

Community Resources

Compiled by
UnityPoint Health – Meriter
Physical Medicine & Rehabilitation Program

The rehabilitation phase of recovery is oftentimes a long-term process, requiring a variety of services, adaptive equipment, modifications and ongoing support. As a patient, family member or caregiver, it can be difficult knowing how or where to find appropriate resources.

In an effort to support members of our community, UnityPoint Health – Meriter – Physical Medicine & Rehabilitation Program has compiled information on a variety of area agencies and businesses that provide services specific to disability or recovery. The following is available in this resource:

Contents

ADULT DAY PROGRAMS	2
CAREGIVER SUPPORT & RESPITE	4
COMMUNICATION.....	8
DENTAL SERVICES.....	10
EXERCISE & FITNESS.....	11
BALANCE ENHANCING EXERCISE CLASSES (MADISON AREA)	17
HOME HEALTH & ATTENDANT CARE AND PRIVATE DUTY SERVICES	19
HOME MODIFICATION & EQUIPMENT	25
LEISURE & HOBBIES	29
PERSONAL EMERGENCY RESPONSE SYSTEMS (Lifeline).....	33
SENIOR CENTERS & SERVICES	34
SUPPORT & ADVOCACY ORGANIZATIONS	43
TRANSPORTATION.....	50
TRAVEL.....	55
WORK, EDUCATION & VOLUNTEER OPTIONS	60

An updated version of this resource is always available at
<http://www.unitypoint.org/madison/community-resources.aspx>

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The information is provided as a community service and does not imply endorsement by UnityPoint Health – Meriter of the products or services listed.

ADULT DAY PROGRAMS

Belleville Senior Citizens Center

Location: 21 S. Vine St., Belleville, WI 53508

Phone: (608) 424-6007

Website: <http://www.bellevillewi.org/> (Services, Senior Citizens Program)

http://www.bellevillewi.org/index.asp?Type=B_BASIC&SEC={21DFFA5D-366D-4C3A-BC24-F884AB1B8A9D}

Residents who are 50 and over, living in the Belleville School District, enjoy free membership in the Sugar River Senior Center. Meals are served at noon Monday, Wednesday, and Friday at Sugar River Senior Center. Home delivery is available as well.

Catholic Charities Adult Day Centers

Location: 2917 International Ln., Madison, WI 53704

Phone: (608) 663-7117 (Ext. 101)

Website: www.ccmadison.org

<http://adulthoodcentermadison.org/>

Formerly operated by Care Wisconsin, Catholic Charities of Madison offers an adult day program for older adults with medical conditions, physical disabilities, cognitive concerns, or difficulties functioning. The Day Center serves over 70 seniors daily and is a home-like, safe place where older adults can spend the day involved in activities, exercise and interaction with new friends. Programs involve music, art, discussions, exercise, games, hobbies, baking and adapted sports.

Colonial Club Adult Day Center

Location: 301 Blankenheim Ln., Sun Prairie, WI 53590

Phone: (608) 837-4611 or (800) 373-0783

Website: <http://www.colonialclub.org/services/adult-day-center>

Provides full-day, half-day and respite drop-in care that includes transportation, health monitoring, personal care services, social and recreational activities for all participants. The Colonial Club also offers several other supportive services.

East Shore Adult Day Center

Location: 4142 Monona Dr., Madison, WI 53716

Phone: (608) 223-3112

Website: <http://www.emmca.org/home/adult-day-care>

This center offers full-day and drop-in services, personalized care, healthy activities, games and crafts. It is affiliated with East Madison/Monona Coalition of the Aging.

Goodman Community Center

Location: 149 Waubesa St, Madison, WI 53704

Phone: (608) 241-1574

Website: <http://www.goodmancenter.org/programs/older-adults>

This center offers unique programs every day of the week that include an all-day program, a brunch, bingo, a euchre party, and exercise classes for older adults. Transportation is offered with advanced notice. Affordable, tasty meals served at noon five times a week.

Kajsiab House

Location: 3518 Memorial Dr, Bld #4, Madison, WI 53704

Phone: (608) 280-4760

Website: <https://www.journeymhc.org/services/community/kajsiab-house>

Kajsiab House, founded January 2000, is a program of the Mental Health Center of Dane County Inc. Kajsiab House was developed for the Hmong community, as a place in which Hmong elders and their families can be safe, express and experience their culture, as well as increase their understanding and the ability to live successfully within an American cultural context.

Middleton Memory Café

Location: 2701 Century Harbor Road, Middleton, WI (Captain Bills Restaurant)

Phone: (608) 232-3400 (Pat Wilson or Danielle Thai)

Website: <http://www.alzwissc.org/Education%20calendar.htm>

Middleton Memory Cafe is an informal gathering place of socialization, support, and creative enrichment for people with memory loss and their family. Meets the first Friday of every month from 9:30-11:30 a.m. Activities examples include: Tai Chi to improve balance, discussing artwork, creative projects, games, guest presenters on an array of subjects, storytelling and simply sharing among friends. Other locations available; check website for more information.

Oregon Area Senior Center

Location: 219 Park St., Oregon, WI 53575

Phone: (608) 835-5801

Website: <http://www.oregonareaseniorcenterwisconsin.com/>

Offered five days a week, the program provides a supportive, caring and safe atmosphere away from home for participants.

St. Mary's Adult Day Health Center

Location: 2440 Atwood Ave., Madison, WI 53704

Phone: (608) 249-4450

Website: <http://www.stmarysmadison.com/Services/Pages/AdultDayHealthCenter.aspx>

St. Mary's Adult Day Health Center provides nursing care in addition to mentally and physically stimulating activities for adults 18 and older. A community-based service that meets individual needs of the functionally or cognitively impaired. Includes a variety of health and social programs and supportive and spiritual services.

Stoughton Senior Center

Location: 248 West Main St., Stoughton, Wisconsin 53589

Phone: (608) 873-8585

Website: <http://www.cityofstoughton.com>

http://www.ci.stoughton.wi.us/index.asp?Type=B_EV&SEC={ACCDC7D4-A6D0-41E3-B0CA-4407ED90AF34}

This senior center serves Stoughton residents who are 55 and older. The Adult Day services are provided through a program called "Creative Care". The program includes exercise, social activities, health monitoring, transportation, and meals. The program also provides services to older adults with developmental disabilities.

CAREGIVER SUPPORT & RESPITE

Alzheimer's Association

Phone: Local (608) 232-3400 National (888) 308-6251

Website: www.alzisc.org

The expert staff of the Alzheimer's & Dementia Alliance of Wisconsin (ADAW) understand that every person touched by Alzheimer's or other dementia will need support to help them navigate the course of the disease. We help guide you through the complex maze of issues that can arise by offering personal consultations, education, access to resources and advocacy.

American Parkinson Disease Association: WI Chapter

Phone: (608) 274-7900

Websites: <http://www.wichapterapda.org>

A partnership between the Dane County chapter of the American Parkinson's Disease Association and Independent Living, Inc. provides respite services to caregivers of people with Parkinson's disease in the Dane County area.

Area Agency on Aging of Dane County

Location: 2865 N. Sherman Ave., Madison, WI 53704

Phone: (608) 261-9930

Website: <http://www.danecountyhumanservices.org/aaa.aspx>

The Area Agency on Aging of Dane County serves individuals who are age 60 and over and/or their family members by providing information and assistance in accessing services that will help older adults stay in their own homes and communities. The amount of assistance that is provided is dependent upon the needs of the older adult.

Brain Injury and the Family: A Life and Living Perspective

By: Arthur E. Dell Orto, Ph.D. and Paul W. Power, Sc.D., 2nd ed., 2000

Phone: (262) 790-9660 or (800) 882-9282

Web: <http://www.biama.org/Annual%20Conference%202012%20handouts/E.%20Handouts.pdf>

This book addresses the global and intense impact of brain injury upon family members. It focuses on helping family member "comprehend, negotiate, adjust, accept and survive the multidimensional trauma related to a brain injury and become an active partner in the treatment and adaptation process." Chapters discuss loss, grief, caregiving and respite. Each chapter ends with a poignant personal story and accompanying questions. The 256-page book is available through the Brain Injury Association of Wisconsin (BIAW) Library.

Respite Care Team Ministry (Catholic Charities, Inc.)

Location: 426 S. Yellowstone Dr., Madison, WI 53719

Phone: (608) 833-4800

Website: <http://catholiccharitiesofmadison.org/> (programs & services, aging services)

<http://catholiccharitiesofmadison.org/Services/RespiteCareTeamMinistry/tabid/598/Default.aspx>

Congregation and community-based volunteers provide non-medical services focused on rest and relief for family caregivers, light housekeeping, shopping, transportation, outings and friendship.

Be sure to look into respite options that could be available locally. If you are connected to a local faith organization, oftentimes they provide respite.

Caregiver Practical Skills Training Sessions (Catholic Charities, Inc.)

Location: 702 S. High Point Road, Ste. 103, Madison, WI 53719

Phone (608) 826-8020

Website: <http://catholiccharitiesofmadison.org/> (programs & services to aging services)

<http://catholiccharitiesofmadison.org/Services/CaregiverTraining/tabid/595/Default.aspx>

A one-day class that teaches hands-on caregiving skills. Participants learn how to move, lift and transfer individuals in their care. They also learn techniques to minimize falls, medication safety and infection control.

Care Wisconsin

Location: 1617 Sherman Ave, Madison, WI 53708

Phone: (608) 240-0020 or (800) 963-0035

Website: <http://www.carewisc.org>

Practical tips from Care Wisconsin medical and health staff about keeping older adults healthy, managing medications, dealing with psychological issues and more. Website includes information and suggestions from Care Wisconsin health and support staff. Also provides additional caregiver resources, publications, videos, directories and website links. Find out how to assess nursing homes and assisted living facilities.

The Caregiver Survival Series

By: James R. Sherman, Ph.D.

Books in the series include: *Coping with Caregiver Worries*, *Creative Caregiving*, *Positive Caregiver Attitudes*, *Preventing Caregiver Burnout & Magic of Humor in Caregiving*. These easy to read books can be read in segments if time is limited. They offer practical strategies, useful information and pertinent insights to assist the caregiver. The books are available at the Brain Injury Association of Wisconsin (BIAW) Library.

Phone: (800) 882-9282

ISBN# 0-935538-19-4

Disaboom

Website: <http://vcelkaj.wix.com/disaboom>

Email: info@disaboom.com

Phone: 303-435-6116

Disaboom is a social networking website, described by founder Dr. Glen House as a premier interactive online community dedicated to improving the way individuals with disabilities or functional limitations live their lives. The site serves as a comprehensive resource for those living with disabilities, as well as their family members, friends, caregivers and employers.

Family Caregiver Alliance

Location: 180 Montgomery Street, San Francisco, CA 94104

Phone: (415) 434-3388

Website: www.caregiver.org

FCA focuses on education, services, research and advocacy concerning quality of life issues relevant to caregivers. On-line information includes safety tips, legal issues, research and an on-line support list serve.

East Madison/Monona Coalition of the Aging

Location: 4142 Monona Dr., Madison, WI 53716
Phone: (608) 223-3100
Website: <http://www.emmca.org/home/caregiver-support>

The Caregiver's Support Group provides a forum for those who are caring for an aging loved one to seek out information and gain support from others who are in a similar situation.

Independent Living: Parkinson's Caregiver Respite Services

Location: 2970 Chapel Valley Road, Suite 203, Madison, WI 53711-7424
Phone: (608) 268-9643
Website: <http://www.independentlivinginc.org/caregiver-respite.html>

The Caregiver Respite program through Independent Living, Inc. provides a short term break for caregivers for a loved one with Parkinson's disease to help them relieve stress, restore energy, and bring balance back into their lives. The program offers a several day break during which caregivers can take time for themselves while the service takes care of their family member.

