



Michigan Disability Resources

Affordable Care Act (ACA)

To get coverage under the ACA, go to <https://www.healthcare.gov/> to find out more about the Health Insurance Marketplace and the options available in your state.

Aging Resources

Aging and Disability Resource Centers/ No Wrong Door

<https://www.n4a.org/adrcs>

<https://www.acl.gov/node/413>

Call Eldercare Locator Toll-free 1-800-677-1116 to find the ADRC in your area.

The No Wrong Door (NWD) System initiative is a collaborative effort of the ACL, the Centers for Medicare & Medicaid Services (CMS), and the Veterans Health Administration (VHA). The NWD System initiative builds upon the Aging and Disability Resource Center (ADRC) program and CMS' Balancing Incentive Program No Wrong Door requirements that support state efforts to streamline access to long-term services and support (LTSS) options for older adults and individuals with disabilities. NWD Systems simplify access to LTSS and are a key component of LTSS systems reform.

The Aging and Disability Resource Center Program (ADRC) is a collaborative effort of the U.S. Administration for Community Living (<http://www.hhs.gov/acl/index.html>) (including AoA (<http://www.aoa.gov/>) as of April 2012) and the Centers for Medicare & Medicaid Services (CMS) (<http://www.cms.hhs.gov/>). ADRCs serve as single points of entry into the long-term supports and services system for older adults and people with disabilities. Sometimes referred to as a "one-stop shops" or "no wrong door" systems, ADRCs address many of the frustrations consumers and their families experience when trying to find needed information, services, and supports. Through integration or coordination of existing aging and disability service systems, ADRC programs raise visibility about the full range of options that are available, provide objective information, advice, counseling and assistance, empower people to make informed decisions about their long term

supports, and help people more easily access public and private long term supports and services programs. Click on your state to find state and local ADRCs.

The core functions of an ADRC are 1) information, referral and awareness, 2) options counseling, advice and assistance, 3) streamlined eligibility determination for public programs, 4) person-centered transitions, 5) quality assurance and continuous improvement. ADRCs perform these functions by integrating, coordinating, and strengthening different pieces of the existing long term supports and services systems, including Area Agencies on Aging, Centers for Independent Living, state and local Medicaid offices, and other community-based organizations.

**Aging & Adult Services Agency
Department of Health and Human Services**

<http://www.michigan.gov/osa>

Mailing Address: P.O. Box 30676

Lansing, MI 48909

Physical Address:

333 South Grand Avenue,
4th Floor

Lansing, MI 48933

Phone: 517-241-4100

Email: AASAINfo@michigan.gov

Area Agencies on Aging Association of Michigan

<https://4ami.org/>

6105 W. St. Joseph Hwy. Suite 204

Lansing MI 48917

Phone: 517-886-1029

Email: info@4ami.org

Michigan Area Agencies on Aging by County

<http://www.aaanm.org/area-agencies-on-aging-michigan/>

National Center on Elder Abuse (NCEA)

<https://ncea.acl.gov/>

Funded by the Administration for Community Living, the NCEA disseminates elder abuse information to professionals and the public and provides technical assistance and training to states and to community-based organizations.

Arts And Creativity

Michigan Arts Access

<https://miartsaccess.org/>

111 East Kirby St

Detroit, MI 48202

Email: info@miartsaccess.org

Assistive Technology

Great Lakes ADA Center (covers Michigan)

<http://www.adagreatlakes.org/>

University of Illinois at Chicago

Institute on Disability & Human Development (MC 728)

1640 W. Roosevelt Rd, Room 405

Chicago, IL 60608

Phone: 312-413-1407

Toll free: 800-949-4232

Great Lakes Loan Closets

<https://loanclosets.org/>

Email: janice@loanclosets.org

A directory of loan closets by county, operated by Great Lakes Loan Closets(<http://greatlakesloanclosets.org/>). Great Lakes Loan Closets is designed to help residents of Michigan (<http://michiganloanclosets.us/>), Wisconsin (<http://www.loanclosets.org/wisconsin/>) and Northern Indiana (<http://michiganloanclosets.us/northernIndiana/>) find free or low-cost home medical equipment in their communities.

Michigan Assistive Technology Program- Michigan United Cerebral Palsy

<https://www.ucpmichigan.org/assistivetech>

1325 S. Washington Ave

Lansing, MI 48910

Phone: 517-203-1200

Email: MATLFund@mi-ucp.org and attech@mi-ucp.org

Caregivers Information

Caregiver.com

<https://caregiver.com/>

3920 Riverland Road

Fort Lauderdale, FL 33312

Tel: (954) 893-0550, 1-800-829-2734

Email: info@caregiver.com

Community-Based Fitness Programs

Level Eleven 11 Physical Therapy (5 locations)

www.level11pt.com

10483 Dixie Hwy

Holly, MI 48442

Phone: 810-771-7686

1030 W Highland Rd

Howell, MI 48843

Phone: 517-546-9000
5815 Bay Rd.
Saginaw, MI 48604
Phone: 989-799-6885

13331 15 Mile Rd
Sterling Heights, MI
Phone: 586-978-0376

3420 West Rd
Trenton, MI 48183
Phone: 734-671-1923

Level Eleven's approach to rehabilitation focuses on long-term success through a network of resources including specialized therapies, customized home medical equipment, professional at-home care, reliable transportation services, and access to adapted recreational activities.

