

AGING & DISABILITY RESOURCE GUIDE FOR SOUTHERN ILLINOIS

Egyptian Area Agency on Aging, Inc.

Carterville: 1-888-895-3306

Website: www.EgyptianAAA.org

Shawnee Alliance Aging & Disability Resource Centers

Carbondale, Carterville, Mounds, & Herrin: 1-800-642-7773

Website: www.shsdc.org (use “Senior Services” link)

Southern Illinois Center for Independent Living

Carbondale: (618) 457-3318 (Voice/TTY)

Harrisburg: (618) 252-7233 (Voice/TTY)

Website: www.SICIL1.org

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Changes are continuously posted on our website at www.EgyptianAAA.org/IndexResourceGuides.html. This guide is intended to provide information without charge to senior adults, caregivers, people raising the children of their relatives, people with disabilities, and veterans. All commercial uses are prohibited (see copyright information on the back cover). Information gathered for this document was obtained from public sources.

AGING SERVICES

Aging Service Providers	3	Perry County	8
Alexander County	5	Pope County	9
Franklin County	5	Pulaski County	9
Gallatin County	6	Saline County	10
Hardin County	6	Union County	10
Jackson County	7	Williamson County	11
Johnson County	7	Community Care Program.....	12
Massac County	8		

CAREGIVER'S GUIDE help with issues facing family caregivers	62
--------------------------------------------------------------------------	----

COUNSELING SERVICES

Area-wide	14	Counseling Centers	15
-----------------	----	--------------------------	----

DISABILITY SERVICES agencies & services for people with disabilities	17
-----------------------------------------------------------------------------------	----

EMPLOYMENT & TRAINING

Child Care Resource and Referral	21	One Stop Shops	23
Employment Services for People with Disabilities.....	21	Senior Employment Program	23
Employment Training Centers	21	Title V Older Workers Program	23
Illinois Migrant Council	22	Workforce Investment Board	23
Job Hotline Numbers	22		

FOOD PANTRIES & SOUP KITCHENS statewide agencies and local agencies by county	24
------------------------------------------------------------------------------------------------	----

HEALTH CARE SERVICES

Aging & Memory Clinics	27	Hospitals	30
Community Health Centers	27	Hospital-based Senior Adult Programs	56
County Health Departments	28	Medical Equipment & Supplies	31
Emergency Response Systems	29	Private Duty Nursing Sitters Cleaning	32
Family Health Clinics	29	Rehabilitation & Therapy Services	32
Home Health Care	29	Respiratory Disease Clinics	33
Hospice	30	State Health & Insurance Programs	33

HOUSING

Habitat for Humanity	34	Nursing Homes listed by county	40
Housing listed by county	34	Shelters for the Homeless and Women	45

OTHER SERVICES

County Sheriffs	47	Social Security Offices	50
Dept. of Human Services (Public Aid)	47	Support Groups	51
Dept. of Human Services (Rehab)	48	Univ. of IL Extension Offices	54
Energy Assistance & Weatherization	48	Veteran Services	54
Legislators	49	Miscellaneous Services	55
Rural Development Corporation	50		

PROGRAM ELIGIBILITY GUIDELINES for government programs	58
---------------------------------------------------------------------	----

TRANSPORTATION

Public Transportation	59	Transportation for People with Disabilities	61
Senior Transportation	61	VA Health Care Systems	61

ZIP CODES for communities in Southern Illinois	71
-------------------------------------------------------------	----

AGING SERVICES

Egyptian Area Agency on Aging
Executive Director: Becky Salazar

200 E. Plaza Dr.

Carterville, IL 62918

Phone: (618) 985-8311

Fax: (618) 985-8315

Toll-free: 1-888-895-3306

Website: www.egyptianaaa.org

E-mail: egyptianaaa@egyptianaaa.org

Services: The regional administrative agency for the Aging network; assists with employment, Medicare, RSVP of SI volunteering, and Veteran-Directed Home Care (a VIP service).

The following services are provided by local agencies to help senior adults, their caregivers, and people raising the children of their relatives. They can be obtained by calling the nutrition meal sites indicated as a “focal point.”

Adult Protective Services – investigation and help for older adults and adults with disabilities when abuse is suspected

Choices for Care – care managers assess for eligibility and coordinate care for frail senior adults

Congregate Meals – meals provided in congregate settings, such as senior centers & restaurants

Evidence-Based Exercise Programs – exercise program to improve balance and fitness

Gap-Filling – help for caregivers of older people or raising the children of their relative buy needed items

Family Caregivers Support – information and help to access services for caregivers of senior adults and people raising children of their relatives. Services include counseling, in-home respite care, and gap filling services

Friendly Visiting – volunteers visit isolated seniors

Healthy Ideas counseling is for senior adults, their caregivers, and grandparents raising grandchildren. Helps them cope with stress and depression

Home Delivered Meals – meals delivered to homebound senior adults

Home Modifications – adapting the structure of a home to meet the physical need of frail seniors

In-Home Services – housekeeping and errands

In-Home Respite Care – temporary, substitute care or supervision for frail senior adults in their home to give the caregiving spouse or family member a break

Information & Assistance – Information about services and help to apply

Legal Assistance – advice, education, and help with most legal matters

Money Management – trained and certified assistance with bill paying

Outreach – social service workers go to homes and community facilities to inform people about aging services

Ombudsman – advocates for people in nursing homes and assisted living facilities

Take Charge of Your Health – self-management workshops for people with chronic disease, such as or arthritis, heart disease, etc.

Telephone Reassurance – volunteers call isolated seniors

The Savvy Caregiver – self-help workshops for people with caring for older people

Transportation is to and from community locations, usually in buses and vans

Veteran-Directed Home Care (a VIP service) – helps veterans obtain and pay for housekeeping, errands, and personal care

The following Aging services may not be available in every county:

Adult Day Services – care and supervision of frail senior adults in a community center for a portion of the day. Used as a break for caregiving spouses and family members

AGING SERVICES

AGING SERVICE PROVIDERS – Main Offices

Franklin County Senior Services

Director: Zane Garner
225 East Poplar Street
West Frankfort: (618) 937-3511
Email: fcss225@yahoo.com
Service Area: Franklin County

Gold Plate Program of Perry County

Director: Tammy Asbury
P.O. Box 345
721 North Hickory Street
Du Quoin: (618) 542-3511, (618) 542-2566
Email: goldplateprogram@yahoo.com
Service Area: Perry County

Golden Circle Senior Citizens Council

Director: Gloria Stacy
129 IL Route 146 East
Elizabethtown: (618) 287-5590
Fax: (618) 287-5593
Email: pine1@shawneelink.net
Service Area: Gallatin, Hardin, Pope, and Saline Counties

Senior Adult Services

Director: Henry Long
409 North Springer Street
Carbondale: (618) 457-4151
Fax: (618) 457-4154
Email: senioradultservices@yahoo.com
Service Area: Jackson County

Southern Pride Senior Program

Director: Dea Ann Crown
P.O. Box 1372
60 State Route 37 North
Vienna: (618) 658-9669
Fax: (618) 658-8203
Email: southernprideseniorprogram@gmail.com
Service Area: Alexander, Johnson, Massac, Pulaski, and Union Counties

Williamson County Programs on Aging

Director: Lori Elliott
1201 Weaver Road
Herrin: (618) 988-1585
Fax: (618) 942-6993
website: www.wcpaherrin.net
Service Area: Williamson County

Shawnee Alliance

Director: Carol Aronson
6355 Brandhorst Drive
Carterville: (618) 985-8322, 800-642-7773
Fax: (618) 985-8048
Website: www.shsdc.org/sas.html
Service Area: area-wide
Services: Care Coordination, Choices for Care, Adult Protective Services, Money Management Program, Ombudsman, and Dementia support services
Eligibility assessment for In-Home Services, Adult Day Services, Automated Medication Dispenser, and Emergency Home Response Systems

Southern Illinois University Carbondale

Legal Services to Older Persons
Director: John Erbes
1205 Douglas Dr., Mail Code 6821
Carbondale: 800-673-6130
Domestic Violence: (618) 536-4423
Veterans Legal Assistance: (618) 453-8280 or vlap@siu.edu
Fax: (618) 453-8727
Website: www.law.siu.edu/academics/clinics/civil-practice-clinic/public-programs.html
Service Area: area-wide
Services: Legal Assistance for the elderly, Domestic Violence Clinic, and Veterans Legal Assistance Program

AGING SERVICES

ALEXANDER COUNTY

Aging Services

Transportation	Home Modifications
Outreach	Information & Asst.
Congregate Meals	Home Delivered Meals
In-Home Respite	Family Caregiver Support

Nutrition Sites

Cairo Happy Days Senior Center (county focal point)
2728-B Martin Luther King Avenue, Zip: 62914
Cairo: (618) 734-1050
Email: southernprideseniorprogram@gmail.com
Monday-Friday at 11:30 am

Home delivered meals are available by calling
(618) 734-1050 for information.

FRANKLIN COUNTY

Aging Services

Transportation	Home Modification
Outreach	Information & Asst.
Congregate Meals	Home Delivered Meals
In-Home Respite	Family Caregiver Support

Nutrition Site

West Frankfort Senior Center (county focal point)
225 East Poplar Street, Zip: 62896
West Frankfort: (618) 937-3511
Email: FCSS225@yahoo.com
Monday-Friday at noon

Home delivered meals are available by calling
(618) 937-3511 for information.

AGING SERVICES

GALLATIN COUNTY

Aging Services

Transportation	Home Modifications
Outreach	Information & Asst.
Congregate Meals	Home Delivered Meals
In-Home Respite	Family Caregiver Support

Nutrition Site

Ridgway Senior Center (county focal point)
Village Hall
110 North Crawford Street, Zip: 62979
Ridgway: (618) 272-7570
Fax: (618) 272-7040
Email: gallatincogoldencircle@gmail.com
Monday-Friday at 11:30 am

Home delivered meals are available by calling
(618) 272-7570 for information.

HARDIN COUNTY

Aging Services

Transportation	Home Modification
Outreach	Information & Asst.
Congregate Meals	Home Delivered Meals
In-Home Respite	Family Caregiver Support

Nutrition Site

Elizabethtown Senior Center (county focal point)
129 IL Route 146 East, Zip: 62931
Elizabethtown: (618) 287-2501
Fax: (618) 287-5593
Email: gcmartha@shawneelink.net
Monday-Friday at 11:30 am
Note: This site is located 2 miles east of
Elizabethtown on the left, near the Hardin
County School

Home delivered meals are available by calling
(618) 287-2501 for information.

AGING SERVICES

JACKSON COUNTY

Aging Services

Transportation	Home Modifications
Outreach	Information & Asst.
Congregate Meals	Home Delivered Meals
Adult Day Services	Family Caregiver Support

Nutrition Sites

Carbondale Senior Center (county focal point)
409 North Springer Street, Zip: 62901
Carbondale: (618) 457-4151
Fax: (618) 457-4154
Email: senioradultservices@yahoo.com
Monday-Friday at 11:30 am

Murphysboro Area Senior Citizens Center
17 North 14th Street, Zip: 62966
Murphysboro: (618) 687-1641
Monday-Friday at 11:30 am

Home delivered meals are available by calling
(618) 457-4151 for information.

JOHNSON COUNTY

Aging Services

Transportation	Home Modifications
Outreach	Information & Asst.
Congregate Meals	Home Delivered Meals
In-Home Respite	Family Caregiver Support

Nutrition Sites

West Vienna Senior Center (county focal point)
60 State Route 37 North, Zip: 62995
located at the crossroads of State Routes 37 & 146
P.O. Box 1372
Vienna: (618) 658-8140 or 658-9669
Fax: (618) 658-8203
Email: southernprideseniorprogram@gmail.com
Monday-Friday at 11:30 am

Goreville Senior Center
204 South Broadway Street, Zip: 62939
Goreville: (618) 658-8140
Monday-Friday at 11:30 am

Home delivered meals are available by calling
(618) 658-8140 for information.

AGING SERVICES

MASSAC COUNTY

Aging Services

Transportation	Home Modifications
Outreach	Information & Asst.
Congregate Meals	Home Delivered Meals
In-Home Respite	Family Caregiver Support

Nutrition Site

Happy Hearts Senior Center (county focal point)
701 Market Street, Zip: 62960
Metropolis: (618) 524-9755
Fax: (618) 524-7245
Email: southernprideseniorprogram@gmail.com
Monday-Friday at 11:30 am

Home delivered meals are available by calling
(618) 524-9755 for information.

PERRY COUNTY

Aging Services

Transportation	Home Modifications
Outreach	Information & Asst.
Congregate Meals	Home Delivered Meals
In-Home Respite	Family Caregiver Support
Adult Day Services	

Nutrition Sites

Gold Plate Program (county focal point)
721 North Hickory Street, Zip: 62832
P.O. Box 345
Du Quoin: (618) 542-3511
Fax: (618) 542-2566
Email: goldplateprogram@yahoo.com
Monday-Friday at 11:30 am

Willisville Public Library
803 Broadway Street, Zip: 62997
Willisville: (618) 542-3511
Tuesday & Thursday at 11:30 am

Cutler Senior Center
409 South Main Street, Zip: 62238
Cutler: (618) 542-3511
Tuesday & Thursday at 11:30 am

Home delivered meals are available by calling
(618) 542-3511 for information.

AGING SERVICES

POPE COUNTY

Aging Services

Transportation	Home Modifications
Outreach	Information & Asst.
Congregate Meals	Home Delivered Meals
In-Home Respite	Family Caregiver Support

Nutrition Sites

Golconda Golden Circle (county focal point)
P.O. Box 246
217 Adams Street, Zip: 62938
Golconda: (618) 683-7741
Fax: (618) 683-6402
Email: dogwood1@shawneelink.net
Monday-Friday at 11:30 am

Eddyville Golden Circle
1 High Street, Zip: 62928
Community Building
Eddyville: (618) 683-7741
Tuesday at 11:30 am

Home delivered meals are available by calling
(618) 683-7741 for information.

PULASKI COUNTY

Aging Services

Transportation	Home Modifications
Outreach	Information & Asst.
Congregate Meals	Home Delivered Meals
In-Home Respite	Family Caregiver Support

Nutrition Site

Smiles Senior Center (county focal point)
412 South Blanche Street, Zip: 62976
Mounds: (618) 745-6149
Email: southernprideseniorprogram@gmail.com
Monday-Friday at 11:30 am

Home delivered meals are available by calling
(618) 745-6149 for information.

AGING SERVICES

SALINE COUNTY

Aging Services

Transportation	Home Modifications
Outreach	Information & Asst.
Congregate Meals	Home Delivered Meals
In-Home Respite	Family Caregiver Support
Adult Day Services	

Nutrition Sites

Harrisburg Golden Circle (county focal point)
15-A Veterans Drive, Zip: 62946
Harrisburg: (618) 252-7940
Fax: (618) 253-7885
Email: goldencirclescl@frontier.com
Monday-Friday at 11:30 am

Community Center
921 Veterans Drive, Zip: 62930
Eldorado: (618) 273-5394
Fax: (618) 273-5394
Email: maple2@shawneelink.net
Monday-Friday at 11:30 am

Home delivered meals are available by calling
(618) 252-7940 for information.

UNION COUNTY

Aging Services

Transportation	Home Modifications
Outreach	Information & Asst.
Congregate Meals	Home Delivered Meals
In-Home Respite	Family Caregiver Support

Nutrition Site

Sunshine Inn Senior Center (county focal point)
169 East Vienna Street, Zip: 62906
Anna: (618) 833-6734
Email: southernprideseniorprogram@gmail.com
Monday-Friday at 11:30 am

Home delivered meals are available by calling
(618) 833-6734 for information.

AGING SERVICES

WILLIAMSON COUNTY

Aging Services

Transportation	Home Modifications
Outreach	Information & Asst.
Congregate Meals	Home Delivered Meals
In-Home Respite	Family Caregiver Support
Adult Day Services	Exercise Program

Nutrition Sites

Herrin Senior Center (county focal point)
1201 Weaver Road, Zip: 62948
Herrin: (618) 988-1585
Fax: (618) 942-6993
Website: www.wcpaherrin.net
Monday-Friday at 11:15 am

Sugar Creek Café
105 West Blue Avenue, Zip: 62922
Creal Springs: (618) 996-8289
Monday-Thursday from 11:00 am-2:00 pm

Cambria Senior Center
302 Richart Street, Zip: 62915
Cambria: (618) 988-1585
Monday-Friday at 11:00 am

Andresen's Café
215 East Broadway Street, Zip: 62951
Johnston City: (618) 983-8497
Monday-Friday from 11:00 am-2:00 pm

Nutrition Sites, continued

Marion Senior Citizens Center
507 West Main Street, Zip: 62959
Marion: (618) 997-9019
Fax: (618) 993-0398
Monday-Friday at 11:15 am

Home delivered meals are available Monday through Friday by calling (618) 988-1585.