Madison Caregivers

Website: <http://www.madisoncaregivers.com/>

The Senior Caregiver's Resource Guide is a valuable and practical Reference for Aging Adult Services in Dane County. Included is an abundance of Information, Support Systems, Organizations, Businesses, Senior Housing Facilities, useful Articles, Referral Sources, Agencies, as well as Programs pertaining to Adults 50+.

National Family Caregivers Association (NFCA)

Location: 10400 Connecticut Avenue, Suite 500, Kensington, MD 20895-3944
Phone: (800) 896-3650
Website: <http://www.thefamilycaregiver.org>

The National Family Caregivers Association educates, supports, empowers and speaks up for the more than 65 million Americans who care for loved ones with a chronic illness or disability or the frailties of old age. NFCA reaches across the boundaries of diagnoses, relationships and life stages to help transform family caregivers' lives by removing barriers to health and well being.

In-Home Rural Respite Program (c/o Northwest Dane Senior Services, Inc.)

Location: 1837 Bourbon Road, Cross Plains, WI 53528
Phone: (608) 798-6937
Website: <http://www.nwdss.org>

In-home respite, call for locations and times. They offer a safe, engaging, and comfortable social atmosphere for persons with Alzheimer's or dementia to provide relief for caregivers.

Respite Care Association of Wisconsin, Inc.

Location: 6320 Monona Dr. # 407, Madison, WI 53716
Phone: (608) 222-2033 (Main Office)
Website: www.respitecarewi.org

Dedicated to promoting planned and crisis care respite across the lifespan, helping caregivers and professionals locate respite in their community and advocating for respite on the state and national levels. RCAW provides information, a resource database, training, technical assistance and written products to members. The website has a database of respite providers in the state.

Wisconsin Department of Health-Family Caregivers Program

Website: <http://www.dhs.wisconsin.gov/aging/caregiver.htm>

This program provides information about available services, assistance in gaining access to services, individual counseling, and support groups and training, respite care to help caregivers take a break from providing care, and supplemental services

Respite Care – United Cerebral Palsy

Website: <http://ucp.org/resources/parents-and-families/caregiving/respice-care/>

Respite Care supports families in reaching out and making personal connections to people within their community to establish care providers for their family member with a disability. United Cerebral Palsy educates, advocates, and provides support services to ensure a life without limits for people with a spectrum of disabilities.

United Way Caregiver Connection

Website: <http://www.unitedwaydanecounty.org/caregiver/>

Are you caring for a loved one, an elderly friend or a neighbor? Do you need more information on what to do and whom to contact for help? United Way's Caregiver Connection is here to help. For questions and Caregiver Connection: tjohnson@uwdc.org

COMMUNICATION

Communication Aids and Systems Clinic (Waisman Center)

Location: 1500 Highland Ave., Madison, WI 53705

Phone: (608) 263-3301

Website: <http://www.waisman.wisc.edu/clinics-augcomm.htm>

The Waisman Center Clinics provide comprehensive clinical care and support for children with disabilities and their families.

Living with Aphasia Inc.

Phone: (608) 767-3838

Contact Jon G. Lyon, a Doctor of Speech Pathology, for referrals and further information of support and groups for people with aphasia.

Living with Aphasia Breakfast Group

Contact: Pat Veloff

Phone: (608) 241-7898

Email: mpveloff@msn.com

Eat breakfast with a wide variety of people of all ages and degrees of aphasia every Monday morning at 10:30. Meetings are often held at the Cranberry Creek Restaurant. Contact Pat for breakfast location in Madison.

TRACE Research and Development Center

Location: 2107 Engineering Bldg., 1550 Engineering Dr., Madison, WI 53706

Phone: (608) 262-6966

Website: <http://trace.wisc.edu>

They provide augmentative communication and speech therapy. They make everyday technologies accessible and usable so all people, including those with disabilities, can interact more easily and independently.

UW Speech and Hearing Clinic

Location: Goodnight Hall (1st Floor), 1975 Willow Drive, Madison, WI 53706

Phone: (608) 262-3951

Website: <https://csd.wisc.edu/speech-and-hearing-clinic.htm>

The UW Speech and Hearing Clinic (UWSHC) offers evaluation, treatment, and consultation services for children and adults with speech, language, hearing, and related communication needs.

Wisconsin Department of Health Services-Office for the Deaf and Hard of Hearing

Location: 1 W. Wilson St., Rm 558, Madison WI 53707-7851

Phone: (608) 266-1865

Website: <http://www.dhs.wisconsin.gov/sensory/INDEX.HTM>

<http://psc.wi.gov/consumerInfo/assistancePrograms/tepp/tepp-ind.htm>

The Office for the Deaf and Hard of Hearing provides information and referral services on a variety of topics tailored to the unique needs of Deaf, Deafblind, or Hard of Hearing residents including but not limited to: Accommodation needs as well as requirements, available services, communication access, employment, hearing loss technology. The Office for the Deaf and Hard of Hearing also provides free in-service training or presentations for public and private service providers or organizations seeking to broaden their knowledge of the Deaf, Deafblind or Hard of Hearing communities.

Resources specific to In-Home Cognitive Retraining listed on the following page.
IN-HOME COGNITIVE RETRAINING RESOURCES

Note: The quality and efficacy of these Internet sites and products have not been assessed. This list is offered as a starting place for interested consumers to seek more information about each resource.

Cognitive Retraining Ideas and Tools			
Product	Description	Website	Phone
	Brain teasers, word games, Sudoku	www.aarpmagazine.org/games	
	Brain teasers	www.brainden.com	
	Puzzles, riddles, games	www.braintearsersnetwork.com	
	Brain teasers	www.brainbashers.com	
	Math puzzles, teasers. languages	www.syvum.com	
	Words, phrases, cards	www.billsgames.com	
	Games that train the brain	www.brainconnection.com	
	Trivia, games, puzzles, riddles	www.braingle.com	
	Crossword	www.thinks.com	
	Crossword puzzle games	www.crosswordpuzzlegames.com	
	Crossword puzzles	www.quizland.com	
	Crossword puzzle site list Games that target attention, memory, language, executive function, and problem solving	www.crossword-puzzles.co.uk http://www.happy-neuron.com/brain-games/free	
Brain Age for Nintendo DS	Math, reading, drawing and reasoning tasks	www.nintendo.com	(800) 255-3700
Brain Fitness for Windows	Works short-term memory, language, concentration & execute function	www.rmlearning.com (Rocky Mountain Learning Systems)	(877) 444-8808
The Brain Fitness Program	Computer program: 41 hour listening & responding	www.positscience.com	(800) 514-3961
Mindfit for Windows	Interactive and individualized cognitive help	www.vigorousmind.com	(800) 514-3961
Captain's Log; SoundSmart; SmartDriver	Cognitive retraining software	Email: info@brain-train.com	(303) 766-6967
BrainBuilder CD-Rom for Windows & Mac	7 neuro-developmental	www.rmlearning.com (Rocky Mountain Learning Systems)	(877) 444-8808

DENTAL SERVICES

Access Community Health Centers Dental Services

Phone: Office (608) 443-5480 Appointments (608) 443-5482

Website: <http://accesscommunityhealthcenters.org/services/dental/>

Access Community Health Care addresses the financial, cultural, and language barriers that prevent access to healthcare. Access provides dental services at four locations regardless of an individual's income or insurance status. Locations are in Dane and Iowa Counties.

Dental Referral Services

Locations: 4-5 in Madison Area

Phone: See Yellow Pages after Dentists

Dental referral services are paid referral agencies that match clients with dentists in their geographic area who have paid to be listed in the directory. The service verifies that dentists are licensed and provide office hours and the professional training of the dentist. Listings are not intended to meet the needs of those of persons who use medical assistance or who have limited funds.

MATC Dental Hygiene Program Clinic

Location: 1705 Hoffman Street, Madison, WI 53704

Phone: (608) 258-2400

Website: <https://kb.wisc.edu/vip/page.php?id=11224>

This training program for dental hygienists operates only on certain days during the fall and spring semesters. Appointments are usually filled early in the semester and a waiting list is then maintained. Cleanings, x-rays, and some instructions are provided but diagnosis and treatment of problems is not. Clients must be willing and able to participate in an appointment that lasts 3.5 hours for teaching purposes. Some medical assistance accepted. Fee: \$30, cash or check only.

Public Health Madison and Dane County Oral Health

Phone: (608) 243-0354

Website: <http://www.publichealthmdc.com/family/oralhealth>

Provides dental health programs for children and refugees, and information about low cost dental care.

EXERCISE & FITNESS

Achilles Track Club for disabled athletes

Location: Fleet Feet Running Shop @ 8440 Old Sauk Rd, Middleton, WI (good weather),
Westgate Mall (for bad weather) inside.

Phone: (608) 828-9700

Website: <http://achillesland.blogspot.com/>

Running and walking every Thursday night at 5:45 p.m. for athletes with disabilities, including wheel chair bound individuals, with various social groups. Always seeking volunteers.

Capitol Lakes Aquatic and Wellness Center (formerly Meriter Retirement Community)

Location: 333 West Main St., Madison, WI

Phone: (608) 283-2000

Website: <http://www.retirement.org/madison/index.htm>

Services Available:

Staff of Professionals: Rehabilitation and fitness specialists, physical/aquatic therapists, and massage therapists.

Facilities:

- Therapy pool is accessible by ramp and lift and has a BADU jet system to create current for walking/jogging resistance.
- Lap pool is 25 yards long with 3 wide lanes.
- Whirlpool.
- Fitness and strength equipment rooms - Keiser circuit strength training equipment, treadmills, Nu-Step recumbent steppers, elliptical machines, stationary bikes, recumbent bikes, step machines, rowing machines, dumbbells and more.
- Fitness Studio
- State of the art sprung floor system to reduce stress placed on joints
- Mats, stability balls, balance trainers, dumbbells, yoga supplies.

Classes: Warm Water Pool Classes: Stretch and tone, Aquacise aerobics, Arthritis Foundation classes, many more.

Lap Pool Classes: Aqua-exercise, water conditioning, deep-water exercise.

Fitness Studio Classes: Aerobics, Chair Fitness, Yoga, Stretching, Core Strengthening.

Amenities: Changing rooms with lockers, private showers, swim suit dryers.

Membership Packages: A variety of options available, from Guest Passes to Trial Memberships to Annual Accounts with various amenities.

Colonial Club Senior Activity Center

Location: 301 Blankenheim Ln., Sun Prairie, WI 53590

Phone: (608) 837-4611

Website: <http://www.colonialclub.org>

Program runs through Adult Day Care Program: Melody Riedel chair exercises, Music and Motion and Low Impact Aerobics. Call for rates.

Dairyland Walkers

Phone: (608) 846-2299

Website: <http://www.dairylandwalkers.com>

The local American Volkssport Association affiliate club sponsors year-round events in Cedarburg, Devil's Lake State Park, the Madison area, Milwaukee, and more. Volkssporting encourages physical activity by providing non-competitive activities in which people of all ages and levels of fitness can participate. Membership to Dairyland Walkers is \$12.00/year.

DeForest Area Community & Senior Center

Location: 505 North Main St., Deforest, WI 53532

Phone: (608) 846-9469

Website: <http://www.thecommunitycornerstone.org/>

Low-impact aerobic classes for seniors, walking groups, chair-exercises, weight instruction – free classes. Offers Tai Chi, cost varies for class.

Falls Prevention Community Resource Information

Website: <http://www.unitypoint.org/patient-visitor-center/community-resources>

On the Community Resources website select the link to the “Falls Prevention Community Resources” document to access information on a number of classes and exercise programs that can assist in falls prevention.