The Recovery Project

<http://www.therecoveryproject.net/>

11878 Hubbard Street
Livonia, Michigan 48150
Phone: 855-877-1944, 734-953-1745

The Recovery Project is a rehabilitation practice that provides rehabilitation to people with spinal cord injuries, traumatic brain injuries, neurological disorders and other conditions. It has offices in Macomb and Livonia.

Strength Training and Recovery (STAR Rehab)

www.STARrehab.com

859 Health Park Blvd.
Grand Blanc, MI 48439
Phone: 810-344-9810

Email: Info@starrehab.com

STAR Rehab is an intensive evidence-based physical therapy program that specializes in spinal cord injury (SCI) as well as amputees. They take traditional rehabilitation out of the institutional setting and integrate individuals back into a societal setting through a fully accessible community-based health club.

Walk the Line Recovery Therapy

<https://walk-the-line-recovery-therapy.websitepro.hosting/>

23800 West 10 Mile Rd, Suite 193
Southfield, MI 48033
Phone: 248-827-1100

Email: erica.c@wtlrecovery.com

Community Health Centers

Michigan Primary Care Association

www.mpca.net

7215 Westshire Drive

Lansing, MI 48917

Phone: 517-381-8000

Email: info@mpca.net

Community Health Centers are non-profit organizations providing health care to those with insurance and without. All sites offer primary care and many offer specialty care as well. There is no residency requirement; individuals can receive services at any facility of their choosing, with over 1,200 health centers in 8,000 rural and urban communities across the nation. Sliding-scale fees based on family size, income, and insurance status ensure that anyone who uses a Community Health Center can receive quality care regulated by federal standards. Please call the state association listed above to find a Community Health Center in your local area.

Health Resources and Services Administration (HRSA): Find a Health Center

<http://findahealthcenter.hrsa.gov/>

HRSA Health Centers care for you, even if you have no health insurance – you pay what you can afford based on your income. Health centers provide services that include checkups when you are well, treatment when you are sick, complete care when you are pregnant, and immunizations and checkups for your children. Some health centers also provide mental health, substance abuse, oral health, and/or vision services. Contact the health center organization directly to confirm the availability of specific services and to make an appointment.

Crime Victim Assistance

Division of Victim Services

Michigan Department of Health and Human Services

http://www.michigan.gov/mdch/0,1607,7-132-54783_54853---,00.html

Mailing Address

Office of Inspector General

PO Box 30062

Lansing, MI 48909

Physical Address

333 S. Grand Ave

P.O. Box 30195

Lansing, Michigan 48909

Phone: 1-517-241-7373

Email: MDHHS-Michigancrimevictim@michigan.gov

Victim Compensation & Assistance

877-251-7373 (for victims only)

Domestic Violence Help

National Domestic Violence Hotline: 1-800-799-SAFE (7233)

National Resource Center on Domestic Violence: 800-537-2238

Statewide Hotline: 1-800-996-6228

The Michigan Coalition to End Domestic & Sexual Violence

<http://www.mcedsv.org/>

Okemos Office:

3893 Okemos Road Suite B2

Okemos, MI 48864-4209

Phone: 517-347-7000

TTY: 517-381-8470

Email: general@mcedsv.org

S.A.F.E Place

<http://www.safeplaceshelter.org/>

P.O. Box 199

Battle Creek, MI 49016

24-Hour Helplines: 888-664-9832 and 269-965-SAFE (7233)

Business Phone: 269-965-6093

Email: info@safeplaceshelter.org

S.A.F.E. Place believes that people are best able to make their own choices leading to the safest outcomes for their unique situation. Staff encourage survivors to explore their choices while learning of new resources. In doing so survivors become confident and empowered. Staff always remain non-judgmental when working with survivors because we realize each person's life should be self-determined. The programs offered are voluntary and free of charge. A survivor may choose to participate in any, all, or none of the programs. Survivors may change their mind whenever they would like to and can be assured that their values, lifestyles and life choices will be honored.

This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

Easter Seals Offices

Michigan Easter Seals Offices

<http://www.easterseals.com/connect-locally/?state=MI>

2399 E. Walton Blvd.

Auburn Hills, MI 48326

Phone: 248-475-6400

go to search by state, drop down to Michigan

Easter Seals offers services to children and adults with disabilities and special needs. The programs Easter Seals offers include autism, children's, adult and senior specific services, employment & training, medical rehabilitation, as well as camping & recreation opportunities. Services may vary by location.

