

Illinois Area Agencies on Aging – Resources Provided

What does an Area Agency on Aging do?

According to the Illinois Department on Aging Website (<https://www2.illinois.gov/aging/PartnersProviders/Pages/aaa-main.aspx>), Area Agencies have the primary task of planning and coordinating programs and services for older people in their respective areas. Area Agencies on Aging are not, typically, direct service providers. Area Agencies do, however, contract with local agencies which provide services to the older people who live in the same community

Southwest Illinois Area Agency on Aging (AGESMART)

Counties Served: Bond, Clinton, Madison, Monroe, Randolph, Saint Clair, and Washington

Phone: 618-222-2561

Or toll free 1-800-326-3221

Services Provided (Funded by OAA):

Information and Assistance

- Answers on Aging specialists provide assistance and information on resources and services available for individuals over the age of 60, caregivers, and persons with disabilities

Legal Assistance

- Includes research and education involving legal rights
- Legal advice
- Representation by an attorney, law student (supervised by an attorney), or paralegal professional (supervised by an attorney)

Nutrition

- Congregate meals at senior centers for those over the age of 60 and their spouses
- Home delivered meals to those over the age of 60 that meet eligibility requirements

Transportation

- Network of transportation providers that help seniors receive and acquire services or participate in activities

Caregiver Respite

- For individuals that live with and provide care to a person over the age of 60 and receives care based on an assessment that he/she cannot successfully complete two or more ADL's or is cognitively impaired
- The individual receiving care may be under the age of 60 if diagnosed with Alzheimer's disease or a related dementia

Adult Protective Services (1-866-800-1409)

- Identify potential abuse, exploitation, or neglect
- Investigate instances of abuse, exploitation, or neglect.

Help for Grandparents Raising Grandchildren

- Links to resources for grandparents raising their grandchildren
- Call for resources in the particular area needed

Wellness Programs

- Evidence-based, designed for those over the age of 60
- The goal is to help older adults age well the way they want to

Area Agency on Aging for Lincolnland

Illinois Counties Served: Cass, Christian, Greene, Jersey, Logan, Macoupin, Mason, Menard, Montgomery, Morgan, Sangamon, and Scott.

Phone: 217-787-9234

Or toll free: 1-800-252-2918

Services Provided:

Transportation

- Available to individuals for the purpose of participating in activities, attending events, acquiring/receiving services (including medical).

Legal Assistance

- Can be utilized by the representative of an older adult or the older individual themselves.
- Provides assistance and arranges for the resolution of civil (legal) matters and protection of legal rights
 - Includes research and education involving legal rights
 - Legal advice
 - Representation by an attorney, law student (supervised by attorney), or paralegal professional (supervised by an attorney).

Nutrition

- Home delivered meals to those that are ill or incapacitated so as to provide proper nutrition and reduce isolation.
- Congregate meals in an arranged location

Health Promotion and Disease Prevention Programs

- Fall prevention workshops entitled *Matter of Balance*
- Workshops designed to help manage and understand chronic conditions. Various subject matter discussed during these workshops (Take Charge of your Health)

Advocacy

- Long-Term Care Ombudsman Program
 - Operated by the Illinois Department on Aging

- Protects and aims to improve the quality of care for those in long-term care facilities in Illinois through advocacy efforts

Respite Care

- Temporary, substitute supports, or living arrangements to provide a period of rest/relief for caregivers.

Training and Education

- Helps individuals gain knowledge and skills tailored to their capabilities and interests
- Tailored specifically to older adult rights

Older Adult Abuse Multi-Disciplinary Team

- A group of volunteers that acts in a technical advisory role to an older adult abuse provider agency

Counseling

- To both individuals and groups
- Caregiver training
- Helps with solving problems related to a caregiver role or making major decisions

Access Assistance

- Connecting caregivers to resources and services available in the communities served
- Establish proper follow-up procedures to ensure success

Caregiver Respite

- Helps to delay institutionalization and provide a safe environment for older individuals
- Designed for those caring for individuals in a non-institutional setting
- Meets individual needs (individualized) for those
 - Over the age of 60 acting as informal caregivers
 - Anyone over the age of 60 caring for a child 18 years and under

Midland Area Agency on Aging

Illinois Counties Served: Clay, Effingham, Fayette, Jefferson, and Marion

Phone: 618-532-1853

Services Provided:

Discount on license renewals (\$75 off)

- Must be approved for discount prior to renewal

Legal Assistance

- Once a month an attorney comes to provide free legal advice and provide assistance with processing POA paperwork and wills.

Nutrition

- Congregate meals
- Home delivered meals (not available in all areas)

Assistance with Insurance and Prescription Plans

- Provided for free
- Questions answered by experts
- Assistance with the application process

Advocacy

- Protection against elder abuse
 - Formal complaints filed
- Long-Term Ombudsman representation
 - Rights of those in long-term care facilities protected

Respite

- Heartland Human Services provides this service for the Midland AAA
- Heartland Human Services may be reach at 217-347-7179
- Caregiver respite and resources provided

Support Groups

- Grandparents raising Grandchildren
- Others vary based on location

West Central Illinois Area Agency on Aging

Illinois County Served: Adams, Brown, Calhoun, Hancock, Pike and Schuyler

Phone: 217-223-5700

Or toll free: 1-800-252-9027

Services Provided:

Nutrition

- Home delivered meals
- Congregate meals at designated locations throughout the territory served
- Contact for locations and cost of either home delivered or congregate meals
 - Price is typically a recommended donation amount

Transportation

- Information about how to access public transportation (where available)
- A phone number is provided in each county served that may be contacted when an individual is in need of a ride (for non-emergency transport)
 - Cost of each trip provided prior to departure
 - Must pay on the day of service or a monthly statement will be sent
 - In Calhoun County, transportation provided by the Senior Citizens Council

Activities and Events

- Organized by individual clubs or the AAA

Quincy Senior and Family Resource Center

- This building houses different organizations and agencies that provide services to older individuals in the area
- Activities and programs occur here

- Can be rented for events, if desired
- Exercise room available (6-6, M-F)

Benefits access program

- Provides discount on license plate fee
- Ride free transit program

Income Tax Assistance

- Generally for low income (annual income below \$49,000)
- Free assistance and filing

Insurance Assistance

- Medicaid
- Medicare
- Supplemental insurance
- Local senior centers can help match you with the right coverage

Elder Service Officer - works with the West Central Illinois Case Coordination

- Investigate and responds to cases of elder abuse
- Designed to protect older adults living in Adams, Brown, Calhoun, Pike, Hancock, and Schuyler counties from abuse, neglect, and exploitation
- A case manager contacts the victim to determine what services are necessary to stop the abuse
- Provided at no charge to anyone over the age of 60

Employment

- The established employment program is referred to as Experience Works
- Designed for adults over the age of 55
- Older adults are placed in part time, non-profit agency positions

Exercise Programs

- Located at Quincy Senior Center
- Various types of exercise classes are available; consult the monthly calendar for times and dates

Home Rehabilitation Program – Designed to make homes safer and more accessible

- Availability based on location and available funding
- Funds provided through grants bestowed upon the AAA
- Applications can be made one time a year

Case Coordination Unit

- A professional will complete an assessment of the individual's needs and connect them with services that meet their needs.
 - Transportation
 - Homemaker services
 - Meals on wheels
 - Others

Retired and Senior Volunteer Program

- Acts as a liaison between non-profit agencies needing volunteers and volunteers
- A number of positions are available to accommodate many different talents and abilities