Fitchburg Senior Center Friends

Location: 5510 Lacy Road, Fitchburg, WI 53711

Phone: (608) 270-4290

Website: <http://www.fitchburgwi.gov/660/Fitchburg-Senior-Center-Friends>

Provides programs, advocacy and services that help older adults maintain their dignity while remaining independent and as active as possible in the community. Has served the community for over twenty years to promote healthy aging with outreach and case management; transportation; meals (at center or home delivered); educational, recreational and social options; Supportive Home Care; health services; travel opportunities and a loan closet. Staff includes a director, assistant director, two state-certified social workers, and a nutrition site manager/volunteer coordinator. Always looking for volunteers.

Goodman Rotary 50+ Fitness Program (MSCR)

Location: 3802 Regent St., Madison, WI 53705 (main office)

Phone: (608) 204-3000

E-mail: sforeman@madison.k12.wi.us

Website: <http://www.mscr.org/50-Plus-Fitness-Programs.cfm>

Services Available:

Aqua Fitness (at Lapham Pool): Aqua Exercise, Arthritis Foundation Joint Effort Aqua Exercise, and Water Aerobics.

Fitness Programs: Chair-based programs, low-impact programs, Jazzercise, cardio options, Stretch and Tone.

Health/Wellness and Nutrition: Healthy cooking class, stress management and relaxation techniques.

Golfing Options: Play golf at Glenway or Pleasant View.

Tennis: Lessons also available.

Tai Chi and Yoga: Tai Chi classes for all levels. Multiple yoga classes – Hatha Yoga, beginning and advanced Yoga, Pilates/Yoga, chair-based yoga.

Walking: Several walking and hiking groups are available.

Harbor Athletic Club

Location: 2529 Allen Blvd., Middleton, WI 53562

Phone: (608) 831-6500

Website: <http://www.harborathletic.com>

Offers warm water pool exercise options and access to a physical therapist after evaluation.

Hip and Knee Aquatic Rehabilitation

Location: 2521 Allen Blvd, Middleton, WI 53562 (in Harbor Athletic Club)

Website: <https://www.unitypoint.org/madison/filesimages/services/PoolClass.pdf>

Phone: (608) 417-8025

For people recuperating from a hip or knee surgery. Experienced instructors will guide participants through a rehabilitation program geared to improve range of motion, decrease edema, and improve mobility and balance. The class combines strengthening, stretching, and balance training that will maximize your function following surgery.

Madison School-Community Recreation (MSCR)

Location: 3802 Regent St., Madison, WI 53705

Phone: (608) 204-3000

Website: <http://www.mscre.org>

MSCR is a public recreation service department that offers a wide range of accessible programs and leisure opportunities.

Middleton Senior Center

Location: 7448 Hubbard Ave., Middleton, WI 53562

Phone: (608) 831-2373

Website: <http://www.ci.middleton.wi.us> (departments, senior center)

<http://www.ci.middleton.wi.us/index.aspx?nid=109>

They offer programs, services, and information to facilitate civic engagement and independence, including strength, flexibility, and gentle movement classes.

Monona Grove Pool

Location: 4400 Monona Dr., Monona, WI 53716

Phone: (608) 316-1384

Website: <http://www.mononagrove.org/faculty/pool/>

With a water temperature of 82°, Monona Grove Pool offers many classes. This pool has both a gradual ladder and a ramp into the pool.

Monona Senior Center

Location: 1011 Nichols Rd., Monona, WI 53716

(lower level of Monona Community Ctr.)

Phone: (608) 222-3415

Website: <http://www.mymonona.com/251/Senior-Center>

The mission of the Monona Senior Center is to provide senior citizens with educational, social, recreational, health and fitness programs and opportunities to support independence. Fitness classes include Pilates, Stretch & Tone, yoga and Senior Shape Up.

Prairie Athletic Club Medical Membership

Location: 1010 N. Bird St., Sun Prairie, WI 53590

Phone: (608) 837-4646

Website: <http://www.prairieathletic.com>

Offers a 90 degree water therapy pool medical membership and other fitness accommodations.

Princeton Club

Locations:

East Madison: 1726 Eagan Rd., Madison, WI 53704
West Madison: 8080 Watts Rd., Madison, WI 53719
New Berlin: 14999 W. Beloit Rd., New Berlin, WI 53151
Phone: East Madison: (608) 241-2639
West Madison: (608) 833-2639
New Berlin: (414) 427-1100
Website: <http://www.princetonclub.net>

Warm water aerobics, for members only.

UW Health-Research Park Clinic

Location: 621 Science Dr., Madison, WI 53711
Phone: (608) 265-8303
Website: <http://www.uwhealth.org/locations/detail.jsp?locationId=139>

Offers warm water pool exercise options. Also can work with a therapist with referral from current physical therapist. Fitness Center with membership.

Wellspring Plus Center at Sauk Prairie Memorial Hospital

Location: 90 Oak Street, Prairie du Sac, WI 53578
Phone: (608) 643-7572
Website: <http://www.spmh.org/>

Offers a large variety of classes, including yoga classes (regular, water and chair yoga) and water exercises for arthritis.

Special Olympics

Location: 2310 Crossroads Dr. Ste 1000, Madison, WI 53718
Phone: (608) 222-1324
Website: <http://www.specialolympicswisconsin.org>

The mission of Special Olympics Wisconsin is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with cognitive disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in the sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

Sports for Active Seniors (SAS)

Phone: President-Bob Brooks (608) 244-5582
Email: bandalaro@chartermi.net
Website: <http://sportsforactiveseniors.org/>

Membership in SAS (Sports for Active Seniors) is open to anyone 55 and older who wants to participate in non-competitive sports with people their own age. Activities promoting fitness, fun and friendship throughout winter and summer include bicycling, bowling, camping, dancing, skiing, tennis.

Stoughton Senior Center

Location: 248 West Main St., Stoughton, Wisconsin 53589
Phone: (608) 873-8585
Website: http://www.ci.stoughton.wi.us/index.asp?Type=B_EV&SEC={ACCDC7D4-A6D0-41E3-B0CA-4407ED90AF34}

Chair exercise classes, Parkinson's exercise group, cardio class, Tai Chi, line dancing and swimming.

Swim West – West Madison

Location: 1001 Deming Way, Madison, WI 53717
Other locations: East Madison and Fitchburg
Phone: (608) 831-6829
Website: <http://www.swimwest.com>

Many options available – Water Aerobics Classes, Sunrise Splash, Arthritis Water Fitness and Power Splash. Members can also do water walking and lap swimming and have access to the warm-water pool and fitness room.

UnityPoint Health – Meriter – Wellness Center: “Get Fit” Program

Location: 2501 W. Beltline Hwy., Suite 207, Madison, WI 53713
Phone: (608) 417-6102
Website: <http://www.unitypoint.org/madison/get-fit-program.aspx>

Get Fit is a 10- week exercise and healthy eating program for individuals who want to lose weight, improve their health, and develop exercise habits. Participants meet with dietitians and fitness trainers to create a personalized plan. Small class sizes permit a comfortable environment and individual attention from trainers.

UnityPoint Health – Meriter – Wellness Center: “Stay Fit” Program

Location: 2501 W. Beltline Hwy., Suite 207, Madison, WI 53713
Phone: Contact Kim Faulkner (608) 417-8236
Website: <http://www.unitypoint.org/madison/stay-fit-program.aspx>

Stay Fit is an independent, supervised exercise program. Participants include anyone wanting to improve their health and fitness or having chronic medical conditions. Certified trainers assist in setting goals, reviewing an individual’s history, and developing personal exercise prescriptions. Hours are Monday-Saturday. A Physician’s consent is required for registration.

UnityPoint Health – Meriter – Wellness Center: Nutrition Counseling Services

Location: 2501 W. Beltline Hwy., Suite 207, Madison, WI 53713
Phone: (608) 417-6102 for questions or an appointment
Website: <http://www.unitypoint.org/madison/nutrition-services.aspx>

Nutrition counseling is available to any patient that needs nutrition instruction for weight loss, a heart-healthy diet, lowering cholesterol and blood pressure, etc. Each patient meets with a registered dietician and receives a comprehensive nutrition assessment used to determine a personalized nutrition plan.

UW Adapted Fitness & Personal Training

Location: UW Natatorium – 200 Observatory Drive, Madison
Phone: (608) 262-9562 (Tim Gattenby)
Website: <http://kinesiology.education.wisc.edu/kinesiology/academics/undergraduate-programs/adapted-physical-activity>

Individualized programs for people with disabilities, injuries and risk factors. Classes are open to the public, but you must register as a special student for the semester. Requires doctor’s approval and list of medications.

Verona Area High School Natatorium

Location: 400B N Main St., Verona, WI 53593
Phone: (608) 845-4635
Website: http://www.verona.k12.wi.us/district_departments/community_services/natatorium

Have a senior water exercise class in addition to adult lap swim.

YMCA of Dane County Adaptive Programs

Locations: East, West and Sun Prairie (see website)

Phone: (608) 221-1574 ext. 3021

Website: <http://www.ymcadanecounty.org/adaptive>

Adaptive program sessions year-round. Classes include a Tuesday evening fitness class with one-on-one assistance, as well as numerous programs offered on other days.

Other Outdoor Swimming Pools:

- **Goodman Pool**
 - (608) 264-9292
 - 325 Olin Ave., Madison, WI 53713
- **Mount Horeb Swimming Pool**
 - (608) 437-5916
 - 204 Park St., Mt Horeb, WI 53572
- **Sun Prairie Family Aquatic Center**
 - (608) 837-7433
 - 920 Linnerud Dr., Sun Prairie, WI 53590
- **Walter Bauman Outdoor Aquatic Center**
 - (608) 836-3450
 - 2400 Park Lawn Pl., Middleton, WI 53562

Check local senior center for updates on local classes.

BALANCE ENHANCING EXERCISE CLASSES (MADISON AREA)

Please Note: Locations, times, and costs are subject to change. Call the contact number for the most current schedule. List may not be inclusive for all available classes.

Name of Class	Location	Times	Contact	Cost	Intensity Level	Balance Enhancing?
Tai Chi	MSCR	Multiple	204-3026	\$34 for 8 weeks	Medium	Yes
Stretch, Strengthen, & Cardio	Westside Senior Center 602 Sawyer Terrace	MWF 8:30-9:30 MWF 9:45-10:45	238-0196	\$3.00 per class	Medium intensity	Yes
Stretch, Strengthen, & Cardio	Westside Senior Center 602 Sawyer Terrace	MWF 9:45-10:45	238-0196	\$3.00 per class	Low intensity	Yes
Body Pump	Pinnacle Health and Fitness (PD)	Multiple	278-8118	Must be a member	Variable depending on person	No
Yoga	Pinnacle Health and Fitness (PD)	Multiple	278-8118	Must be a member, added fee	Variable depending on person	Yes
Court Challenge	Pinnacle Health and Fitness (PD)	Multiple	278-8118	Must be a member	Variable depending on person	Yes
Aqua Aerobics	Supreme Health and Fitness 5555 Odana Rd., Madison, WI	MW 5:30-6:30 TR 9:00-10:00 SAT 930-10:30	274-5080	Must be a member	High	No
Yoga and Pilates	Supreme Health and Fitness	Multiple	274-5080	Must be a member	High and low	Yes
Pilates, Yoga, and Tai Chi	Harbor Athletic 2529 Allen Blvd., Middleton, WI 53562	Multiple	821-6500	Must be a member	High and low	Yes
Gentle Joints (Aquatic)	Harbor Athletic	Multiple	831-6500	Must be a member	Low	No
Free to Move (Aquatic)	Harbor Athletic	Multiple	831-6500	Must be a member	Low	No
Joints in Motion (Aquatic)	Harbor Athletic	Multiple	831-6500	Must be a member	Low	No
BodyFlow	Harbor Athletic	Multiple	831-6500	Must be a member	Low	Yes

Criteria for Balance Enhancing:

1. Balance and strengthening exercises done in standing; changes in base of support such as feet together, semi- heel-to-toe, heel-to-toe, single leg stance).
2. Head and body turns.
3. Change in body position (example – reaching, diagonals, up and down, weight shifts).
4. Stepping/walking activity (example – side-stepping and backwards).