Government Offices

Michigan State Website

<http://www.michigan.gov/>

Michigan Department of Health & Human Services

<https://www.michigan.gov/mdhhs/>

333 S. Grand Ave.

P.O. Box 30195

Lansing, MI 48909

Phone: 517-241-3740

Michigan Department of Civil Rights

<http://www.michigan.gov/mdcr>

Service Center

3054 West Grand Boulevard

Suite 3-600

Detroit, MI 48202

Phone: 313-456-3700

Toll-Free: 800-482-3604

TTY: 877-878-8464

Email: MDCRServiceCenter@michigan.gov

Michigan Rehabilitation Services

https://www.michigan.gov/leo/0,5863,7-336-94422_97702---,00.html

Michigan Department of Labor and Economic Opportunity

Physical Address:

105 W. Allegan St.

Lansing, MI 48933

Mailing Address:

Dept. of Labor and Economic Opportunity

c/o LARA Mail Services

2407 N. Grand River Avenue

Lansing, MI 48906

Phone: 517-241-5324

Toll Free: 1-800-605-6722

Email: mrs-customerassistance@michigan.gov

Michigan Medicaid Office

http://www.michigan.gov/mdch/0,1607,7-132-2943_4860---,00.html

Michigan Department of Health & Human Services

333 S. Grand Ave

P.O. Box 30195

Lansing, Michigan 48909

Phone: 517-241-3740

Michigan SCHIP Program (State Children's Health Insurance Program)

http://www.michigan.gov/mdch/1,1607,7-132-2943_4845_4931---,00.html

MiChild

333 S. Grand Ave
P.O. Box 30195
Lansing, Michigan 48909
Phone: 517-241-3740
Toll Free: 1-888-988-6300
TTY: 1-888-263-5897

Healthy Kids

http://www.michigan.gov/mdch/0,1607,7-132-2943_4845_5035-17752--,00.html

Phone: 888-988-6300
TTY: 888-263-5897

Healthy Kids is a program that provides a wide range of health care coverage and support services for qualifying pregnant women, babies and children under age 19.

Michigan SHIP Program (State Health Insurance Information Program - for Seniors)

Michigan Medicare/Medicaid Assistance Program Inc.

www.mmapinc.org

6105 W. Joe Hwy. Suite 204

Lansing, MI 48917

Phone: 1-800-803-7174 (to contact a MMAP counselor)

Provides free info to seniors on Medicare and Medicaid.

Michigan Services for Seniors

http://www.michigan.gov/mdch/0,1607,7-132-2943_4857---,00.html

The Michigan Developmental Disabilities Council

http://www.michigan.gov/mdch/0,4612,7-132-2941_4868_4897---,00.html

Lewis Cass Building

Garden Level

320 S. Walnut Street

Lansing, MI 48933

Phone: 517-335-3158

TDD: 517-335-3171

Email: mdch-dd-council@michigan.gov

Worker's Disability Compensation Agency

<http://www.michigan.gov/wca>

Physical Address:

2501 Woodlake Circle

Okemos, MI 48864

Mailing Address:

Michigan Department of Labor and Economic Opportunity

Workers' Disability Compensation Agency

P.O. Box 30016

Lansing, MI 48909

Phone: 1-888-396-5041

Email: wcinfo@michigan.gov

Find your **elected officials** to contact them on legislation that is important to you. Each member of Congress maintains at least one office in his or her home state or district. Most have multiple offices throughout the state or district. These offices are designed for direct contact with constituents (that's you!). This is your opportunity to advocate and make your voice heard in Congress without traveling to Washington, DC. Congressional offices are also a great resource for handling problems with federal agencies. You have a constitutionally guaranteed right to petition your government, and home offices provide you an opportunity to use that right.

<http://www.house.gov/representatives/find/>

<http://whoismyrepresentative.com/>

State Long-Term Care (LTC) Ombudsman

<http://mltcop.org/>

Mailing Address:

15851 S. US 27, Suite 73

Lansing, MI 48906

Phone: 517-827-8040

Toll Free: 1-866-485-9393

The mission of the state long-term care ombudsman is to protect the health, safety, welfare and rights of the elderly in nursing homes, assisted living facilities and other facilities.

Housing

Housing and Urban Development Offices (HUD)

www.hud.gov

HUD is the government office which offers information on public housing, buying a home, renting, discrimination, FEMA related housing, and more. HUD also provides a list of housing counselors as well as information on ways to avoid foreclosure. To find your local HUD office, please click on the "State Info" tab across the top bar, then click on your state, then click on "contact my local office". If you want info on public housing, click here: https://www.hud.gov/program_offices/public_indian_housing/pha/contacts and choose your state from the drop down box.

