

# AGING & DISABILITY RESOURCE GUIDE FOR SOUTHERN ILLINOIS

Egyptian Area Agency on Aging, Inc.  
Carterville: 1-888-895-3306  
Website: [www.EgyptianAAA.org](http://www.EgyptianAAA.org)

Shawnee Alliance Aging & Disability Resource Centers  
Carbondale, Carterville, Mounds, & Herrin: 1-800-642-7773  
Website: [www.shsdc.org](http://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](http://www.SICIL1.org)

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September 22, 2023

Changes are continuously posted on our website at [www.EgyptianAAA.org/IndexResourceGuides.html](http://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 last page). Information gathered for this document was obtained from public sources.

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## AGING SERVICES

Egyptian Area Agency on Aging

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](http://www.egyptianaaa.org)

E-mail: [egyptianaaa@egyptianaaa.org](mailto: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 senior centers (focal points).

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

Bingocize – exercise program conducted while playing Bingo. Exercises, nutrition discussion, and game with prizes

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 non-parents raising children. 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 family member a break

Information & Assistance – Information about services and help to apply

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

Matter of Balance – fall prevention workshop for persons fearful or at-risk of falling

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 diseases

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 service 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: Kristi Bussler  
225 East Poplar Street  
West Frankfort: (618) 937-3511  
Email: [director.fcss@gmail.com](mailto:director.fcss@gmail.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](mailto: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](mailto:pine1@shawneelink.net)  
Service Area: Gallatin, Hardin, Pope, and Saline Counties

#### Senior Adult Services

Director: Patrick Laws  
409 North Springer Street  
Carbondale: (618) 457-4151  
Fax: (618) 457-4154  
Email: [senioradultservices@yahoo.com](mailto: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](mailto: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](http://www.wcpaherrin.net)  
Service Area: Williamson County

#### Shawnee Alliance

Director: Jennifer Schindl  
6355 Brandhorst Drive  
Carterville: (618) 985-8322, 800-642-7773  
Fax: (618) 985-8048  
Website: [www.shsdc.org/sas.html](http://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: Rebecca O'Neil  
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](mailto:vlap@siu.edu)  
Fax: (618) 453-8727  
Website: [www.law.siu.edu/academics/clinics/civil-practice-clinic/public-programs.html](http://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

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## 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 Rtes 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 Pearl 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-temporarily closed (call for update on opening)  
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)  
Located at Harvest Church  
602 East Davie 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

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## 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](http://www.wcpaherrin.net)  
Monday-Friday at 11:15 am

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

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

# COMMUNITY CARE

## 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 and Veteran's Aides & Attendants, see Page 51.

### *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: Jackson, Perry counties  
Salem: (618) 548-1613  
Service Area: Williamson, Franklin counties  
Fairfield: (618) 842-9654  
Service Area: Gallatin, Saline 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: 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

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

TLC  
205 N. Division Street  
Carterville, IL  
(618) 227-0155  
Service Area: area-wide  
Services: In-Home Services

## COMMUNITY CARE

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### 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

## 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](http://alcoholism.about.com)

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

### Arrowleaf (formerly 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) 462-2331, 1-877-467-3123 (Option 2 for new clients)

Services: For substance abuse.

### Friendship Line

Phone: 1-800-971-0016

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

### Gateway Foundation

Phone: (618) 323-3379

1080 E. Park St. Carbondale

Services: Alcohol and drug treatment- adult residential and outpatient, Women's Trauma focused treatment, Medication assisted treatment

### Mulberry Center at Harrisburg Medical Center

Harrisburg: (618) 252-0999 (in-patient)

Marion: (618) 998-0888 (out-patient)

Services: 30 bed unit for in-patient services.

### Schloemann, Colleen, LCSW

Phone: (618) 889-1014

Website: [www.colleenschloemannlcsw.com](http://www.colleenschloemannlcsw.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, starting on page 49.