Please Note: These are all voluntary, self-initiated movements and do not include automatic reactions which rely on sensory cues (body touch and position, vision, innerear, etc.). These must be challenged by individualized, progressive exercises.

UW Falls Study Physical Therapists have reviewed these classes for their effectiveness as balance enhancing exercise programs.

HOME HEALTH & ATTENDANT CARE AND PRIVATE DUTY SERVICES

Aegin Place

Location: 5801 Town Hall Dr., Sun Prairie, WI 53590

Phone: (608) 837-3494

Website: <http://www.aeginplace.com>

Client directed live-in care up to 24 hours per day. Two day minimum. Short and long term placements accommodate post surgical, hospice and institutional alternatives.

Always in Touch (Sponsored by Best Care Senior Services)

Phone: 1-855-710-CALL (2255)

Website: <http://www.always-in-touch.com/#!>

A free telephone reassurance program for seniors and disabled adults providing daily socialization and telephone reassurance that the senior is not alone.

American United Homecare LLC

Phone: (847) 624-9831

Email: lynnjnk@att.net

Connects clients to skilled caregivers, companions, live-in help, and escorts. Certified Nursing Assistants and sitter programs are also available. Services are offered for needs including: personal hygiene, meals, exercise, medication reminders, daily activities, housekeeping, laundry, transportation, long and short-term care.

As You Wish

Phone: (608) 834-9989

Website: <http://www.asyouwish.us>

Available seven days a week and can range from a few hours a week to 24 hours a day and live-in care. Care can include: housekeeping, laundry, meal preparation, personal care and much more.

BrightStar Healthcare

Location: 3240 University Ave. Suite 3A, Madison, WI 53705

Phone: (608) 441-8622

Website: <http://www.brightstarcare.com/dane-sauk-columbia-counties/>

Provide a wide range of services, from peer-level companions for social interaction to more highly skilled care. Specialties include social work, nursing, and certified nursing assistants.

Respite Care Team Ministry (Catholic Charities)

Location: 426 S. Yellowstone Dr. Ste. 100, Madison, WI 53719

Phone: (608) 833-4800 (Extension 106)

Website: <http://www.catholiccharitiesofmadison.org>

The Care Team Ministry responds to the non-medical "quality of life" needs of individuals and families not routinely provided by existing social service programs. Care Teams provide social, emotional, physical and spiritual support in an individualized, flexible and responsible manner, based on concern and care for those in need.

Care Wisconsin

Location: 7448 Hubbard Avenue, Middleton, WI 53562

Phone: (608) 245-3564

Website: <https://www.carewisc.org/>

They match frail seniors and individuals with disabilities to the health care and long-term care supports and services they need.

Catalyst Home Health

Location: 222 N Midvale Blvd., Suite 26, Madison, WI 53705

Phone: (608) 238-8119

A licensed home health agency that specializes in services to children and young people with disabilities.

Colonial Club – Supportive Home Care

Location: 301 Blankenheim Ln., Sun Prairie, WI 53590

Phone: (608) 837-4611 ext. 120

Website: <http://www.colonialclub.org/services/supportive-home-care>

Offers a trained, insured and bonded specialist who helps with general house chores, tasks and personal care in order to enhance and prolong independent living, reduce isolation and prevent premature nursing home placement.

Catholic Charities Companion Care and Supportive Living

Location: 426 S. Yellowstone Dr., Madison, WI 53719

Phone (608) 833-4800

Website: <http://catholiccharitiesofmadison.org/>

Services include: companionship, personal transportation and escort, personal care assistance, medication reminders, light housekeeping, meal preparation, exercise, respite (rest and relief for family caregiver) and information about community resources.

Coalition for Older Adults Outreach Worker

Location: 128 E. Olin Ave, Suite 110, Madison, WI 53713

Phone (608) 251-8405

Website: <http://smcelder.com/index.html>

The South Madison Coalition of the Elderly provides low or no-cost programs for older adults as part of the Dane County aging services network. Our professional case managers can help seniors find affordable housing, navigate the health care system, arrange appropriate transportation, apply for Medicaid, Social Security or Medicare, access our volunteer home chore program, or enroll in programs that help pay for food, utilities, or special equipment. We recruit and train volunteer guardians and rep payees, and contract to provide assisted living quality monitoring for Dane County.

ComForcare Home Care

Location: 2421 Parmenter St., Suite 100, Middleton, WI 53562

Phone: (608) 836-1868

Email: DaneCounty@ComForcare.com

Website: <http://comforcare.com/wisconsin/madison>

Provider of private-duty, non-medical home care. Services include personal care, medication assistance, meal preparation, light housekeeping, and transportation. Patients in recovery are also offered additional support. Services are offered 24/7. Caregivers are screened, bonded, and insured through a rigorous hiring process.

Comfort Keepers

Locations: 5396 King James Way, Suite 210, Madison, WI 53711

Phone: (608) 218-4861

Website: <http://madison-231.comfortkeepers.com/>

Dedicated to providing in-home care that enriches lives while allowing the highest possible level of independence. Assistance includes: companionship, meal preparation, transportation, light housekeeping and personal care.

Community Living Alliance

Location: 1414 MacArthur Rd., Madison, WI 53714

Phone: (608) 242-8335

Website: <http://www.clanet.org>

Serves Dane County residents with disabilities, chronic illnesses, and the elderly. Contact for more information about home health services and private pay, which include chore service, personal care, and home-delivered meals.

Cornerstone Covenant Care

Location: 2517 Advance Road #D, Madison, WI 53718

Phone: (608) 222-6222

Provides home health aide services, home maker services, and respite care. Also offers adult family housing for Alzheimer, dementia, and respite care programs.

Dave's Helping Hands

Phone: (608) 332-4319

Housekeeping, shopping, cooking, yard work, chores, personal care, and case management.

Good People LLC – Live-in Caregivers & Companions

Location: 2409 White Oak Trail, Oregon, WI 53575

Phone: (800) 608-8003

Email: justyna@goodpeople.us

Website: <http://www.goodpeople.us>

Provides a caregiver who lives in home and is prepared to help 24 hours a day. The caregiver will take over responsibilities including personal care, home-making tasks and companionship. Anything a family member would do.

Home Health United

Phone: (800) 924-2273

Location EAST: 2802 Walton Commons West, Madison, WI 53718

Phone EAST: (608) 243-3414

Location WEST: 4639 Hammersley Rd., Madison, WI 53711

Phone WEST: (608) 276-7595

Website: <http://www.homehealthunited.org/>

Services include nursing care, physical therapy, occupational therapy, speech therapy and medical services. All of these services are offered at home. There are multiple offices. Call (608) 276-7587 for information about home chore services.

Home Instead Senior Care

Location: 1574 W. Broadway, Suite 101, Madison, WI 53713

Phone: (608) 807-5547

Website: <https://www.homeinstead.com/363>

Home Instead Senior Care provides in-home care ranging from companionship, meal preparations, laundry, light housekeeping and transportation. We also provide personal care and match you with a trained, bonded and insured CAREGiver. Our mission is to enable you to remain "home instead" for as long as possible. Call us for a free consultation.

Independent Living, Inc.

Location: 2970 Chapel Valley Road, Suite 203, Madison, WI 53711
Phone: (608) 274-7900
Website: <http://www.independentlivinginc.org/>

Independent Health Care, Inc., a subsidiary of Independent Living, Inc., provides skilled home health services (often covered by Medicare or private insurance). Services include skilled nursing, physical, occupational and speech therapy, social work and home health aides. Independent Living also provides respite and home chore services.

Interim HealthCare – Home Care Services

Location: 702 North Blackhawk Ave, Suite 215, Madison, WI 53705
Phone: (608) 238-0268
Website: <http://www.interimhealthcare.com/madison/home>

Offers two different home care services. There is a HomeCare service with skilled professionals including nurses, LVN's and LPN's. They also offer a HomeStyle service that includes a non-medical staff that will help with companionship, homemaking, transportation and housekeeping.

Maxim Healthcare Services

Location: 5752 Tokay Blvd, Suite 500, Madison, WI 53719
Phone: (608) 232-1000
Website: http://www.maximhomecare.com/Madison_Homecare_271.aspx

A homecare office that provides 24/7 customer assistance, quality review programs to ensure patient satisfaction, flexible payment methods, nursing professionals and a commitment to promoting independence. They offer customized care and practical services.

UnityPoint at Home (formerly Meriter Home Health)

Location: 2180 W Beltline Hwy., Madison, WI 53713
Phone: 608) 417-3700
Email: msn_homehealth@unitypoint.org
Website: <http://www.unitypoint.org/madison/home-health.aspx>

Meriter Home Health (MHH) is now UnityPoint at Home. It provides comprehensive home health services that enable individuals to receive care in the privacy and comfort of their own homes. Services include: skilled nursing and therapy, respiratory care, medical equipment and supplies, infusion therapy, and medical alert monitoring. These services are offered in south central Wisconsin 24 hours a day, seven days a week. UnityPoint at Home provides delivery, set-up, and training for all of its products and services, many of which are billable to insurance. The retail showroom located at 2180 W. Beltline Hwy. in Madison focuses on mobility solutions for the home including wheelchairs, scooters, walkers, stair lifts, patient lifts, lift chairs, and ramps. They also carry a full line of compression stockings, back, knee and neck braces, and many other home safety items. The staff provides fitting services by appointment for mastectomy bras and prostheses, corrective braces, lymphedema management, and compression treatment for vascular conditions.

Midwest Home Care

Location: 2800 Royal Ave, Suite #204, Madison, Wi.
Phone: (608) 276-6000
Website: www.midwesthomecare.com

Provides respite care, overnight care, 24/7 meal preparation, and transportation for appointments and errands.

My Home Care's

Phone: (888) 482-3002

Website: www.myhomecares.com

A professional care management agency, providing and placing qualified independent care providers in the residencies of frail adults who require non-medical home care support.

National MS Society Grants: Chore Services Grant

Location: 1120 James Drive, Suite A, Hartland, WI 53029

Phone: 1-800-344-4867 or 262-369-4400

Website: <http://www.nationalmssociety.org/chapters/wig/index.aspx>

The Wisconsin Chapter of the National Multiple Sclerosis Society proudly serves more than 10,000 residents diagnosed with MS, and those who love and care for them.

Northwest Dane Senior Services – Supportive In-Home Care

Location: 1837 Bourbon Road, Cross Plains, WI 53528

Phone: (608) 798-6937

Email: nwdss@tds.net

Website: <http://www.nwdss.org/>

The Supportive Home Care Program provides services to individuals who require assistance to remain living in their own homes. These services may include light housekeeping, meal preparation, laundry, light personal care, lawn care for in-home respite. Northwest Dane Senior Service also offers a Mobile Meal Program.

Recover Health of Wisconsin

Location: 2500 Rimrock Rd, Ste 101, Madison, WI 53713

Phone: (608) 274-8193

Website: <https://www.recoverhealth.org/locations/madison-wi/>

Offers a Home Health Aide/Personal Care Worker service 24/7. Services include trained Personal Care workers who help with bathing, dressing and medication assistance. Also offers a homemaker and companion to help with cooking, domestic housework, laundry and shopping as well as skilled nurses, physical therapy and occupational therapy. There are also offices in Baraboo, Black River Falls, Mauston and Waupaca. Medicare certified.

Senior Helpers

Location: 4726 East Town Blvd., Suite 120, Madison, WI 53704

Phone: (608) 729-5365

Website: <http://www.seniorhelpers.com/madisonwi>

Provides professional home assistant services, which are non-contractual and bill only for hours served.