211

www.211.org

211 can help people find emergency shelters for individuals and families in crisis. Learn about programs that offer rental assistance, subsidized housing, and housing vouchers that can help families, the elderly and disabled individuals pay for housing.

Independent Living

ILRU: State Independent Living Councils (SILCs)

Michigan Statewide Independent Living Council

<http://www.ilru.org/projects/silc-net/silc-directory>

<http://misilc.org/>

PO Box 71

Middleville, MI 49333

Phone: 833-808-7452 (Toll free)

Independent Living Research Utilization's directory of Independent Living Centers

<http://www.ilru.org>

National Council on Independent Living (NCIL)

<http://www.ncil.org/>

Physical Address:

2013 H St. NW, 6th Floor

Washington, DC 20006

Mailing Address:

PO Box 31260

Washington, DC 20030

Phone: 202-207-0334

Toll-free: 1-844-778-7961

Email: ncil@ncil.org

The National Council on Independent Living is the longest-running national cross-disability, grassroots organization run by and for people with disabilities. Founded in 1982, NCIL represents thousands of organizations and individuals including: individuals with disabilities, Centers for Independent Living (CILs), Statewide Independent Living Councils (SILCs), and other organizations that advocate for the human and civil rights of people with disabilities throughout the United States.

Library Services

Braille and Talking Book Library

https://www.michigan.gov/leo/0,5863,7-336-94422_28313_54234---,00.html

702 W Kalamazoo St.

PO Box 30007

Lansing, MI 48915

Phone: 517-284-2880

Toll Free: 800-992-9012

Email: BTBL@michigan.gov

<http://wlbpd.aadl.org/wlbpd>

Washtenaw Library for the Blind and Print Disabled at AADL

343 South Fifth Ave.

Ann Arbor, MI 48104

Phone: 734-327-4224

KDL Talking Book & Braille Center

<https://kdل.org/tbbc/>

Wyoming Branch Library

3350 Michael SW
Wyoming, Michigan 49509
Phone: 616-647-3988
Email: tbbcstaff@kdl.org
<http://www.tadl.org/lbph/about>
Traverse Area District Library-Talking Book Library
610 Woodmere Ave.
Traverse City, MI 49686
Phone: 231-932-8558
Toll Free: 877-931-8558
Email: tbl@tadl.org

St. Clair County Library

<http://www.stclaircountylibrary.org/>
Library for Assistive Media and Talking Books (LAMTB)
210 McMorran Boulevard
Port Huron, MI 48060
Phone: 810-982-3600
Toll Free: 800-272-8570
Email: LBPHStaff@stclaircounty.org

Northland Library Cooperative

<http://nlc.lib.mi.us/>
Physical Address:
220 W. Clinton St.
Charlevoix, MI 49720
Mailing Address:
900 Evergreen Court
Petoskey, MI 49770
Phone: 231-855-2206
Email: ladams@northland.lib.mi.us

Muskegon Area District Library for Visually and Physically Disabled

http://www.madl.org/index.php?option=com_content&view=article&id=5&Itemid=6
4845 Airline Rd. - Suite 5
Muskegon, MI 49444
Phone: 231-737-6310
Toll Free: 877-569-4801

Macomb Library for the Blind and Print Disabled

<https://cmpl.org/mlbpd/>
40900 Romeo Plank
Clinton Twp., MI 48038
Phone: 586-286-1580
Toll Free: 855-203-5274

NeuroRecovery Network (NRN)

The NRN is a network of rehab programs designed to provide locomotor (treadmill) training to promote functional recovery and improve the health and quality of life for people living with paralysis. The program is for people with spinal cord injuries. The NRN is a program of the Reeve Foundation. There is no NRN center in this state but if you are interested in finding one outside of this state, please go to www.ChristopherReeve.org/NRN.

Peer Support Programs

Christopher & Dana Reeve Foundation's Peer & Family Support Program (PFSP)

www.ChristopherReeve.org/Peer

636 Morris Turnpike, Suite 3A

Short Hills, NJ 07078

Phone: 800-539-7309

Email: Peer@ChristopherReeve.org

The Peer & Family Support Program (PFSP) is the Reeve Foundation's national peer-to-peer mentoring program. The goal of PFSP is to provide critical emotional support, as well as, local and national information and resources to people living with paralysis, and their families and caregivers. When possible, the program matches people with paralysis with certified peer mentors who are of similar age, location, gender, and level of injury or type of paralyzing condition. The Reeve Foundation's Quality of Life Grants program gives out grants to peer support groups (amongst other groups) that are associated with a non-profit organization. If you represent a non-profit organization looking for a Quality of Life grant, please see: www.ChristopherReeve.org/go for more info on qualifying and applying.

