Illinois Cares RX continues to provide financial assistance with prescriptions to people 65 years of age or older as well as to people who have disabilities.

For the current year - 2012 - those who qualify for the program pay only $5.00 for preferred generic prescriptions, which are considered Tier 1 drugs. Depending on which Medicare D plan you are on, the cost of other tier drugs vary, but range from $5.00 to $20.00. Illinois Cares RX also pays the monthly premium for an individual's Medicare Part D plan and the yearly deductible, if there is one.

The income limit for Illinois Cares RX has been raised due to the new Federal Poverty Guidelines for 2012. The new income limit is now $22,340 for one person and $30,260 for a married couple or civil union.

Applications must be submitted before December 31, 2012.

Applications that are submitted on line are processed much faster than those that are submitted on paper through the mail. To apply for this program on line, visit the website [www.cbrx.il.gov](http://www.cbrx.il.gov)

If you have questions about Illinois Cares Rx or if you would like one of our case-workers to file an on-line application for you, call the Senior Resource Center at 352-5100.

**Dementia or Delirium?**

Delirium is a disturbance in mental abilities that results in a decreased awareness of one's environment and confused thinking. The onset is usually sudden, often within hours or a few days. It can be caused by many things, including infection or illness even if no fever other symptoms exist. Dementia is a loss of brain function affecting memory, thinking, language, judgment, and behavior. It is a slow process. If someone you know experiences a quick loss of mental functioning - whether or not they have been diagnosed with dementia - dementia is not the issue. Seek medical treatment.
**Diabetes - Type II**

More than one in every four Americans age 65 and older have diabetes.

- The average medical expenditures among people with diagnosed diabetes were 2.3 times higher than for those who did not have diabetes.

- Diabetes is the leading cause of kidney failure, nontraumatic lower-limb amputations, and new cases of blindness among adults in the United States.

- Diabetes is a major cause of heart disease and stroke.

- Diabetes is the seventh leading cause of death in the United States.

The American Diabetes Association has a great web site at diabetes.org. It will provide you with information on analyzing your risk of getting diabetes. If you go to their “diabetes basics” page there is a link to “New to Type 2” which provides a year long program for people newly diagnosed with diabetes. There are statistics, information on food and fitness, treatment, and other practical topics.

Watch for diabetes education programs coming soon in Champaign County!

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**AARP Tax-Aide Help**

Seniors age 60 and older and those with low-to-moderate incomes can get free help preparing their taxes again this year.

Stevick Senior Center
48 E. Main
Champaign

Monday, Wednesday, Thursday
9 a.m. - 4:00 p.m.

Tuesday
12:30 p.m. - 4:00 p.m.

Friday & Saturday
9:00 a.m.- noon

Volunteers are available through April 14. No appointments needed.

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**Aging & Wellness: Research to Practice**

*Save the Date!*

May 2, 2012
Carle Forum
611 West Park St.
Urbana, IL
8:00 a.m.- 4:30 p.m.

Topics will include such things as

- Positive Psychology
- Emotional Resiliency
- Legal Considerations
- Spirituality
- Relevant Exhibits

CEUs will be offered for many disciplines

Sponsored by the Senior Wellness Coalition of Champaign County, Carle Foundation Hospital, Continuing Education Institute of Illinois, and other local partners.
The Ins and Outs of Home Care

Have you ever felt confused about Home Care and what it involves? Many of us will find that we need some help in our homes at different times in our lives. It can be a bit overwhelming when we look at the different agencies and the levels of service each one offers.

Home Care is a simple phrase that encompasses a broad range of services from medical care to personal care and housekeeping. Choosing the home care services that are right for you is an important decision. This article is intended to help clarify the different types of home care services and how each is funded.

**Medicare covered Home Health Services** typically follow a hospitalization. These services are authorized by your physician and are offered when additional medical care is needed after you get home. This could involve having a skilled nurse come to your home to provide wound care or monitor a medical condition, but it may also involve having a physical, speech, or occupational therapist come to guide you with exercises that aid your recovery in your home. This care is typically paid by Medicare and provided under very specific medical guidelines.