Senior Safety and Fitness

Phone: (608) 444-3601

Email: kristibetts@aol.com

Provides in-home services with the goal to provide senior citizens the ability to live a quality life in their own home. Skilled services provided by a physical therapist and a range of support services are also available.

Seniors Choosing Home, LLC

Location: 4329 Portland Pkwy., Madison, WI 53714

Phone: (608) 244-8301

Personal care consulting for seniors and their families. Contracted personal services available.

Sosiab Care, Inc.

Location: 3208 East Washington Ave., Madison, WI 53704

Phone: (608) 244-1160

Website: <http://www.sosiabcare.com>

SoSiab (shaw SHEEah from the Hmong word for “tender love and care”) Care, Inc. is a family-owned and operated health agency, licensed by the State of Wisconsin, committed to providing quality home health care since 2003.

Somebody Cares Home Care

Phone: (608) 655-8009

Home Care services offered Monday-Friday from 8 am – 4 pm. Centered in Eastern Dane county: Columbus, Beaver Dam, Waterloo, Lake Mills, and Watertown (may be interested in other areas).

Stoughton Hospital – Home Health Services

Location: 900 Ridge St., Stoughton, WI 53589

Phone: (608) 873-6611

Website: <http://stoughtonhospital.com/health-services/home-health-service/>

Provides state-licensed and accredited nursing services, home health aides, social services, physical therapy, occupational therapy, speech therapy and a unique Trusted Hands Program that helps with meals, respite care and various chores.

Supportive Elder Services

Location: 313 Price Pl., Suite 110, Madison, WI 53705

Phone: (608) 231-6734

A variety of supportive services for senior citizens.

University Hospital Home Health Agency

Location: 2030 Pinehurst Dr., Middleton, WI 53562

Phone: (608) 203-2273

Website: <http://www.uwhealth.org/homecare/uw-health-home-health-agency/11176> Provides a number of high quality home services including: skilled nursing services, physical therapy, occupational therapy, speech therapy and home health aides.

Upland Hills Home Health

Location: 800 Compassion Way, Dodgeville, WI 53533

Phone: (608) 930-8000

TDD: (608) 935-0008

Website: <http://www.uplandhillshealth.org/>

Provides various home services including: skilled nursing care, physical therapy, occupational therapy, medical social services, home health aides, infusion therapy, diabetes treatment, catheterization, lab testing, wound care and injections.

Visiting Angels

Location: 6425 Odana Road, Suite 5, Madison, Wi

Phone: (608)819-0665

Website: www.visitingangels.com

The Visiting Angels provide elder care, respite care, senior personal care, elderly care, and companion care services in the homes of elderly adults.

HOME MODIFICATION & EQUIPMENT

Access to Independence, Inc.

Location: 3810 Milwaukee St., Madison, WI 53714

Phone: (608) 242-8484

TTY: (608) 242-8485

Website: <http://www.accesstoind.org>

Access to Independence (ATI) provides an array of services to persons with ANY type of disability and of ANY age in a 4-county region that includes Columbia, Dane, Dodge and Green Counties.

ATI's core services include:

- Information and Referral to needed programs, services, and assistance
- Peer Support services to assist individuals to cope with their disabilities
- Independent Living Skills Training in areas such as cooking, budgeting, transportation or other skills – training done in groups and individually
- Individual Advocacy services to teach individuals to communicate their needs, as well as working with individuals to assist them with advocacy services. Services include assistance with grievance or appeal processes with long-term care service systems or providers, IEP's, health or long-term care issues, and others.
- Systems Advocacy services to educate and empower citizens in our communities to be involved in getting policy makers to make changes that have a positive impact on the lives of people with disabilities. ATI staff also directly advocate for needed policies, programs and services.

Additional Programs and Services provided by Access to Independence:

- Assistive Technology (AT): ATI has an “AT Demonstration and Loan Closet” that contains hundreds of items and devices that can be tried by people who need them and some are even loaned for free for a short period of time. ATI also assists with the selection and purchase of AT, and has two loan programs for funding.
- Accessibility Assessments: ATI can provide assessments to individuals, businesses and government based on the laws of the ADA and the Fair Housing Act. This includes home accessibility.
- Public Benefits Assistance: ATI can assist people with disabilities to apply for Social Security Disability Insurance (SSDI) and Supplemental Security Insurance (SSI). ATI can also assist with completing other benefit program forms.
- Youth Programs and Services: ATI is the organizer for wheelchair athletic programs, including basketball and hockey. ATI also offers a Peer Power program for students with disabilities in high school.
- Deaf or Hard of Hearing Services: ATI can offer individualized or group trainings on skills, interpreter information, and assistive technology information and assistance.
- Grassroots Advocacy: ATI has a grassroots advocacy network that provides advocacy information, as well as self-advocacy training to anyone in our region.
- Nursing Facility Transition and Diversion Services: ATI can work with consumers and service providers, among others, to assist people with relocating from, or avoiding placement in a nursing facility.
- Community Education and Disability Awareness services

Adaptive Remodeling Solutions

Phone: (608) 234-7440

Website: <http://adaptiveremodelingsolutions.com/contact-us.html>

Adaptive Remodeling Solutions specializes in modifications for home and condo owners in South Central Wisconsin. Services include free home analysis, kitchen remodeling projects, and modifications to bathrooms.

Design Coalition

Location: 2088 Atwood Ave., Madison, WI 53704

Phone: (608) 246-8846

Website: <http://www.designcoalition.org>

Assists with internal and external home modifications for Dane County and surrounding areas.

Home Accessibility

Location: 105 W Main St., Dane, WI 53529

Phone: (608) 849-9779

Website: <https://homeaccessibility.wordpress.com/>

Offers home modification equipment including customized ramps, retrofit roll-in showers, tub benches, grab bars, hand held showers, stairway lifts, and more.

Home Health United – Home Medical Equipment

Madison West: 4639 Hammersley Rd., Madison, WI 53711

Phone: (800) 924-2273 or Madison West (608) 276-7595

Website: <https://www.homehealthunited.org/home-medical-equipment>

A leading provider of home medical equipment and supplies and home respiratory and home infusion services. Also offers a connection to home nursing service and hospice agencies.

Independent Living Home Modification

Location: 2970 Chapel Valley Road, Suite 203, Madison, WI 53711

Phone: (608) 274-7900

Website: <http://www.independliving.com>

Conducts assessment of housing; installs grab bars, adaptable equipment.

Integrity Home Lifts

Location: 4200 S. 35th Street, Suite 114, Greenfield, WI 53221

Phone: (414) 559-3185 or Madison (608) 514-4349

Website: <http://www.integrityhomelifts.com/HomeFlyer.php>

Offer a variety of home lift products including the StairFlyer for straight and curved staircases, and HomeFlyer home elevators and dumbwaiters.

National MS Society Grants: Chore Services Grant

Location: 1120 James Drive, Suite A, Hartland, WI 53029

Phone: 1-800-344-4867 or 262-369-4410

Website: <http://www.nationalmssociety.org/chapters/wig/index.aspx>

The Wisconsin Chapter of the National Multiple Sclerosis Society proudly serves more than 10,000 residents diagnosed with MS, and those who love and care for them.

National Seating and Mobility

Location: 4493 Robertson Rd., Madison, WI 53714
Phone: (608) 223-1932
Website: <http://www.nsm-seating.com/>

The service has power, manual, and pediatric wheelchairs available. The service also provides education, training, and seating and positioning systems.

Oregon area Senior Center Loan Closet

Location: 219 Park St., Oregon, WI 53575
Phone: (608) 835-5801
Website: www.oregonareaseniorcenterwisconsin.com/

The senior centers loans durable medical equipment to clients for short period of time within the Oregon Consolidated School District boundaries.

Project Home, Inc.

Location: 1966 S. Stoughton Rd., Madison, WI 53716
Phone: (608) 246-3737
Website: <http://www.projecthomewi.org/>

Project Home assists elderly, physically disabled and low-to-moderate income families in repairing single-family owner-occupied homes with barrier-free construction. Also provides energy conservation measures to those who qualify for energy assistance.

St. Vincent De Paul – Beaver Dam Loan Program

Location: 316 S. Spring St., Beaver Dam, WI 53416
Phone: (920) 885-6971

Call to see if they have the equipment you need such as walkers, wheelchairs, tub benches and commodes. They ask for a donation for the loan of equipment.

Used Home Medical Equipment-Equipment Recycling Service

Phone: (920) 471-7900
Email: info@usedHME.com
Website: <http://www.usedHME.com>

Used Home is a free nationwide listing service where people can buy, sell, or donate used home medical equipment, including lift chairs, stair lifts, scooters, power chairs, and wheelchair accessible vans. The service operates by zip code to provide local access for everyone.

Variety Children’s Charity of Wisconsin: Mobility Grant Program

Location: 12425 Knoll Road, Suite 110, Elm Grove, WI 53122
Phone: (262) 777-2090
Website: <http://www.varietywi.org/>

The Variety Freedom program helps children with physical disabilities by funding durable medical equipment for those with the greatest financial need. This includes wheelchairs, walkers, van lifts, house ramps, adaptive car seats & strollers, specially-equipped bicycles & tricycles, bath equipment, stair lifts and other items necessary to increase a child’s access to and participation in the community.

Wisconsin Council of the Blind

Location: 754 Williamson St., Madison, WI 53703

Phone: (608) 255-1166

Website: <http://www.wcblind.org>

The Council offers vision care for people with impaired vision. Other provisions include specialized aids and appliances for independent living, information, and training and referral services.

Wheelchair Recycling Program (Mobility Store)

Location: 2554 Advance Rd., Madison, WI 53718

Phone: (608) 243-1785

Website: <http://ifmobility.mcservices.com/>

Wheelchair Recycling Program collects and refurbishes used medical equipment, providing low cost alternatives for Wisconsin people in need. This includes mobility equipment, bath equipment, medical supplies (i.e., gait belts, seat belts for W/C), beds/lifts and more.



LEISURE & HOBBIES

Adaptive Sportsman, Inc.

Location: 8727 Coldspring Rd., Greenfield, WI 53228

Website: <http://www.adaptivesportsmen.org>

Email: aneu@adaptivesportsman.org

Provides outdoor opportunities for physically challenged including hunting, fishing, boating and other recreational activities.

AgrAbility of Wisconsin

Location: Agricultural Engineering, 460 Henry Mall, Madison, WI 53706

Phone: (608) 262-9336

Email: aaw@mailplus.wisc.edu

Website: <http://bse.wisc.edu/agrability/>

Over 4,000 injuries occur on Wisconsin farms each year, many of which result in permanent disabilities. AgrAbility of Wisconsin promotes success in agriculture for farmers with disabilities and their families.

Bookmobile Service

Mailing Address: 1819 Aberg Ave., Madison, WI 53704

Phone: (608) 266-9297

Website: <http://www.dcls.info/bookmobile>

Provides library services to communities without libraries, interlibrary loans, and outreach services to persons who are homebound and physically disabled. Books are also delivered in bulk loan to nursing homes and senior centers.

Bus About Tours

Location: 3802 Regent St., Madison, WI 53705

Phone: (608) 204-3016

Website: <http://mscr.org/our-programs>

Sponsored by **MSCR**, a program that provides trips and day tours for people 50+. People needing personal assistance must provide their own companions.

The Center for Assistive Technology and Environmental Access

Location: 512 Means St., Suite 300, Atlanta, GA 30332

Phone: (404) 894-4960

Email: catea@coa.gatech.edu

Website: <http://www.catea.gatech.edu/>

Searchable database helps you target solutions, determine costs and find vendors of Assistive Technology (AT) products for people with disabilities, family members, service providers, educators and employers.

Easter Seals Wisconsin

Location: 101 Nob Hill Rd., Suite 301, Madison, WI 53713

Phone: (800) 422-2324 OR (608) 277-8288

Website: <http://www.eastersealswisconsin.com/>

Offer a variety of programs, including FARM to help farmers with disabilities continue to farm and Camp Kee-B-Waw for adults and children with disabilities, which creates a safe and barrier-free environment.