Protection and Advocacy

Disability Rights Michigan

<https://www.drmich.org/>

4095 Legacy Parkway

Lansing, MI 48911-4264

Phone: 517-487-1755, 800-288-5923

Phone/TDD: 517-374-4687

Michigan Disability Rights Coalition

<https://www.copower.org/>

3498 East Lake Lansing Road, Ste 100

East Lansing, MI 48823

Toll-free/ TTY: 800-578-1269

Phone: 517- 333-2477

Email: MDRC@mymdrc.org

Service Dogs

Wolf Packs Inc.

<http://www.wolfpacks.com/>

1940 Soda Mountain Rd
Ashland, OR 97520
Phone: 541-482-7669
Email: traildog@wolfpacks.com

Sterling Service Dogs

<http://www.sterlingservicedogs.org>
3715 E. Fifteen Mile Rd.
Sterling Heights, MI 48310
Phone: 586-883-2810
Email: sterlingservicedogs@gmail.com

Paws With A Cause

<http://www.pawswithacause.org/>
4646 Division Ave S
Wayland, MI 49348
Phone: 616-877-7297
Email: paws@pawswithacause.org

Southeastern Michigan Regional Office

3208 Crooks
Royal Oak, MI
Phone: 616-877-7297
Email: paws@pawswithacause.org

Sports and Recreation

Athletes with Disabilities Network

<https://www.facebook.com/adnpage/>
2845 Crooks Rd
Rochester, MI 48309
Phone: 248-829-8353
Email: info@adnpage.org

ADN's mission is to promote a better quality of life for people with physical disabilities by creating awareness and offering opportunities to get involved with athletic, recreational and educational activities nationwide.

Cannonsburg Challenged Ski Association

<http://www.skiccsa.org/>
P.O. Box 352
Ada, MI 49301
Phone: 616-226-3970
Email: info@skiccsa.org

Challenge Mountain

<https://challengemtn.org/>

Mailing Address:

PO Box 764

Boyne City, MI 49712

Physical Address:

2205 N Springbrook Rd

Boyne Falls, MI 49713

Lodge Phone: 231- 535-2141

Program Director: Linda Armstrong

Offers adaptive sports year round including winter sports.

IKUS: Indian Trails Camp

O-1859 Lake Michigan Dr. NW

Grand Rapids, MI 49534

Phone: 616-677-5251

Email: info@ikuslife.org

Brings fun, adaptive recreation, friendship and acceptance to each camper so that they can learn perseverance, teamwork, and self-reliance.

Mary Free Bed Rehabilitation Hospital: Wheelchair & Adaptive Sports Program

<http://www.maryfreebed.com/sports>

235 Wealthy Street, SE

Grand Rapids, MI 49505

Phone: 616-840-8356

Email: sports@maryfreebed.com

Michigan Adaptive Sports

<http://www.michiganadaptivesports.com/>

4301 Orchard Lake Road

Suite 180/B 200

West Bloomfield, MI 48323

Email: michiganadaptivesports@gmail.com

Michigan Sports Unlimited, Inc.

<http://www.misportsunlimited.com/about/mission.asp>

PO Box 200

Essexville, MI 48732

Phone: 989-771-5530

Strength Training and Recovery (STAR Rehab)

www.STARrehab.com

859 Health Park Blvd.

Grand Blanc, MI 48439

Phone: 810-344-9810

Email: Info@starrehab.com

STAR Rehab offers sport clinics monthly and offers an adaptive sport scholarship of \$3600.

Kentwood Adaptive Recreation

http://www.kentwood.us/city_services/city_departments/parks_and_recreation/adaptive.php

Kentwood City Hall
Mailing Address:
4900 Breton Ave. SE
Kentwood, MI 49508
Mailing Address:
PO Box 8848
Kentwood, MI 49518
Phone: 616-656-5270

Oakland County Parks: Adaptive Recreation

<https://www.oakgov.com/parks/recreation/Pages/Adaptive-Recreation.aspx>

1200 N. Telegraph Road
Pontiac, MI 48341
Phone: 248-221-8040
Toll Free: 888-350-0900
Email: Adaptive@oakgov.com

Think Beyond the Chair

<https://thinkbeyondthechair.org/>

P.O. Box 70997
Rochester Hills, MI 48307
Phone: 248-247-8118
Email: Info@thinkbeyondthechair.org

The vision encompassed by Think Beyond the Chair is to provide social activities, events, support and advocacy for people with disabilities. We recognize the importance of ADA compliance and support the goal of universal accessibility. We strive to build confidence, independence and role models.

