

ADDICTION TREATMENT CENTERS
DETOX Local 24/7 Hotline www.detoxlocal.com 866-315-7061
Unity Place Access Center - Comprehensive addiction services for chemical, gambling, Internet, video gaming, food, sex & compulsive spending as well as chronic pain w/addiction. Outpatient counseling and treatment services are available for adults and adolescents.
www.addictionrecov.org 888-311-0321
Help.org A community organization dedicated to empowering people suffering from substance abuse. www.help.org
Family Guidance Centers <https://www.fgcinc.org>
Illinois Drug and Alcohol Rehabs near you
<https://rehabs.org/centers/illinois/>
Illinois Rehabs near you <https://addictions.com/rehabs/illinois/>
BENEFITS ACCESS (formerly Circuit Breaker)
Illinois Department on Aging's Benefits Access Program
Seniors Free Transit Ride, Persons with Disabilities Free Transit Ride and Secretary of State License Plate Discount
800-252-8966, 800-206-1327 (TTY) www.cbrx.il.gov
CAREGIVER
Alzheimer's Association. 800-272-3900 www.alz.org/illinois
Caregiver Support Program
Help for the caregiver, caring for older adults. 800-252-8966, 888-206-1327 (TTY) <https://www.caring.com>
Eldercare Locator - Services and programs 1-800-677-1116 www.eldercare.gov
Senior Services of Central IL (217-528-4035) www.centralilseniors.org
CHILD CARE
Child Care Assistance Program (CCAP)
www.dhs.state.il.us/page.aspx?item=29720
Child Care Assistance Program (Eligibility Calculator)
www.dhs.state.il.us/applications/ChildCareEligCalc/eligcalc.html
Community Child Care Connection (CCCC) 800-676-2805
Child Care Resource and Referral agency www.4childcare.org
Compass for Kids **217-993-4284**
Through innovative after-school and summer programs, We provide resources and support to underserved children.
www.compass4kids.org
Safe Families for Children www.safefamilies.org/ 217-953-1141
DISABILITY
Specialized Care for Children <https://dscc.uic.edu/> 800-322-3722
Human Rights Authority (HRA) Investigates rights violations committed against individuals with disabilities by disability providers.
Phone 217/785-1540 <https://gac.illinois.gov/hra.html>
EDUCATION (ADULT)
Federal Reserve Education - Lesson Plans on Various Topics
Federal Reserve System www.federalreserveeducation.org
Federal Deposit Insurance Corp. - www.fdic.gov
Money Smart Education Program and Deposit Insurance Calculators
Land of Lincoln Workforce Alliance (WIOA).... 217/524-5996
Funding for Job Training <https://worknet20.org/>
Lincoln Land Comm. College www.llcc.edu/adult-education-literacy
217/786-2349
Lincoln Land Comm. College 217/786-2200 www.llcc.edu
The University of Illinois Cooperative Extension offers continuing education credits. 217-782-4617 <http://web.extension.illinois.edu>
Computer Classes
•Land of Lincoln Goodwill Career Cntr 217/89-0400 www.llgi.org
•Springfield Urban League (217) 789-0830 www.springfieldul.org
•GCF Global (Goodwill Community Foundation, Inc.)
•On line help with Microsoft Office products www.gcflearnfree.org
Computer Banc 1545 N 11th 217/ 528-9506 www.computerbanc.org