Fishing Has No Boundaries

Location: 15453 County Hwy B, P.O. Box 175 Hayward, WI 54843

Phone: (800) 243-3462

Website: <http://www.fhnbinc.org/>

An annual fishing event held every summer at Governor Nelson State Park on Lake Mendota. Dates change annually. Register early as spots fill up fast. Uses adaptive equipment that will aid fishermen with any type of disability.

Hancock Center for Dance/Movement Therapy Inc.

Location: 16 N. Hancock St., Madison, WI 53703

Phone: (608) 251-0908

E-Mail: info@hancockcenter.net

Website: <http://www.hancockcenter.net>

Hancock Center is a non-profit agency that provides dance/movement therapy services for adults, children and families, which help develop healthy self-image, body-mind healing and emotional stability. Also offers the Alexander Technique, a method of movement behavior and awareness that improves one's ability to move with ease and economy of effort.

Wisconsin Lions Camp

Location: 3834 County Road A, Rosholt, WI 54473

Phone: (715) 677-4969

Email: info@wisconsinlionscamp.com

Website: <http://www.wisconsinlionscamp.com>

The summer camp program is a free service reserved for children and adults with disabilities. All facilities are handicapped accessible and built with the young camper in mind. Each week contains typical camp activities including nature hikes, campfires, games and skill building activities like the climbing wall, archery course and ropes course.

National Center on Accessibility

Location: 501 North Morton St., Suite. 109, Bloomington, IN 47404-3732

Phone: (812) 856-4422

TTY: (812) 856-4421

Website: <http://www.ncaonline.org>

National Center on Accessibility is the nation's premiere resource promoting access for people with disabilities in recreation. Over the last decade, NCA has played a critical role in increasing awareness of inclusion of people with disabilities in parks, recreation and tourism.

Pontoon Boat (MSCR)

Location: 1615 Sherman Ave., Madison, WI 53704

Phone: (608) 204-4581

Website: <http://mscr.org/our-programs/outdoor-adventures/pontoon-programs>

Anybody can take advantage of all 18,000 acres of lakes surrounding Madison; you can fish, sightsee or have a picnic. There are a variety of scheduled pontoon tours for small or large groups, including a "Music Boat," "Multicultural Boat," and "Dream Boat." Pontoons are also available upon request.

Special Olympics

Location: 2310 Crossroads Dr., Suite 1000, Madison, WI 53718

Phone: (608) 222-1324

Website: <http://www.specialolympicswisconsin.org>

The mission of Special Olympics Wisconsin is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with cognitive disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in the sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

Sunset Pines Resort

Location: W9210 Rock Creek Rd., Willard, WI 54493

Phone: (715) 937-5109

Email: sunsetpinesresortrcdo@gmail.com

Website: <http://www.sunsetpinesresort.com/>

A fully accessible year-round resort nestled in the rural Wisconsin farm countryside. It provides a relaxing, worry-free getaway without the hassles of accessibility, for travelers with or without a disability. Also has opportunities like hunting, fishing, ATVing, shooting and boating.

Theater Bus

Location: 517 N. Segoe Road, Madison, WI 53705

Phone: (608) 257-0003

Website: <http://www.madstage.com/Companies/theaterbus.html>

Theater Bus for people over 55 years of age. Various trips to area museums, art displays, theater productions and more.

Three Gaits, Inc.

Location: 3741 Hwy 138 W, Stoughton, WI 53589

Phone: (608) 877-9086

Website: <http://www.3gaits.org/index.html>

Located in Stoughton, Wisconsin, this group provides therapeutic horsemanship program for children, youth and adults with disabilities and special needs.

VSA Wisconsin (formerly Very Special Arts)

Location: 1709 Aberg Avenue, Suite 1, Madison, WI 53704

Phone: (608) 241-2131

Website: <http://www.vsawis.org/>

VSA of Wisconsin expands the capabilities, confidence, and quality of life for children and adults with disabilities by providing programs in dance, drama, creative writing, music and visual art. It achieves this mission through statewide initiative, including extensive educational programming, professional development and technical assistance opportunities, and public awareness and outreach efforts.

Wisconsin Badger Camp

Location: P.O. Box 723, Platteville, WI 53818

Phone: (608) 348-9689

Email: wiscbadgercamp@centurytel.net

Website: <http://www.badgercamp.org>

Provides a summer program and special trips to individuals of all ages with developmental disabilities and other challenges. Activities include camping, swimming and hiking.

Wisconsin Council of the Blind & Visually Impaired

Location: 754 Williamson St., Madison, WI 53703

Phone: (608) 255-1166

Website: www.wcblind.org

Promote the dignity and independence of the people in Wisconsin who are blind and visually impaired by providing services, advocating legislation and educating the general public. Offer a wide and unique variety of programs from Euchre tournaments to summer school to theater. Call email or visit website to see current brochure.

Wisconsin Regional Library for the Blind and Physically Handicapped

Location: 813 West Wells St., Milwaukee, WI 53233-1436

Phone: (800) 242-8822 or 414-286-3045

Website: <http://dpi.wi.gov/talkingbooks>

A free library specifically tailored to those with a visual handicap, physical handicap, legal blindness or a reading disability. Services provided include reading material, equipment and accessories, selection, reference services and information about other programs of interest.

Camps: For a complete listing of camps, trips, and tours see The Arc-Wisconsin's website: www.arc-wisconsin.org (Other Information, Camping)

PERSONAL EMERGENCY RESPONSE SYSTEMS (Lifeline)

Advanced Security Solutions

Location: 2210 Pinehurst Drive, Middleton, WI 53562

Phone: (608) 831-7900

Advance Security Solutions works to provide an extra sense of security for those with problems such as falling, fainting, serious health conditions or limited mobility. Each subscriber has a communicator unit attached to the telephone, and wears a button that can be worn as a wrist band. In the event of an emergency, you press the alarm button to signal the console to automatically call the Emergency Monitoring Center which is staffed 24 hours a day.

UnityPoint Health – Meriter – Home Health Lifeline

Phone: (866) 674-9900

Website: <https://www.unitypoint.org/madison/lifeline.aspx>

A Persibak Help Button may be pressed to activate a small in-home unit, called a Communicator, which automatically dials the Lifeline Response Center. A Lifeline monitor will respond in about a minute and will send the appropriate help.

St. Mary's Hospital-Pioneer

Location: 700 S. Park St., Madison, Wi., 53715

Phone: (608) 251-6100

Website: www.stmarysmadison.com

St. Mary's provides a Medical Alert Service for falls and other emergencies.

Stoughton Hospital-Pioneer

Location: 900 Ridge St., Stoughton, Wi., 53589

Phone: (608) 873-6611

Website: www.stoughtonhospital.com

Stoughton Hospital provides a Medical Alert Service for falls and other emergencies.

Supporting active Independent Lives (SAIL)

Location: 6209 Mineral Point Rd., Suite 210, Madison, WI 53705

Phone: (608) 230-4321

Website: <http://sailtoday.org>

SAIL is a non-profit membership organization of people 55+ living in the Madison area. SAIL members wish to remain active, independent, in their own homes, and socially connected. A membership of \$330 per year includes referrals to prescreened equipment and service vendors, daily automated check-in service, house checks, wellness services, social events and clubs, member-helping-member volunteer opportunities, discounts to MSCR and SAIL S.O.S., and even quarterly mattress flipping.

SENIOR CENTERS & SERVICES

Aging and Disability Resource Center in Dane County

Location: 2865 N. Sherman Avenue, Madison, WI 53704

Phone: (608) 240-7400

Website: www.daneadrc.org/

Services Available:

Information and Assistance: Provide information about services, resources, and programs in disability and long-term care related services and living arrangements, health, adult protective services, employment and training for people with disabilities, transportation, home maintenance and nutrition. ADRC staff will provide help to connect people with those services and to also apply for SSI, Foodshare, and Medicaid as needed.

Long-Term Care Options Counseling: offer consultation and advice about options available to meet an individual's long-term care needs.

Benefits Counseling: ADRC provides accurate and current information on private and government benefits and programs. This includes assistance with the processes of accessing Medicare, Social Security, or other benefits.

Access to Publically Funded Long-Term Care Programs: ADRC can administer the Long-Term Care Functional Screen to assess the individual's level of need for services and eligibility for long-term care benefits. Once the individual's level of need is determined, the ADRC will provide information about the options available: to be placed on a wait list for a long-term care benefit program (if eligible), to stay in the Medicaid fee-for service system (if eligible), or to privately pay for these services.

Aging and Disability Resource Center in Sauk County

Location: 505 Broadway, Baraboo, Room 102, WI 53913

Phone: (608) 355-3289

Website: www.co.sauk.wi.us/adrc

Services Available:

Transportation: Must call 48 hours in advance. Rides are usually given to medical appointments.

Bus Transportation: Also available. Call for more information.

Dining Center: Eight locations. Home Delivered Meals

Chore Workers: Help match people with volunteers to perform chores in their home.

Benefit Specialists: Provide information, assistance, counseling, representation for: Social

Security, health insurance, Supplemental Security Income, Disability application, Medical Assistance, taxes, etc.

Belleville Senior Citizens Center

Location: 21 S. Vine St., Belleville, WI 53508

Phone: (608) 424-6007

Services Available:

RSVP Driver Program: Call the center to arrange rides. Ask for escort services.

Meals: Mon./Wed./Fri., at Fredrick Street, and Tues./Thurs. at Heritage Lane.

Grocery Shopping: Every Monday and Friday a bus will pick you up at home and take you to a grocery store.

Madison Shopping: Every Tuesday a van picks you up from your house and takes you shopping in Madison.

Time Out Program: Every Friday an individual comes in to counsel and lead people in exercises.

Colonial Club of Sun Prairie

Location: 301 Blankenheim Ln., Sun Prairie, WI 53590

Phone: (608) 837-4611

Website: <http://www.colonialclub.org/>

Services Available:

Case Management:

Three case managers provide coordination of services required to keep the individual in the home/ independent in the community as long as possible, supply resources for informed decision making, educate individuals to make informed choices and complete comprehensive assessments for all active clients.

Programs:

Provide a wide range of social, educational, recreational, spiritual, and wellness activities with holistic approach.

MATC Classes, Strawberry Fest, volunteer luncheon, senior events, trips and tours, creative writing, bridge lessons, special events and more.

Services: Adult day center, health clinics, health education, information and assistance, nutrition.

Food/Nutrition: Two dining sites: Colonial Club and Marshall Community Center. Menu is available online. Transportation available.

Adult Day Program: A wide variety of programs and services. See the schedule of events online.

DeForest Area Community & Senior Center

Location: 505 North Main St., DeForest, WI 53532

Phone: (608) 846-9469

Website: <http://www.thecommunitycornerstone.org/>

Services Available:

RSVP Transportation: A driver will pick you up from your home to transport you to any medical appointment and some personal errands. Free, but donations accepted.

Transit Solutions: Provides rides to community center lunches, activities or shopping weekly.

Rides provided to Kindred Hearts therapy pool every Thursday.

Newsletter: Call to put your name on the Community Center newsletter, which lists upcoming activities and the schedule.

Exercise Program: Meets twice a week. No fee to join. Two stationary bicycles are available for daily use at the Community Center.

East Madison/Monona Coalition of the Aging

Location: 4142 Monona Dr., Madison, WI 53716

Phone: (608) 223-3100

Website: www.emmca.org

Services Available:

Case Management: Case managers help with locating resources, Advocacy, Care planning. Are available to perform in-home assessments.

Outreach & Community Education: Information and referral, public education, monthly newsletter.

Caregivers: Support & educational programs. Support group, annual forum.

Volunteer Home Chore Program: Assistance with common household tasks; intergenerational programs.