### VA Suicide Prevention – Veterans, only

Marion: 1-800-273-8255

# COUNSELING

## COMMUNITY COUNSELING CENTERS

### Alexander County

Arrowleaf

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

Arrowleaf

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

Arrowleaf

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

## 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

Arrowleaf

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.

## SENIOR COUNSELING PROGRAMS - HOSPITAL-BASED

Services: Mental health counseling - group, individual, and family therapy; medication management, lunch on group days, 6-12 week program (2-3 days per week) List below:

New Beginnings Program (Massac Memorial Hospital): (618) 524-7370 ext. 171

Senior Care (Franklin Hospital): (618) 435-4731

Senior Life Solutions (Pinckneyville Community Hospital): (618) 357-8811

Senior Solutions (Union County Hospital): (618) 833-4505

Senior Renewal (St. Joseph Memorial Hospital): (618) 684-3156 ext. 55130



# DISABILITY SERVICES

## SERVICES FOR PEOPLE WITH DISABILITIES

### LOCAL AGENCIES

DHS Bureau of Blind Services  
See page 46

DHS Office of Rehabilitation  
See page 46

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](http://www.SICIL1.org)

Southern Illinois Radio Information Service (or SIRIS)  
Carbondale: (618) 453-4344  
1-866-498-5561  
Website: [www.wsiu.org/siris](http://www.wsiu.org/siris)  
Services: special radios that provide programs and reading sessions of books, newspapers, and other information

Illinois State Library and Braille  
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](http://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](http://www.silcofillinois.org)

### RECREATIONAL PROGRAMS

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

## DISABILITY SERVICES

### SERVICES FOR PEOPLE WITH DISABILITIES, continued

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.

Caption Call – Free phones for persons who are hard-of-hearing  
Call 1-877-557-2227

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](http://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](http://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](http://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](http://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) 453-4355

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 56-58.

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

### SPECIAL EDUCATIONAL OPPORTUNITIES

#### Illinois Head Start

Referrals: (618) 453-6448  
Website: [headstart.siu.edu](http://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](mailto:casd@siu.edu)  
Services: Didactic and experienced-based training, consulting, community services and support, and research and evaluation.

Gateway Foundation  
Carbondale: (618) 529-1151, (618) 310-0707  
Website: [www.recovergateway.org](http://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](http://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](http://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.

Stress and Trauma Center  
Eldorado: (618) 252-9036

## EMPLOYMENT & TRAINING

### 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 CDS by Chamness Care, Inc. (formerly 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 46.

### 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](http://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 & TRAINING

### 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.

Workforce Innovation and Opportunity Act (WIOA)-  
National Farmworker Jobs Program  
Mt. Vernon: (309) 738-0871  
Services: Assists farm workers with employment, education, health, housing, and other opportunities.

### 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  
Contact: Raghela Scavuzzo  
Address: Illinois Farm Bureau  
1701 Towanda Ave.  
Bloomington, IL 61702  
E-mail: [IllinoisFarmerVeterans@gmail.com](mailto:IllinoisFarmerVeterans@gmail.com)  
<https://www.illinoisfarmerveterans.org>  
Services: Mobilizing Illinois Veterans to feed America.

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](http://www.IllinoisWorkNet.com)

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) 536-3369

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 & TRAINING

### ONE STOP SHOPS – ILLINOIS WORK NET CENTERS

American Job Center-One Stop  
2001 West Main Street, Suite B  
Carbondale: (618) 490-1141  
3117 Civic Circle Blvd, Suite B  
Marion: (618) 998-9570  
701 North Commercial Street, Suite 6A  
Harrisburg: (618) 252-6020  
Service Area: Franklin, Jackson, Perry &  
Williamson counties  
(866) 611-5627

### 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](http://www.EgyptianAAA.org)  
E-mail: [egyptianaaa@egyptianaaa.org](mailto: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  
(855) 994-8300  
Service Area: Johnson, Massac, and Pulaski counties

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

### WORKFORCE INVESTMENT BOARDS

American Job Center  
3117 Civil Circle Blvd, Suite B  
Marion: (618) 998-9570 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

*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](http://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