ELDER ABUSE
To report suspected abuse, exploitation or neglect of an older adult, 866-800-1409, 1-888-206-1327 (TTY)
Senior Services of Central Illinois.....217-528-4035
(Adult Protective Services) www.centralilseniors.org
<https://ilaging.illinois.gov/protectionadvocacy/abuse.html>.
EMPLOYMENT
Land of Lincoln Goodwill Ind Career Cntrs www.llgi.org
Land of Lincoln Workforce Alliance Job search Assistance/
WIOA funding for Job Training (Dislocated Workers OR Low Income) <https://worknet20.org/> 217/524-5996
Senior Community Service Employment Program
It fosters and promotes part-time community service opportunities. 1-877-US-2JOBS (1-877-872-5627 TTY)
<https://www.dol.gov/agencies/eta/seniors>
FINANCIAL ASSISTANCE
Basic Checking Accounts (65 or older) Illinois banks and savings & loans are required by law to offer basic accounts to 65 and older who request one. Contact the IL Dept. of Fin. & Prof. Regulation, Div. of Banking 217-785-2900, 866-325-4949 (TTY) www.idfpr.com
• Aid to Aged, Blind, and Disabled (AABD) helps those who need money 65 yrs or older, blind, or disabled. A US citizen living in Illinois may be eligible if they receive (SSI) or are ineligible for SSI due to income. www.dhs.state.il.us/page.aspx?item=30370
• Earned Income Tax Credit (EITC) If you qualify, reduce your taxes/get a bigger refund www.dhs.state.il.us/page.aspx?item=29719
• General Assistance (GA) program provides money and limited medical care to US citizens and some non-citizens who do not qualify For other cash programs. www.dhs.state.il.us/page.aspx?item=30358
• Temporary Assistance for Needy Families (TANF) helps pregnant women and families w/children to pay for food, shelter, utilities, clothing and other expenses for limited time. (Benefits provided on the IL Link Card) www.dhs.state.il.us/page.aspx?item=30358
For TANF apply at www.dhs.state.il.us/page.aspx?item=33698
Credit Counseling & Financial Literacy Classes
• Springfield Urban League (217) 789-0830 www.springfieldul.org
Credit Reporting
• Free annual credit report under the Fair Credit Reporting Act. www.annualcreditreport.com
*Equifax: 800-685-1111 www.equifax.com
*Experian: 888-297-3742 www.experian.com
*TransUnion: 800-888-4213 www.transunion.com
Estate Planning
• U.S. Financial Literacy & Education Com. www.mymoney.gov
• Money Matters for Older Adults www.ncoa.org
• FAQs, Amer. Bar Assc. www.abanet.org/rppt/public/home.html
• Taking Ownership of the Future, U.S. Financial Literacy and Education Commission www.treasury.gov/resource-center/financial-education/Pages/commission-index.aspx
Identity Theft (Fair Credit Reporting Act)
File an identity theft complaint with the Federal Trade Commission 877-382-4357, 866-653-4261 (TTY)
<https://www.ftc.gov/news-events/topics/identity-theft>
Illinois State Treasurer – Featured Programs www.treasurer.il.gov
Independent Community Bankers of America www.icba.org/
Life Events www.mymoney.gov
Birth or Adoption, College, Loss of a Job, Homeownership
Lifeline and Link-Up
Helps low-income households obtain local telephone services. Contact local telephone company or visit www.linkupillinois.org