Disability Services Resource Center

<http://www.dsrbcc.org/>

1820 N Trumbull Dr
Bay City, MI 48708
Phone: 989-895-5444

Disability Services Resource Center (DSRC), formally known as the Bay County Society for Crippled Children and Adults, was founded in 1933 and is dedicated to helping people with disabilities. Our mission is to serve individuals who are temporarily or permanently disabled with awareness, support and recreational opportunities. We believe that all people, regardless of their ability or disability, should have the opportunity to experience the rich rewards of daily living

United Way Offices

United Way Worldwide

[Http://www.unitedway.org](http://www.unitedway.org)

National Headquarters
701 North Fairfax Street
Alexandria, VA 22314
Phone: 703-836-7112

Enter postal code for a United Way office in your area
United Way focuses on education, financial stability and health to impact the lives of millions. United Way raises awareness surrounding key issues, provides financial and one-on-one assistance to those who need it most, and promotes social and policy change that helps strengthen people and their communities.

Veteran Benefits

Veterans Administration: Facility Locator

<https://www.va.gov/directory/guide/home.asp>

Veterans Integrated Service Network (VISN) 10: Ann Arbor Satellite Office

<http://www.visn10.va.gov/>

2215 Fuller Rd
Ann Arbor, MI 48105
Phone: 513-247-4610

VA Ann Arbor Healthcare System

Lieutenant Colonel Charles S. Kettles VA Medical Center

<http://www.annarbor.va.gov/>

<https://www.va.gov/ann-arbor-health-care/locations/lieutenant-colonel-charles-s-kettles-va-medical-center>

2215 Fuller Rd
Ann Arbor, MI 48105-2303
Phone: 734-769-7100

Battle Creek VA Medical Center

www.battlecreek.va.gov

5500 Armstrong Road
Battle Creek, MI 49015-7314
Phone: 269-966-5600 or 888-214-1247 (x33680)

John D. Dingell Department of Veterans Affairs Medical Center

www.detroit.va.gov

<https://www.va.gov/detroit-health-care/locations/john-d-dingell-department-of-veterans-affairs-medical-center>

4646 John R Street
Detroit, MI 48201-1916
Phone: 313-576-1000 or 313-576-1000 (x61051)

Aleda E. Lutz Department of Veterans Affairs Medical Center

www.saginaw.va.gov

<https://www.va.gov/saginaw-health-care/locations/aleda-e-lutz-department-of-veterans-affairs-medical-center>

1500 Weiss Street
Saginaw, MI 48602-5251
Phone: 989-497-2500 or 989-497-2500 x11959

Paralyzed Veterans of America (PVA) Michigan Chapter Office

www.michiganpva.org

(Located inside the Michigan Life Science and Innovation Center)
46701 Commerce Center Dr.
Plymouth, MI 48170
Phone: 248-476-9000
Toll-free: 800-638-MPVA (6782)

ALS

ALS Association's Chapter ALS of Michigan, Inc.

http://webmi.alsa.org/site/PageServer?pagename=MI_homepage

West Michigan office:

6352 Fulton St. E
Ada, MI 49301
Phone: 616-459-1900

East Michigan office:

PO Box 26599
Fraser, MI 48026
Phone: 248-680-6540
Email: fightals@alsa-michigan.org

ALS of Michigan, Inc.

<https://alsofmichigan.org/>
24359 Northwestern Hwy., Suite 100
Southfield, MI 48075
Phone: 800-882-5764

Brain Injury

Brain Injury Association of Michigan

<http://www.biami.org>
7305 Grand River, Suite 100
Brighton, MI 48114-7379
Phone: 810-229-5880
In State: 800-444-6443
Veterans: 800-772-4323 (Toll free)

Michigan TBI Model System

<https://www.rimrehab.org/our-services/brain-injury/traumatic-brain-injury-system>

Southeastern Michigan Traumatic Brain Injury System
Rehabilitation Institute of Michigan
261 Mack Boulevard Room 520
Detroit, MI 48201
Phone: 313-745-9737
Email: ckoviak@dmc.org

Cerebral Palsy

Michigan United Cerebral Palsy (MI-UCP)

<http://www.ucpmichigan.org>

23077 Greenfield Rd.

Suite 205

Southfield, MI 48075

Second Location:

1325 S. Washington Ave

Lansing, MI 48910

Southfield Phone: 248-557-5070

Lansing Phone: 517-203-1200

Toll-free: 800-827-4843

Email: info@mi-ucp.org

MI-UCP offers a program called Quick Ramps for Kids. There is an application process though no cost to be awarded a ramp for the home.

