

Information and Resources

Eldercare locator 1-800-677-1116

The Eldercare locator is a free national service funded by the U.S. Administration for Community Living and administered by the National Association of Area Agencies on Aging.

Area Agency on Aging & Information and Assistance

Your local Area Agency on Aging (AAA) can link you to home and community-based services that will help you stay in your home. Core services include Nutrition (Meals on Wheels and Senior Centers) Health and wellness, caregiver services and supportive services such as transportation

- **AgeSmart Community Resources AAA(O'Fallon)** - 618-222-2561
801 W. State Street, O'Fallon, IL 62269-1809
Web: www.agesmart.org

Service area includes the IL Counties of: Bond, St. Clair, Clinton, Madison, Monroe, Randolph, & Washington

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

Service area includes the IL Counties of: Clay, Effingham, Fayette, Jefferson, & Marion

- **Southeastern Illinois Agency on Aging (Mt. Carmel)** - 618-262-2306
516 Market Street, Mt. Carmel, IL 62863-1558
Web: www.selaoa.com

Service area includes the IL Counties of: Crawford, Edwards, Hamilton, Jasper, Lawrence, Richland, Wabash, Wayne, & White

- **Egyptian Area Agency on Aging (Carterville)** - 618-985-8311
200 East Plaza Dr., Carterville, IL 62918-1982
Web: www.egyptianaaa.org

Service area includes the IL Counties of: Alexander, Franklin, Gallatin, Hardin, Jackson, Johnson, Massac, Perry, Pope, Pulaski, Saline, Union, & Williams

- **Adult Protective Services**

Responds to reports of abuse, neglect, and financial exploitation of older adults 60+ and adults with disabilities 18-59 providing investigation, intervention and follow up services to victims.

Illinois Department on Aging - 866-800-1409

- **Senior Health Insurance Program (SHIP)**

The SHIP program provides free individual counseling services and are dedicated to educating people with Medicare and their caregivers about available options.

- AgeSmart Community Resources (O'Fallon) - 618-222-2561
- Midland Area Agency on Aging (Centralia) - 618-532-1853
- Southeastern Illinois Agency on Aging (Mt. Carmel) - 618-262-2306
- Shawnee Alliance - 800-642-7773

- **Legal Assistance**

Services include arranging for and providing assistance in resolving civil legal matters and the protection of legal rights, including legal advice, research and education concerning legal rights and representation by an attorney at law, a trained paralegal professional, and/or law student for an older person.

- Land of Lincoln (Champaign) - 800-747-5523
- Land of Lincoln (Carbondale) - 800-624-5335
- Land of Lincoln (East St. Louis) - 618-398-0958
- Effingham County Committee on Aging - 217-347-5569
- Southern Illinois University Carbondale Legal Clinic - 800-676-6130

- **Long Term Care Ombudsman {Nursing Homes}**

Advocating for residents of long-term care facilities, developing rapport with residents and providing advocacy, support and education about their rights.

- Senior Services Plus - 618-465-3298
- Effingham county Committee on Aging - 217-347-5569
- SWAN (Mt. Vernon) - 888-715-6260
- Shawnee Alliance - 800-642-7773

- **Community Care Program**

State funded Home Care, Adult Day Services and Emergency Response call buttons

- Effingham County Committee on Aging Marion - 618-533-4300
- Jefferson - 618-242-3505
- Fayette - 618-283-4122
- Clay - 618-662-7100
- Shawnee Alliance - 618-985-8322
- Southwestern Illinois Visiting Nurse Association - 618-236-5863

Catholic Urban Programs, ESTL - 618-398-5616

<https://catholicurbanprograms.org/>

Day Star Programs, Cairo - 618-734-0178

<https://catholiccharitiessil.org/catholic-charities/daystar-community-programs>

Alzheimer's Association - 800-272-3900

www.act.alz.org

Social Security - 1-800-772-1213

www.ssa.gov/retire

Hospital Links

St. Elizabeth Hospital, O'Fallon, IL
<https://www.hshs.org/stelizabeths>

St. Mary Hospital, Centralia, IL
<https://www.ssmhealth.com/locations/st-marys-hospital-centralia>

St. Joseph Hospital, Breese, IL
<https://www.hshs.org/stjosephsbreese>

Good Samaritan Hospital, Mt. Vernon, IL
<https://www.ssmhealth.com/locations/good-samaritan-hospital-mt-vernon>

Memorial Hospital
Belleville, IL <https://www.memhosp.org/>
East, Shiloh, IL <https://www.memhosp.org/>

Other Professional Links

CHA (Catholic Health Assn.)

<https://www.chausa.org/>

SIVNA (Southern IL Visiting Nurses Assn.)

<https://sivna.com/>

Hospice (Contact the hospice nearest you)

Senior Adult Ministry

<https://www.senioradultministry.com/>

Forum on Religion, Spirituality and Aging

<https://www.asaging.org/>

IL Catholic Health Assn.

<https://il-cha.org/>

IL Department on Aging

<https://www2.illinois.gov/aging/Pages/default.aspx>

Medicare Office

<https://www.medicare.gov/>

Parish Nurse Program

<http://www.parishnurses.org/>

U.S. Administration on Aging

<https://acl.gov/>

U.S. Conference of Catholic Bishops

<https://www.usccb.org/>

Links to Helpful Presentations

Gary Behrman – “Aging Gracefully”

<https://www.youtube.com/watch?v=xGyyF8rbM8E>

Dr. Richard Johnson

<https://www.senioradultministry.com/>

Allen Wolfeldt

<https://www.centerforloss.com/>