TAX ASSISTANCE PROGRAMS
•Help prepare returns, refund inquires answers to questions about bills and IRS correspondence call the Problems Resolution Office at 800-829-1040 <https://besttaxreliefservices.com/sl11.html>
Illinois Dept of Revenue 800-732-8866, 800-544-5304 (TDD)
•TCE Tax Counseling for the Elderly offers free tax help to individuals age 60 or older. AARP Aide 888-687-2277 www.aarp.org/
• Tax credits available to qualified older adults and their caregivers. 800-829-3676, 800-829-4059 (TTY) www.irs.gov/
Tax Relief and Incentive Programs
• General Homestead, Homestead Improvement, Senior Citizens Homestead, Disabled Persons’ and Disabled Veteran’s Homestead Exemptions www.vita.byu.edu/
•Senior Citizens Real Estate Tax Deferral Program 880-732-8866, 800 544-5304 (TTY) or 217-782-3336 www.tax.illinois.gov
FOOD
Earnfare helps adults without dependants receive Food Stamps. This volunteering program gives opportunity to gain valuable work experience, earn cash assistance, and become self-sufficient. www.dhs.state.il.us/page.aspx?item=31772
Emergency Food
Resources include US Department of Agriculture (USDA) commodities and other donated foods at food pantries across the state. To find a food pantry, soup kitchen, or homeless shelter in your area, visit www.illinoisfoodbanks.org
Food Bank Finder
Locate the Feeding America food bank that serves your local community<http://www.feedingamerica.org/find-your-local-foodbank/>
Food Stamps
Help for low-income people and families to buy food for good health. 800-843-6154, www.dhs.state.il.us/
Nutrition and Wellness
<https://www.isbe.net/Pages/Nutrition-and-Wellness.aspx>
Senior Services of Central Illinois217-528-4035
www.centralilseniors.org
WIC – Women, Infants, and Children Program to help low to middle income pregnant women, new mothers, and children under 5 years old buy healthy foods. www.dhs.state.il.us/
GRANDPARENTS RAISING GRANDCHILDREN PROGRAM
Grandparents Raising Grandchildren works to locate assist and promote awareness of older caregivers who are currently raising their family’s children. 800-252-8966, 888-206-1327. (TTY).
www.dhs.state.il.us/
Mini O’Beirne Crisis Nursery “Emergency child care” (Birth through age 6) 217-525-6800 www.miniobeirne.org
GUARDIANSHIP
Office of State Guardianship serves as “guardianship of last resort” for individuals with disabilities when no other persons are available. 866-274-8023, 866-333-3362 (TTY) www.gac.state.il.us
HEALTH CARE
All Kids Complete health insurance for children 18 years of age and younger. 866-255-5437, 1-877-204-1012 (TTY) www.allkids.com
Comprehensive Health Insurance Program (CHIP)
CHIP Provides access to health insurance coverage to eligible Illinois residents who are denied major medical coverage due to a pre-existing condition or disability. 800-962-8384 www.chip.state.il.us
EyeCare America (For medical eye care).....877-887-6327 www.eyecareamerica.org
Family Care Illinois
Health insurance for parents and certain caretaker relatives living with children 18 or younger. 866-255-5437 www.illinois.gov

HEALTH CARE (Continued)
Health Benefits for Workers with Disabilities (HBWD) Program
IL residents 16 through 64 who have disability and are employed can purchase med benefits through Health Benefits for Workers with Disabilities (HBWD) www.hbwdillinois.com
Health Care Bureau
The Health Care Bureau responds to problems related to health care insurance plans. 877-305-5145, 800-964-3013 (TTY)
www.ag.state.il.us/consumers/healthcare.html
Health Support Products
•Daily Living Aids adapt to assist people with physical disabilities to perform daily tasks. Call Illinois Assistive Technology Program 217-522-7985, 800-852-5110 (TTY) www.ILtech.org/
•Durable Medical Equipment provides therapeutic benefits for certain medical conditions or illnesses. 217-787-9234 www.agelinc.org
HIV/AIDS – sexually transmitted diseases (STD)
•AIDS Drug Assistance Program (ADAP) 800-825-3518 <https://www.helpstopthevirus.com/>
•Illinois Cares Rx AIDS Drug Assistance...Call HIV/AIDS and STD Hot Line 800-243-2437 <https://www.helpstopthevirus.com/>
•**Home Care Ombudsman Program (HCO).....** 800-252-8966
<https://www2.illinois.gov/aging/>
HOSPICE
Hospice cares for terminally ill patients to manage pain and other symptoms but doesn’t cure the illness. <https://www.memorialhomeservices.com/>. 217/788-4663
<https://www.hshshomecarecentralil.org>: 217-525-5641
Safe Haven Hospice Inc. <https://www.safehavenhospice.com/>
Illinois Rx Buying Club <https://www.rxassistantprograms.com>
Helps save an avg of 24% on prescription drugs. 866-215-3463
Medical Assistance
•Apply for state Medical Card and Medical Savings Program. www.dhs.state.il.us click on “for customers”
•Medicare Part D – Social Security Administration www.ssa.gov
MEDICAID – Spousal Impoverishment
Allows a couple to divide their assets when one spouse needs Medicaid payment for nursing facility care or Community Care Program 800-252-8966, 888-206-1327 (TTY)
www.medicaid.gov/medicaid/eligibility/spousal-impoverishment/index.html
MEDICARE Benefits
For information on Medicare benefits 800-633-4227, 877-486-2048 (TTY) www.medicare.gov
Planned Parenthood
•Program offers counseling and medical assistance.
•Parent Help Line at www.plannedparenthood.org/illinois/
Prescription drug assistance and information
Illinois Benefits will provide answers and guidance to help you decide which drug benefits are best for your needs. www.illinoisbenefits.org/
Senior Health Assistance Program (SHAP)
This is a directory of agencies, organizations and support groups serving Illinois seniors and their caregivers. 800-252-8966
<https://www2.illinois.gov/services/AGE/shap>
Senior Health Insurance Program (SHIP)
To locate a site near you, 800-252-8966, 888-206-1327 (TTY)
Illinois Cares Rx provides state prescription drug assistance to people with and without Medicare. www.illinoiscaresrx.com/
Supplemental Security Programs
•Social Security Disability Income
Benefits paid to workers who cannot work due to illness or impairment.

