com)

**Willowbrook Memory Support Residences**  
Willowbrook, IL 62490  
217.342.3233  
[www.willowbrookliving.net](http://www.willowbrookliving.net)

**Respite for Individuals with Developmental Disabilities**

**Community Support Systems**  
618 West Main St.  
Teutopolis, IL 62467  
[www.csscares.org](http://www.csscares.org)

**Administrative Office:**  
217.705.4300

**Intake:**  
217.705.4448

**Family Support**
**Respite:** Provides parents with short term relief from daily caregiving of their family member with a developmental disability.
Respite…

Respite for Care Receivers age 60 and older

Heartland Human Services
1200 N Fourth St. 
P.O.Box 1047
Effingham, IL. 62401
Caregiver Advisor 217.347.7179 ext. 1062
www.heartlandhs.org

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

Respite for children ages birth – 6 years

Crisis Nursery of Effingham County
924 N. Merchant St.
Effingham, IL. 62401
217.342.3000
www.crisisnurseryofeffingham.com

- Onsite Emergency Care
- 24/7 onsite emergency child care
- Crisis Counseling
- Resource Referral
- Services are free with no income or residency requirements.
Support Groups: Meeting dates & times are subject to change.
AA/NA   (District 13) Phone Contact 1.800.307.6600
www.ildistrict13aa.org

Alcoholics’ Anonymous
Watson Civic Center
806 W. Franklin
Watson, IL 62473
• Meets Sundays at 7 p.m. (open)

Centenary United Methodist Church
203 E. Grove
Effingham, IL 62401
• Meets Tuesdays at 8 p.m. (closed)
• Meets Wednesdays at 7 p.m. (Big Book Study)
• Meets Thursdays at 7 p.m. (open)
• Meets Fridays at 8 p.m. (closed)

Christ’s Church
2511 Veterans Dr.
Effingham, IL 62401
• Meets Wednesdays at 11:30 a.m. (open)

Al-ANON Group (offers help/hope to family and friends of alcoholics)
Centenary United Methodist Church
203 E. Grove
Effingham, IL 62401
• Meets Tuesdays at 8 p.m. (Closed Group)
Support Groups…

Alzheimer’s & Dementia Support Groups

Alzheimer’s Support Group
Aperion Care 618.240.2393
221 E Cumberland Rd
St Elmo, IL 62458
• Group meets the last Tuesday of the month at 6:00pm

A.W.A.K.E of Central Illinois
Lumpkin Family Center for Health Education @ SBL
1000 Health Center Dr.
Mattoon, IL 61938 217.238.4908
www.sarahbush.org
Click on Your Health. Click on Support Group.

Caregiver Support Group
Heartland Human Services
1200 N 4th St.
Effingham, IL  62401
• Meets 3rd Monday of Every Month at 12:30.

Forget Me Not Café
Tuscan Hills Winery
2200 Historic Hills Drive
Effingham, IL, 62401
• Meets the last Tuesday on the month from Feb-Oct
Support Groups…

Breast Cancer Support Group
Women’s Wellness Center
(meets quarterly)
900 W. Temple Ave.
Effingham, IL. 62401 217.347.1638

Diabetic Support Groups
St. Anthony’s Memorial Hospital
503 N. Maple St.
Effingham, IL 62401 217.347.1288
• Meets second Monday of Month at 5:30 p.m.
• Meetings January thru November.

Sarah Bush Education Center
1000 Health Center Dr.
Mattoon, IL 61938 217.258.2199
www.sarahbush.org
Click on Your Health. Click on Support Group.

Grandparents Raising Grandchildren
Heartland Human Services
1200 N. Fourth St.
Effingham, IL. 62401 217.347.7179 ext. 1062
• Meets 1st Wednesday of each month at 1 p.m.
Support Groups…

Grief Support Groups
St. Anthony’s Memorial Hospital 217.347.1829
Bridges for Healing Hearts Support Group
- Group meets the 1st Thursday of every month from 6:00-7:30 p.m.
- Meetings are held in the St. Francis room at HSHS St. Anthony’s Memorial Hospital.

Sarah Bush Education Center (Lincolnland Hospice)
1000 Health Center Dr. 217.234.4075
Mattoon, IL 61938 Toll Free: 1.800.454.4055
Pathways through Grief - an education and support group for those experiencing a loss due to death.

Prairie Pavilion II (on campus of Sarah Bush Lincoln Health Care Center)
Willowbrook Room
Mattoon, IL 61938 Toll-Free: 1.800.454.4055
Hopeful Horizons - a bereavement and education support group for anyone who has experienced the death of a loved one.

Bereaved Parents of the USA, Champaign-Urbana Chapter
- This group provides support for any adults who have lost a child, grandchild, or sibling.
- Visit www.bereavedparentsusa.org
Support Groups…

Narcotics Anonymous
www.na.org
AA/NA (District 13) Phone contact 1.866.591.5867

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

First United Methodist Church
308 N. 2nd Street
Altamont, IL 62411

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

Immanuel Lutheran Church
203 E. Division St.
Altamont, IL. 62411
Support Groups…

NAMI (National Alliance on Mental Illness)
Effingham Public Library
200 N. Third St.
Effingham, IL 62401 217.690.6583

• Meets the 2nd Wednesday of the month from 5 p.m. – 7 p.m.