Aging & Disability Resource Center

Shawnee Alliance
6355 Brandhorst Drive
Carterville: 1-800-642-7773

AGING SERVICES

COMMUNITY CARE PROGRAM

Assessment & Eligibility

Shawnee Alliance
6355 Brandhorst Drive
Carterville: (618) 985-8322 & 1-800-642-7773

Note: Veterans may also apply for the
Veteran-Directed Home Care (a VIP service) and
Veteran's Aides & Attendants, see Page 54.

Service Providers

Active Day
900 Skyline Drive, Suite 300
Marion: (618) 998-2032
Service Area: area-wide
Services: Adult Day Services
Service area: Franklin, Jackson, Johnson, Perry,
Saline, Union, Williamson

Addus Homecare
4503 W. DeYoung, Suite 200
P.O. Box 963
Marion: (618) 997-8008
Service Area: area-wide
Services: In-Home Services area-wide

Community Care Systems
3890 North Illinois
Swansea: (618) 277-3226
Service Area: Franklin, Gallatin, Jackson, Perry,
Saline, and Williamson counties
Services: In-Home Services

Emergency Home Response Services – if approved
for this service by Shawnee Alliance, a list of
service providers will be provided

Service Providers, continued

Gold Plate Program of Perry County
721 North Hickory Street
Du Quoin: (618) 542-3511
Service Area: Perry County
Services: Adult Day Services in Perry and
northern part of Jackson County. In-Home
Services in Perry County

Golden Circle Senior Citizens Council
RR #1 Box 191A
Elizabethtown: (618) 287-5590
Service Area: Gallatin, Hardin, Pope, and Saline
counties
Services: Adult Day Services in Saline County.
In-Home Services in all 4 counties

Help at Home
1350 East Mall Rd.
Carbondale: (618) 457-6434
727 E. 12th Street
Metropolis: (618) 524-7452
Service Area: area-wide
Services: In-Home Services

River to River Corporation
1500 Sandbar Drive
P.O. Box 1759
Marion: (618) 993-7533
Service Area: area-wide
Services: Community Care in Residential Settings
(affordable assisted living)

Senior Adult Services
Elderwise Adult Day Services
409 North Springer Street
Carbondale: (618) 549-6441 or 457-4151
Service Area: Carbondale and Murphysboro.
Services: Adult Day Services

AGING SERVICES

COMMUNITY CARE PROGRAM, *continued*

Service Providers, continued

Williamson County Programs on Aging
1201 Weaver Road
Herrin: (618) 988-1585
Service Area: Williamson and Franklin counties
Services: Adult Day Services in Williamson
County. In-Home Services in Franklin &
Williamson counties

COUNSELING SERVICES

AREA-WIDE COUNSELING

Abilities Behavioral Services

Carbondale: (618) 713-3995

Services: Assistance with dementia challenging behaviors.

ADAPT of Illinois

Cobden: (618) 893-2810

Services: Psychiatry in nursing homes.

Caring Counseling Ministries

Marion: (618) 997-2129

Caritas Family Solutions

Carterville: (618) 985-2000 or 1-800-997-9381

Services: Counseling in schools, churches, and community.

Centerstone

Marion: (618) 997-3647

Children's Home & Aide

Herrin: (618) 988-1330

Services: Counseling for families who adopt children, adoption and subsidized guardianship.

Choate Mental Health & Development Center

Anna: (618) 833-5161

Services: Hospitalization of individuals (prescreening is required).

Creative Minds

Marion: (618) 997-0900

DUI and Counseling Program

Carbondale: (618) 457-4044

Website: alcoholism.about.com

Services: substance abuse, bipolar disorder, anxiety, ADHD, HIV / AIDS, gay and lesbian, older adults, pregnant & postpartum women, and criminal justice.

Family Counseling Center

Vienna: (618) 658-2611

Golconda: (618) 683-2461

Includes dementia care

Fellowship House of Centerstone-Alcoholism & Gambling

Anna: (618) 833-4456, (618) 833-2194

Services: For substance abuse.

Friendship Line

Phone: 1-800-971-0016

Services: suicide intervention, emotional support, elder abuse counseling, well-checks, grief, and referrals

Mulberry Center – Harrisburg Medical Center

Harrisburg: (618) 252-0999

Marion: (618) 998-0888

Services: 30 bed unit for in-patient services.

Schloemann, Colleen, LCSW

Phone: (618) 889-1014

Website: www.colleenschloemannlcsww.com

Serenity

Rosiclare: (618) 285-6626

Shawnee Alliance

Carterville: (618) 985-8322, 1-800-642-7773

Services: In-home counseling for senior adults, family caregivers, and grandparents.

SIUC Clinical Center

Carbondale: (618) 453-2361

Services: Speech difficulties, hearing, personality and psychological.

Support Groups, see pages 51-53.

VA Suicide Prevention – Veterans, only

Marion: 1-800-273-8255

COUNSELING SERVICES

COUNTY COUNSELING CENTERS

Alexander County

Family Counseling Center for
Alexander and Pulaski County
1401 Washington Ave
Cairo: (618) 734-2665
Services: Mental health counseling, substance
abuse, provides assistive community training,
supportive & supervised housing, adult
substance abuse, and psychosocial
rehabilitation.

Franklin County

Centerstone
902 West Main Street
West Frankfort: (618) 937-6483 or 997-5336
Services: Substance abuse counseling, adult
counseling, psychologist, psychiatrist, day
treatment center, and rehabilitation center.
Sliding scale payments accepted.

Gallatin County

Egyptian Public & Mental Health
9525 Gold Hill Road
Shawneetown: (618) 269-3454
Services: 24-hour crisis intervention, outpatient
counseling, death & dying support group,
sexual abuse support group, psychiatric
services, medication management, alcohol &
drug treatment counseling, and alternative
housing assistance.

Hardin County Family Counseling Center, Inc.

147 North Main Street
Elizabethtown: (618) 287-7010
Services: Counseling, adult substance & sexual
abuse counseling, psychiatrist, psychologist,
sustaining care, assertive community
treatment, Alzheimer screening and referral,
day treatment program, home based programs,
crisis intervention and medication evaluation
& monitoring. Medicare, Medicaid, and
sliding scale are accepted.

Jackson County

Centerstone
2311 South Illinois Ave
Carbondale: (618) 457-6703
Services: 24-hour emergency services, outpatient
substance and alcohol abuse counseling, case
management, nursing home consultations,
support groups, day treatment, psychiatric
services, medication management, home based
support, Transitional Living Program, &
hospice consultation.

Johnson County Family Counseling Center, Inc.

101 Oliver Street
P.O. Box 1328
Vienna: (618) 658-2611
Services: Mental health counseling, adult
substance abuse & sexual abuse counseling,
psychiatrist, psychologist, sustaining care,
assertive community treatment, Alzheimer
screening and referral, day treatment program,
home based programs, crisis intervention and
medication monitoring. Medicare, Medicaid,
and sliding scale payments are accepted.

Massac County Mental Health & Family Counseling Center

206 West 5th Street
Metropolis: (618) 524-9368
Services: 24-hour crisis intervention, home visits,
adult substance & sexual abuse counseling,
marriage and family counseling, general
counseling for depression & anxiety, day
treatment, employee assistance program,
assertive community treatment, psychosocial
rehabilitation, psychiatrist available.
Medicare, Medicaid, insurance, and sliding
scale payments are accepted.

COUNSELING SERVICES

COMMUNITY COUNSELING CENTERS, continued

Perry County Counseling Center

1016 South Madison Street, Suite A

Du Quoin: (618) 542-4357

Services: 24-hour crisis intervention, substance abuse counseling, employee assistance program, day treatment, outpatient counseling, geriatric counseling, psychiatrist, psychologist services, home visits, and advocacy for social benefits. Medicare, Medicaid, insurance, and sliding scale accepted.

Pope County Family Counseling Center

125 North Market Street

Golconda: (618) 683-2461

Services: Counseling, adult substance & sexual abuse counseling, psychiatrist, psychologist, sustaining care, assertive community treatment, Alzheimer screening and referral, day treatment program, home based programs, crisis intervention & medication monitoring. Medicare, Medicaid, and sliding scale accepted.

Saline County

Egyptian Public & Mental Health

1412 U.S. Route 45 North

Eldorado: (618) 273-3326

Services: 24-hour crisis intervention, outpatient counseling, death & dying support group, sexual abuse support group, psychiatric services, medication management, alcohol & drug treatment counseling, and alternative housing assistance.

Union County

Union County Counseling Center

204 South Street

Anna: (618) 833-8551

Services: Adult outpatient counseling, day treatment programs, case management team, and mental illness program. Medicaid and sliding scale payments accepted.

Williamson County

Centerstone

902 West Main Street

West Frankfort: (618) 937-6483 or 997-5336

Services: Substance abuse counseling, adult counseling, psychologist, psychiatrist, day treatment center, and rehabilitation center. Sliding scale payments accepted.

DISABILITY SERVICES

LOCAL AGENCIES

DHS Bureau of Blind Services
See page 48

DHS Office of Rehabilitation
See page 48

Illinois Tele-Relay Center
Voice: 800-526-0857 or 800-501-0865 Spanish
TTY: 800-526-0844 or 800-501-0864 TTY in
Spanish
ASL: 877-526-6680 ASL

Southern Illinois Case Coordination
Centralia: 1-800-828-7422
Case management for people with disabilities

Southern Illinois Center for Independence Living
(SICIL)
2135 West Ramada Lane
Carbondale: (618) 457-3318 (voice/TTY)
- and -
32 Veterans Drive
Harrisburg: (618) 252-7233 (voice/TTY)
- and -
Website: www.SICIL1.org

Southern Illinois Radio Information Service (or
SIRIS)
Carbondale: (618) 453-2808
Website: www.wsu.org/siris
Services: special radios that provide programs
and reading sessions of books, newspapers,
and other information

Talking Book Center
Phone: 800-426-0709
Services: talking books, magazines and religious
materials for persons who are visually
impaired or have a learning disability. Braille
materials also available.

STATEWIDE AGENCIES

Illinois Network of Centers for Independent Living
One West Old State Capitol Plaza, Suite 501
Springfield: Hotline (800) 587-1227 or
(217) 525-1308 (voice/TTY)
Website: www.incil.org

Statewide Independent Living Council of Illinois
1 West Old State Capital Plaza – Suite 716
Springfield: (217) 744-7777 (voice/TTY)
Website: www.silcofillinois.org

RECREATIONAL PROGRAMS

SIUC Touch of Nature Environmental Center
Makanda: (618) 453-1122
Website: www.ton.siu.edu
Services: outdoor residential summer camps

Special Olympics Illinois - Southern Area 15
Carbondale: (618) 457-2969
Website: www.soill.org
Services: year-round sports training and
competition in a variety of Olympic-type
sports for children and adults

DISABILITY SERVICES

SERVICES FOR PEOPLE WITH DISABILITIES

Abuse Referrals: Call 1-866-800-1409 or 1-800-642-7773.

Accessibility Surveys – Promotes accommodations or creates access to buildings, programs, and services in a cost-effective manner. Call (618) 457-3318.

Adult Protective Services – Investigates alleged abuse, such as physical, financial, sexual, and psychological abuse or neglect of care. Call 1-866-800-1409 or 1-800-642-7773

Advocacy – Helps people with disabilities gain rights and benefits that are being denied due to disability. Call (618) 457-3318.

Benefit Access Application – One set of automobile license plates at a reduced fee. Call (618) 457-3318.

Case Management – Assists with necessary paperwork and attainment of equipment, housing, and other aids that increase independence. Call (618) 457-3318.

Community Reintegration – Helps with the transition from a nursing home to a home or apartment in the community. Call (618) 457-3318.

Deaf Culture – Workshops and presentations about basic sign language skills or a better understanding of deaf culture. Call (618) 457-3318.

Employment Services – See the “Employment & Training” section.

Equip for Equality – Advocacy services to empower & strengthen abilities to advocate effectively on their own behalf, including some legal assistance. Call 1-800-758-0559 or TTY: 1-800-610-2779

Equipment Loans – Equipment and assistive devices available to consumers and communities on a temporary basis. Call (618) 457-3318.

Equipment Training & Acquisition – Acquiring and learning the use of TTY’s and other devices. Call (618) 457-3318.

Evaluation Services – See the “Employment & Training” section.

Hearing Now – hearing aids for low-income families – apply at <http://starkeyhearingfoundation.org/programs#/hearnow>

Information and Referral – Staff respond to requests for information concerning disability issues and make referral to appropriate resources. Call (618) 457-3318.

In-Home Services – Private pay home services, includes in-home workers, personal assistants, and social work Care Coordinators. Call (618) 457-3318.

ITAC Telephone Distribution – Free telephone for people who are deaf, hard of hearing, late deafened, speech impaired, or deaf/blind as verified by a physician. Call (618) 457-3318. Website: www.itactty.org/irc.htm

DISABILITY SERVICES

SERVICES FOR PEOPLE WITH DISABILITIES, continued

Job Training & Placement – See the “Employment & Training” section.

Medical Equipment – Loan of wheelchairs, walkers, crutches, raised toilet seats, shower seats etc. are loaned, and returned only if or when the equipment is obtained elsewhere. Call (618) 457-3318.

Mediation – Provides assistance in the negotiation and resolution of disputes between consumers and others. Call (618) 457-3318.

Medical website for the Deaf: www.DeafMD.org

On-the-Job Training – See the “Employment & Training” section.

One-Time Purchases – Financial assistance for necessary startup and initial maintenance of a residence. Call (618) 457-3318.

Peer Counseling – Provides individual or group support for role-modeling, sharing, coping, or problem-solving to help with self-sufficiency. Call (618) 457-3318

Personal Assistant Management – Training how to develop and manage successful employer or employee relationships, techniques in hiring, negotiating, supervising, and terminations. Call (618) 457-3318.

Personal Assistant (PA) Referral & Training - Recruits and prescreens people seeking employment as personal assistants. Call (618) 457-3318.

Public Education and Outreach – Information is available about disabilities. Call (618) 457-3318.

Reader and Other Assistant Referral – is a list of readers, note takers, chore workers, and other assistants. Call (618) 457-3318.

Service Coordination – Assist, identify, & secure the services and resources needed to live successfully outside of an institution. Call (618) 457-3318.

SIT Service Dogs

Ava: (618) 426-5666

Website: www.sitservicedogs.com

Services: train and place service dogs with people with physical disabilities

Skills Training – Assists with learning how to cook, budget, find housing, fill out benefit forms, and use assistive technology. Call (618) 457-3318.

Special Needs Alliance

Website: www.specialneedsalliance.org

Services: Attorneys who assist persons with disabilities and their families with estate planning and special education issues.

DISABILITY SERVICES

SERVICES FOR PEOPLE WITH DISABILITIES, continued

Southern Illinois Radio Information Service (SIRIS)
– Information for the blind and visually impaired is read over a special radio and station. Call (618) 453-2808.

Technical Assistance – Assists businesses to provide accommodations or create access to buildings and services in a cost-effective manner. Call (618) 457-3318.

Training and Support – Staff help with developing the skills and confidence needed to maintain independence in the community. Call (618) 457-3318.

Transportation for People with Disabilities – See pages 59-61.

Your Choice Home Services – Private pay home services, includes in-home workers, personal assistants, and social work Care Coordinators. Call (618) 457-3318.

Website: www.recovergateway.org
Services: Counseling, residential in-patient treatment, outpatient services for substance abuse and mental illness.

Centerstone
Marion: (618) 997-3647
Website: www.buildingbettertomorrows.org

Choate Mental Health & Development Center
Anna: (618) 833-5161
Website: www.healthgrades.com/group-directory/illinois-il/anna/choate-mental-health-center-wrtxj
Services: Psychiatric, Psychological, medical, physical, social, educational, vocational, rehabilitation, recreational, speech, language and hearing, pharmacy, dental, and dietary services, and referrals and special consultations.