Website: <https://eat-move-save.extension.illinois.edu/>

## ALEXANDER COUNTY

### Daystar Community Program

Cairo: (618) 734-0178

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

### God's House of Blessings

McClure: (573) 270-7081

### McClure Pentecostal Church

McClure: (618) 697-0433

### 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

## FRANKLIN COUNTY, continued

### Community of Christ

Thompsonville: (618) 357-1827

### Franklin County Food Pantry / Crosswalk

West Frankfort: (618) 937-3581

## GALLATIN COUNTY

### Friends of Jesus

Equality: (618) 658-0166

### Gallatin County Food Pantry

Shawneetown: (618) 313-0296

## HARDIN COUNTY

### Shawnee Development Council

Elizabethtown: (618) 287-7071

### Potter's Church

Cave-In-Rock: (618) 289-4869



## 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

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

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

Victory Dream Center  
Carbondale: (618) 351-8018

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

Salvation Army Mobile Market  
Fresh vegetables 1<sup>st</sup> Monday of month

Shawnee Worship Center  
Vienna: (618) 658-8559

The Table  
Vienna: (309) 433-7867

### 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

### POPE COUNTY

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

### PULASKI COUNTY

Bethel Temple  
Mounds: (618) 306-0074

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

First Baptist Church  
Karnak: (618) 634-9342

## FOOD PANTRIES & SOUP

### 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

Bethany Village

Anna: (618) 833-1777

Harvest Church

Anna: (618) 833-0603

Shawnee Development Council

Anna: (618) 833-7431

Salem Evangelical Lutheran

Jonesboro: (618) 833-0704

### 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  
300 West Oak Street  
Carbondale: (618) 536-6621  
Services: Memory diagnosis and referral

Arrowleaf – 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

### Women's Health Line

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. 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

### 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

### Help at Home

Carbondale: (618) 457-6434

### Interim Healthcare

Marion: (618) 477-8500

### Joyner Therapy Services

Marion: (618) 998-9894, ext. 4

### 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

TLC  
Carterville: (618) 227-0155

### 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

### MEDICAL EQUIPMENT & SUPPLIES

Listed alphabetically

#### ALPHA Home Health Care

Benton: (618) 438-0309  
Herrin: (618) 998-9250

#### APRIA Health Care

Marion: 1-888-492-7742 or (217) 347-5212

#### Beck's Home Health Care

Eldorado: (618) 273-8111 ext. 2 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

## HEALTH CARE SERVICES

### PRIVATE PAY 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

#### Interim Healthcare

Herrin: (618) 477-8500

Services: In-Home Services

#### Liberty Village of Marion

Marion: (618) 993-8600

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

#### Senior Adult Services

Carbondale: (618) 457-4151

Services: 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 (ARC)

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

West Frankfort: (618) 932-8902

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

#### Southern Illinois Respiratory Disease Program

Benton, Carbondale, Carterville, Harrisburg:

1-866-252-9732

Services: Includes counseling on Black Lung  
benefits

### HEALTH & INSURANCE PROGRAMS (Online)

Website: [www.getcoveredillinois.gov](http://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 DISCRIMINATION HOTLINE

Phone: 1-800-669-9777

## HOUSING TYPES

*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 BY COUNTY, 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, continued

#### *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

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 BY COUNTY, 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 BY COUNTY, 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

### 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

# HOUSING

## HOUSING BY COUNTY, continued

### 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*

Premier Senior Living and Memory Care  
Carterville: (573) 225-6680

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

#### *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

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## 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

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## 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

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## NURSING HOMES, continued

### UNION COUNTY, continued

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

### 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

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  
Services: Massac, Union, Hardin, Pope, and  
Pulaski Counties included in service area

## **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**

Christian Community Compassion Center  
Harrisburg: (618) 252-3931

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  
Services: Helps with rental assistance for  
homeless prevention

## **UNION COUNTY**

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

## **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) 997-0949  
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  
3117 Civic Center Blvd.  
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](http://www.whitehouse.gov)  
E-mail: [www.whitehouse.gov/contact/whitehouse.gov](http://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)  
G12 Dirksen Senate Office Building  
Washington, D.C. 20510  
Phone: (618) 677-7000 or (202) 224-2854