Friedreich's Ataxia

National Ataxia Foundation (NAF) National Office

<http://www.ataxia.org/>

Physical Address:

600 Hwy 169 S, Ste 1725

Minneapolis, MN 55426

Mailing Address:

PO Box 27986

Golden Valley, MN 55427

Phone: 763-553-0020

Email: naf@ataxia.org

Michigan Support Groups:

Detroit Area

Tanya Marshall

Phone: 313-736-2827

Email: tinyt48221@gmail.com

Lansing Area

Shenlei Winkler

Phone: 517-993-7655

Email: Shenlei.winkler@aol.com

Western Michigan Area

Grand Rapids, MI

Chad Beyer

Phone: 206-849-9170

Email: chadbeyer@gmail.com

Guillain-Barré Syndrome / Cidp

Guillain-Barré Syndrome / CIDP Foundation International

<http://www.gbs-cidp.org/>

375 East Elm St. Suite 101

Conshohocken, PA 19428

Phone: 610-667-0131

Toll-free: 866-224-3301

Call for information in your area

Multiple Sclerosis

National Multiple Sclerosis Society's Michigan Chapter

<http://www.nationalmssociety.org/Chapters/MIG>

29777 Telegraph Rd., Suite 1651

Southfield, MI 48034

Phone: 1-800-FIGHT-MS (344-4867) (Toll free)

Multiple Sclerosis Association of America's Midwest Regional Office

<http://www.mymsaa.org/about-msaa/regional/>

Chicago, IL

Phone: 800-532-7667 ext. 150

Email: Midwest@mysaa.org

Muscular Dystrophy

Muscular Dystrophy Association

<https://www.mda.org/>

National Headquarters

161 N. Clark St., Suite 3550

Chicago, IL 60601

Phone: 800-572-1717

Email: ResourceCenter@mdausa.org

Enter your postal code in the "Find your local MDA" section of the website for MD clinics in your area.

Post-Polio Syndrome

Post-Polio Health International (PHI)

<http://www.post-polio.org>

50 Crestwood Executive Center #440

Saint Louis, MO 63126

Phone: 314-534-0475

Email: info@post-polio.org

Directory lists Health Professionals, Clinics, and Support Groups by state.

<https://post-polio.org/wp-content/uploads/2021/09/PDIR-2021Hsec.pdf>

Spina Bifida

Spina Bifida Association

<http://www.spinabifidaassociation.org>

1600 Wilson Blvd Suite 800

Arlington, VA 22209

Phone: 800-621-3141

Email: sbaa@sbaa.org

Please contact them for info in your area

West Michigan Spina Bifida Organization

<http://wmspinabifida.org>

235 Wealthy SE

Grand Rapids, MI 49503

Email: wmisbo@gmail.com

Spina Bifida Association Michigan Clinics:

<http://spinabifidaassociation.org/clinics/>

Michigan Medicine Physical Medicine & Rehabilitation

1500 E Medical Center Drive

Ann Arbor, MI 48109

Phone: 734-936-7175

Children's Hospital of Michigan Specialty Center

3901 Beaubien Boulevard

Detroit, MI 48201

Phone: 313-745-5437

Sparrow Hospital – Sparrow Professional Building

1200 E. Michigan Avenue, Suite 460

Lansing, MI 48912

Phone: 517-364-1000

Spinal Cord Injury

Michigan Spinal Cord Injury Association (MSCIA)

<http://www.mispinalcord.org/>

The MSCIA

1938 Woodslee Drive, Ste B

Troy, MI 48083

Phone: 800-782-3394, 248-288-2270 (Local)

The MSCIA is the Michigan chapter of the National Spinal Cord Injury Association, or the NSCIA. See their list of support groups at: <http://www.mispinalcord.org/support-groups>

University of Michigan Spinal Cord Injury System (U-M SCIMS)

<https://medicine.umich.edu/dept/pmr/research/research-areas/spinal-cord-injury-research/michigan-spinal-cord-injury-system-mscis>

Phone: 734-936-7175

Rehabilitation Institute of Michigan—Novi Center

<http://www.rimrehab.org/support-groups>

42005 W. 12 Mile Rd.

Novi, MI 48377

Phone: 248-305-7575 (Stephen Vangel, PhD)

Holds a support group for persons with spinal cord injury. Please call for more details.

Walk the Line to SCI Recovery (WLTSCIR)

<http://www.walkthelinetoscirecovery.com>

23800 West 10 Mile Road, Suite 193

Southfield, MI 48033

Phone: 248-827-1100

WLTSCIR is a physician directed intensive, activity-based therapy program with a focus on weight and load bearing exercises designed to facilitate recovery of function following traumatic spinal cord injury.