Multi-Agency Therapeutic Center
Eldorado: (618) 252-9036

SPECIAL EDUCATIONAL OPPORTUNITIES

Illinois Head Start
Referrals: (618) 453-6448
Website: headstart.siu.edu
Services: For children ages 3-5 and pregnant women or women with infants, and toddlers.

SPECIAL TREATMENT OPPORTUNITES

Autism Program - Southern Illinois University
Carbondale: (618) 536-2122
Website: casd@siu.edu
Services: Didactic and experienced-based training, consulting, community services and support, and research and evaluation.

Gateway Foundation
Carbondale: (618) 529-1151

EMPLOYMENT SERVICES

CHILD CARE RESOURCE & REFERRAL

John A. Logan College
700 Logan College Road
Carterville: (618) 985-5975

EMPLOYMENT SERVICES FOR PEOPLE WITH DISABILITIES

Illinois Dept. of Employment Security
Mt. Vernon: (618) 244-1700
Services: Job training
Note: Call ahead to check hours of operation

Evaluation & Developmental Center
500C Lewis Lane
Carbondale: (618) 453-2331 or TTY at 453-2323
Services: Vocational, psychological, transitional, and driver education services.

MAP Training Center
504 East 7th Street
Karnak: (618) 634-9401
Services: Vocational evaluation, sheltered employment, job training and work activity for persons with disabilities.

Division of Rehabilitation Services
See page 48.

EMPLOYMENT SERVICES FOR PEOPLE WITH DISABILITIES, continued

Coleman Tri-County Vocational Services
P.O. Box 699
10155 Highway 13
Shawneetown: (618) 269-4211
Services: Vocational evaluation, job placement, sheltered employment and residential services. Residential services include the Community Integrated Living Arrangement and Family Supported Unit.

Rehabilitation and Vocational Education Program, Inc. (or RAVE)
214 West Davie Street
Anna: (618) 833-8525
Services: Developmental, vocational, educational training and support services to mentally or physically challenged individuals.

Southern Illinois Center for Independence Living
2135 West Ramada Lane
Carbondale: (618) 457-3318 (voice & TTY)
- and -
32 Veterans Drive
Harrisburg: (618) 252-7233 (voice & TTY)
Services: Evaluation Services through short-term work experiences. Job Development and Placements promote successful employment. On-the-Job Training is for people with limited or no previous work experience. Supported Employment Services are training and support, both on and off the job.

Specialized Training for Adult Rehabilitation (START)
20 North 13th Street
Murphysboro: (618) 687-2378
Website: www.startinc.org
Services: Vocational evaluation, job placement, sheltered employment and residential services. Residential services include the Community Integrated Living Arrangement and Family Supported Unit.

EMPLOYMENT SERVICES

ILLINOIS MIGRANT COUNCIL

Technical Learning Center
111 South Appleknocker Street
Cobden: (618) 893-1922
Services: Using English as a second language,
technology, creating personal web pages,
digital imaging, documenting family history,
and resume writing.

JOB HOTLINE NUMBERS

Central Management Services (Information on testing
for state jobs)
State Building
Marion: (618) 993-7005
TTY: 1-800-526-0844

Egyptian Area Agency on Aging
Carterville: 1-888-895-3306

Farm Corps-Pairing vets with work in agriculture
<https://www.illinoisfarmerveterans.org>

HIRE LEVEL Employment Services
Marion: (618) 993-9675

IDES – Disabled Veterans Outreach Program
Marion: (618) 997-5311 ext. 59354

Illinois Work Net
Website: www.IllinoisWorkNet.com

Kelly Services Employment Agency
Cape Girardeau: (573) 332-8495

Manpower Employment Agency
Carterville: (618) 457-0414

Priority Staffing Employment Services
Marion: (618) 969-8800

SICIL
Carbondale: (618) 457-3318

SIUC Civil Service
Carbondale: (618) 536-2116

Talent Force
Phone: (573) 334-9700

Work Incentive Planning and Assistance Program
Division of Rehab Services
Phone: 1-800-852-5110
Service: Assisted technology and planning and
assistance for people with disabilities

EMPLOYMENT SERVICES

ONE STOP SHOPS – ILLINOIS WORK NET CENTERS

Man-Tra-Con

2001 West Main Street, Suite B
Carbondale: (618) 490-1141
3000 De Young Street, Suite 800-B (located in
back of the Illinois Centre Mall)
Marion: (618) 998-0970 or 1-800-315-3986
701 North Commercial Street, Suite 6A
Harrisburg: (618) 252-6020
Service Area: Franklin, Jackson, Perry &
Williamson counties

SENIOR EMPLOYMENT PROGRAM

Egyptian Area Agency on Aging

Senior Employment Specialist
200 East Plaza Drive
Carterville: (618) 985-8311
Fax: (618) 985-8315
Toll-free: 1-888-895-3306
Website: www.EgyptianAAA.org
E-mail: egyptianaaa@egyptianaaa.org
Service Area: area-wide
Services: The Senior Employment Specialist is able to assist adults (aged 55+) locate employment, assist job seekers in polishing up their resume or their job interviewing skills, and has information about various programs designed to help people find work or to train for a new career. In addition, the Senior Employment Specialist works with potential employers encouraging them to consider the value of the older worker when a job becomes available.

TITLE V OLDER WORKERS PROGRAM

National Able Network

Newton: (217) 560-3065
Service Area: Johnson, Massac, and Pulaski counties

Goodwill

Call for an appointment
Phone: (618) 514-7782
Service Area: southernmost 13 counties

WORKFORCE INVESTMENT BOARDS

Man-Tra-Con

3000 De Young Street, Suite 800-B (located in
back of the Illinois Centre Mall)
Marion: (618) 998-0970 or 1-800-315-3986
Service Area: Jackson, Franklin, Williamson
and Perry counties

Mid-5 Employment & Training, Inc

Harrisburg: (618) 252-6020
Fax: (618) 252-6326
Service Area: Gallatin, Hamilton, Hardin, Pope
and Saline counties.

Shawnee Development Council

Karnak: (618) 634-2201
Service Area: Alexander, Union, Johnson,
Massac & Pulaski counties
Outreach Offices:
Cairo: (618) 734-0535
Anna: (618) 833-7431
Elizabethtown: (618) 287-7071
Metropolis: (618) 524-2941
Shawnee College: (618) 634-3293

Southern 14 - Workforce Investment Board

Carmi: (618) 382-5024
Fax: (618) 382-7038

FOOD PANTRIES & SOUP

STATEWIDE AGENCIES

Illinois Hunger Coalition

Service: Screening for the Illinois LINK program and advocacy for people who have current problems, food pantries, and other services.

Phone: 1-800-359-2163

Website: www.tristatefoodbank.org

These are listed alphabetically by county and town. Please, only call the Food Pantry in your community. List also available online.

Find Food Illinois- <https://eat-move-save.extension.illinois.edu/>

GALLATIN COUNTY

Friends of Jesus

Equality: (618) 658-0166

HARDIN COUNTY

Shawnee Development Council

Elizabethtown: (618) 287-7071

ALEXANDER COUNTY

Daystar Community Program

Cairo: (618) 734-0178

Services: Outreach, rent assistance, help with health care bills, food pantry.

The Kitchen Table (soup kitchen)

Cairo: (618) 734-0178

FRANKLIN COUNTY

Benton Township

Benton: (618) 439-3181

Benton/West City

Benton: (618) 927-6270

Southern Hospitality Ministries

Royalton: (618) 364-6927

Community of Christ

Thompsonville: (618) 357-1827

Franklin County Food Pantry / Crosswalk

West Frankfort: (618) 937-3581

FOOD PANTRIES & SOUP

JACKSON COUNTY

Bethel African Methodist Episcopal Church & Soup
Kitchen
Carbondale: (618) 529-5278

Good Samaritan Food Pantry / University Baptist
Church
Carbondale: (618) 457-5794

Good Samaritan House & Soup Kitchen
Carbondale: (618) 457-5794

Victory Dream Center
Carbondale: (618) 351-8018

Women's Center
Carbondale: (618) 529-2324

Murphysboro / Jackson County Food Bank
Murphysboro: (618) 684-8258

SPIN Soup Kitchen
822 Industrial Park Road
Murphysboro: (618) 201-7298 or 201-4859
Open Saturdays

JOHNSON COUNTY

Goreville Ministerial Alliance
Goreville: (618) 995-9360

First Baptist Church
Vienna: (618) 658-3741

MASSAC COUNTY

C.O.P.E. Christian Outreach Program
Metropolis: (618) 524-3635

Emmanuel Temple
Metropolis: (618) 638-4071

Lighthouse Assembly
Metropolis: (618) 524-2256

Lords Pantry of Weaver Creek
Metropolis: (618) 524-4863

PERRY COUNTY

Du Quoin Food Pantry
Du Quoin: (618) 381-9822

Western Egyptian
Du Quoin: (618) 542-4656

Least of the Brethren Food Pantry
Pinckneyville: (618) 357-9530

FOOD PANTRIES & SOUP

POPE COUNTY

Shawnee Development Council
Golconda at Pope County Housing building
Phone: (618) 683-2107

Bethany Village
Anna: (618) 833-1777

Shawnee Development Council
Anna: (618) 833-7431

Salem Evangelical Lutheran
Jonesboro: (618) 833-0704

PULASKI COUNTY

Bethel Temple
Mounds: (618) 306-0074

Bibleway Church of God
Pulaski: (618) 306-4080

First Baptist Church
Karnak: (618) 634-9342

SALINE COUNTY

Landmark House of Praise
Carrier Mills: (618) 252-1502

Greater Galatia Food Pantry
Galatia: (618) 268-4052

Harvest Deliverance Center
Harrisburg: (618) 252-0009

Christian Community Food Pantry
Harrisburg: (618) 252-2374

First Baptist Church
Harrisburg: (618) 252-7491

Heaven's Kitchen-Tuesday night Presbyterian Annex
Harrisburg: (618) 253-8955

UNION COUNTY

First Baptist Church
Anna: (618) 833-5416

WILLIAMSON COUNTY

Cambria Food Pantry
Cambria: (618) 985-6861

Community Food Pantry
Carterville: (618) 985-3171

Crab Orchard Public Library Foodbank
Phone: (618) 982-2141 (ask for Erin)
Seniors, only

Herrin Community Pantry
Herrin: (618) 942-2080

House of Hope
Herrin: (618) 942-8500

Illinois Commodity Food Program - WCPA
Herrin: (618) 988-1585
Seniors, only

First United Methodist Church
Johnston City: (618) 983-5150

Marion Ministerial Alliance Soup Kitchen & Pantry
Marion: (618) 993-8419

Salvation Army
Marion: (618) 993-5854

Marion Second Baptist Church
Marion: (618) 993-2338

Heaven's Kitchen-Thurs. night Ministerial Alliance
Marion: (618) 993-8419

Veterans Only
Marion: (618) 993-4121

HEALTH CARE SERVICES

AGING & MEMORY CLINICS

SIU Family Medical Center
305 West Jackson Street, Suite 200
Carbondale: (618) 536-6621
Services: Memory diagnosis and referral

Family Counseling Center – Memory Disorder Program
408 East Vine Street
Vienna: (618) 658-2611
Services: Memory diagnosis and referral

COMMUNITY HEALTH CENTERS

Listed alphabetically by town

Rural Health, Inc
513 North Main Street
Anna: (618) 833-4471

CHESI Cairo Mega Clinic
13245 Kessler Road
Health Clinic: (618) 734-4400

Cedar Court Clinic
1340 Cedar Court
Carbondale: (618) 457-7821

CHESI Cedar Clinic
1250 Cedar Court
Carbondale: (618) 457-7821 or 457-0450

Shawnee Health Care, Carbondale
400 South Lewis Lane
Same Day: (618) 519-9200
Dental Clinic: (618) 519-9200

Shawnee Health Care, OB/GYN
101 South Wall Street
Carbondale: (618) 519-9200

Shawnee Health Care, Behavioral Health
404 South Lewis Lane
Carbondale: (618) 519-9200

COMMUNITY HEALTH CENTERS, continued

Shawnee Health Care, Terrier Care
1301 E. Walnut Street
Carbondale: (618) 519-9200

Shawnee Health Care, Carterville
1006 South Division Street
Carterville: (618) 519-9200

Rea Clinic, Christopher
4241 Highway 14 West
Christopher: (618) 724-2401 or 1-800-408-7351
Dental Clinic: (618) 724-9290
Pharmacy: (618) 724-2136

Rural Health, Inc
318 North Old Highway 51
Dongola: (618) 827-3545

Rea Clinic / Du Quoin
1564 South Washington Street
Du Quoin: (618) 542-8702

Eldorado Rural Health Clinic
1401 US Highway 45 North
Eldorado: (618) 273-2951 or 273-2360

Pope County Medical Clinic
217 South Adams Street
Golconda: (618) 683-3781

CHESI Harrisburg Community Health & Emergency Services / Dental Clinic
205 North Main Street
Harrisburg: (618) 253-8450

Johnston City Community Health Center
14410 Route 37
Johnston City: (618) 983-6911
Dental Clinic: (618) 893-4005, ext. 4

HEALTH CARE SERVICES

COMMUNITY HEALTH CENTERS, continued

Shawnee Health Care, Marion
1506 North Sioux Drive
Marion: (618) 519-9200
Dental Clinic: (618) 519-9200
Psychiatry: (618) 519-9200

Shawnee Health Care, Marion Wellness
1700 Wildcat Road
Marion: (618) 519-9200

Shawnee Health Care, Murphysboro
7 Hospital Drive
Murphysboro: (618) 519-9200

CHESI Hardin County Dental Clinic
226 Main Street
Rosiclare: (618) 285-3930

Hardin County Medical Clinic
Highway 146, Building #2
Elizabethtown: (618) 285-6191
Dental Clinic: (618) 285-3930

Royalton Community Health Center
300 South Main Street
Royalton: (618) 984-2695

Sesser Community Health
6294 State Highway 154
Sesser: (618) 625-6979
Dental: (618) 625-6979

Shawneetown Health Care Clinic
9525 Gold Hill Road
Shawneetown: (618) 269-3815

CHESI Tamms Medical
290 Railroad Street
Tamms: (618) 747-2391

Rural Health, Inc
803 North 1st Street
Vienna: (618) 658-2811

COUNTY HEALTH DEPARTMENTS

Alexander County
Southern Seven Health Department
3014 Elm Street
Cairo: (618) 734-4167

Franklin County
Franklin Williamson Bi-County
403 East Park Street
Benton: (618) 439-0951

Gallatin County
Egyptian Public & Mental Health
Department
9525 Gold Hill Road
Shawneetown: (618) 269-3454

Hardin / Pope County
Southern Seven Health Department
Route 146, Building #2
P.O. Box 177
Elizabethtown: (618) 285-6215

Jackson County Health Department
415 Health Department Road
P.O. Box 307
Murphysboro: (618) 687-4357

Johnson County
Southern Seven Health Department
513½ East Vine Street
Vienna: (618) 658-5011

Massac County
Southern Seven Health Department
1230 Commercial Park Drive
Metropolis: (618) 524-2657 or 524-2212

Perry County Health Department
907 South Main Street
Pinckneyville: (618) 357-5371

HEALTH CARE SERVICES

COUNTY HEALTH DEPARTMENTS, continued

Pulaski County

Southern Seven Health Department
Shawnee College Road
37 Rustic Campus Drive, Building B
Ullin: (618) 634-9405

Saline County

Egyptian Public & Mental Health
412 U.S. Route 45 North
Eldorado: (618) 273-3326

Union County

Southern Seven Health Department
260 Lick Creek Road
Anna: (618) 833-8561

Williamson County

Franklin Williamson Bi-County
Williamson County Airport
8160 Express Drive
Marion: (618) 993-8111

EMERGENCY RESPONSE SYSTEMS

Listed alphabetically by town

Shawnee Alliance

Cartersville: 1-800-642-7773
Has a list of State-approved companies

FAMILY HEALTH CLINICS

Little Egypt Breast & Cervical Cancer Program

Phone: 1-888-522-1282

HOME HEALTH CARE

Listed alphabetically

Home health care is provided on doctors' orders by skilled nurses and/or other health care professionals in the patient's home. The following providers are reprinted from the Yellow Pages of the local telephone book. Their services may include any of the following:

Skilled nursing care, Speech therapy, Home health aide, Medical social work, Physical therapy, IV therapy, Occupational therapy, and Hospice

Advantage Nursing Services

Marion: (618) 993-4081, 1-800-825-3799

APRIA Health Care

Marion: (618) 997-6469, 1-888-492-7742

Baptist Home Health

Metropolis: (618) 524-3661

Egyptian Public and Mental Health Department

Eldorado: (618) 273-3326, ext. 2267

Franklin-Williamson Bi-County

Marion: (618) 998-0507

Interim Healthcare

Herrin: (618) 477-8500

Joyner Therapy Services

Marion: (618) 998-9894

LHC – Illinois Home Health Care

Marion: (618) 997-6565

Marion VA Medical Center (veterans, only)

Marion: (618) 997-5311 ext. 55051

Mederi Caretenders

Mt. Vernon: (618) 242-3516

Mercy Health

Metropolis: (270) 415-3600

HEALTH CARE SERVICES

HOME HEALTH CARE, continued

Perry County Health Department
Pinckneyville: (618) 357-5371, ext. 4

Regional Home Care
Countywide
Marion: (618) 988-1840

Residential Health Care Group
Phone: 1-800-642-6099

HOSPICE

Hospice of Southern Illinois
Marion: (618) 997-3030, 1-800-233-1708

Mercy Health & Hospice
Metropolis: 1-800-870-7460 or (270) 415-3636

Residential Health Care
Phone: 1-800-358-8227

HOSPITALS

Listed alphabetically by town

Union County Hospital
517 North Main Street
Anna: (618) 833-4511

Franklin Hospital
201 Bailey Lane
Benton: (618) 439-3161

St. Francis Medical Center
211 Saint Francis Drive
Cape Girardeau, MO: (573) 331-3000

Southeast Hospital
1701 Lacey Street
Cape Girardeau, MO: (573) 334-4822
Physical & Referral: 1-800-800-5123

Memorial Hospital of Carbondale
405 West Jackson Street
Carbondale: (618) 549-0721

Marshall Browning Hospital
900 North Washington Street
Du Quoin: (618) 542-2146

HEALTH CARE SERVICES

HOSPITALS, continued

Ferrell Hospital
1201 Pine Street
Eldorado: (618) 273-3361

Harrisburg Medical Center
100 Dr. Warren Tuttle Drive
Harrisburg: (618) 253-7671

Herrin Hospital
201 South 14th Street
Herrin: (618) 942-2171

Heartland Regional Medical Center
3333 West De Young Street
Marion: (618) 998-7000

Veteran's Administration Medical Center
2401 West Main Street
Marion: (618) 997-5311
American Legion Dept. (618) 998-5605
AmVets Dept. ext. 54743

Massac Memorial Hospital
28 Chick Street
Metropolis: (618) 524-2176

St. Joseph's Hospital
2 Hospital Drive
Murphysboro: (618) 684-3156

Lourdes Hospital
1530 Lone Oak Road
Paducah, KY: (270) 444-2444

Baptist Health Hospital
2501 Kentucky Avenue
Paducah, KY: (270) 575-2100

Pinckneyville Community Hospital
5383 State Route 154
Pinckneyville: (618) 357-2187

Hardin County General Hospital
6 Ferrell Road
Rosiclare: (618) 285-6634

HOSPITAL-BASED SENIOR ADULT PROGRAMS

See page 56.

MEDICAL EQUIPMENT & SUPPLIES

Listed alphabetically

ALPHA Home Health Care
Benton: (618) 438-0309
Herrin: (618) 998-9250

APRIA Health Care
Marion: (618) 997-6469

Beck's Home Health Care
Eldorado: (618) 273-8111 ext. 3 or
1-800-851-6857

Herrin Drug
Herrin: (618) 942-5315 ext. 3

Family Home Health Care
Herrin: (618) 942-4807

Lincare Home Medical
Herrin: (618) 993-3020, 1-877-246-4548

Personal Medical Equipment
Anna: (618) 833-4444, 1-800-433-8280

Rotech of Mt. Vernon
Marion: (618) 993-1422

Sun Glitz (bandages, only)
Energy: (618) 942-5915 or 1-800-287-0911

HEALTH CARE SERVICES

PRIVATE DUTY NURSING, SITTERS & CLEANING SERVICES Listed alphabetically

Addus Healthcare

Area-wide: (618) 997-8008

Services: Nurse Aides, In-Home Services, live-in service, and Adult Day Services

Advantage Nursing Services

Marion: (618) 993-4081, 1-800-825-3799

Services: Nursing and CNA's

Family Counseling Center

Cairo: (618) 734-2665

Area served: Alexander, Hardin, Johnson, Massac, Pope, Pulaski, and Union counties

Services: Supervision

Notes: For developmentally disabled adults and youth/adults with disabilities

Gold Plate Program of Perry County

Du Quoin: (618) 542-3511

Services: Home Delivered Meals, In-Home Services and Adult Day Services

Golden Circle Senior Citizens Council

Elizabethtown: (618) 287-5590

Services: In-Home Respite Care, Adult Day Services, Home Delivered Meals for senior adults and the disabled

Liberty Village of Marion

Marion: (618) 993-8600

Service: Respite, Alzheimer's/Dementia, CME, Rehabilitation, Skilled Nursing, and Assisted Living

Senior Adult Services

Carbondale: (618) 457-4151

Service: Adult Day Services

Williamson County Programs on Aging

Herrin: (618) 988-1585

Services: In-Home Services and Adult Day Services

REHABILITATION & THERAPY

Services: Speech, Occupational, & Physical therapies, rehab & vocational rehabilitation.

Aperion Care

Cairo: (618) 734-1700

Services: Respite Care, Physical Therapy, Occupational Therapy, Speech Therapy, & Restorative Therapy

Coleman Tri-County Services

Harrisburg: (618) 252-0275

Service: vocational rehab

Helia Active Recovery Center

Energy: (618) 988-1097

Service: private rooms, 24-hour RN care, dining, and Physical Therapy, Occupational Therapy, Speech Therapy, Restorative Therapy, rehab & long-term care

Herrin Hospital

Herrin: (618) 942-2171

Services: Physical Therapy, Occupational Therapy, Speech Therapy, sports medicine, work health specialty services

Joyner Therapy Services

Harrisburg: (618) 252-7171

Marion: (618) 998-9894

Services: Physical, occupational, speech, and aqua therapies

Neuro-Restorative of Carbondale

Carbondale: (618) 529-3060

Services: Physical Therapy, Occupational Therapy, Speech Therapy, vocational rehab, Counseling, & Psychiatry

Nova Care Rehabilitation

Benton: (618) 439-3399

West Frankfort: (618) 937-6200

Services: aquatic & physical therapies

HEALTH CARE SERVICES

REHABILITATION & THERAPY, continued

Parkway Manor Bounce Back

Marion: (618) 993-8600

Service: Physical, occupational, respiratory,
& speech therapy

Rehab Unlimited

Anna: (618) 833-1506

Carbondale: (618) 529-0516

Carterville: (618) 985-3333 ext. 68345

Harrisburg: (618) 294-9326

Herrin: (618) 988-6131

Logan Park: (618) 993-4024

Marion: (618) 993-6237

Murphysboro: (618) 684-8018

Services: Physical Therapy, Occupational
Therapy, Speech Therapy, & Language
Pathology

Synergy Therapeutic Group

Carbondale: (618) 529-4360

Du Quoin: (618) 542-8950

Services: Pain relief from a variety of medical
issues.

RESPIRATORY DISEASE PROGRAM

Harrisburg Medical Center

Harrisburg: (618) 253-7671

Southern Illinois Respiratory Disease Program

Benton: 1-866-252-9732

Carbondale: (618) 457-8520 or 1-866-252-9732

Carterville: 1-866-252-9732

Harrisburg: 1-866-252-9732

Services: Includes counseling on Black Lung
benefits

HEALTH & INSURANCE PROGRAMS (Online)

Website: www.getcoveredillinois.gov

HOUSING

HABITAT FOR HUMANITY

Franklin County

Benton: (618) 663-0412

Jackson-Union Counties

Carbondale: (618) 457-8480

Saline County

Harrisburg: (618) 294-8337

Williamson County

Marion: (618) 997-3134

HOUSING

Listed by County

Housing Discrimination Hotline

Phone: 1-800-669-9777

Public Housing & Subsidized Housing – Rental housing for low-income families of all ages but, some units have been specifically designed to meet the needs of senior adults. Rent is usually 30% of family income.

Assisted Living, Supportive Living, Independent Living, and Domiciliary Units Private and / or government subsidized rental apartments, which may provide some personal services (meals, housekeeping, etc.) within the facility.

Private Units – Privately owned, non-subsidized housing. These are units known to us and that have allowed us to list.

ALEXANDER COUNTY

Public Housing

Alexander County Housing Authority

Cairo: (618) 734-1910

Units are in Cairo

Subsidized Housing

Shawnee Enterprises

Cairo: (618) 997-5365

Private Units

Diamond Development

Tamms I & II

Tamms: (618) 665-4081

The Garden at Aperion for Memory Care

Cairo: (618) 734-1700

FRANKLIN COUNTY

Public Housing

Franklin County Housing Authority

West Frankfort: (618) 932-2124

Units are in West Frankfort, Sesser, Zeigler, Benton, Royalton, West City, & Christopher

Subsidized Housing

Shawnee Enterprises

Benton: (618) 997-5365

West Frankfort: (618) 997-5365

Assisted Living

Fifth Season Residential Assisted Living

Benton: (618) 439-6600

Supportive Living

Heritage Woods of Benton

Benton: (618) 439-9431

Private Units

Benton Place Apartments

Benton: (618) 439-7528

(age 62 and older only)

HOUSING

HOUSING, continued

GALLATIN COUNTY

Public Housing

Housing Authority of Gallatin County
Shawneetown: (618) 269-3080
Units are in Ridgway, Equality, Omaha, &
Shawneetown

Subsidized Housing

Housing Authority of Gallatin County
Shawneetown: (618) 269-3080

Shawneetown & Ridgway Apartments
Phone: (618) 994-2480

HARDIN COUNTY

Public Housing

Housing Authority of Hardin County
Elizabethtown: (618) 287-2786
Units in Cave-in-Rock, Rosiclare &
Elizabethtown

Subsidized Housing

Housing Authority of Hardin County
Elizabethtown: (618) 287-2786

- and -

Rosiclare: (618) 287-2786

Hillside Street Apartments
Rosiclare: (618) 994-2480

JACKSON COUNTY

Public Housing

Jackson County Housing Authority
Murphysboro: (618) 684-3183
Units are in Murphysboro, Elkhart, De Soto, Ava,
Carbondale, & Grand Tower

Jackson County Subsidized Housing

Ava Apartments
Ava: (618) 654-7033

Carbondale Towers & Mill Street Apartments
Carbondale: (618) 529-3371

Fields Apartments
Carbondale: (618) 549-7377

Jackson County Housing Authority
Murphysboro: (618) 684-3102

Assisted Living

Century Assisted Living I & II
Carbondale: (618) 549-9898
Specializes in Memory Care

The Landing
Carbondale: (618) 519-9600

The Voyage-East & West
Murphysboro: (618) 684-5818

Supportive Living

Prairie Living at Chautauqua
Carbondale: (618) 351-7955

Private Units

Liberty Village & Estates of Carbondale
Carbondale: (618) 351-6557 or 529-8508

The Villas of Carbondale
Carbondale: (618) 549-3200

Violet Lane
Carbondale: (618) 529-3060

Magnolia House
Carbondale: (618) 519-9560

Specialized

Chippewa House-adults with TBI
Carbondale: (618) 534-7285

HOUSING

HOUSING, continued

JOHNSON COUNTY

Public Housing

Housing Authority of Johnson County
Vienna: (618) 658-5811
Units are in Goreville, Buncombe, Vienna, &
New Burnside

Subsidized Housing

Housing Authority of Johnson County
(Apartments in Goreville & Vienna)
Vienna: (618) 658-5811

Country Village
Vienna: (618) 993-0004

Supportive Living

Autumn Ridge
Vienna: (618) 658-2775

MASSAC COUNTY

Public Housing

Massac County Housing Authority
Metropolis: (618) 524-8411
Units are in Metropolis, Joppa, & Brookport

Subsidized Housing

Shawnee Enterprises
Massac Village
Metropolis: (618) 993-0004

Country Village
Metropolis: (618) 993-0004

Independent Living

Devondale Apartments
Metropolis: (618) 524-7989

Misty Meadows Senior Living Center
Metropolis: (618) 524-1818

Twin Oaks Estates
Metropolis: (618) 524-6868

PERRY COUNTY

Public Housing

Perry County Housing Authority
Du Quoin: (618) 542-5409 or 542-5666
Units are in Du Quoin, Cutler, Willisville,
Tamaroa, & Pinckneyville

Subsidized Housing

Shawnee Enterprises
Du Quoin Village
Du Quoin: (618) 997-5365

Independent Living

Marshall Browning Estates
Du Quoin: (618) 542-1006

Supportive Living

The Manors at Mason Woods
Pinckneyville: (618) 357-9770

POPE COUNTY

Public Housing

Pope County Housing Authority
Golconda: (618) 683-4791
Units are in Golconda & Eddyville

HOUSING

HOUSING, continued

PULASKI COUNTY

Public Housing

Housing Authority of Pulaski County
Mounds: (618) 745-6330
Units are in Mounds, Pulaski, Ullin, Olmsted,
Karnak, Grand Chain, & Mound City

Assisted Living

None

Private Units

Diamond Development Corp.
Karnak: (618) 665-4081

SALINE COUNTY

Public Housing

Housing Authority of Saline County
Harrisburg: (618) 252-6381
Units are in Harrisburg, Galatia, Eldorado,
Raleigh, & Carrier Mills

Subsidized Housing

Housing Authority of Saline County
Harrisburg: (618) 252-6381

Shawnee Enterprises
Harrisburg: (618) 997-5365

Private Units

McKinley Place Apartments
Stonefort: No phone number

Assisted Living

Harrisburg Villas of Holly Brook and Reflections
Memory Care
Harrisburg: (618) 252-9212

Supportive Living

Brookstone Estates of Harrisburg
Harrisburg: (618) 253-5870

HOUSING

HOUSING, continued

UNION COUNTY

Public Housing

Housing Authority of the County of Union

Anna: (618) 833-5129

Units are in Anna, Cobden, Dongola, & Jonesboro

Subsidized Housing

Housing Authority of the County of Union

Anna: (618) 833-5129

Units are in Cobden, Dongola, Jonesboro, & Wolf Lake

Shawnee Enterprises

Anna: (618) 993-0004

Knollwood Apartments

Anna: (618) 833-7766

Domiciliary Units

Illinois Veteran's Home

Anna: (618) 833-6302

Supportive Living

The Voyage

Phone: (618) 833-5495

WILLIAMSON COUNTY

Public Housing

Williamson County Housing Authority

Carterville: (618) 985-2422

Units are in Energy, Hurst, Herrin, Johnston City, Cambria, Crainville, Carterville, & Creal Springs

Housing Authority of the City of Marion

Marion: (618) 997-1258

Subsidized Housing

Shawnee Village

Marion & Energy: (618) 993-0004

Assisted Living

Reflections Memory Care – Dementia Unit

Carterville: (618) 988-2889

Villas of Holly Brook - Herrin

Carterville: (618) 993-1997

The Voyage

Herrin: (618) 988-9540

Angel Acres

Marion: (618) 998-8570

Fifth Season Residential on Radcliffe

Marion: (618) 993-2800

Hawthorn Inn of Liberty Village of Marion

Marion: (618) 993-8600

Includes Memory Care

The Voyage

Marion: (618) 993-3503

Sunshine Gardens

Marion: (618) 364-0482

HOUSING

HOUSING, continued

WILLIAMSON COUNTY, continued

Supportive Living

The Voyage

Marion: (618) 993-3503

Independent Living

The Villas of Holly Brook

Carterville: (618) 993-1997

Liberty Village of Marion

Parkway Estates

Marion: (618) 993-8600

Private Units

Countryside Village

Cambria: (618) 985-4783 or 544-8645

Ten Oaks Apartments

Carterville: (618) 985-3761

Cambridge Manor Apartments

Herrin: (618) 942-2869

Pineview Apartments

Herrin: (618) 988-2017

Chesapeake Apartments

Marion: (618) 997-2935

(Subsidized & private pay apartments)

ENA Properties

Marion: (618) 922-9316 or 922-7779

The Haven

Marion: (618) 218-3390

Note: subcontracts with VA

HOUSING

NURSING HOMES

Listed alphabetically by county and town

Illinois Department of Health Care and Family
Services – Nursing Home Central Complaint
Registry

Phone: 1-800-252-4343

TTY: (217) 547-0466

Ombudsman (resident's rights)

Shawnee Alliance

Phone: 1-800-642-7773.

