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# **2012 Senior Mini Resource Guide**



Senior Services  
217-328-3313  
IL Relay: 711  
[www.ccrpc.org](http://www.ccrpc.org)

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## **ADULT DAY SERVICES**

Circle of Friends	359-7937
The Sunshine Center Champaign County Nursing Home	384-3784

## **CARE IN THE HOME**

Caregiver Advisor, Senior Resource Center	352-5100
Regional Planning Commission (RPC) Senior Services (list of options)	328-3313
Cumberland Associates Senior Programs	384-3360

## **DENTAL**

Champaign County Christian Health Care Center	766-6666
Champaign County Health Care Consumers	352-6533 ext. 6508
Frances Nelson Health Center Dental Clinic	403-5477
Parkland Dental Clinic Cleaning free to adults 60+	351-2221

## **DISABILITY SERVICES**

Carle Low Vision Center	383-6033
Community Elements (also known as Mental Health Center of Champaign County)	
Access Number	693-4590
Division of Rehabilitation Services	278-3500
People Assuming Control of their Environment (PACE)	344-5433

## **EDUCATIONAL RESOURCES**

Illinois WorkNet	278-5700
PACE (low vision & hearing impaired)	344-5433
Parkland College	351-2200
Senior Resource Center	352-5100
Urbana Adult Education	384-3530
University of Illinois Extension	333-4901

## **EMERGENCY SERVICES**

### **Ambulance:**

Carle Arrow	337-3911
Pro (Provena)	337-2911

**Hospital Emergency:**

Carle Foundation	383-3313
Provena Covenant	337-2131

**Behavioral/Mental Health**

Crisis Line	359-4141
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**Elder Abuse**

(including neglect & financial exploitation)

Local: Senior Resource Center	352-5100
Statewide Hotline	866-800-1409
TTY	888-206-1327

**EMPLOYMENT**

Experience Works	800-368-7569
Paid positions for non-traditional workers	
Illinois WorkNet	278-5700

**EQUIPMENT-MEDICAL**

Apria Healthcare	352-7483
Carle Medical Supply	383-3487
Huey's Home Medical	356-4839
National Seating and Mobility	355-1399
PACE (Loan Closet)	344-5433
United Access	398-1188

## **FINANCIAL ASSISTANCE PROGRAMS**

LIHEAP (Low Income Home Energy Assistance Program)	384-1226
IL. Dept. of Human Services	278-5605
Medicaid (assistance for medical needs)	
SNAP (Food Stamps/LINK)	
Salvation Army	373-7827

## **FOOD/MEALS/NUTRITION**

Community Service Center of Northern Champaign County - First Call for Help	893-1530
Family Service - First Call for Help	352-6300
Food for Seniors	352-5100
SNAP (Food Stamps/LINK)	278-5605
Meals on Wheels	352-5100
Peace Meals	800-543-1770
Salt and Light	355-5654

## **HEALTH/HEALTH INSURANCE**

Champaign County	
Christian Health Center (appt. line)	766-6666
Champaign - Urbana Public Health	352-7961

Frances Nelson Health Center	356-1558
IL. Health Benefit Hot Line	800-226-0768
Illinois Cares Rx/Circuit Breaker Senior Resource Center (help with applications)	800-624-2459 352-5100
Medicare (www.medicare.gov)	800-633-4227 TTY 877-486-2048
Prairie Center Health Systems, Inc	328-4500
Senior Health Insurance Program (SHIP)	
Local	328-3313 or 337-2022
State	Toll free: 800-548-9034
Social Security Extra Help (www.ssa.gov)	1-800-772-1213

## **HOME REPAIRS, SAFETY, INSPECTION**

AMBUCS	367-0989
Regional Planning Commission (RPC)	
Senior Repair Program	328-3313
Weatherization	384-1226
City of Champaign	403-7070
City of Urbana	384-2447
empty tomb, inc.	356-2262
USDA Rural Development	352-3536 ext. 4
Village of Rantoul	893-1661

## **HOUSING OPTIONS**

Regional Planning Commission (RPC)  
Senior Services 328-3313

Champaign-Urbana Tenant Union 352-6220

Housing Authority Champaign County 378-7100

Senior Resource Center 352-5100

Other housing see yellow pages under Assisted living Facilities, Nursing Homes, Retirement & Life Care Communities and Homes.

## **INFORMATION & ASSISTANCE**

Community Service Center of Northern  
Champaign County First Call for Help 893-1530

East Central Illinois Area Agency  
On Aging 309-829-2065

Elder Care Locator (National) 800-677-1116

Family Service - First Call for Help 352-6300  
Self Help Center 352-0099  
Senior Resource Ctr. 352-5100

Regional Planning Commission  
Senior Services 328-3313

Senior Helpline  
Illinois Department Of Aging 800-252-8966

Veteran's Hotline 800-382-3000

## **LEGAL ASSISTANCE**

Land of Lincoln Legal Assistance Foundation

Local 356-1351

Toll Free 800-747-5523

(See phonebook under "ElderLaw Attorney")

## **MENTAL HEALTH SERVICES**

Crisis Line 359-4141

Community Elements (also known as  
Mental Health Center of Champaign County)

Access Number 693-4590

The Pavilion 373-1700

Good Samaritan Senior Outreach

Catholic Charities 352-5179

(See Yellow Pages under Counseling  
Services, Counselors)

## **SOCIAL SECURITY**

Local 1-877-819-2593

Toll Free 1-800-772-1213

## **TRANSPORTATION**

Ambulance

Carle Arrow 337-3911

PRO (Provena) 337-2911

A Precious Cargo Carrier	419-5872
CRIS Rural Transit	344-4287
Faith in Action	337-2022
Mass Transit District (MTD)	384-8188
Senior Resource Center	352-5100
Veteran Transportation (Champaign to Danville)	356-2984

### **VETERANS SERVICES**

Illinois Department of Veterans Affairs Urbana	278-3388 or 278-3392
Illinois Veterans Care	877-483-8779
Veterans Hotline	800-382-3000
Veterans Suicide Hotline	800-273-8255

### **VOLUNTEER SERVICES**

Faith in Action	337-2022
Retired Senior Volunteer Program (RSVP)	359-6500



**Senior Mini Resource Guide  
provided by Champaign County  
Regional Planning Commission  
Senior Services**

**Serving Seniors since 1975**

It is our pleasure to provide the **2012 Senior Mini Resource Guide** for those in our community looking for information relating to the needs of seniors. This guide is a summary of the most commonly requested services for seniors and it is a place to begin to access service providers.

For more specific help call Champaign County Regional Planning Commission - **Senior Services 217-328-3313**.

**Inclusion in this directory should in no way be construed to constitute an endorsement of an agency or organization or its service, nor should exclusion be construed to constitute disapproval. The information which appears in this publication was provided by the agencies and organizations.**