Nutrition/Health Programs: Noon-time meal. Nail care clinics.

Adult Day Center: Quality programming by a caring staff; serving frail, moderately impaired and/or isolated elders.

Special Holiday Programs: Food baskets and gifts for low-income seniors.

Fitchburg Senior Center

Location: 5510 Lacy Road. Fitchburg, WI 53711

Phone: (608) 270-4291

Website: <http://www.fitchburgwi.gov/621/Senior-Center>

Services Available:

Case managers: Available to help answer questions and refer to helpful programs in the community.

Noon Meals: Monday through Friday, reserve the day before.

Home Delivered Meals: Available weekdays.

Outreach/Case Management: Connection to services and caregivers to help older adults stay in their homes.

Transportation: Call for more information. For Rides to the Meal Site. Monday General Shopping. Friday Grocery Shopping. RSVP Driver Escort.

Monthly Newsletter: Contains schedule of events, menu, and helpful information for seniors. Call to get on the mailing list.

Supportive Home Care: Low-cost help in the home for older adults on limited income.

Senior Exercise: Call 270-4290 for more information. Walking Club. Aerobics. Sit and Be Fit. Blood Pressure Screening. Toenail Trim.

Caregiver Support Group

Other Services: Tax assistance, flu shots, educational programs, card games, trips, parties, and more.

Homestead Living Inc.

Location: 1040 Quinn Dr., Waunakee, WI 53597

Phone: (608) 850-4610

Website: <http://homesteadlivinginc.com/index.html>

An assisted living center that offers a strong program based on the philosophy of activity-based Alzheimer's care.

Madison Senior Center

Location: 330 W. Mifflin St., Madison, WI
Phone: General Information: 266-6581
Volunteer Coordinator: 267-2344
Program Coordinator: 267-8650
Rental Coordinator: 266-6290
Email: seniorcenter@cityofmadison.com
Website: <http://www.cityofmadison.com/senior/senior.htm>

Services Available:

Classes: Art, computer, creative writing, dance, exercise, intellectual, music, spiritual.
Programs: Volunteer leadership opportunities, intergenerational programs, various card games and other activities.
Health and Wellness Lectures and Screenings: Blood pressure checks, crime safety tips, pharmacist meetings, foot care clinic.
Senior Meal Program: Full-course lunch meals offered daily, must call 24 hours in advance.
Special Events: A variety of events changed each month.
Examples include: bead embroidery workshop, diabetes workshop, E-bay basics class, Tuesday movies, transcendentalist readings and much more.

McFarland Senior Outreach Services

Location: P.O. Box 110, 5915 Milwaukee St., McFarland, WI 53558
Phone: (608) 838-3153
Email: outreach.dept@mcfarland.wi.us
Website: http://www.mcfarland.wi.us/index.asp?SEC=BF23CA47-BB3D-4C59-9B95-5F9D6280B70A&Type=B_BASIC

Services Available:

Case Management: Two licensed social workers. Drop-in or by appointment. Age 60 and over for McFarland and surrounding areas.
Outreach: Meals, transport, finances. Referrals for housing options, adult day care, support groups, housekeeping, respite care.
Food/Nutrition: Meals at the McFarland Municipal Center on weekdays at noon, cost is on a donation bases. Home Delivered Meals Program.
Loan Closet: Can borrow walkers, wheelchairs, canes, etc.
Transportation: Must call 48 hours in advance. Rides are usually given to medical appointments.
RSVP rides to medical appointments. Bus transportation also available to meal site, grocery store and shopping in Madison, Stoughton, and McFarland, RSVP a day in advance.
Other: Annual flu shots
Social Programs are also available, call or check online for specific information.

Medigap Insurance Help Line

Phone: (800) 242-1060
Website: <https://www.dhs.wisconsin.gov/aging/medigap.htm>

The Medigap Insurance Help Line, Board on Aging and Long-term Care provides supplemental insurance counseling to Medicare recipients, information and counseling regarding long-term care, health and other insurance concerning the elderly and disabled.

Middleton Senior Center

Location: 7426 Hubbard Ave., Middleton, WI 53562

Phone: (608) 821-8350

Website: <http://www.ci.middleton.wi.us/index.aspx?nid=109>

Services Available:

Case managers: Available to help answer questions and refer to helpful programs in the community.

Monthly Newsletter: Call for a place on the mailing list.

Transportation: Call for more information. Receptionist at Middleton Senior Center will take ride appointments for RSVP drivers. Rides are usually to medical appointments. Donations accepted. Group Access vans will pick a person up at home and take him or her grocery shopping on Monday, Tuesday and Thursday. Bus Transit also available to pick up individuals and take them to this center for lunch.

Exercise: Call 831-2372 for more information. Run and Flexibility, Tai Chi.

Membership fee. Scholarships are available.

Support Groups: Low Vision, Caregiver.

Food and Meals: Offered Monday through Friday. Delivered to the homes of eligible seniors.

Programs: Call Laura Langer at 831-2373 for more information.

Classes: Computer, painting, Tai Chi, crafts, Spanish, Strength and Flexibility, writing.

Games: Independent card games, euchre, pinochle, bingo, Scrabble.

Monona Senior Center

Location: 1011 Nichols Rd., Monona, WI 53716
(lower level/Monona Community Ctr.)

Phone: (608) 222-3415

Website: <http://www.mymonona.com/251/Senior-Center>

Services Available:

Case Management: Shared with East Madison/Monona Coalition of Aging. Offers information on all questions about finances, home chore, housing, transportation, energy assistance, power of attorney, caregiver and many other services.

Game nights and events: Opportunities to play scrabble, euchre, bingo, bowling, bridge, pool and more.

Support Groups: Low vision and caregiver.

MATC Classes: Includes woodcarving, Internet Explorer, Adobe, Photoshop, web-based e-mail and more.

Fitness Classes: Pilates, Stretch and Tone, Yoga.

Free Friday Movie Matinees

Mount Horeb Senior Center

Location: 107 N. Grove Street, Mount Horeb, WI 53572

Phone: (608) 437-6902

Website: <http://www.mounthorebwi.info/recent-news/mount-horeb-senior-center>

Open Monday through Friday 8:30 am to 5:00

Services Available:

Case Management: For people 60 and older in Mount Horeb area

Health and Fitness: Blood pressure checks, hearing evaluations, foot care clinics.

Food/Nutrition: Congregate and home-delivered meals available weekdays, must call the day before. Food Pantry and Food Fare. Grocery delivery.

Community Clothes Closet

Transportation: RSVP rides to medical appointments. Care van to grocery store and nutrition site.

Supportive Home Chore Service: Light house keeping.

Activities: Cards, bingo, movie nights, free tax service in the spring and much more.

North/Eastside Senior Coalition

Location: 1625 Northport Dr., # 125. Madison, WI 53704

Phone: (608) 243-5252

Website: <http://www.nescoinc.org>

Services Available:

Case Management: Enables senior adults to remain independent in their communities through assessment, coordination and monitoring.

Senior Luncheons: Weekday meals, transportation available if call in advance.

Activities: A variety of social, educational and exercise programs. Cards, day trips, bingo, book discussions, foot clinics, etc.

Cultural Diversity Programs: Helps reduce the isolation of Latino and African American Seniors in Madison and Dane County. Two separate groups with programs that focus on health education, communication, and cultural values at monthly discussions.

Summer Concert Series: Warner Park.

Home Chore/ENJOY: Helps seniors remain independent in their own homes.

Check website for annual Apple Fest in the fall.

Volunteering: Call for a detailed list of opportunities

Northwest Dane Senior Services

Location: 1837 Bourbon Road, Cross Plains, WI 53528

Phone: (608) 798-6937

Website: <http://www.nwdss.org>

Open Monday through Friday 8:30 am to 5:30 am

Services Available:

Case Management: Case managers advocate for the clients to ensure they receive the assistance they require to remain living at home and in their community. May offer short term or ongoing assistance by helping sort through complicated paperwork (insurance, financial or medical), arranging transportation or making appropriate recommendations and referrals to other community providers.

Food and Nutrition: Mobile Meals: Mid-day meals delivered to your home by volunteers on week days. Mid-day meals offered on-site Monday through Friday. Full course lunch meals offered daily, must call 24 hours in advance.

Supportive Home Care In-Home Respite Care: The Supportive Home Care Program provides services to individuals who require assistance to remain living in their own homes. Rural Respite is designed specifically for older adults who need more structure in their life. Two respite programs are offered in two communities, providing a safe environment and a scheduled break for care giving families.

RSVP Driver Escorts

Activity Center: A place to gather for fellowship, games, potluck luncheons, trips, well elderly programs, and parties. The volunteer activity committee assists with planning the calendar.

Oregon Area Senior Center

Location: 219 Park St., Oregon, WI 53575

Phone: (608) 835-5801

Website: <http://www.oregonareaseniorcenterwisconsin.com/>

Services Available:

Case managers: Available to help answer questions and refer to helpful programs in the community.

Transportation: Call for more information. RSVP rides - Mainly takes individuals to doctor's appointments. Ride to Meals - Weekday meals at the center. A bus will pick you up from home. Delivery meals also available. Bus trips for shopping - Once a week. If you call ahead of time, all buses are wheelchair accessible.

Health and Wellness: Foot care, blood pressure screening, reflexology, Medicare assistance, Get Fit! Programs, chair massages and classes such as yoga. Call for more information.

Food and Meals: Meals every weekday, both at the congregate site and home-delivered.

Adult Day Program: Offered three days a week, MWF.

Loan Closet: Can borrow walkers, wheelchairs, crutches, and much more for those in the Oregon School District.

Support Groups: For caregivers and diabetics.

Prescription Drug Helpline for Medicare Beneficiaries / Coalition of WI Aging Groups

Phone: (608) 224-0606 for information 1-855-677-2783 for Helpline

Website: <http://cwagwisconsin.org/elder-law-center/prescription-drug-helpline/>

Provides assistance to Wisconsin Medicare beneficiaries regarding prescription drug benefits.

Information and coordination with other public and private prescription drug coverage is provided.

Serenity Homes

Location: 504 Bassett St, De Forest, WI 53532
Phone: (608) 846-8610
Assisted living center

SeniorCare Rx Drug Program

Phone: (800) 657-2038
Website: <http://dhs.wisconsin.gov/seniorcare/>
Reduced-cost prescription drug coverage program available to Wisconsin residents who met income eligibility requirements.

South Madison Coalition of the Elderly

Location: 128 East Olin Ave., Madison, WI 53713
Phone: (608) 251-8405
Website: <http://www.smcelder.com/>

Services Available:

Case Management: Helps seniors remain independent in their own homes and maintain quality of life.

Home Chore Assistance: Assists limited income adults with chores.

Dining Centers: *Five centers* - Romnes Apartments, Quaker Housing, Brittingham Apartments, Bayview Community Center, Madison Senior Center. Meals served all weekdays, must make reservations in advance.

Volunteer Guardianship Services: Trained volunteers willing to serve as legal guardians for seniors over 60 in need due to conditions such as dementia and chronic mental illness.

Volunteer Representative

Events: Blood pressure checks, crime safety tips, pharmacist meetings, foot care clinic.

Other Services: Neighborhood Senior Center activities, Sunday dinners, monthly newsletter, information and referrals, and quality standards for group homes.

Stoughton Area Senior Center

Location: 248 West Main St., Stoughton, WI 53589
Phone: (608) 873-8585
Website: <http://www.cityofstoughton.com> (Click on "Residents" and "Senior Center")
http://www.ci.stoughton.wi.us/index.asp?Type=B_EV&SEC={ACCDC7D4-A6D0-41E3-BOCA-4407ED90AF34}

Services Available:

RSVP Driver Program: Call the Senior Center to schedule a ride to any medical appointment.

You will need to be able to get in and out of the car.

Cabs: The Senior Center will also arrange cab rides for you.