ALEXANDER COUNTY

Aperion Care Center

2001 Cedar Street

Cairo: (618) 734-1700

FRANKLIN COUNTY

Benton Rehab

1409 North Main Street

Benton: (618) 435-2712

Franklin Hospital

201 Bailey Lane

Benton: (618) 439-3161

Skilled Care

Helia Healthcare of Benton

1310 Mark Franklin Dr

Benton: (618) 439-3500

Stonebridge Senior Living Center

902 South McLeansboro Street

Benton: (618) 439-4501

West Side Care Center

601 North Columbus Street

West Frankfort: (618) 932-2109

Frankfort Healthcare & Rehab Center

2500 East St. Louis Street

West Frankfort: (618) 932-3236

Homestead House

905 North Jefferson Street

West Frankfort: (618) 932-2725

Beds for Dev. Disabled

HOUSING

NURSING HOMES, continued

GALLATIN COUNTY

Gallatin Manor
900 West Race Street
Ridgway: (618) 272-8831
Includes an Alzheimer's disease and dementia
specialty

HARDIN COUNTY

Rosiclare Rehab & Health Care Center
55 Ferrell Road
P.O. Box 220
Rosiclare: (618) 285-3655

Whispering Oaks
201 Spring Street
Rosiclare: (618) 285-6974
Beds for Dev. Disabled

JACKSON COUNTY

Integrity Healthcare of Carbondale
120 North Tower Road
Carbondale: (618) 549-3355

Manor Court of Carbondale
2940 West Westridge Place
Carbondale: (618) 457-1010

HOUSING

NURSING HOMES, continued

JOHNSON COUNTY

Glen Brook
801 North 1st Street
Vienna: (618) 658-2005
Beds for Dev. Disabled

Hillview Health Care Center
512 North 11th Street
Vienna: (618) 658-2951

MASSAC COUNTY

Metropolis Nursing & Rehab Center
2299 Metropolis Street
Metropolis: (618) 524-2634

Krypton
502 West 8th Street
Metropolis: (618) 524-8996
Beds for Dev. Disabled

Southgate Health Care Center
900 East 9th Street
Metropolis: (618) 524-2683

PERRY COUNTY

Du Quoin Nursing & Rehab
514 East Jackson Street
Du Quoin: (618) 542-4731

Fairview Nursing Center
602 East Jackson Street
Du Quoin: (618) 542-3441

Pinckneyville Health Care Center
708 Virginia Court
Pinckneyville: (618) 357-2493

POPE COUNTY

None

HOUSING

NURSING HOMES, continued

PULASKI COUNTY

None

SALINE COUNTY

Carrier Mills Nursing Home
6789 Route 45 East
Carrier Mills: (618) 994-2323

Brooke Hill
2207 Upchurch Street
Eldorado: (618) 273-2212
Beds for Dev. Disabled

Eldorado Rehab & Healthcare
1001 Jefferson Street
Eldorado: (618) 273-3353

Magnolia Manor Sheltercare
1100 Grant Street
Eldorado: (618) 273-5261

Shawnee Rose Center
1000 West Sloan Street
Harrisburg: (618) 252-0351

Saline Care Center
120 South Land Street
Harrisburg: (618) 252-7405

Shawnee House, Inc.
309 Seright Street
Harrisburg: (618) 252-0518
Beds for Dev. Disabled

UNION COUNTY

Clyde L. Choate Mental Health & Dev. Center
1000 North Main Street
Anna: (618) 833-5161
Beds for Dev. Disabled

Integrity Healthcare of Anna
315 Brady Mill Road
Anna: (618) 833-6343

CIL #2
203 West La Fayette Street
Anna: (618) 833-3322
Beds for Dev. Disabled

Illinois Veteran's Home
792 North Main Street
Anna: (618) 833-6302
Also, have 12 domiciliary units

Mulberry Manor
612 East Davie Street
Anna: (618) 833-6012

CIL #7
80 Knupp School Lane
Anna: (618) 833-2299
Beds for Dev. Disabled

Spanish Oaks Center
223 West Vienna Street
Anna: (618) 833-8013

Union County Hospital
517 North Main Street
Anna: (618) 833-4511
Skilled Care

Integrity Health of Cobden
430 South Front Street
Cobden: (618) 893-4214

HOUSING

NURSING HOMES, continued

UNION COUNTY, continued

Hidden Valley Care Center
204 South Pecan Street
P.O. Box G
Jonesboro: (618) 833-5740

Jonesboro Rehab & Health Care Center
995 State Route 127 South
Jonesboro: (618) 833-7093

Lincoln Square
202 South Main Street
Jonesboro: (618) 833-2063
Beds for Dev. Disabled

Peachtree Estates
1370 State Route 127 South
Jonesboro: (618) 833-3235
Beds for Dev. Disabled

WILLIAMSON COUNTY

Helia Healthcare of Energy
210 East College Street
Energy: (618) 942-7014

Integrity Healthcare of Herrin
1900 North Park Avenue
Herrin: (618) 942-2525

Shawnee Christian Nursing Center
1901 North 13th Street
Herrin: (618) 942-7391

Liberty House
1304 West Mack Avenue
Marion: (618) 997-9336
Beds for Dev. Disabled

Integrity Healthcare of Marion
1301 East De Young Street
Marion: (618) 997-1365

Franklin-Williamson Human Services
1507 West Rendleman Street
Marion: (618) 993-6030, (618) 997-5336

Parkway Manor
3116 Williamson County Parkway
Marion: (618) 993-8600
Includes Memory Care

HOUSING

SHELTERS & ASSISTANCE FOR THE HOMELESS & WOMEN

Listed alphabetically by county and town

Southern Illinois Coalition for the Homeless
1009 W. Cherry
Marion: (618) 993-0094

ALEXANDER COUNTY

Cairo Women's Shelter
911 Cedar Street
Cairo: (618) 734-4357

FRANKLIN COUNTY

Women's Center Legal Advocacy
Courthouse
Benton: (618) 438-4118

The Roan Center – The Night Shield Program for
Children
301 East Garland Street
West Frankfort: (618) 932-6400

JACKSON COUNTY

Good Samaritan House
701 South Marion Street
Carbondale: (618) 457-5794

Shelter Program
Carbondale: (618) 549-4807 ext. 221

Women's Center
Abused Women's Program
610 South Thompson Street
Carbondale: (618) 529-2324, 997-0949, or
1-800-334-2094

Carbondale Warming Center
Carbondale: (314) 312-2539

MASSAC COUNTY

Guardian Family Service Center
117 West 10th Street
Metropolis: (618) 524-9922
Crisis Line: (618) 524-4357

SALINE COUNTY

Women's Center
540 N. Commercial Dr, Suite 320
Harrisburg: (618) 294-8641

Wabash Area Development
14 Veterans Drive
Harrisburg: (618) 252-2680 or (618) 963-2387

UNION COUNTY

Bethany Village
414 East Davie Street
Anna: (618) 833-1777
Services: For men & women, includes
transitional housing, food pantry, supportive
services

HOUSING

SHELTERS & ASSISTANCE FOR THE HOMELESS & CRISIS CENTERS, continued

WILLIAMSON COUNTY

The Lighthouse Shelter

1101 North Madison Street
Marion: (618) 993-8180

The Women's Center

1111 Anker Drive
Marion:
Domestic Violence Program: (618) 529-2324
Rape Crisis Services: (618) 993-0803
24/7 Hotline: 1-800-334-2094

OTHER SERVICES

COUNTY SHERIFF OFFICES

Alexander: (618) 734-2141
Franklin: (618) 438-8211
Gallatin: (618) 269-3137
Hardin: (618) 287-2271
Jackson: (618) 687-3822
Johnson: (618) 658-8264
Massac: (618) 524-2912
Perry: (618) 357-5215
Pope: (618) 683-4321
Pulaski: (618) 748-9374
Saline: (618) 252-8661
Union: (618) 833-5500
Williamson: (618) 997-6541

For the “Drug Take Back Program”, call your local Sheriff’s department

DEPARTMENT OF HUMAN SERVICES

(Division of Transitional Services and Community Operations)

Appeals Line: 1-800-435-0774

Illinois Dept. of Health Care and Family Services -

Nursing Home Central Complaint Registry

Phone: 1-800-252-4343

TTY: 1-800-547-0466

Office of the Ombudsman Helpline

Phone: 1-800-843-6154

TTY: 1-800-252-8903

County Offices

Alexander County
422 S. Blanche
Mounds: (618) 745-9411

Franklin County
1602 North Main Street
Benton: (618) 439-4351

DEPARTMENT OF HUMAN SERVICES County Offices, continued

Gallatin County
320 East Raymond Street
Harrisburg: (618) 253-7161

Hardin County
2301 Metropolis Street
Metropolis: (618) 524-2631

Jackson County
342 North Street
Murphysboro: (618) 687-1705

Johnson County
1000 North Main Street, Suite B
Anna: (618) 833-2118

Massac County
2301 Metropolis Street
Metropolis: (618) 524-2631

Perry County
342 North Street
Murphysboro: (618) 687-1705

Pope County
320 East Raymond Street
Harrisburg: (618) 253-7161

Pulaski County
422 South Blanche Street
Mounds: (618) 745-9411

Saline County
320 East Raymond Street
Harrisburg: (618) 253-7161

Union County
1000 North Main Street, Suite B
Anna: (618) 833-2118

Williamson County
1107 West De Young Street, Suite 20
Marion: (618) 997-6591

OTHER SERVICES

DEPARTMENT OF HUMAN SERVICES (Division of Rehabilitation Services)

DHS Bureau of Blind Services
333 Potomac Blvd, Suite F
Mt. Vernon: (618) 242-1040

Regional Offices

Services: Vocational counseling, career guidance, transportation, and financial assistance for an education and/or work skills & job placement. Home Services provide personal care attendants, emergency home response, meals, and other services.

Willow Hall, Suite A
1000 North Main Street
P.O. Box 585
Anna: (618) 833-5115 or TTY at
888-460-5140
Counties: Alexander, Johnson, Massac, Pulaski,
and Union counties.

1602 North Main Street
P.O. Box 848
Benton: (618) 439-4334 or TTY at
866-324-5553
Counties: Franklin and Williamson counties.

342 North Street, Suite D
P.O. Box 348
Murphysboro: (618) 565-2835 or TTY at
888-460-5124
Counties: Jackson and Perry counties.

323 South Maple Street
Harrisburg: (618) 253-7681 or TTY at
888-460-5123
Counties: Gallatin, Hamilton, Hardin, Pope,
Saline, and White counties.

ENERGY ASSISTANCE AND WEATHERIZATION PROGRAMS

Energy Assistance is help with heating bills, reconnection & prevention of disconnection of utility service, and purchase of fans.

Weatherization is help with insulation and other weather-related home improvements.

Crosswalk Community Action Agency
410 West Main Street
West Frankfort: (618) 937-3581

Man-Tra-Con
3000 De Young Street, Suite 800-B (located in
back of the Illinois Centre Mall)
Marion: (618) 937-3581
Service Area: Franklin & Williamson Counties

Shawnee Development Council
530 West Washington Street
Karnak: (618) 634-2201
Service Area: Alexander, Hardin, Johnson,
Massac, Pope, Pulaski, & Union Counties

Wabash Area Development, Inc.
14 Veterans Drive
Harrisburg: (618) 252-2680
Service Area: Gallatin & Saline Counties

Western Egyptian Economic Opportunity Council
342-A North Street
Murphysboro: (618) 684-3341 or 965-3458
Service Area: Jackson County

- or -

317 South Washington Street
Du Quoin: (618) 542-4656
Service Area: Perry County

OTHER SERVICES

LEGISLATORS - FEDERAL

The President

1600 Pennsylvania Avenue
Washington, D.C. 20500
Phone: (202) 456-1111
TTY: (202) 456-6213
Website: www.whitehouse.gov
E-mail: www.whitehouse.gov/contact/whitehouse.gov

U.S. Senator Dick Durbin (D-IL)
711 Hart Senate Office Building
Washington, D.C. 20510
Phone: (618) 351-1122 or (202) 224-2152

U.S. Senator Tammy Duckworth (D-IL)
524 Hart Senate Office Building
Washington, D.C. 20510
Phone: (618) 677-7000 or (202) 224-2854

U.S. Congressman Mike Bost (R-12th)
1211 Longworth House Office Building
Washington, D.C. 20515
Phone: (618) 457-5787 or (202) 225-5661

U.S. Congresswoman Mary Miller (R-15th)
1529 Longworth House Office Building
Washington, D.C. 20515
Phone: (202) 225-5271

LEGISLATORS - STATE

The Governor

207 State House
Springfield, IL 62706
Phone: (217) 782-0244
Website: www.illinois.gov
E-mail: governor@illinois.gov

State Senator Terri Bryant (R-58th)
1032 W. Industrial Pard Road
Murphysboro, IL 62966
Phone: (618) 684-1100

State Senator Dale Fowler (R-59th)
2 N. Vine St., Suite 600
Harrisburg, IL 62946
Phone: (618) 294-8951 or (217) 782-5509

State Representative Paul Jacobs (R-115th)
Unknown as of January 29, 2021
Phone:

State Representative Dave Severin (R-117th)
223-N Stratton Office Building
Springfield, IL 62706
Phone: (618) 440-5090 or (217) 782-1051

State Representative Patrick Windhorst (R-118th)
214-N Stratton Office Building
Springfield, IL 62706
Phone: (618) 294-8703 or (217) 782-5131

OTHER SERVICES

RURAL DEVELOPMENT CORPORATION

USDA Building

502 Comfort Drive, Suite B

Marion: (618) 993-5396 ext. 4

Fax: (618) 993-3014

Website: www.rurdev.usda.gov/il/index.html

SOCIAL SECURITY

Social Security Voice Menu: 1-800-772-1213

(TTY: 1-800-325-0778)

Operates 24-hours a day

If you have a touch-tone phone, you can obtain recorded information and some services 24-hours per day, including weekends and holidays.

Website: www.socialsecurity.gov

Fraud Hotline: 1-800-269-0271

Local Social Security Offices

Federal Building

250 West Cherry Street, Room 104

Carbondale: 1-800-772-1213,

1-877-714-0377

Service Area: Alexander, Jackson, Perry,
Pulaski, and Union counties

18 Veterans Drive

Harrisburg: 1-800-772-1213, 1-866-366-3980

Service Area: Gallatin, Hardin, Johnson,
Massac, Pope, Saline & White counties

1005 Factory Outlet Drive

West Frankfort: 1-800-772-1213,

1-888-223-8869

Service Area: Franklin and Williamson counties

OTHER SERVICES

SUPPORT GROUPS

Times and dates of meetings are subject to change. Listed alphabetically by town

Alcoholics Anonymous

AA meeting dates, times, & places:
www.southernillinoisaa.org/meetings2.htm

Alzheimer Disease

24-hour help line: 1-800-272-3900

Alzheimer's Association Greater Illinois Chapter
320 East Walnut Street, Suite A
Carbondale: (800) 272-3900

Active Day Club
Marion: (618) 998-2032

Liberty Village
Marion: (618) 993-8600

Arthritis

Williamson County Programs on Aging
Herrin: (618) 988-1585
Chair exercises, only

Accelerated Therapy Center
Harrisburg: (618) 253-0253
(Rehab Dept)

Bereavement

See "Counseling" or "Grief" support groups.

