



Healthy-Aging
Center

Learn how to age healthy and independent with CRIS!

Our mission is to keep older adults safe, healthy, and independent in their own homes for as long as possible.

Do you have questions about:

- Medicare
- Medicaid
- Caregiving support and respite
- Legal rights
- Food assistance
- Transportation

Take a look at the back of this card to see what benefits you may qualify for and call CRIS at 217-355-1543 for more information!



Check off the items you'd like to learn more about and call CRIS today!

MEDICARE

- Benefit checkup to avoid penalties
- Long-term care options
- Senior Health Insurance Program (SHIP)
- Medicare Savings Programs (MSP)

MEDICAID

- Home & Community Based Services
- Emergency Home Response
- Medication Management
- Spousal Impoverishment (SPI)

CAREGIVER ASSISTANCE

- Respite care
- Support groups
- Education and counseling
- Legal rights and resources, including guardianship

HOME, UTILITY, & FOOD ASSISTANCE

- Homemaker Assistance
- Low Income Home Energy Assistance Program (LIHEAP)
- Supplemental Nutrition Assistance Program (SNAP)
- FREE Lifeline cellular phones and medical alert systems
- Weatherization assistance
- Low-cost internet service
- License plate discount
- Emergency food assistance
- In-home flu vaccine
- Home-delivered and congregate meals

MONEY MANAGEMENT

- Budgeting assistance
- Help balancing checkbook
- Creating a system to pay your bills
- Fraud prevention

TRANSPORTATION SERVICES

- Rides to medical appointments
- MTD Transportation

CONTACT US



1606 Willow View Rd
Suite 1E
Urbana, IL 61802

217-355-1543
AgeStrong.org
info@AgeStrong.org