U.S. Congressman Mike Bost (R-12th)  
1440 Longworth House Office Building  
Washington, D.C. 20515  
Phone: (618) 457-5787 or (202) 225-5661

U.S. Congressman Mary Miller (R-15th)  
1740 Longworth House Office Building  
Washington, DC 20515  
Phone: (202) 225-5271

### LEGISLATORS - STATE

#### *The Governor*

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

State Senator Dale Fowler (R-59th)  
M103F Capitol Building  
Springfield, IL 62706  
Phone: (618) 294-8951 or (217) 782-5509

State Senator Terri Bryant (R-58th)  
207-N Stratton Office Building  
Springfield, IL 62706  
Phone: (618) 684-1100 or (217) 782-0387

State Representative Paul Jacobs (R-118<sup>th</sup>)  
211A-N Stratton Office Building  
Springfield, IL 62706  
Phone: (217) 782-8175

State Representative Dave Severin (R-116th)  
208-N Stratton Office Building  
Springfield, IL 62706  
Phone: (618) 440-5090 or (217) 782-1051

State Representative Patrick Windhorst (R-117th)  
214-N Stratton Office Building  
Springfield, IL 62706  
Phone: (618) 294-8703 or (217) 782-5131

## OTHER SERVICES

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### 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](http://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](http://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.

#### *Alcoholics Anonymous*

AA meeting dates, times, & places:  
[www.southernillinoisaa.org/meetings2.htm](http://www.southernillinoisaa.org/meetings2.htm)

#### *Alzheimer Disease/Dementia*

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

Alzheimer's Association Greater Illinois Chapter  
805 W. DeYoung St.  
Marion: (618) 319-7396

The Landings  
Carbondale: (618) 519-9600

Liberty Village  
Marion: (618) 993-8600

Memory Café  
2<sup>nd</sup> Thursday of the mo. 12:30-2pm  
Prairie Living of Chautauqua, Carbondale

Memory Café  
4<sup>th</sup> Thursday of the mo. 9-11am  
First Presbyterian Church, Carterville

#### *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

Website: <https://wellnesshouse.org/>

#### *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

Arrowleaf  
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

## OTHER SERVICES

### SUPPORT GROUPS, continued

#### *Counseling, continued*

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

#### *Grandparents Raising Grandchildren Support Groups & Resource Centers, continued*

Got You Covered-diapers  
Contact: (618) 922-6355

#### *Grief*

Warm Line Peer and Family Support by Telephone  
Phone: 1-866-359-7953, ext. 1

Christian Covenant Fellowship  
Carterville: (618) 985-4011

#### *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](http://www.go2foundation.org)

#### *Multiple Sclerosis*

National Multiple Sclerosis Society  
Website: [www.nationalmssociety.org](http://www.nationalmssociety.org)

## OTHER SERVICES

### SUPPORT GROUPS, continued

#### *Ostomy*

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

#### *Parkinson's*

Southern Illinois Parkinson's Support Group  
Email: [lockwoodgala@yahoo.com](mailto:lockwoodgala@yahoo.com)  
(Meets 1pm 1<sup>st</sup> Wed. of the month at Prairie Living  
of Chautauqua)

#### *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  
Call for information

#### *Wandering*

See "Alzheimer's Disease" support groups

#### *Widowed Persons*

See "Counseling" or "Grief" support groups

### 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

National Call Center for Homeless Vets  
1-877-424-3838

## OTHER SERVICES

### 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 58 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

### 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](http://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) 319-7396  
Call for information on support groups.  
24-hour help line: 1-800-272-3900

American Cancer Society: (800) 227-2345  
Website: [www.illinoiscancerhelp.org](http://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

AssuranceWireless.com  
Free phone for certain situations

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

## OTHER SERVICES

### MISCELLANEOUS, continued

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](http://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](http://www.caretrak.com)