**Non-Medical Home Care** is designed to assist individuals of any age with those activities at home that may become more difficult because of health concerns or challenges related to aging or disability. Non-medical home care support may be requested for a short period of time for recovery or acute needs, or for an ongoing length of time, and can be as little as a few hours a month or full days 7 days a week. As with all Home Care services, the specific support offered is determined individually based on the person’s needs. Home Care Assistants provide personal care including assistance with bathing, dressing, and grooming; walking, or exercise; light housekeeping; doing laundry and changing sheets; providing transportation to medical appointments and shopping or running errands; and preparing meals. Other types of support include companionship or respite for a caregiver, helping with reading mail, and even going out to lunch! These services are paid for privately, with long-term care insurance, or when eligible, through state support.

**Medical In-Home Care** involves care offered by nurses or therapists who are providing help in managing ongoing or temporary medical needs. Some of the frequent services offered from these medical professionals include medication set-up and monitoring, blood sugar testing, giving injections such as insulin or B12, providing catheter care, or doing dressing changes. This type of service can provide a nice transition of medical support when Medicare covered services are ending or a person is no longer eligible for Medicare covered Home Health. Typically, these services are paid privately or with long-term care insurance. Some supplemental insurance plans will cover this level of care also. It is always worth asking!

By Cindy Fraser, Home Support Coordinator
Clark-Lindsey Village

Next month in our Caring Together newsletter we’ll provide some tips for hiring home care support!
## Coming Up

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<thead>
<tr>
<th>Event</th>
<th>Date/Time</th>
<th>Location</th>
<th>Details</th>
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<tbody>
<tr>
<td><strong>Driver Refresher Course</strong></td>
<td>Wednesday, April 11, 1:30 – 3:30</td>
<td>Hayes Center, 1311 West Church Street, Champaign</td>
<td>No charge and no registration necessary. Contact Connie at 398-2580</td>
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<tr>
<td><strong>Stories from your Past</strong></td>
<td>Thursday, March 15, 1:30 to 3:00 P.M.</td>
<td>U of I Extension Office 801 N. Country Fair Dr, Ste. D Champaign</td>
<td>Many of us know very little about our family history. This workshop will help you understand the history and cultural aspects of storytelling while exploring ways to preserve individual and family stories for future generations. Also, learn about the importance of family keepsakes creating traditions that define and celebrate your family.</td>
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<tr>
<td><strong>Support for Grandparents Raising Grandchildren</strong></td>
<td>Tuesday, May 1, 10:00 - noon</td>
<td>Stevick Center, 48 East Main Street, Champaign</td>
<td>No charge and no registration necessary. Contact 359-6500</td>
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</tbody>
</table>

### Buy your garden seeds from Renee’s Garden and 25% of the order value will be donated to the Senior Resource Center.

**Here’s how it works:**
- Simply go to reneesgarden.com and choose your seeds.
- On the check out page, enter the code FR722B in the coupon code box.
- This is a year-round fundraiser, so order for spring, fall and holiday gifts.

We appreciate your support in our efforts to assist seniors & their families.

### Support for Grandparents Raising Grandchildren (and others raising relatives’ kids)

**352-5100**

Have you taken responsibility for raising your grandchildren (or the children of other relatives)? We can provide information about “the system,” assistance with applying for benefits for the children and yourself, personal support, educational opportunities. We can give you information about legal services, foster care, school regulations, and much more. You are providing a great service to these children in difficult times. We are here to help. Call the Caregiver Advisor for more information.

A service of the Senior Resource Center at Family Service

*One number to call for older adults and their families.*

### A Newsletter from the staff at Family Service Senior Resource Center

405 S. State Street
Champaign, IL 61820

Phone: 217-352-5100
Fax: 217-352-1910
E-mail: src@familyservicecc.org

Check out our web site

www.famservvcc.org