



Respite Resource Sheet

Below please find a brief list of potential respite resources. The quotes are taken directly from the provider's website, and the last word of the quote is linked, so you can easily access their website from there. A contact number is available below the description.

Illinois Department on Aging (IDoA)

“The Illinois Department on Aging helps older adults live independently in their own homes and communities. As the population ages, services and programs for older adults must evolve as well because longevity means more when quality of life is enhanced. To best serve older adults, we must also serve their families and teach younger people about the realities of aging, so many of our programs have an intergenerational emphasis. Working with Area Agencies on Aging, community-based service providers and older adults themselves, the Illinois Department on Aging strives to improve quality of life for current and future generations of older [Illinoisans](#).”

1-800-252-8966

PUNS/PAS/ISSA: Home-Based Waiver Services

“Home-Based Waiver Services are designed to support you in making progress toward and reaching desired outcomes, as documented in your Personal Plan. Services are also designed to keep you safe and well in your home or community. Funds are to be used for your support and [needs](#).”

PAS = Pre-Admission Screening

“The purpose of this program is to make necessary determinations regarding eligibility for services, to educate individuals and families in order to offer a choice of service arrangements, and to provide follow-up in a timely manner. The Pre-Admission Screening process collaborates with the consumer and his/her family and includes gathering relevant information to document the diagnosis of an intellectual disability, conduct assessments and evaluations, as well as the status of state and federal entitlements, and guardianship [status](#).”

PUNS Waiting List= Prioritization of Urgency of Need for Services

Serves as a waiting list for services and as a database state wide. By signing up for the PUNS waitlist, it ensures that the Department of Human Services and the State of Illinois is aware of your need for home based waiver assistance. PUNS agencies by [regions](#).

ISSA = Individual Service and Support Advocacy

“The ISSA service is designed to assist but not supplant the guardian and other appropriate advocates in fulfilling their responsibilities. Additionally, the ISSA case manager serves as an independent resource for consumers and families to clarify issues with providers or services such as possible changes in support levels and conflict resolution. The ISSA staff participates in the development of the Individual Service Plan (ISP), approves the ISP, and monitors its implementation as well as the general health, safety, and well-being of the [participant](#).”

773-867-4000

Crisis Nursery

“The Department of Human Service partners with crisis nurseries service providers to meet the needs of families who experience short-term crisis. Six nurseries in Illinois currently provide respite and short-term care for some of Illinois most fragile families, many who experience crisis due to lost employment, medical emergencies, violence, and family dysfunction. The goal of the crisis nursery program is to reduce parental stress, change parenting skills, and reduce the risk of child maltreatment. The families served often need family stabilization, child abuse prevention or other critical support [services](#).”

1. Crisis Nursery of Urbana, 1309 W. Hill Street, Urbana, Illinois 61801, Telephone (217) 337-2730
2. Mini O'Beirne Crisis Nursery, 1011 North 7th Street, Springfield, IL 62702, Telephone (217) 585-6800
3. Children's Home and Aid Society of Illinois/MotherHouse, Rockford, 910 2nd Ave. Rockford, Illinois 61104, Telephone (815) 962-4858
4. Children's Home and Aid Society of Illinois/Children's Foundation, Bloomington, 403 South State Street Bloomington, IL 61701, Telephone (309) 827-0374
5. Maryville Academy, 4015 N. Oak Park Avenue, Building B Chicago, IL 60634, Telephone (773) 205-3637
6. Crittenton Centers, Peoria, 442 W. John Gwynn Jr. Avenue Peoria, Illinois 61605, Telephone (309) 674-0105

Epilepsy

Epilepsy Services for Northern Illinois:

“Epilepsy Services is a small agency in Highland Park, Illinois, offering a program of counseling and psychotherapy for anyone affected by epilepsy. The program has been carefully designed to provide a range of entry points for those who will benefit from our services. Recent client feedback indicates an 87% improvement in overall functioning, medication compliance, self-esteem and [independence](#).”