Caritas Family Solutions: (618) 985-2000

Center for Independent Living & ITAC: (618) 457-3318 or 252-7233, ext. 220  
TTY distribution, free CapTel phones, information for disabled, vision, and hearing impaired

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

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

Healthy Southern Illinois Delta Network:  
[www.HSIDN.org](http://www.HSIDN.org)

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

Do Not Call Registry: 1-888-382-1222  
TTY Callers: 1-866-290-4236

Easter Seals Society: [www.easterseals.com](http://www.easterseals.com)

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

Epilepsy Foundation: 1-800-332-1000  
Website: [www.EpilepsyFoundation.org](http://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](http://www.eyecareamerica.org)

Governor's Office of Citizens Assistance:  
(312) 814-2121

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](http://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](mailto:selfhelp@siu.edu)  
Website: [www.law.siu.edu](http://www.law.siu.edu)

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

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

## OTHER SERVICES

### MISCELLANEOUS, continued

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](http://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

#### Senior Programs-Hospital-supported Social groups with education, activities and outings

Second Act (Southern Illinois Healthcare):  
1-877-480-4040

Our Healthy Circle (Heartland Regional Medical)  
(618) 998-7333

Our Healthy Circle (Union County Hospital):  
(618) 833-4511 ext. 4505

Senior Programs-Counseling-See page 14.

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

#### Southern Illinois Center for Independent Living

(SICIL): (618) 457-3318

Website: [www.SICIL1.org](http://www.SICIL1.org)

#### Southern Illinois Healthcare Physicians and Resource

Information Line: 1-866-744-2468, ext. 3

#### Southern Illinois Learning in Retirement:

(618) 536-7751

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: [dscc.uic.edu](http://dscc.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](http://www.silcofillinois.org)

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

Veteran-Directed Home Care: See page 51.

## Program Eligibility Guidelines

For up-to-date amounts go to  
[www.egyptianaaa.org/EligibilityGuidelines.html](http://www.egyptianaaa.org/EligibilityGuidelines.html)

*Limits change in January for these programs:*

**Medicare, Part A** - Hospital deductible for first 60 days is \$1,600, days 61-90 is \$400 per day, and days 91-150 is \$800 per day. Skilled nursing facility deductible for first 20 days is \$0 and days 21-100 is \$200 per day.

**Medicare, Part B** – Premium is \$164.90 per month and deductible is \$226 per year.

**Medicare Part D**—Annual deductible \$505, beneficiary pays 25% of drug costs after \$4,660 has been spent by drug company and person covered. Catastrophic coverage begins when drug costs exceed \$7,400 out-of-pocket.

**Social Security** - under age 65, \$1 of benefits withheld for each \$2 of wages earned over \$21,240. No limit after reaching full retirement age.

*Limits change in February for these programs:*

**Medicaid** - Medical card - monthly income limit is \$1,366 for 1 person (\$2,000 assets) and \$1,845 for 2 (\$3,000 assets). Apply at Dept. of Human Services.

**SSI** - Supplements income – monthly income limit is up to \$914 for 1 person (\$2,000 assets) and \$1,371 for 2 (\$3,000 assets). Apply at Social Security.

**Prevention of Spousal Impoverishment** - spouse at home keeps up to \$3,715 income per month and \$148,620 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 \$1,153 for 1 person or up to \$1,546 for 2. Apply at Dept. of Human Services.

**SLIB / SLMB** - Pays Medicare Part B premium - monthly income from \$1,153 up to \$1,379 for 1 person and \$1546 up to \$1,851 for 2. Apply at Dept. of Human Services.

**QI** - Pays a small portion of the Medicare Part B premium. Monthly income is between \$1,379 up to \$1,549 for 1 person and \$1851 up to \$2,080 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 \$2,096 for 1 person and \$2,823 for 2 people.

**SNAP** - Assistance buying food. Monthly income limit is \$2,265 for 1 person and \$3,052 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 \$2,265 for 1 person and \$3,052 for 2 people.

**Weatherization Program** - winterizes the home. Monthly income limit is \$2,265 for 1 person and \$3,052 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. Recently reduced to \$10 fee.

