It is our pleasure to provide the Senior 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.
### VOLUNTEER SERVICES

CUVolunteer.org
Faith in Action 337-2022
Retired and Senior Volunteer Program (RSVP) 359-6500

### ADULT DAY SERVICES

Adult Day Care
- Champaign County Nursing Home 384-3784
- Circle of Friends 359-7937
- Illinois Knights Templar Home 379-2116

### CARE IN THE HOME

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

### DENTAL

- Champaign County Health Care Consumers 352-6533
- Promise Healthcare Dental Clinic 403-5477
- Parkland Dental Clinic
  - Cleaning free to adults 60+ 351-2221

### DISABILITY SERVICES

- Division of Rehabilitation Services 278-3500
- People Assuming Control of their Environment (PACE) 344-5433
EDUCATIONAL RESOURCES

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 333-7672

EMERGENCY SERVICES

Ambulance:
Carle Arrow 337-3911
Pro (OSF Heart of Mary Medical Center) 337-2911

Hospital Emergency:
Carle Foundation 383-3313
Presence Covenant 337-2131

Behavioral/Mental Health
Community Elements Crisis Line 359-4141

Elder Abuse (including neglect & financial exploitation)
Senior Resource Center 352-5100
Statewide Hotline 866-800-1409
TTY 800-544-5304

EMPLOYMENT

Experience Works 800-368-7569
Paid positions for non-traditional workers

Illinois WorkNet 278-5700

Center for Youth and Family Solutions
Tolono 689-1427
C-CARTS (Champaign County) 344-4287
CRIS Healthy-Aging Center
(Medicaid-insured for Champaign County) 217-355-1543
CRIS Rural Transit (Vermilion County) 344-4287
Faith in Action 337-2778
Mass Transit District (MTD) 384-8188
Senior Resource Center 352-5100
TRIP 855-477-8747
Veteran Transportation (Champaign to Danville) 424-1376

VETERANS SERVICES

Illinois Department of Veterans Affairs
Urbana 278-3388 or 278-3392
Illinois Veterans Care 877-483-8779
Veteran’s Assistance Commission 819-3556
Veterans Hotline 800-382-3000
Veterans Suicide Hotline 800-273-8255
**LEGAL ASSISTANCE**

Land of Lincoln Legal Assistance Foundation
Local 356-1351
Toll Free 800-747-5523
(See yellow pages under ElderLaw Attorney)

**MENTAL HEALTH/ SUBSTANCE ABUSE SERVICES**

Crisis Line 359-4141
The Pavilion Behavioral Health System 373-1700
Center for Youth and Family Solutions Senior Outreach 352-5179
Center for Youth and Family Solutions Good Samaritan program 689-1427
Rosecrance 398-8080
**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 (Presence Covenant) 337-2912
A Precious Cargo Carrier 419-5872

**EQUIPMENT-MEDICAL**

Apria Healthcare 356-7900
Carle Medical Supply 383-3487
Huey’s Home Medical 356-4839
MedServe Equipment Corp 355-7971
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 Medicaid (assistance for medical needs) 278-5605
Salvation Army 373-7827
License Plate Sticker Discount program
Regional Planning Commission 328-3313
CRIS Healthy-Aging Center 355-1543

**FOOD/MEALS/NUTRITION**

Community Service Center of Northern Champaign County 893-1530
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 INSURANCE**

Champaign County
Christian Health Center (appt. line) 402-5683
Champaign - Urbana Public Health 352-7961
Frances Nelson Health Center 356-1558
IL Health Benefit Hot Line 800-226-0768
Medicare (www.medicare.gov) 800-633-4227
TTY 877-486-2048

Senior Health Insurance Program (SHIP)
Local 328-3313, 337-2022, or 352-5100
State 800-252-8966
Social Security Extra Help (www.ssa.gov) 800-772-1213

**HOME REPAIRS, SAFETY, INSPECTION**

AMBUCS (wheelchair ramps) 398-8457
Regional Planning Commission (RPC)
Senior Repair Program 819-4079
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** 892-6824

**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
**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 - Senior Resource Ctr. 352-5100
Self Help Center 352-0099
Regional Planning Commission Senior Services 328-3313
Senior Helpline Illinois Department Of Aging 800-252-8966
Veteran's Hotline 800-382-3000