Blind

American Council for the Blind: 1-800-424-8666

Breast Cancer

Breast Center
Carbondale: (618) 457-2281 ext. 68059

Cancer

Cancer Information & Counseling: 1-800-422-6237

SIH Cancer Support
Carterville: (618) 985-3333

Look Good, Feel Better
Harrisburg: 1-800-395-5665

American Cancer Society
Marion: 1-800-227-2345

Wellness House
All Counties: Free online and phone assist to persons with cancer and caregivers-support groups, education on nutrition, education, stress reduction, and exercise
<https://wellnesshouse.org/>

OTHER SERVICES

SUPPORT GROUPS, continued

Counseling (Individual & Groups)

Choate Mental Health Center

Anna: (618) 833-5161

Fellowship House Alcoholism Prevention and
Treatment Center

Anna: (618) 833-4456 & (618) 833-2194

Union County Counseling Center

Anna: (618) 833-8551

Family Counseling Center

Cairo: (618) 734-2665

Centerstone

Carbondale: (618) 457-6703

Depression / Bi-Polar

Carbondale: (618) 457-3318

Perry County Counseling Center

Du Quoin: (618) 542-4357

Family Counseling Center

Golconda: (618) 683-2461

Massac Mental Health

Metropolis: (618) 524-9368

Centerstone

West Frankfort: (618) 937-6483

Depression

See “Counseling” or “Grief” support groups.

Diabetics

American Diabetes Assistance

Phone: 1-800-342-2383

Divorce

Locator in Illinois: www.divorcecare.org (enter zip code)

Grandparents Raising Grandchildren Support Groups & Resource Centers

Adolescent Health Center

Carbondale: (618) 529-2621

(Provides information about children’s services)

Caritas Family Solutions

Carterville: (618) 985-2000

(Provides information about children’s services)

Lutheran Social Services

Marion: (618) 997-9196

(Provides information about children’s services)

Websites that can help:

www.grandparenting.org

www.aarp.org

Got You Covered-diapers

Contact: (618) 922-6355

Grief

Warm Line Peer and Family Support by Telephone

Phone: 1-866-359-7953

Christian Covenant Fellowship

Carterville: (618) 985-4011

OTHER SERVICES

SUPPORT GROUPS, continued

Head Injury

See “Stroke & Head Injuries” support groups

Heart

Heartland Regional Medical Center
Marion: (618) 998-7000

Cardiac Rehab
Carbondale: (618) 549-0721, ext. 65215

Lung - Breathing

American Lung Association
Springfield: 1-800-586-4872

Go2Foundation
Phone: 1-800-298-2436
Website: www.go2foundation.org

Multiple Sclerosis

National Multiple Sclerosis Society
Website: www.nationalmssociety.org

Ostomy

United Ostomy Association of America
Phone: 1-800-826-0826

Parolees

Lutheran Social Services Prison & Family Ministry
Marion: (618) 997-9076

Smoking Cessation

Illinois Tobacco Quit Line: 1-866-784-8937

Stroke & Head Injuries

Herrin Hospital
Herrin: (618) 942-2171 ext. 35312
Call for information

Wandering

See “Alzheimer’s Disease” support groups

Widowed Persons

See “Counseling” or “Grief” support groups

OTHER SERVICES

UNIVERSITY OF ILLINOIS EXTENSION OFFICES

Anna: (618) 833-6363
Benton: (618) 439-3178
Harrisburg: (618) 252-8391
Marion: (618) 993-3304
Metropolis: (618) 524-2270
Mounds: (618) 745-5200
Murphysboro: (618) 687-1727
Pinckneyville: (618) 357-2126
Ridgway: (618) 272-3022
Simpson: (618) 695-6060
Vienna: (618) 658-5321

VETERAN SERVICES

Marion VA Medical Center

1301 West Enterprise Way

Marion: (618) 997-5311 ext. 54582

Determines eligibility for Veteran-Directed Home
Care (a VIP service) and Veteran's Aides &
Attendants

Marion VA Community-Based Outpatient Clinics

1301 West Enterprise Way, Suite 68

Marion: (618) 993-1008

- or -

3404 Heartland Street

Marion: (618) 993-7734

- or -

608 Rollie Moore Drive

Harrisburg: (618) 252-6150

- or -

1130 East Walnut Street

Carbondale: (618) 351-1031

VETERAN SERVICES, continued

Federal Medical Centers:

Marion Veteran's Administration Medical Center
2401 West Main Street

Marion: (618) 997-5311

(American Legion Dept. 998-5605 or AmVets
Dept. ext. 54743)

See page 61 for transportation to Marion VA

Chicago VA Medical Center

Phone: (312) 569-8387

TTY: 1-888-569-5282

Medical Benefits Line: 1-800-827-1000

State Office of Veterans Affairs:

833 South Spring Street

Springfield: 1-800-437-9824

TTY: (217) 524-4645

500 West Main Street

Benton: (618) 435-3678

- or -

713A East Church St

Harrisburg: (618) 253-2005

- or -

Regional Office Building

2309 West Main Street, Suite 122

Marion: (618) 997-3309

In-Home Services

Veteran-Directed Home Care (a VIP service)

Free veteran-directed help in the home

Carterville: 1-888-895-3306 ext. 102

Veteran's Aides & Attendants

A grant for veterans to help pay for in-home
services

Marion: (618) 997-5311

OTHER SERVICES

MISCELLANEOUS

AARP

State Office: 1-866-448-3613
55-Alive Classes: 1-888-227-7669
Tax Aide Service (free help filing income taxes):
1-888-227-7669
AARP members receive free initial hour
consultation.
Website: www.aarp.org

Abuse of People with Disabilities: 1-866-800-1409 or
1-800-642-7773

Adult Protective Service Referrals:
1-800-642-7773

All Kids & Family Care Health Insurance:
1-866-255-5437

Alzheimer's Association: (618) 985-1095
Fax: (618) 549-2362
Call for information on support groups.
24-hour help line: 1-800-272-3900

American Cancer Society: (800) 227-2345
Website: www.illinoiscancerhelp.org

American Council for the Blind: 1-800-424-8666
(call between 2-5 pm.)

American Diabetes Association: 1-800-342-2383

American Heart Association: 1-800-242-8721

American Kidney Fund: 1-800-638-8299

American Lung Association: 1-800-586-4872

American Red Cross: (217) 787-7602

Attorney General's Office: (618) 529-6400
TTY: (618) 529-6403
Consumer Hotline: 1-800-243-0607

Benefit Access Application: 1-800-252-8966
Lower fee for license plates & Rides Free card for
metropolitan areas

Benefits Checkup Website (determines an
individual's benefits): www.benefitscheckup.org

Cancer Information & Counseling:
1-800-422-6237

Caption Call: (877) 557-2227

Care Trak: 1-800-842-4537
Tracking equipment used by local officials to help
find wandering people with dementia and other
related conditions
Website: www.caretrak.com

Caritas Family Solutions: (618) 985-2000

Center for Independent Living & ITAC: (618) 457-
3318 or 252-7233
TTY distribution, free CapTel phones,
information for disabled, vision, and hearing
impaired

CTS Creative Vision - Visually Impaired Program:
(618) 252-4201

Create a Smile Thrift Shop: (618) 534-5347

Family Counseling: (618) 734-2665
TTY: (618) 734-1350

Healthy Southern Illinois Delta Network:
www.HSIDN.org

Department of Insurance
Springfield: (217) 782-4515
TTY: (217) 524-4872

Do Not Call Registry: 1-888-382-1222

Easter Seals Society: www.easterseals.com

OTHER SERVICES

MISCELLANEOUS, continued

Eldercare Locator: 1-800-677-1116 (M-F)
National information on aging
Website: www.eldercare.gov

Epilepsy Foundation: 1-800-332-1000
Website: www.EpilepsyFoundation.org

Equip for Equality: 1-800-758-0559
TTY: 1-800-610-2779

Eye Care America: 1-800-272-3937
Website: www.eyecareamerica.org

Governor's Office of Citizens Assistance:
1-800-642-3112

Guardianship & Advocacy: (618) 833-4897

Illinois Assistive Technology Program:
(217) 522-7985
Fax: (217) 522-8067
Voice & TTY: 1-800-852-5110 (Illinois only)

Illinois Network of Centers for Independent Living:
1-800-587-1227 or (217) 525-1308
(Voice & TTY)
Website: www.incil.org

Illinois Secretary of State: 1-800-252-8980

Illinois Senior HelpLine: 1-800-252-8966
Information about senior services in Illinois

Land of Lincoln Legal Assistance:
(618) 457-7800 or 1-800-642-5335
1-877-342-7891 (state in-take & referral)

Legal Information Self Help Legal Center
Email: selfhelp@siu.edu
Website: www.law.siu.edu

Lions of Illinois Foundation: (815) 756-5633 or
1-800-955-5466
Assists low-income individuals with eye exams
and glasses, sometimes with hearing aids

Literacy - Illinois Adult Learning Hotline:
1-800-321-9511

Lutheran Social Services of Illinois:
(618) 997-9196

Medicare claims & general information
Part A or B claims: 1-800-633-4227
(1-800-Medicare)
Medical Equipment: 1-800-633-4227
Medicare Appeals: 1-800-633-4227
(1-800-Medicare)
Medicare Fraud and Abuse: 1-800-447-8477 or 1-
888-895-3306
Medicare Railroad Retirement: 1-800-833-4455
TTY: 1-800-820-1202

Safelink Phone: (800) 378-1684 or
www.safelink.com

Salvation Army: (618) 993-5854

Senior Health Insurance Program – SHIP:
1-800-548-9034
See pages 3 & 5-11 for local assistance at senior
centers

www.SIFamilies.org

Senior Programs, Hospital-Based

- New Beginnings Program (Massac Memorial Hospital): (618) 524-7370 ext. 2175
- Second Act (Southern Illinois Healthcare): 1-877-480-4040
- Senior Care (Franklin Hospital): (618) 435-4731
- Our Healthy Circle (Heartland Regional Medical Center): (618) 998-7333
- Our Healthy Circle (Union County Hospital): (618) 833-4511 ext. 4359
- Senior Life Solutions (Pinckneyville Community Hospital): (618) 357-8811
- Senior Renewal (St. Joseph Memorial Hospital): (618) 684-3156 ext. 55130

Southern Illinois Center for Independent Living
(SICIL): (618) 457-3318
Website: www.SICIL1.org

Southern Illinois Healthcare Physicians and Resource
Information Line: 1-866-744-2468

OTHER SERVICES

Southern Illinois Learning in Retirement:
(618) 536-7751

MISCELLANEOUS, continued

Southern Illinois Radio Information Service (SIRIS is
for the blind and visually impaired):
(618) 453-2808

Specialized Care for Children: (618) 997-4396 or 1-
800-322-3722
TTY: (217) 785-4728
Website: dsc.uic.edu

Statewide Independent Living Council of Illinois
1 Old State Capitol Plaza, Suite 716
Springfield: (217) 744-7777 (voice/TTY)
Website: www.silcofillinois.org

Tax-Aide Service (AARP's free help filing income
taxes): 1-888-227-7669

Veteran-Directed Home Care (a VIP service): See
page 54

For up-to-date amounts go to
www.egyptianaaa.org/EligibilityGuidelines.html

Limits change in January for these programs:

Medicare, Part A - Hospital deductible for first 60 days is \$1,484, days 61-90 is \$371 per day, and days 91-150 is \$742 per day. Skilled nursing facility deductible for first 20 days is \$0 and days 21-100 is \$176 per day.

Medicare, Part B – Premium is \$148.50 per month and deductible is \$203 per year.

Medicare Part D – Annual deductible \$445, beneficiary pays 25% of drug costs after deductible up to \$6,550 out-of-pocket. Then catastrophic coverage limits begin.

Social Security - under age 65, \$1 of benefits withheld for each \$2 of wages earned over \$18,690. No limit after reaching full retirement age.

Limits change in February for these programs:

Medicaid - Medical card - monthly income limit is \$1,063 for 1 person (\$2,000 assets) and \$1,437 for 2 (\$3,000 assets). Apply at Dept. of Human Services.

SSI - Supplements income – monthly income limit is up to \$783 for 1 person (\$2,000 assets) and \$1,175 for 2 (\$3,000 assets). Apply at Social Security.

Prevention of Spousal Impoverishment - spouse at home keeps up to \$2,739 income per month and \$109,560 of assets. Spouse in nursing home or on Community Care Program keeps up to \$30 of income per month and \$2,000 of assets. Apply at Dept. of Human Services.

QMB - Pays Medicare premiums, deductible, and co-pay. Monthly income limit is up to \$1,084 for 1 person or up to \$1,457 for 2. Apply at Dept. of Human Services.

SLIB / SLMB - Pays Medicare Part B premium - monthly income from \$1,084 up to \$1,296 for 1 person and \$1,457 up to \$1,744 for 2. Apply at Dept. of Human Services.

QI - Pays a small portion of the Medicare Part B premium. Monthly income is between \$1,296 up to \$1,456 for 1 person and \$1,457 up to \$1,960 for 2. Apply at Dept. of Human Services.

Limits change in summer for these programs:

Illinois Farmers Market Coupons - coupons to buy fresh food and vegetables at area Farmers Markets for people age 60+. Monthly income limit is \$1,967 for 1 person and \$2,658 for 2 people.

SNAP - Assistance buying food. Monthly income limit is \$2,127 for 1 person and \$2,873 for 2. Asset limit is \$3,000 if age 60 or older (\$2,000 otherwise.) Apply at Dept of Human Services.

Energy Assistance (LIHEAP) - Helps with heating. Monthly income limit is \$1,595 for 1 person and \$2,155 for 2 people.

Weatherization Program - winterizes the home. Yearly income limit is \$19,140 for 1 person and \$25,860 for 2 people.

Limits rarely change except as noted:

Benefits Access Application - Lower fee for license plates & Rides Free card in metropolitan areas - annual income limit is \$33,562 for 1 person, \$44,533 for 2 people and \$55,500 for 3 or more people.

Community Care Program – In-Home Services & Adult Day Services - asset limit is \$17,500. Apply with Dept. on Aging.

General Homestead Exemption a reduction in a home owner's property assessed value. Usually granted automatically, but if not, apply at the county assessor's office.

* Use this link to find the homestead guidelines:
www.revenue.state.il.us/LocalGovernment/PropertyTax/taxrelief.htm

Senior Citizen Homestead Exemption – a reduction of your home's assessed value. Applicant must be aged 65 or older and live on the property. Apply at the county assessor's office.

Senior Citizens Assessment Freeze Exemption - Freezes the assessed value of home. Income limit is \$65,000 per year. Owner must be age 65 or older, live in the home, and pay taxes on the property. Apply and renew annually at county assessor's office.

Homestead Exemptions for Veterans and the Disabled – Additional exemptions may available for these individuals.

TRANSPORTATION

PUBLIC TRANSPORTATION

Airports

Benton Municipal Airport: (618) 435-3526
Harrisburg / Raleigh Airport: (618) 253-7806
Metropolis Airport: (618) 524-9976
Southern Illinois Airport (Carbondale):
(618) 529-1721
Veterans Airport of Southern Illinois (Marion-
Herrin): (618) 993-3353

American Cancer Society

Phone: 1-800-227-2345 or www.cancer.org
Routes: Road to Recovery Program in Illinois or
within 100 miles of the state line. Volunteers
can provide transportation to and from cancer
treatment centers with an American College of
Surgeons approved cancer program. Three
days advanced notice is required.

Cost: None

Amtrak

401 South Illinois
Carbondale: 1-800-872-7245
-and-
20 North Chestnut Street
Du Quoin: 1-800-872-7245

BART Transportation

Phone: 1-800-284-2278
Website: www.bartshuttle.com
Routes:

1. Transportation to these locations in St. Louis: airport, train & bus stations, hospitals, and doctors.
2. Call 3 days in advance,
3. Pickup points are in Carbondale and Marion.

Cost: Depends on pickup point and destination. There are discounts for additional travelers in the family. Call to check availability.

Cab Companies – Listed by County

Jackson County

Crosstown Cab (Murphysboro):
(618) 684-3506

Perry County

Johnson Transportation (Du Quoin):
(618) 542-4222

Williamson County

AB's City Cab (Herrin): (618) 942-5287
Red Top Cab (Marion): (618) 997-1098

Online Companies-Williamson & Jackson County Lyft.com & Uber.com

Department of Human Services

Requests handled by First Transit

Phone: 1-877-725-0569

1. Rider must be on the state medical program and need transportation.
2. Transportation must be preapproved by First Transit.
3. Requests for transportation are scrutinized carefully.
4. Approved provider of transportation must be used.
5. Provider must make an application to the Department of Human Services to approve.

Cost: None for eligible people

Greyhound Bus Lines

401 South Illinois Avenue
Carbondale: 1-800-231-2222

- or -

2315 West Main Street
Marion: (800) 231-2222

TRANSPORTATION

PUBLIC TRANSPORTATION, continued

Jackson County Mass Transit District

Phone: (618) 549-0304, 1-866-884-7433
M-F from 7am to 5:30pm
Fax: (618) 457-0171
Routes: Routes by appointment in Jackson County.