847-433-8960

Epilepsy Foundation Greater Southern Illinois: (The Epilepsy Foundation is a Nationwide Resource)

“We are the Epilepsy Foundation. We exist to END EPILEPSY®. That means increasing awareness and changing the conversation around epilepsy, improving and saving lives through care, advocacy, research and new therapies, and education, and mobilizing everyone to take action. Our Mission Is To Lead The Fight To Overcome The Challenges Of Living With Epilepsy And To Accelerate Therapies To Stop Seizures, Find Cures, And Save Lives. For more than five decades, the Epilepsy Foundation has shone a light on epilepsy. The Foundation and its nationwide network of nearly 50 partners connects people to treatment, support and resources; leads advocacy efforts; funds innovative research and the training of specialists; and educates the public about epilepsy and [seizure first aid](#).”

“The Epilepsy Foundation of Greater Southern Illinois was founded in 1977 and offers services for those living in the lower 34 counties of the state of [Illinois](#).”

618-236-2181

Mental Health Resources through DHS

“As the State Mental Health Authority, the DMH is responsible for assuring that children, adolescents and adults, throughout Illinois, have the availability of and access to public-funded mental health services for those who are diagnosed with a mental illness or emotional disturbance and an impaired level of functioning based on a mental health assessment. Service delivery in DMH is provided within [five geographically organized service Regions](#), through 162 community mental health centers/agencies (called 'Providers'), 27 community hospitals with psychiatric units and seven state-operated hospitals, the latter containing both civil and forensic beds. The DMH also provides statutorily required treatment services for sexually violent persons through its Treatment and Detention [Facility](#).”

[Office locator](#) is linked.

312-814-5050

Division of Rehabilitation Services (DRS)

“DHS's Division of Rehabilitation Services is the state's lead agency serving individuals with disabilities. DRS works in partnership with people with disabilities and their families to assist them in making informed choices to achieve full community participation through employment, education, and independent living [opportunities](#).”

800-447-6404

Family Caregiver Alliance

“The mission of Family Caregiver Alliance (FCA) is to improve the quality of life for family caregivers and the people who receive their care. For over 40 years, FCA has provided services to family caregivers of adults with physical and cognitive impairments, such as Parkinson's,

stroke, Alzheimer's and other types of dementia. Our services include assessment, care planning, direct care skills, wellness programs, respite services, and legal/financial consultation vouchers. Ongoing support is available with FCA, also now on a digital service platform. FCA is a longtime advocate for caregivers in the areas of policy, health and social system development, research, and public awareness, on the state, national and international [levels](#)."

[Family care navigator](#) in Illinois is linked.

800-445-8106

National Alliance for Caregiving

"Established in 1996, the National Alliance for Caregiving (NAC) is a 501(c)(3) non-profit coalition dedicated to improving quality of life for friend and family caregivers and those in their care, by advancing research, advocacy, and innovation. In advancing our mission, NAC conducts research, does policy analysis, develops national best-practice programs, and works to increase public awareness of family caregiving issues. We recognize that family caregivers provide important societal and financial contributions toward maintaining the well-being of those in their care. In addition to national research and advocacy, NAC provides technical assistance to a national network of caregiving coalitions representing nearly 30 states and localities in the United States and serves as Founder and Secretariat for the International Alliance of Carer Organizations ([IACO](#))."

202-918-1013

National Alliance on Mental Illness (NAMI)

"NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better [lives](#)."

Helpline: 800-950-NAMI

Grandparents Raising Grandchildren

The Grandparents raising Grandchildren program is run through the Illinois Department on Aging. "In Illinois, there are 220,088 children under the age of 18 are living in a grandparent-headed home. More than 100,000 grandparents are caring for their grandchildren. The Illinois Department on Aging, in cooperation with the Illinois Task Force on Grandparents Raising Grandchildren, works to locate, assist and promote awareness of older caregivers who are currently raising their family's [children](#)."

1-800-252-8966

The ARC of Illinois

“The Arc of Illinois truly believes that we are all people first and because of that, regardless of any developmental or intellectual differences, everyone deserves the same rights and opportunities. In order to do this we regularly host events that bring in family members, self advocates, and professionals in the field to educate them on the latest and best practices. The Arc of Illinois also provides updates on a daily basis on all issues involving individuals with intellectual and developmental disabilities. In addition to this, The Arc of Illinois has many different programs that are there to provide a plethora of resources to help each family member, advocate, and professional with their [questions](#).”

815-464-1832