Parkinson’s Disease Support Group
My Memory Worx
Effingham Public Library
200 N Third St.
Effingham IL 62401

• Meets the last Wednesday of each month at 1:00

Parkinson’s Disease Support Group
Odd Fellow Rebekah Home
201 Lafayette Avenue East
Mattoon, IL  61938 217.268.4428

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

Polio Survivors & Friends Support Group
Sarah Bush Education Center
1000 Health Center Dr.
Mattoon, IL  61938 217.508.4406

• Meets first Saturday of the Month 1 p.m. to 3 p.m

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

• Evening meetings 4 times a year in Mattoon & Effingham
• For more information, call 217.258.4112
Transportation:

**Advanced Medi-Van**
Effingham, IL 62401
Toll-Free: 1.800.959.3120

- Wheelchair lift vans available by appointment. Call for details.
- (May limit to non-electrical wheelchairs.)
- In Effingham City limits appointments only.

**Effingham County Public Transportation**
202 N Banker St.
Effingham, IL 62401
Toll-Free: 1.855.755.2478
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 Effingham 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.

**Effingham Taxi**
506 South Street
Effingham, IL 62401
217.342.3119
www.effinghamtaxi.com

- Effingham and out of town service available.
- Medicaid approved transportation provider.

**FISH Human Services** (Effingham County Residents Only)
708 S. Linden St.
Effingham, IL 62401
217.342.2200

- Helps with medical appointments—volunteers do some out of town transportation.
Other Local Resources:

CEFS Economic Opportunity Corporation RSVP
1805 S. Banker
P.O. Box 928
Effingham, IL 62401
217.342.2193 ext 135
www.cefseoc.org

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

Community Based Outpatient Clinic
1011 Ford Ave.
Effingham, IL 62401
217.347.7600

Covenant Transitions
PO Box 453
Mattoon, IL 61938
217.725.6081
Email: smgreuel@covenanttransitions.com

- Help individuals 55 years and older and caregivers who are considering a living environment transition.

Dent Law Offices, LLC
415 W. Virginia Ave
Effingham, IL 62401
217.330.5500
https://dentlawoffices.com/

- 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 Effingham Public Library.
- Beginning Dementia Friendly Community Initiative called Friends in Rural Places, focusing on training agencies and business in communication and support of people living with dementia and their caregivers.
- For more information contact: Amy Sobrino 618.363.8372 (eaaa.amy@gmail.com) Shannon Nosbisch: 217.663.0010 eaaa.shannon@gmail.com

Effingham Public Library
200 N. Third St. 217.342.2464
Effingham, IL  62401
www.effinghamlibrary.org

- Local caregiver resource center with access to books and videos on caregiving.
  - Caregiver Advisor is available the first Thursday of each month by appointment (217.347.7179 ext. 1062).
- Also have memory kits for caregiver to check out for their loved one.
  - Kits available include: Memories of Work, Memories of Church, Memories of War Years, Memories of Family and Memories of Weddings and Anniversaries.

Elderly Services Officer
Effingham Police Department 217.347.0776
Effingham Sheriff's Office 217.342.2102
Other Local Resources…

**Illinois Assistive Technology Program**
1020 S. Spring St. 217.522.7985
Springfield, IL  62701
www.iltech.org

- Services include Information & Assistance
- Devices Loan Program

**Illinois Department of Veterans’ Affairs**

- www.illinois.gov/veterans

**Veterans Assistance Commission**
101 N. 4th St. (second floor) 217.342.8493
Effingham, IL  62401

- Daily Except for 1st Wednesday & 4th Thursday

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

Services:  Powers of Attorney and Last Wills.

- A representative from Land of Lincoln is available every other month for Effingham County residents at Heartland Human Services located at 1200 N. 4th St. in Effingham. An appointment is required.
- For an appointment call:  217.347.7179, ext. 1038

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

**Illinois Talking Book Center and Brail Service**
300 S Second St. 1.800.426.0709
Springfield, IL  62701
Toll Free:  1.800.426.0709
www.illinoistalkingbooks.org
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


- 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.

**My Memory Worx**

710 W Jefferson St.
Effingham, IL 62401 217.254.2149
www.mymemoryworx.org

- Our methods are centered around Cognitive Stimulation Therapy, which is an effective non-pharmaceutical treatment option for Alzheimer’s and other forms of dementia.

**NAMI of Effingham Region**

P.O. Box 1726
Effingham, IL 62401 217.690.6583
namieffingham@gmail.com

- Family-to Family: A free 12 week course for families, partners, and friends
- NAMI Basics: A free 6 week course for parents and caregivers of children and adolescents.
- Other programs tailored to local community needs.
- Family Share/Care Support Group meeting.
  - 2nd Wednesday of every month Family Support Group
Other Local Resources…

**Orr Law, LLC**

215 N 4th St  
Effingham, IL 62401  
217.342.1212  
- Twila Orr and Holly Lynch  
- Assists in Guardianship for Elderly and Disabled

**Taylor Law Offices, P.C.**

122 E Washington Ave  
Effingham, IL 62401  
217.342.3925  
- Assists in Guardianship for Elderly and Disabled
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
www.eldercare.gov

Toll-Free Numbers and Web Pages…
Geriatric Mental Health Foundation
www.gmhfonline.org

Illinois Pioneer Coalition
www.illinoispioneercoalition.org

National Alliance for Caregiving
www.caregiving.org

National Council on the Aging
www.ncoa.org

Caregiver Action Network
www.caregiveraction.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