HEALTH CARE Continued)

- Social Security Retirement Benefits

Benefits based on a person’s lifetime earnings.

- Social Security Income (SSI)

SSI is designed to help individuals age 65 or older, blind or disabled, who have little or no income. 800-772-1213 or visit www.ssa.gov

HOUSING

Assisted Living Facilities (ALFs)

Alternatives to nursing homes for older adults who are at risk if living alone but do not require nursing care.

www.idph.state.il.us/healthca/assisted_living_list.htm

Community Care Program

The Community Care Program helps older adults remain in their own homes who might otherwise need nursing home care 800-252-8966, 888-206-1327 (TTY).

<https://www.ccsciares.com/services/individualized-care/community-care-program-2/>

Foreclosure Counseling

Springfield Urban League (217) 789-0830 www.springfieldul.org

Homeless Prevention Program

Helps keep individuals and families in homes, shortens time they spend in shelters, and assists in securing affordable housing.

www.dhs.state.il.us/page.aspx?item=33132

Homeowners

- Homeowners Protection Act - Housing counseling, to qualify for additional 30-day grace period on foreclosure to work out payment plan or refinance options. For counseling agencies contact the IDFPR at 888-473-4858 www.idfpr.com/
- Mortgage Relief Project

Program to help lower mortgage payments and avoid foreclosure. Travels throughout State of Illinois, providing free housing counseling and info to avoid mortgage scams. 800-532-8785 <http://www.idfpr.com>

Homebuyer Education

Springfield Urban League (217) 789-0830 www.springfieldul.org

Home repair

Habitat for Humanity (217) 523-2710 www.habitatsangamon.com

- Handicap Ramps for homeowners

Homeowner education/home repair

Home repair fraud:

- The Attorney General investigates consumer fraud and crimes against the elderly; watch out for: *door-to-door sales people

- *solicitations for repair work from a company providing only a telephone number or Post office box number

- *sales people or contractors who offer to inspect your home free or ask you to sign a contract with blank spaces 800-243-0618, 877-844-5461 (TTY) www.ag.state.il.us/consumers/index.html

MORTGAGE ASSISTANCE

Illinois Foreclosure Prevention Network 855-533-7411

www.KeepYourHomeIllinois.org

Illinois Hardest Hit Program

<https://www.ihda.org/my-home/saving-my-home/>

NURSING

Nursing Facilities (SKILLED)

- Nursing home care to individuals needing 24-hr care without being in a hospital. 800-252-8966 (TTY) 888-206-1327 <http://dph.illinois.gov/topics-services/health-care-regulation/nursing-homes>

Nursing Home Complaint

Central Complaint Registry to record and investigate complaints regarding hospitals, nursing facilities, home health agencies, and treatment of patients. 800-252-4343, 800-547-0466 (TTY)

<http://dph.illinois.gov/topics-services/health-careregulation/complaints>

NURSING (Continued)

Residents Rights In Nursing Facilities

Protects advocates, promotes, investigates long term care facilities.