Lifeline Pilots

Phone: 1-800-822-7972
Service: Facilitate free transportation for diagnosis, on-going medical care, and follow-up treatments.

Pilots for Christ

Phone: (616) 884-6241

Rides Mass Transit District

Gallatin, Hardin, and Pope Counties:
1-877-667-6119
Saline: (618) 252-4662,
Williamson: (618) 993-1900
Saturdays call (618) 252-4662
Website: www.ridesmtd.com
Routes: Call for information on routes.
Cost: Senior passes available from Golden Circle senior centers. For all others, a small fare may be charged. Advanced tickets with discounts are available for purchase.

Rides Plus Call Center

Phone: 1-844-220-1243 or (618) 215-3761
Times: Monday-Friday, 8am to 5pm
Services: If patients have any problems scheduling a ride, this free service assists the patient to find affordable transportation. 24-hour reservation is requested.

Saluki Express – Rides

Southern Illinois University-Carbondale
Phone: (618) 993-1900 (M-F from 8am to 4:30pm)
Routes: Carbondale. Call for information.
Routes and hours vary when SIUC is not in session. The public may ride buses
Cost: A small fare is charged to non-students

Shawnee Mass Transit District (formerly SMART Transportation)

Phone: (618) 658-8380, 1-866-577-6278
Routes: By appointment in Alexander, Johnson, Massac, Pulaski, and Union counties. Routes to Marion, Carbondale, Paducah, and Cape Girardeau available.
Cost: The fare depends on travel distance and group affiliation.

South Central Mass Transit District

Phone: 1-800-660-7433, option #6 for Franklin County, option #5 for Perry County
Routes: Franklin & Perry Counties
Hours: M-F, 8:30am to 5pm
Cost: The fare depends on travel distance and group affiliation

TRANSPORTATION

SENIOR TRANSPORTATION

For senior centers in Alexander, Johnson, Massac, Pulaski, and Union counties look under “Southern Most Area Rural Transportation”

For senior centers in Gallatin, Hardin, Pope, Saline, and Williamson look under “Rides Mass Transit District.”

Franklin County Senior Services
West Frankfort: (618) 937-3511
Routes: Franklin County.

Gold Plate Program of Perry County
Phone: (618) 542-3511
Routes: Perry County.

Murphysboro Senior Center
Phone: (618) 687-1641
Routes: Murphysboro area.

Senior Adult Services
Phone: (618) 457-4151
Routes: Jackson County.

Sunshine Inn
Phone: (618) 833-6734 (to the nutrition site, only)
Routes: Anna / Jonesboro.

Williamson County Programs on Aging
Phone: (618) 988-1585
Routes: Williamson County.

TRANSPORTATION FOR PEOPLE WITH DISABILITIES

Southern Illinois Center for Independent Living (SICIL) – On case-by-case basis after communication with the case worker, SICIL is able to provide wheelchair accessible transit necessary for consumers to meet their goals to participate in community activities.

VA HEALTH CARE SYSTEMS

Volunteer Transportation Van Program through the DAV
Phone: (618) 993-4179
Routes: Transportation to Marion, Evansville, and St. Louis VA Centers.
Cost: No cost for eligible veterans

CAREGIVER'S GUIDE

Alphabetized by issue.

ABUSE & NEGLECT

Attorney General's Office: Page 55 consumer fraud, crime victim assistance, and public information

Adult Protective Services: Page 4 under "Shawnee Alliance" Care Coordinators work with victims to resolve abuse, exploitation, or neglect of older people and adults with disabilities

Also, look under ... "Shelters"

ADULT DAY SERVICES

Adult Day Services: Page 12, & 32, supervision, activities, and meals for frail older individuals

ADVANCE DIRECTIVES

Durable Power of Attorney for Property in Illinois allows you to authorize another person to make decisions about your personal and business property in the event you are unable to do so

Durable Power of Attorney for Health Care in Illinois allows you to authorize another person to make decisions about your health care when you are unable to, due to illness or disability. The Power of Attorney for Health Care is more flexible and more powerful than a Living Will

Illinois Senior HelpLine: Page 56 obtain free copies of the Power of Attorney forms and or the Living Will form

Living Will in Illinois enables you to legally authorize, in advance, the withholding of life-sustaining procedures should you become terminally ill or injured. The Living Will is prepared while you are able to make independent decisions

SIUC Legal Services for the Elderly: Page 4 general legal services including Wills, Guardianship, Powers of Attorney, and other legal problems

AREA AGENCIES ON AGING IN ILLINOIS

Northwestern Illinois Area Agency on Aging
1111 South Alpine Road, Suite 600
Rockford, IL 61108
(815) 226-4901; FAX: (815) 226-8984
Web: www.nwilaaa.org

Northeastern Illinois Area Agency on Aging
1910 S. Highland Ave., Suite 100
Lombard, IL 60148
(630) 293-5990; FAX: (630) 293-7488
1-800-528-2000
Web: www.ageguide.org

Western Illinois Area Agency on Aging
729 - 34th Avenue
Rock Island, IL 61201-5950
(309) 793-6800; FAX: (309) 793-6807
Web: www.wiaaaa.org

Central Illinois Agency on Aging, Inc.
700 Hamilton Boulevard
Peoria, IL 61603-3617
(877) 777-2422; FAX: 309-674-3639;
(309) 674-1831 (TTY)
Web: www.ciaoa.net

East Central Illinois Area Agency on Aging, Inc.
1003 Maple Hill Road
Bloomington, IL 61704-9327
(309) 829-2065; FAX: (309) 829-6021;
Web: www.eciaaaa.org

West Central Illinois Area Agency on Aging
P. O. Box 428, Quincy, IL 62306-0428
(217) 223-7904; FAX: (217) 222-1220
Web: www.wciagingnetwork.org

Area Agency on Aging for Lincolnland, Inc.
2731 S. MacArthur Blvd, Springfield, IL
62704-4278
(217) 787-9234 (Voice & TTY);
FAX: (217) 787-6290
Web: www.aginglinc.org

AgeSmart Community Resources
801 W State St
O'Fallon, IL 62269
(618) 222-2561; FAX: (618) 222-2567
Web: www.AgeSmart.org

Midland Area Agency on Aging
434 South Poplar
Centralia, IL 62801-1420
(618) 532-1853; FAX: (618) 532-5259
Web: www.midlandaaa.org

CAREGIVER'S GUIDE

Southeastern Illinois Agency on Aging, Inc.

Shana Holmes, Executive Director
516 Market Street
Mt. Carmel, IL 62863-1558
(618) 262-2306; FAX: (618) 262-4967
Web: www.seiaoa.com

Senior Services Area Agency on Aging

1615 West Chicago Avenue, 3rd Floor
Chicago, IL 60622
(312) 744-4016; FAX: (312) 744-8168;
(312) 744-6777 (TTY)
Web: www.cityofchicago.org/aging

AgeOptions, Inc.

1048 Lake Street, Suite 300
Oak Park, IL 60301
(708) 383-0258; FAX: (708) 524-0870;
(708) 524-1653 (TTY)
Web: www.ageoptions.org

ALZHEIMER DISEASE & DEMENTIA

Adult Day Services: Pages 12 & 32, supervision, activities, and meals for frail older individuals

Aging & Memory Clinics: page 27

Alzheimer's Association: Page 55 information on dementia and support groups

SIU Family Medicine – Memory & Aging Clinic: Information and assessment for dementia. Call: (618) 536-6621 ext. 267 for information or for an appointment.

Family Counseling Center – Memory Disorder Program: Information and assessment for dementia. Call:

Vienna: (618) 658-2611
Golconda: (618) 683-2461
Elizabethtown: (618) 287-7010

Support Groups: Pages 51-53

ASSISTIVE DEVICES

Look under “Blind & Disabled”

ASSISTED LIVING

Assisted Living & Supportive Living: Pages 12 & 34-39, listed by county

BENEFIT ACCESS APPLICATION

Pages 55 & 58 lower fee for license plates & Rides Free pass for metropolitan areas

BLACK LUNG

Respiratory Disease Clinics – Page 33

BLIND & DISABLED

Adult Day Services: Pages 12 & 32, supervision, activities, and meals for frail older individuals

Associations: Pages 55-57, associations for AARP, Alzheimer, Arthritis, the Blind, Cancer, Diabetes, Heart, Kidney, etc

Centers for Independent Living: Pages 17 & 56-57, services for people with disabilities

Disability Services: See “Disabilities” below

Easter Seals Society: Page 56

Guardianship & Advocacy: Page 56 State guardian of last resort

Home Modifications: Pages 5-11 senior centers have limited funds for minor changes to homes to make them accessible (bath rails, raised toilet seats, ramps, etc.)

Illinois Assistive Technology Program: Page 56, information about assistive devices for disabled and older people

Illinois Relay Center: Pages 17 & 20, relays voice & video messages for the hearing impaired for no charge

Office of Rehabilitation: Page 48, State agency for the blind & disabled

Talking Book Center: Page 17, books on tape

CASE MANAGEMENT

Case Management: Page 4, under “Shawnee Alliance” Works with frail older people to determine eligibility for various programs, develops care plans, and makes referrals

Egyptian Area Agency on Aging: Page 3 general information and referrals

Eldercare Locator: Page 56, locates senior services anywhere in the USA at www.eldercare.gov

Illinois Senior HelpLine: Page 56, locates senior services anywhere in Illinois

Senior Centers: Pages 5-11, provide information & assistance and make referrals

Southern Illinois Case Coordination: Page 17, case management for people with disabled persons under age 60

CAREGIVER'S GUIDE

CHILDREN'S SERVICES

Look under "Grandparents Raising Grandchildren"

COMMUNITY CARE PROGRAM

Community Care Program: Pages 4 & 12-13, is for frail older people who are in danger of nursing home placement. The older person is assessed and, if found eligible, may receive in-home services and/or adult care services. This program does not provide care 24-hours a day.

Assessment and Case Management: Page 12, a Care Coordinators determines eligibility and develops a care plan to fit the older individual's need

Choices for Care: Page 12, everyone applying for admission to a nursing home must be informed of all care options in the community by Care Coordinators

Adult Day Services: Pages 12 & 32, supervision, activities, and meals for frail older individuals

Assisted Living & Supportive Living: Pages 12 & 34-39

In-Home Services: Pages 4-13, 32 & 58, housekeeping, errands, transportation, personal care, and health monitoring

Veteran-Directed Home Care (a VIP service): Page 54, veteran-direct in-home care

Veteran's Aides & Attendants: Page 54, a grant for veterans to help pay for in-home services

CONSUMER PROTECTION

Look under "Disputes & Legal Assistance"

COUNSELING

Cancer Information and Counseling: Pages 51 & 55

Counseling Centers: Pages 14-16, counseling, alcohol and substance abuse, and support groups

Friendship Line: 1-800-971-0016 (suicide intervention, emotional support, elder abuse counseling, well-checks, grief, and referrals)

Gerontology & Caregivers Counseling: Page 4 under "Shawnee Alliance" Individual counseling, usually in the home

Psychiatric Services: Page 14-16, 24-hour crisis intervention and short-term, in-patient assistance with mental illness

Support Groups: Pages 51-53

DEMENTIA

Look under "Alzheimer's Disease & Dementia"

DENTAL CARE

Affordable Dentures: 1-800-336-8873

Cobden Dental Clinic: general dentistry accepts medical cards, insurance and has a sliding fee scale, call (618) 893-4005

Community Health Centers: Pages 27-28

Community Health and Emergency Services

Clinics: Cairo (618) 734-4400

Harrisburg (618) 253-8450

Tamms (618) 747-2391

Rosiclare (618) 285-3930

Sliding fee scale based on income

All procedures except dentures and root canals

Create A Smile: (618) 534-5347

Illinois Centre Healthcare – Dental: Sliding fee scale based on family size and income. Some procedures discounted, but not all, call (618) 519-9200

Marion VA Hospital: Must have been 100% disabled or had trauma to mouth while in service, or former POW. Call (618) 997-5311 ext. 54109 or 993-4109

Shawnee Dental Center: Sliding fee scale based on family size and income. Some procedures discounted, but not all, call (618) 684-2321, 519-9901, or 969-8600

SIUC Community Dental Center: (618) 453-2353

SIUC Dental Hygiene Clinic: Cleaning and x-rays, only, call (618) 453-8826

DISABILITIES

Equip for Equality: Pages 18 & 56, legal assistance for persons with disabilities

Services for People with Disabilities: Pages 17-21 & 61

Southern Illinois Case Coordination: Page 17, case management for people with disabled persons under age 60

CAREGIVER'S GUIDE

Southern Illinois Center for Independent Living:
Pages 17 & 57

DISASTER ASSISTANCE

American Red Cross: Page 55

DISPUTES & LEGAL ASSISTANCE

American Bar Association: lawyer referrals,
www.abanet.org/legalservices/findlegalhelp/main.cfm

Attorney General's Office: Page 55, consumer fraud, crime victim assistance, and public information

Crisis Centers: Pages 45-46, assistance and shelter for victims of domestic abuse

Equip for Equality: Pages 18 & 56, legal assistance for people with disabilities

Guardianship & Advocacy: Page 56, State guardian of last resort

Governor's Office of Citizens Assistance:
Page 56

Illinois Armed Forces Legal Aid Network:
855-452-3526, free statewide legal aid hotline

Land of Lincoln Legal Services: Page 56, legal assistance for low-income individuals

Ombudsman: Page 4 under "Shawnee Alliance"
Help for residents (and their families) of assisted living facilities and nursing homes.

Legal Information - Self Help Legal Center:
Page 56

Senior Health Insurance Program (SHIP):
Page 56, helps people with Medicare and other health insurance understand claims

SIUC Domestic Violence Clinic: Page 4,
representation in a Court of Law for intervention in domestic violence cases

SIUC Legal Services for the Elderly: Page 4,
general legal services including Wills, Guardianship, Powers of Attorney, and other legal problems

SIUC Veterans Legal Assistance Program:
Page 4, free legal assistance to veterans

DOMESTIC VIOLENCE & SHELTERS

See "Abuse and Neglect" above

Women's Centers and Shelters: Look under "Shelters"

DRIVER'S LICENSE

Illinois Driver's License Examining Station:
driving tests, photo identification cards, discount on license plate fee, and special license plates and parking permits; call 1-800-252-2904

Senior Centers: Pages 5-11, information on Rules of the Road Review Courses and application for Benefit Access Application (lower fee license plates)

DRUGS

Look under "Income Assistance"

EDUCATION

Community Colleges: call (217) 785-0123 for colleges which offer continuing education classes with some discounts for seniors

Southern Illinois Learning in Retirement:
Page 56, adults share interests and expertise

ELDER ABUSE AND NEGLECT PROGRAM

Look under "Abuse and Neglect"

ELECTED OFFICIALS

Federal and State: Page 49, for Southern Illinois

EMPLOYMENT AND JOB TRAINING

Community Colleges: Job training. Call (217) 785-0123

Employment & Job Training: Pages 3 & 21-23
employment and job training opportunities

Senior Employment Program: Pages 3 & 23, help with resume, job interviewing skills, job training, and help finding employment

EPILEPSY FOUNDATION

www.EpilepsyFoundation.com
1-800-332-1000

EYE GLASSES

Look under "Vision Aids"

CAREGIVER'S GUIDE

FOOD & MEALS

Food Pantries: Pages 24-26

Food Stamps: (SNAP) - Pages 47 & 58 apply at the county office of the Department of Human Services

Illinois Hunger Hotline: Page 24

Senior Citizen Centers: Pages 5-11, hot meals for older people at congregate sites and home delivered meals

GRANDPARENTS RAISING CHILDREN

Child Care Resource & Referral: Page 21

Counseling: Pages 14-16

Income Assistance: Pages 47 & 58, assists low-income individuals' pay for medical bills. Apply at your local Dept. of Human Services office

Specialized Care for Children: 800-322-3722, helps grandparents raising grandchildren with special needs.

Support Groups: Pages 51-53

Gap-Filling: Pages 5-11, help at senior centers making purchases for children that are not allowed by other programs

HEALTH CARE & MONITORING

Also, see "Income Assistance" for help to pay for health care costs and drugs.

Adult Day Services: Pages 12 & 32 supervision, social activities, and light recreation for frail older individuals.

