

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

**Serving Seniors since 1975**

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.**

Revised Sept 2019

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# **Senior Resource Guide**



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

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## 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
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### **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)  
SNAP (Food Stamps/LINK) 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