**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.

**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.

Use this link to find out more and Homestead Exemptions:  
<https://www2.illinois.gov/rev/localgovernments/prperty/Pages/taxrelief.aspx>

# 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](http://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

### *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 as available

### *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](http://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 52, 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](http://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](http://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](http://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.ciaaaa.org](http://www.ciaaaa.org)

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](http://www.eciaaaa.org)

West Central Illinois Area Agency on Aging  
639 York St, Suite 333, Quincy, IL 62306  
(217) 223-7904; FAX: (217) 222-1220  
Web: [www.wciaagingnetwork.org](http://www.wciaagingnetwork.org)

Agelinc  
2731 S. MacArthur Blvd, Springfield, IL  
62704-4278  
(217) 787-9234 (Voice & TTY);  
FAX: (217) 787-6290  
Web: [www.aginglinc.org](http://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](http://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](http://www.midlandaaa.org)

# CAREGIVER'S GUIDE

## Southeastern Illinois Agency on Aging, Inc.

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.

Arrowleaf – 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 & 34-38, listed by county

## **BENEFIT ACCESS APPLICATION**

Pages 53 & 55 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 52-54, associations for AARP, Alzheimer, Arthritis, the Blind, Cancer, Diabetes, Heart, Kidney, etc

Centers for Independent Living: Pages 17 & 53, services for people with disabilities

Disability Services: See “Disabilities” below

Easter Seals Society: Page 53

Guardianship & Advocacy: Page 53 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 53, information about assistive devices for disabled and older people

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

Office of Rehabilitation: Page 46, 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 53, locates senior services anywhere in the USA at www.eldercare.gov

Illinois Senior HelpLine: Page 53, 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 & 34-38

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

Veteran-Directed Home Care (a VIP service): Page 51, veteran-direct in-home care

Veteran's Aides & Attendants: Page 51, a grant for veterans to help pay for in-home services

## CONSUMER PROTECTION

Look under "Disputes & Legal Assistance"

## COUNSELING

Cancer Information and Counseling: Pages 49 & 53

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 49-51

## 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

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 & 53, legal assistance for persons with disabilities

Services for People with Disabilities: Pages 17-21 & 58

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

Southern Illinois Center for Independent Living: Pages 17 & 53

# CAREGIVER'S GUIDE

## DISASTER ASSISTANCE

American Red Cross: Page 52

## DISPUTES & LEGAL ASSISTANCE

American Bar Association: lawyer referrals, [www.abanet.org/legalservices/findlegalhelp/main.cfm](http://www.abanet.org/legalservices/findlegalhelp/main.cfm)

Attorney General's Office: Page 52, consumer fraud, crime victim assistance, and public information

Crisis Centers: Pages 44, assistance and shelter for victims of domestic abuse

Equip for Equality: Pages 18 & 53, legal assistance for people with disabilities

Guardianship & Advocacy: Page 53, State guardian of last resort

Governor's Office of Citizens Assistance: Page 53

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

Land of Lincoln Legal Services: Page 53, 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 53

Senior Health Insurance Program (SHIP): Page 53, 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 47, 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](http://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 45 & 55 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 45 & 55, 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 49-51

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 28-29

Emergency Response Systems (Lifeline): Pages 4, 12, 29, 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 16

Medical Assistance: Page 45 county offices of Department of Human Services assist low-income individuals pay for medical bills

Medicare Coverage & Claims: Page 54

Medical Equipment and Supplies: Page 31

Medical Transportation: Page 56

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 54, helps people with Medicare and other health insurance understand claims

## HEARING AIDS

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

Lions of Illinois Foundation: Page 53

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

Help America Hear: 1-888-580-8886

## HOMELESS SHELTERS

Look under "Shelters"

## HOMEMAKER

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

## HOUSING & MAINTENANCE

Assisted Living, Independent Living, &

Domiciliary Units: Pages 12 & 34-38, check availability by county

Energy Assistance & Weatherization Programs: Pages 46 & 55, 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"