<https://acl.gov/programs/Protecting-Rights-and-Preventing-Abuse/Resolve-Residents-Complaints> Made by or on behalf of resident

<https://www.idfpr.com/Admin/Complaints.asp>

Reverse Mortgage (Counselors and Lenders)

For information or to locate a counselor contact the Dept on Aging Senior Help Line at 800-252-8966, 888-206-1327 (TTY)

Or visit the Housing and Urban Development (HUD) Web site: https://www.hud.gov/program_offices/housing/sfh/hcc/reverse_mortgages1

Senior Housing (subsidized)

Housing /Urban Development <https://www.hud.gov/>

Illinois Housing Development Authority (IHDA) 312-836-5200

312-836-5222 (TTY) www.ihda.org/

Springfield Supportive Living 522-8843 2034 E. Clear Lake Ave

www.springfieldsupportiveliving.com

Supportive Living Facilities www.slfillinois.com

Alternative to nursing home care for low-income older adults and persons with disabilities under Medicaid. 217 524-7245

Supportive Housing Programs

www.dhs.state.il.us/page.aspx?module=12

- Alcohol and substance abuse counseling and mental health programs helping to prevent people from becoming homeless.

ILLINOIS AREA AGENCIES ON AGING

- AgeLine Area Agency on Aging for Lincolnland 787-9234

2731 S. MacArthur Blvd. www.ageline.org

Illinois Dept on Aging serves older adults, their caregivers and grandparents raising grandchildren. 800-252-8966, 888-206-1327 (TTY) <https://www2.illinois.gov/aging/Pages/default.aspx>

ILLINOIS COALITION AGAINST DOMESTIC VIOLENCE

Illinois Coalition against Domestic Violence 217-789-2830

www.ilcadv.org (Referrals Only)

ILLINOIS DEPARTMENT OF HUMAN SERVICES

State’s lead agency serves individuals with disabilities.

800-843-6154, 800-447-6404 (TTY)

www.dhs.state.il.us/page.aspx?item=26897

ILLINOIS RELAY SERVICE

Illinois Relay Service allows people who are deaf, hard of hearing or voice impaired and use a teletypewriter (TTY), or who are deaf blind and use a Telebraille, to communicate with people who use a standard phone. For information, 800-841-6167 www.itactty.org

ILLINOIS STATE LIBRARY

Talking Book & Braille Service (TBBS). For those unable to read regular print. Provides free braille & audiobooks & playback equip. 800-426-0709 www.ilbph.org

ILLINOIS RESCUE AND RESTORE COALITION

Rescue and Restore coalition between Illinois Department Human Services (DHS) and federal government to combat labor and sex Trafficking in IL <http://www.dhs.state.il.us/>

LEGAL ASSISTANCE

Represents older adults in civil cases, estate planning and preparation of living wills and durable power of attorney forms. 800-252-8966, 888-206-1327 (TTY) www.state.il.us/

LEGAL SERVICES

ADVANCE DIRECTIVES 800-252-8966, 888-206-1327 (TTY)

- Durable Power of Attorney for Health Care
- Durable Power of Attorney for Property
- Living Will <https://ilaging.illinois.gov/>

LEISURE AND RECREATION

Camping Discount www.roadscholar.org

LEISURE AND RECREATION ((Continued)

Elderhostel not-for-profit offering short-term academic experiences for people over 55. 800-454-5768

Hunting and Fishing Licenses (Reduced-Rate)

217-782-2965 (Springfield) www.dnr.illinois.gov

National Parks’ American the Beautiful Senior Pass

888-275-8747 Ext 3 www.nps.gov

Senior Services of Central Illinois www.centralIllseniors.org

MAIL FRAUD

U.S. Postal Inspectors investigate any crime in which the U.S. Mail is used to further a scheme either by mail, telephone or on the Web.

<https://postalinspectors.uspis.gov/>

RAILROAD RETIREMENT

Pension payments for former railroad empls and their surviving spouses

. 877-772-5772, 312-751-4701(TTY) <https://rrb.gov/>

SANGAMON COUNTY CHILD ADVOCACY CENTER (CAC)

(Investigation of child sexual and physical abuse) ... (217).522-2241

HOT LINE.....800-252-2873

<https://co.sangamon.il.us/departments/a-c/child-advocacy-center>

SANGAMON COUNTY DEPT OF COMMUNITY RESOURCES

Sangamon County Department of Community Resources (SCCR).

SCCR provides human services to Sangamon County residents living at lower social and economic margins. (217) 535-3120.