County Health Departments: Page 27

Emergency Response Systems (Lifeline): Pages 4, 12, 29 & 48, useful for shut-ins or older people living alone. The emergency response equipment is attached to the phone line and activated by a push of a button

Home Health Care Agencies: Pages 29-30, in-home nursing & therapy for homebound patients

Hospice: Page 30, nursing, medications, and pain control for terminally illness for support and practical help for patient and family

Hospitals: Pages 30-31

Hospital Senior Programs: Page 57

Medical Assistance: Page 47 county offices of Department of Human Services assist low-income individuals pay for medical bills

Medicare Coverage & Claims: Page 56

Medical Equipment and Supplies: Page 30

Medical Transportation: Page 59

Private Duty Nursing: Page 32

Rehabilitation & Therapy: Pages 32-33

Respiratory Disease Program: Page 33

Rural Health Clinics: Pages 27-28

Senior Health Insurance Program (SHIP):

Page 56, helps people with Medicare and other health insurance understand claims

HEARING AIDS

Illinois Relay Center: Pages 17 & 20, telephone & video assistance for the hearing impaired and others wanting to phone the hearing impaired

Lions of Illinois Foundation: Page 56

Talking Book Center: Page 17, books recorded on audio tape

Help America Hear: 1-888-580-8886

The Starkey Hearing Foundation: Hearing Now Program: 1-800-328-8602 or apply at <http://starkeyhearingfoundation.org/programs#/hearnow>

HOMELESS SHELTERS

Look under "Shelters"

HOMEMAKER

Look under "Community Care Program" and "Respite Care"

HOUSING & MAINTENANCE

Assisted Living, Independent Living, &

Domiciliary Units: Pages 12 & 34-39, check availability by county

Energy Assistance & Weatherization Programs: Pages 48 & 58, assistance paying for utility bills and insulation and other weather-related improvements to homes of low-income individuals

Habitat for Humanity: Page 34, homes built by volunteers for low-income individuals.

Homeless Shelters: Look under "Shelters"

CAREGIVER'S GUIDE

Housing: Pages 34-46 by county
Low Interest Loans: Page 50, Rural Development Corporation (formerly the FMHA) provides low interest loans for improving, renovating, or building homes for low-income individuals
Nursing Homes: Pages 40-44 by county
Public Housing: Pages 34-39 by county
Renovations & Modifications: Pages 5-11 senior centers have limited funds for minor changes to homes to help make them accessible (bath rails, raised toilet seats)
Southern Illinois Coalition for the Homeless: Look under “Shelters”
Subsidized Housing: Pages 34-39 by county

INCOME ASSISTANCE

Case Management: Page 4 under “Shawnee Alliance” Care Coordinators assist frail older people determine eligibility for various programs, develop a care plan, and make referrals
Benefits Access Application: Pages 55 & 58 lower fee on license plates & Rides Free pass in metropolitan areas
Energy Assistance: Pages 48 & 58 assistance paying for utility bills
Food Pantries: Pages 24-26
Food Stamps (SNAP): Pages 47 & 58, apply at the county offices of Department of Human Services
Medicaid (Medical Assistance): Pages 47 & 58, assists low-income individuals’ pay for medical bills. Apply at your local Dept. of Human Services office
Public Aid: Page 47, apply at the local Dept. of Human Services office
QI-1: Pages 47 & 58, pays the premium on Medicare, apply at the local Dept. of Human Services office
QMB: Pages 47 & 58, pays the premium, deductible, and co-insurance on Medicare for low-income individuals. Apply at the local Dept. of Human Services office
Reverse Mortgages: Get help from “Case Management” or “Senior Centers”
Senior Centers: Pages 5-11, outreach workers provide information and assistance and make referrals

SLMB or SLIB: Pages 47 & 58, pays the monthly Part B Medicare premium for low-income individuals, apply at the local Dept. of Human Services office
Social Security Offices: Page 50 assistance with retirement, disability, and low-income supplemental income benefits
Supplemental Security Income: Page 50 Social Security offices assist low-income individuals with supplemental income
Weatherization Program: Pages 48 & 58, insulation and other related improvements to homes of low-income individuals

INFORMATION ON SERVICES

Look under “Case Management”
Benefits Checkup - Page 55
Egyptian Area Agency on Aging - Page 3 general information and referrals
Eldercare Locator - Page 56 locates senior services anywhere in the USA:
www.eldercare.gov
Illinois Senior HelpLine - Page 56 locates senior services anywhere in Illinois
Senior Centers - Pages 5-11 provide information & assistance and make referrals

IN-HOME SERVICES

Look under “Community Care Program”, “Disabilities”, or “Respite Care”
Veteran-Directed Home Care (a VIP service): Page 54, veteran-directed in-home care
Veteran’s Aides & Attendants: Page 54, a grant for veterans to help pay for in-home services

INSURANCE

Get help from agencies listed under “Case Management” and “Senior Centers”
Senior Health Insurance Program (SHIP): Page 56, helps people with Medicare and other health insurance understand claims

LEGAL ASSISTANCE

Look under “Disputes and Legal Assistance”

CAREGIVER'S GUIDE

LEGISLATORS

Federal and State: Page 49

LIVING WILLS

Look under “Advance Directives”

JOB TRAINING

Look under “Employment”

MEALS

Look under “Food & Meals”

MEDICAL

Look under “Health Care & Monitoring”

MEDICARE

Medicare Coverage and Claims: Page 56

Medicare Fraud and Abuse: Page 56, Medicare fraud and abuse hotline.

QI: Pages 47 & 58, pays the premium on Medicare, apply at the local Dept. of Human Services office

QMB: Pages 47 & 58, pays the premium, deductible, and co-insurance on Medicare for low-income individuals, apply at the local Dept. of Human Services office

SLMB or SLIB: Pages 47 & 58, pays the monthly Part B Medicare premiums for low-income individuals, apply at the local Dept. of Human Services office

Senior Health Insurance Program (SHIP): Page 56, helps people with Medicare and other health insurance understand claims

MEMORY DISORDERS

Look under “Alzheimer’s Disease”

MENTAL HEALTH

Look under “Counseling”

MONEY MANAGEMENT

Money Management Program: Page 4 under “Shawnee Alliance”. Volunteers help older people who need help with paying bills and writing checks

NURSING HOMES

Choices for Care & Money Follows the Person: Page 4, under “Shawnee Alliance” helps anyone applying for admission to a nursing home or already in a nursing home to become informed of all care options in the community by Care Coordinators

Medicaid and Spousal Impoverishment: Pages 47 & 58, assists with the cost of nursing homes, spousal Impoverishment helps couples keep more income & assets when one enters a nursing home, apply at county offices of the Dept. of Human Services, also see “Shawnee Alliance” on Page 4

Nursing Homes: Pages 40-44 by county
Ombudsman: Page 4, under “Shawnee Alliance” helps residents of assisted living and nursing homes and their families, provides information on how to choose a nursing home

Ombudsman HelpLine: page 47

Psychiatry in nursing homes: Page 14

OUTREACH

Senior Centers: Pages 5-11, provide information and assistance and make referrals

PAYING BILLS

Look under “Income Assistance”

Look under “Money Management”

POWERS OF ATTORNEY

Look under “Advance Directives”

PRESCRIPTION DRUGS

Look under “Income Assistance”

PROPERTY TAX RELIEF

Look under “Case Management” and “Taxpayer Assistance”

CAREGIVER'S GUIDE

Property Tax Deferment: Call your county treasurer's office for assistance
Senior Homestead Exemption & Senior Citizen Property Tax Assessment Freeze: Page 58, call your county supervisor of assessments for assistance.
Taxpayer Assistance: Call AARP at 1-888-227-7669

PUBLIC AID

Look under "Income Assistance"

RECREATION

National Park Visits: Golden Age Passport is available for a small fee. Check with the nearest national park or recreation area.
Senior Centers: Pages 5-11, recreational and social activities for older adults

REFERRAL AGENCIES

Look under "Case Management" or "Senior Centers"

RESPITE CARE

Look under "Community Care Program"
Adult Day Services: Pages 12 & 32, supervision, social activities, meals, and light recreation for frail older individuals.
Assisted Living & Supportive Living: Pages 12 & 34-39 by county
In-Home Services: Pages 4-13, 32 & 58, housekeeping, errands, transportation, personal care, and health monitoring
In-Home Care as Respite: Pages 5-11 respite from care in the home
Private Pay Sitters: Pages 30-31
Senior Centers: Pages 5-11, offer limited in-home respite care for family caregivers of seniors and grandparents raising grandchildren
Veteran-Directed Home Care (a VIP service): Page 54, veteran-directed in-home care
Veteran's Aides & Attendants: Page 54, a grant for veterans to help for in-home services

SENIOR CENTERS

Senior Centers: Pages 5-11, services include information, assistance, referrals, congregate & home delivered meals, and transportation for seniors, family caregivers, and grandparents raising grandchildren

SHELTERS

Shelters & Assistance for the Homeless & Women: Pages 45-46
Southern Illinois Coalition for the Homeless: Page 45

SOCIAL SECURITY

Look under "Income Assistance"
Social Security Office: Page 50, assistance with retirement, disability, and low-income supplemental income benefits

SUPPORT GROUPS

Associations: Pages 55-57, associations for AARP, Alzheimer, Arthritis, Blind, Cancer, Diabetes, Heart, Kidney, Lung, etc. often have their own support groups
Counseling Centers: Pages 14-16, support groups, outpatient assistance with mental illness, and alcohol and substance abuse
Support Groups: Pages 51-53, support groups with varied interests and goals; times, dates, and locations of meetings are subject to change

TAXPAYER ASSISTANCE

Look under "Property Tax Relief"
Free Tax Aide: Assistance filing taxes through AARP at 1-888-227-7669
Problems Resolution Office: Call the IRS at 1-800-829-1040 for assistance
Special Tax Credit: (deductions for qualified individuals who care for aged adults and aged individuals on disability), call the Internal Revenue Service at 1-800-829-3676 for assistance

CAREGIVER'S GUIDE

TELEPHONE

Illinois Tele-Relay Center: Page 17
Lifeline and Linkup Assistance: Page 57
Southern Illinois Center for Independent Living:
Pages 17 & 58

THERAPY

Rehabilitation & Therapy: Pages 32-33

TRAINING

Look under “Education” or “Employment & Training”

TRANSPORTATION

Community Care Program: Pages 4 & 12-13,
in-home workers of the Community Care
Program transport eligible older people
Medical Transportation: Page 60
Senior and Public Transportation: Pages 59-61,
transportation in Southern Illinois

UTILITY BILLS

Energy Assistance: Pages 48 & 58, low-income
individuals can receive assistance with their
utility bills
Low Interest Loans: Page 50, the Rural
Development Corporation provides low
interest loans for improving, renovating, or
building homes for low-income individuals
Weatherization Program: Pages 48 & 58
insulation and related improvements to homes
of low-income individuals

VETERAN SERVICES

Illinois Armed Forces Legal Aid Network:
855-452-3526, free statewide legal aid hotline
Federal and State Offices of Veteran’s Affairs:
Page 54 assistance with income, medical, and
other benefits for veterans
SIUC Veterans Legal Assistance Program:
Page 4, free legal assistance to veterans
Veteran-Directed Home Care (a VIP service):
Page 54, free veteran-directed in-home care
Veteran’s Aides & Attendants: Page 54, a grant
for veterans to help pay for in-home services

VISION AIDS

Lions of Illinois Foundation: Page 56, assists
low-income individuals with eye exams &
glasses and with hearing aids

VOLUNTEER OPPORTUNITIES

Senior Health Insurance Program (SHIP):
Page 56, helps people with Medicare and other
health insurance understand claims
Money Management Program: Page 4 under
“Shawnee Alliance”. Volunteers help people
who need help with paying bills and writing
checks
Ombudsman: Page 4, under “Shawnee Alliance”,
trained staff and volunteers visit and help
residents in assisted living facilities and
nursing homes
RSVP of SI: page 3, under "Egyptian Area
Agency on Aging", offers volunteers
personalized and rewarding experiences.
Senior Centers: Pages 5-11, a variety of
opportunities to help older people, such as
delivering meals, assisting in the dining room,
and transporting older people

WOMEN’S SHELTERS

Look under “Shelters”

ZIP CODES

<u>ZIP</u>	<u>CITY</u>	<u>COUNTY</u>	<u>ZIP</u>	<u>CITY</u>	<u>COUNTY</u>
62805	Akin	Franklin	62950	Jacob	Jackson
62905	Alto Pass	Union	62951	Johnston City	Williamson
62906	Anna	Union	62952	Jonesboro	Union
62907	Ava	Jackson	62953	Joppa	Massac
62908	Belknap	Johnson	62954	Junction	Gallatin
62812	Benton	Franklin	62955	Karber's Ridge	Hardin
62909	Boles	Johnson	62956	Karnak	Pulaski
62910	Brookport	Massac	62856	Logan	Franklin
62819	Buckner	Franklin	62958	Makanda	Jackson
62912	Buncombe	Johnson	62959	Marion	Williamson
62820	Burnt Prairie	White	62957	McClure	Alexander
62914	Cairo	Alexander	62960	Metropolis	Massac
62915	Cambria	Williamson	62961	Millcreek	Union
62916	Campbell Hill	Jackson	62962	Miller City	Alexander
62901	Carbondale	Jackson	62963	Mound City	Pulaski
62902	Carbondale	Jackson	62964	Mounds	Pulaski
62903	Carbondale	Jackson	62965	Muddy	Saline
62821	Carmi	White	62865	Mulkeytown	Franklin
62917	Carrier Mills	Saline	62966	Murphysboro	Jackson
62918	Carterville	Williamson	62967	New Burnside	Johnson
62919	Cave in Rock	Hardin	62867	New Haven	Gallatin
62822	Christopher	Franklin	62969	Olive Branch	Alexander
62823	Cisne	Wayne	62970	Olmsted	Pulaski
62920	Cobden	Union	62871	Omaha	Gallatin
62825	Coello	Franklin	62971	Oraville	Jackson
62921	Colp	Williamson	62874	Orient	Franklin
62922	Creal Springs	Williamson	62972	Ozark	Johnson
62238	Cutler	Perry	62973	Perks	Pulaski
62923	Cypress	Johnson	62274	Pinckneyville	Perry
62924	De Soto	Jackson	62974	Pittsburg	Williamson
62926	Dongola	Union	62975	Pomona	Jackson
62927	Dowell	Jackson	62976	Pulaski	Pulaski
62832	Du Quoin	Perry	62977	Raleigh	Saline
62928	Eddyville	Pope	62979	Ridgway	Gallatin
62930	Eldorado	Saline	62982	Rosiclare	Hardin
62931	Elizabethtown	Hardin	62983	Royalton	Franklin
62932	Elkville	Jackson	62884	Sesser	Franklin
62833	Ellery	Edwards	62984	Shawneetown	Gallatin
62834	Emma	White	62985	Simpson	Johnson
62933	Energy	Williamson	62987	Stonefort	Saline
62835	Enfield	White	62888	Tamaroa	Perry
62934	Equality	Gallatin	62988	Tamms	Alexander
62836	Ewing	Franklin	62990	Thebes	Alexander
62840	Frankfort Heights	Franklin	62890	Thompsonville	Franklin
62841	Freeman Spur	Williamson	62992	Ullin	Pulaski
62935	Galatia	Saline	62993	Unity	Alexander
62938	Golconda	Pope	62891	Valier	Franklin
62939	Goreville	Johnson	62994	Vergennes	Jackson
62940	Gorham	Jackson	62995	Vienna	Johnson
62941	Grand Chain	Pulaski	62996	Villa Ridge	Pulaski
62942	Grand Tower	Jackson	62896	West Frankfort	Franklin
62943	Grantsburg	Johnson	62897	Whittington	Franklin
62946	Harrisburg	Saline	62997	Willisville	Perry
62947	Herod	Pope	62998	Wolf Lake	Union
62948	Herrin	Williamson	62999	Zeigler	Franklin
62949	Hurst	Williamson			

This Aging & Disability Resource Guide for Southern Illinois is dedicated to all of our current and past members of our Board of Directors and Advisory Council who have lead our agency in a direction that has helped thousands of people in Southern Illinois. Their dedication and perseverance is greatly appreciated for helping us to deliver better services in our effort to help people maintain their independence and remain in their own homes in the community for as long as possible.

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