Housing: Pages 34-44 by county

Low Interest Loans: Page 48, Rural Development Corporation (formerly the FMHA) provides low interest loans for improving, renovating, or building homes for low-income individuals

# CAREGIVER'S GUIDE

Nursing Homes: Pages 39-43 by county

Public Housing: Pages 34-38 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 34-38 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 53 & 55 lower fee on license plates & Rides Free pass in metropolitan areas

Energy Assistance: Pages 46 & 55 assistance paying for utility bills

Food Pantries: Pages 24-26

Food Stamps (SNAP): Pages 45 & 55, apply at the county offices of Department of Human Services

Medicaid (Medical Assistance): Pages 45 & 55, assists low-income individuals’ pay for medical bills. Apply at your local Dept. of Human Services office

Public Aid: Page 45, apply at the local Dept. of Human Services office

QI-1: Pages 45 & 55, pays the premium on Medicare, apply at the local Dept. of Human Services office

QMB: Pages 45 & 55, 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 45 & 55, pays the monthly Part B Medicare premium for low-income individuals, apply at the local Dept. of Human Services office

Social Security Offices: Page 48 assistance with retirement, disability, and low-income supplemental income benefits

Supplemental Security Income: Page 48 Social Security offices assist low-income individuals with supplemental income

Weatherization Program: Pages 46 & 55, insulation and other related improvements to homes of low-income individuals

## INFORMATION ON SERVICES

Look under “Case Management”

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

Eldercare Locator - Page 53 locates senior services anywhere in the USA:  
www.eldercare.gov

Illinois Senior HelpLine - Page 53 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 52, veteran-directed in-home care

Veteran’s Aides & Attendants: Page 52, 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 54, helps people with Medicare and other health insurance understand claims

## LEGAL ASSISTANCE

Look under “Disputes and Legal Assistance”

## LEGISLATORS

Federal and State: Page 47.

## LIVING WILLS

Look under “Advance Directives”



# CAREGIVER'S GUIDE

## JOB TRAINING

Look under “Employment”

## MEALS

Look under “Food & Meals”

## MEDICAL

Look under “Health Care & Monitoring”

## MEDICARE

Medicare Coverage and Claims: Page 54

Medicare Fraud and Abuse: Page 54, Medicare fraud and abuse hotline.

QI: Pages 45 & 55, pays the premium on Medicare, apply at the local Dept. of Human Services office

QMB: Pages 45 & 55, 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 45 & 55, 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 54, 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 45 & 55, 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 39-43 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 Help Line: 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”

Property Tax Deferral: Call your county treasurer’s office for assistance

Senior Homestead Exemption & Senior Citizen Property Tax Assessment Freeze: Page 55, call your county supervisor of assessments for assistance.

# CAREGIVER'S GUIDE

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”

## RESPIRE 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, 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 32

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 52, veteran-directed in-home care

Veteran’s Aides & Attendants: Page 52, 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 44

Southern Illinois Coalition for the Homeless: Page 44

## SOCIAL SECURITY

Look under “Income Assistance”

Social Security Office: Page 48, assistance with retirement, disability, and low-income supplemental income benefits

## SUPPORT GROUPS

Associations: Pages 52-54, 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 49-51, 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

## TELEPHONE

Caption Call: Page 18, 53

Illinois Tele-Relay Center: Page 17

Lifeline and Linkup Assistance: Page 4, 12, 29

Southern Illinois Center for Independent Living: Pages 17 & 53

# CAREGIVER'S GUIDE

## 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 56-58

Senior and Public Transportation: Pages 56-58, transportation in Southern Illinois

## UTILITY BILLS

Energy Assistance: Pages 46 & 55, low-income individuals can receive assistance with their utility bills

Low Interest Loans: Page 48, the Rural Development Corporation provides low interest loans for improving, renovating, or building homes for low-income individuals

Weatherization Program: Pages 46 & 55 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 52, free veteran-directed in-home care

Veteran’s Aides & Attendants: Page 52, 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 52, 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	Cartersville	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			



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