<http://co.sangamon.il.us/communityresources>

SOCIAL SERVICES RESOURCE HOTLINE

www.referweb.net/Path/ 211 (Just dial 211) Social Services Hotline

SUICIDE PREVENTION

- Illinois Warm Line 866-359-7953
- Memorial Mobile Crisis Response..... 217-788-7070
- National Suicide Prevention Lifeline 988 (Just dial 988)

Suicide and Crisis Lifeline www.suicidepreventionlifeline.org

THE THRIFT SHOPPER

Online source for thrift store listings. Locate stores in your area.

www.TheThriftShopper.Com

TRANSPORTATION

Angel Flight Central Arranges free flights for people all ages in need throughout the Midwest. 866-569-9464. www.angelflightcentral.org

Driver Safety Information – Free Rules of the Road Review course.

For a schedule call 217-528-4035, 888-261-5238 (TTY)

www.cyberdriveillinois.com

Life Line Pilots (Free Flights in Midwest for Medical Needs)

www.lifelinepilots.org 800-822-7972

Medical Transportation and Escort www.aginglinc.org

People with Disabilities Ride Free <https://www2.illinois.gov/aging/BenefitsAccess/Pages/Ride-Free-Transit-Benefit.aspx>

Reduced Bus Fairs and Discounts www.aginglinc.org

Refresher course for over 50 www.aarp.org/families/driver_safety

Seniors Ride Free 8800-252-8966 888-206-1327

Senior Services of Central Illinois (Senior Transport) (217) 528-4035

www.centralIllseniors.org.

SMTD and Access Paratransit www.smtd.org

VETERANS CARE PROGRAM

Provides comprehensive, affordable healthcare to Illinois uninsured veterans age 19 through 64. 877-483-8779, 217-524-4645 (TTY)

www.illinoisveteranscare.com

VETERANS, WOMEN, SENIORS AND DISABLED

Health Benefits for Workers with Disabilities

Working individuals with a disability pay a low monthly premium and receive full medical benefits. 800-226-0768 www.hbwfillinois.com

IL Assistive Technology Program 701 N. Walnut 217-522-7985

(Promotes independent living through Technology.) Offers low cost loans to purchase devices and device loans, and a demo center to try AT.

VETERANS, WOMEN, SENIORS AND DISABLED (Cont)

Illinois Breast /Cervical Cancer Prgm free mammograms, breast exams, pelvic exams/Pap tests, with treatment to all uninsured IL women 35-64 regardless of income. 888-522-1282 www.cancerscreening.illinois.gov

Illinois Warrior Assistance Program. Assistance to Illinois Veterans as they transition back to their lives after serving our country.

866-554-4927 Illinois.gov

VOLUNTEER PROGRAMS

APL Animal Protective League (Looking for volunteers at 1001 Taintor Rd for APL.) 217-544-7387 www.apl.shelter.org

Foster Grandparent Program (FGP) Senior volunteers link up with disadvantaged youngsters. <https://onhopeunited.org/foster-grandparent-program>

Get Connected Volunteer Opportunites – United Way of Central Illinois <https://volunteer.uwcil.org>

Illinois Long-Term Care Ombudsman Volunteer

The program seeks volunteers to visit long-term care facilities to help residents resolve complaints. 800-252-8966, 888-206-1327 (TTY)

<https://ltombudsman.org/about/about-ombudsman>

Senior Services of Central Illinois www.centralIllseniors.org

OTHER RESOURCES

Faith Coalition for Common Good 2208 E Kansas 217-544-2297

fccg2208@gmail.com

Get Connected Volunteer Opportunities – United Way of Illinois

<https://volunteer.uwcil.org>

Grounds of Grace (Human trafficking).....314-472-5942

Services in human trafficking that include programs, training, education, awareness and survivor services.

www.groundsofgrace.com

Sangamon County Department of Public Health www.scdph.org


2833 South Grand Avenue East (217) 535-3100

WEBSITE

DIRECTORY

FOR

SANGAMON COUNTY



SANGAMON COUNTY DEPARTMENT OF COMMUNITY RESOURCES

2833 South Grand Avenue East C100

SPRINGFIELD, IL 62703

PHONE: 217-535-3120FAX: 217-535-3119

<http://co.sangamon.il.us/communityresources>

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