Stroke

American Stroke Association

<https://www.stroke.org/>

National Center

7272 Greenville Avenue

Dallas, TX 75231

Phone: 1-888-478-7653

Call them for the stroke support group in your area

Rehab Institute of Michigan

<http://www.rimrehab.org/support-groups>

Phone: 248-305-7575

Stroke support groups in Novi and Detroit

Michigan Primary Stroke Care Centers—accredited by Joint Commission on Accreditation of Healthcare Organizations (JCAHO):

http://www.jointcommission.org/state_recognition/state_recognition_details.aspx?ps=100&s=MI

Ascension Borgess Hospital

<https://healthcare.ascension.org/locations/michigan/mikal/kalamazoo-ascension-borgess-hospital>

1521 Gull Road

Kalamazoo, MI 49048
Phone: 269-226-7000

Harper University Hospital

<https://www.dmc.org/our-locations/harper-university-hospital>

3990 John R. Street
Detroit, MI 48201
Phone: 313-745-8040

Sparrow Hospital

www.sparrow.org

1215 E. Michigan Ave.
Lansing, MI 48912
Phone: 517-364-1000
Toll Free: 1-800-SPARROW

Trinity Health

www.trinity-health.org

20555 Victor Parkway
Livonia, MI 48152-1018
Phone: 734-343-1000
TTY: 1-800-649-3777

Spectrum Health

<https://www.spectrumhealth.org/>

100 Michigan Street Northeast
Grand Rapids, MI 49503
Phone: (866) 989-7999

Michigan Medicine

<http://www.med.umich.edu/>

University of Michigan
1500 E. Medical Center Drive
Ann Arbor, MI 48109
Tel: 734-936-4000

Syringomyelia/Chiari Malformation

American Syringomyelia & Chiari Alliance Project (ASAP)

<http://www.asap.org/>

PO Box 1586
Longview, TX 75606-1586
Phone: 903-236-7079, 800-ASAP-282
Email: info@ASAP.org

Transverse Myelitis

Siegel Rare Neuroimmune Association (formerly Transverse Myelitis Assn.)

www.wearesrna.org

Physical Address:

1787 Sutter Parkway

Powell, OH 43065-8806

Mailing Address:

SRNA

PO Box 826962

Philadelphia, PA 19182-6962

Phone: 855-380-3330

Please contact them for info in your area.

General Disability Resources

Alternatives In Motion

<https://aimgr.org/>

2215 29th Street SE, Suite A6

Grand Rapids, MI 49508

Phone: 616-493-2620

Email: info@aimgr.org

Provides wheelchairs to people who cannot afford them and do not qualify for other financial assistance.

Community Inclusive Recreation (CIR) Inc.

<http://www.cirfun.com/>

331 Jackson Street West

Battle Creek, MI 49037

Phone: 269-968-8249

CIR's services range from individual support to fully inclusive community activities. They provide accessible transportation, financial assistance, and connections to a variety of fun activities.

I Love You, Lead On (formerly Michigan ADA)

<https://iloveyou-leadon.com/>

Phone: 248-956-0354 Susan Fitzmaurice, Founder

Email: iloveyouleadon@gmail.com

A disability rights membership group inspired by Justin Dart.

Michigan Yellow Pages for Kids with Disabilities

<http://www.yellowpagesforkids.com/help/mi.htm>

Michigan Occupational Therapy Association

<http://www.mi-ota.com>

124 West Allegan Street, Suite 1900

Lansing, MI 48933

Phone: 517-267-3918

Michigan Chapter of the American Physical Therapy Association

<http://www.mpta.com/>

Michigan Physical Therapy Association Inc.
124 West Allegan St., Suite 1900
Lansing, Michigan 48933
Phone: 517-234-5040
Email: contact@aptami.org

Michigan Association of People Supporting Employment First (APSE)

www.apse.org

<http://www.apse.org/chapters/michigan>

7361 Calhoun Place
Suite 680
Rockville, MD 20855
Phone: 301-279-0060
Email: miapse@apse.org

Michigan First Call 2-1-1

<http://www.centralmichigan211.org/>

Central Michigan 2-1-1 Program
c/o LifeWays
1200 N West Avenue
Jackson, MI 49202
Phone: 211
TDD: 866-561-2500
Email: 211@lifewayscmh.org

Provides callers with information about and referrals to human services for every day needs and in times of crisis. Can offer access to the following types of services: adult day care, respite care, home health care, transportation, support groups, Medicaid/Medicare, etc. The caller is provided with phone numbers, programs and services provided, location, hours of operation, and any other relevant information for the inquiry. All calls are confidential.

Strive

<https://www.striverts.com/>

Mailing Address:
7111 Dixie Hwy, #123
Clarkston, MI 48346
Physical Address:
6751 Dixie Hwy #113
Clarkston, MI 48346
248-922-1236
Provides recreational therapy

ThinkFirst National Injury Prevention Foundation

www.thinkfirst.org

1801 N. Mill St., Suite F
Naperville IL 60563

Phone: 630-961-1400, 800-THINK56

Email: thinkfirst@thinkfirst.org

ThinkFirst offers evidence-based injury prevention programs for students of all ages through their network of healthcare-based chapters. Health educators and people who have experienced brain or spinal cord injuries help students understand the importance of making safe choices related to vehicles, sports, violence and falls. To find chapter information in your area, please go to their website and click on the “Chapter Site” tab.

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.

This publication is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$10,000,000 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.