Loan Closet: Can borrow walkers, wheelchairs, crutches, etc.

Shopping mall in Madison: Two times a month. Call for more information.

Fitness Opportunities: Cardio, Chair Stretching, Tai Chi, line dancing, swimming, Parkinson's Exercise Group.

Classes and Skill Development: Writing, music, watercolor, painting, woodshop, knitting, quilting.

Recreational Opportunities: Coffee with the Mayor, cards, travel, book exchange, etc.

Support Groups: Call for times and details Low vision, Parkinson's support, caregivers, AA, multiple sclerosis.

Waunakee Area Senior Center

Location: 333 South Madison St., Waunakee, WI 53597
Phone: (608) 849-8385
Website: <http://www.vil.waunakee.wi.us>
(Village Services and Government, Departments, Senior Center)
<http://www.vil.waunakee.wi.us/index.aspx?nid=209>

Services Available:

Caregiver Support Group

Health and Fitness: Blood pressure screenings, foot care clinic, massage therapy, line dancing, and bowling.

Food/Nutrition: Meals Monday through Friday, reservations mandatory (transportation available – call for reservation). Food Pantry, Food Share Network.

Loan Closet: Can borrow walkers, wheelchairs, canes, etc.

Transportation: RSVP rides to Medical appointments.

Classes and Clubs: Bridge, sewing, wood carving, knitting, cribbage, euchre, quilting.

West Madison Senior Coalition and Center

Location: 517 North Segoe Rd., Suite 309, Madison, WI 53705
Phone: Coalition Office (608) 238-7368 Senior Center (608) 238-0196
Website: <http://www.westmadisonseniorcoalition.org>

Services Available:

Case Management: Helps seniors remain independent in their own homes and maintain high quality of life.

Health Screening and Wellness: Foot care clinics, blood pressure screening, fitness program at senior center, exercise classes.

Food/Nutrition: Daily meal program open to public. Diabetic options available.

Classes and Clubs: Variety of weekly options available. Knit and Crochet, exercise classes such as Tai Chi, Zumba for elderly and yoga, watercolor workshop, balance help, sing-a-long, line dancing, low vision groups, artist, and poetry.

Verona Senior Center

Location: 108 Paoli St., Verona, WI 53593
Phone: (608) 845-7471
Website: <http://veronaseniorcenter.com/>

Services Available:

Case managers: Available to help answer questions and refer to helpful programs in the community.

Food: Weekday meals; call the day before to sign up. Also deliver home lunches upon reservation, call day before to sign up.

Loan Closet: Borrow health care aids such as wheelchairs, walkers, canes, etc. at no cost.

Nail Clinic: Call to schedule a required appointment.

RSVP Driver Escort Rides: Rides can be arranged by calling this center. First priority given to medical appointments, and you must call two days in advance.

Blood Pressure and other medical Screenings: Registered nurse, every Wednesday from 9:30 AM to 2:00 PM for blood pressure, glucose and much more. Also ask about informational classes provided by the RN.

Exercise: Classes are offered at the center, specifically low impact classes: Floor aerobics for people over 50. Strength training. Nutrition and fitness information sessions. Weight loss and healthy eating classes. Body fat/blood pressure assessments.

Other Services Include: Massages, card games, knitting, Bingo, day trips, etc.

SUPPORT & ADVOCACY ORGANIZATIONS

Access to Independence

Website: <http://www.accesstoind.org/>
Phone: (608) 242-8484 or Toll Free (800) 362-9877
Email: info@accesstoind.org

They are a non-profit, consumer controlled Independent Living Center (ILC) that provides resources, services, and advocacy for people of all ages with all types of disabilities in Dane, Columbia, Green, and Dodge counties in south-central Wisconsin.

Alzheimer's & Dementia Alliance of Wisconsin (ADAW)

Website: <http://www.alzwisc.org/>
Phone: (608) 232-3400

The expert staff of the Alzheimer's & Dementia Alliance of Wisconsin (ADAW) understand that every person touched by Alzheimer's or other dementia will need support to help them navigate the course of the disease. We help guide you through the complex maze of issues that can arise by offering personal consultations, education, access to resources and advocacy.

Area Agency on Aging "Over 60 Resource Directory" - Dean/St. Mary

Location: 2865 N. Sherman Avenue, Madison, WI 53704
Phone: 608-261-9930
Website: <https://aaa.dcdhs.com/>

This 2009 Edition of the "Over 60 Resource Directory" is available to you on the Area Agency on Aging of Dane County web site as well as in a paper booklet format (available at Aging Offices and at your public library throughout Dane County). Please use it to look up services and resources available in Dane County for older adults age 60 and over.

Aging and Disability Resource Center in Dane County

Location: 2865 N. Sherman Avenue, Madison, WI 53704
Phone: (608) 240-7400
Website: www.daneadrc.org/

Services Available:

Information and Assistance: Provide information about services, resources, and programs in disability and long-term care related services and living arrangements, health, adult protective services, employment and training for people with disabilities, transportation, home maintenance and nutrition. ADRC staff will provide help to connect people with those services and to also apply for SSI, Foodshare, and Medicaid as needed.

Long-Term Care Options Counseling: offer consultation and advice about options available to meet an individual's long-term care needs.

Benefits Counseling: ADRC provides accurate and current information on private and government benefits and programs. This includes assistance with the processes of accessing Medicare, Social Security, or other benefits.

Access to Publically Funded Long-Term Care Programs: ADRC can administer the Long-Term Care Functional Screen to assess the individual's level of need for services and eligibility for long-term care benefits. Once the individual's level of need is determined, the ADRC will provide information about the options available: to be placed on a wait list for a long-term care benefit program (if eligible), to stay in the Medicaid fee-for service system (if eligible), or to privately pay for these services.

Advocacy & Benefit Counseling for Health (ABC)

Location: 32 N Bassett St., Madison, WI 53703

Phone: (608) 261-6939

Website: <http://www.safetyweb.org>

ABC is a non-profit law firm dedicated to breaking down the barriers to health care access for Wisconsin families.

Aphasia – The National Aphasia Association (NAA)

Location: 350 Seventh Ave., New York, NY 10001

Phone: (212) 267-2814

Website: <http://www.aphasia.org>

The National Aphasia Association (NAA) is a nonprofit organization that promotes public education, research, rehabilitation and support services to assist people with aphasia and their families.

Arc – Dane County

Location: 6602 Grand Teton Plaza, Madison, WI 53719

Phone: (608) 833-1199

Website: www.arcdanecounty.org

This program provides advocacy, family support and education on behalf of people with development disabilities and their families. Check online for further resources.

Bureau of Aging & Disability Resources and Bureau of Long-Term Support

Location: 1 W. Wilson Street, P.O. Box 7851, Madison, WI 53707-7851

Aging/Disability: Room 450; Long-Term Support: Room 418

Phone: (608) 266-2536

Website: <http://dhs.wisconsin.gov/aging/>

Provides statewide oversight of federal and state funded programs for seniors. Call or check online for the wide variety of supports.

Caregiver Library

Location: 334 W. Doty St., Madison, WI 53703

Phone: (608) 283-2100

Website: <http://www.caregiverslibrary.org/home.aspx>

The Caregiver Library provides support, information and a research library for caregivers.

Client Assistance Program (CAP)

Location: 2811 Agriculture Dr., Madison, WI 53718

Phone: (800) 362-1290

Website: <http://dwd.wisconsin.gov/dvr/cap.htm>

CAP can help with the appeal process and provides services to explain DVR policies, procedures, and the rights and responsibilities of consumers.

Coalition of WI Aging Groups: Elder Law Center

Location: 6320 Monona Dr., Suite 305, Madison, WI 53716

Phone: (608) 224-0606 or (800) 488-2596

Website: <http://www.cwag.org/>

The Coalition of Wisconsin Aging Groups is a federation of 640 member groups interested in legislative advocacy to bring about a better quality of life for the elderly and future generations in Wisconsin. It is an umbrella advocacy organization providing information on elder-specific legal and legislative issues: Community Options Program, Guardianship, Benefit Specialists, Power of Attorney for Health Care & Finances, Partner care, and Senior Statesmanship.

Community Action Coalition - CAC

Location: 1717 North Stoughton Rd., Madison, WI 53704-2605

Phone: (608) 246-4730

Website: <http://www.cacscw.org>

Open Monday through Friday 8:00 to 12:00 pm and 1:00 to 4:30 pm

Initiates and supports one-to-one, voluntary advocacy relationships for people of all ages with developmental disabilities in Dane County; a program of the Community Action Coalition for South Central Wisconsin.

Community Living Alliance – CLA

Location: 1414 MacArthur Road, Madison, WI 53714

Phone: (608) 242-8335

Website: www.clanet.org/

Community Living Alliance is a community based, non-profit organization that provides community resources for people with physical disabilities. CLA was created by Access to Independence, an independent living center, to bring the values of the independent living philosophy to a community service organization.

Community Outreach – United Cerebral Palsy

Location: 2801 Coho Street, Suite 300, Madison, WI 53713

Phone: (608) 273-4434

Website: www.ucpdane.org

The Community Outreach Program is designed to reach out to the needs of families and individuals with cerebral palsy and other developmental disabilities. Our services are available to individuals with disabilities as well as community members and professionals. Services may be provided throughout Southern Wisconsin including: Columbia, Dane, Dodge, Grant, Iowa, Jefferson, Juneau, Richland, and Sauk Counties.

Dane County Human Services – Adults with Developmental Disabilities

Location: 1202 Northport Dr., Madison, WI 53704

Phone: (608) 242-6200

Website: https://danecountyhumanservices.org/key_phone_numbers.aspx

Services for adults and children with developmental disabilities have been developed to promote full consumer participation in the community. Services include Support and Service Coordination, Supported Living Program, A Place to Work and Adult Protective Services.

Dane County SOS Senior Council

Location: 122 State St., Suite. 401, Madison, WI 53703

Phone: (608) 256-7626

SOS is a nonprofit organization of about 700 members that educates and advocates for the elderly and disabled. Maintains a health program for members who are enrolled in Medicare A & B and have income and assets with specific limits. No age limit. This organization is for seniors and the disabled.

Dane County Veterans Service Office

Location: 210 Martin Luther King Jr. Blvd. Room 108, Madison, WI 53703

Phone: (608) 266-4158

Website: <http://danevets.com/>

Dane County Veterans Service Office assists veterans and their families in obtaining state and federal benefits.

Disability Rights of Wisconsin

Location: 131 W. Wilson St., Suite 700, Madison, WI 53703

Phone: (608) 267-0214

Email: wcamsn@globaldialogue.com

Website: <http://www.disabilityrightswi.org/>

Disability Rights of Wisconsin is the state's designated advocacy and protection agency for people with mental illness and people with developmental, physical, sensory, and neurological disabilities.

Greater Wisconsin Agency on Aging Resources, Inc. (GWAAR)

Location: 1414 MacArthur Rd., Suite A, Madison, WI 53714

Phone: (608) 243-5670

Email: info@gwaar.org

Website: <http://www.gwaar.org>

The materials in the GWAAR Advocacy Toolkit were developed to provide people with tips and tools for communicating with legislators and policy makers, as well as rules and language regarding advocacy vs. lobbying. GWAAR's Senior Statesmanship Program provides older people with an opportunity to learn about state government and how they can play a role in creating good public policy.

Family Support & Resource Center

Location: 101 Nob Hill Road, Suite 201, Madison, WI 53713

Phone: (608) 237-7630

Website: <http://www.fsrdane.org/>

Enables children with significant disabilities in Dane County to live at home with their families by providing information, advocacy, service coordination, respite care, and financial assistance.

IRIS (Include, Respect, I Self Direct)

Location: 1 West Wilson Street, Room 418, P.O. Box 7851, Madison, WI 53703

Phone: (888) 515-4747

Website: <https://www.dhs.wisconsin.gov/iris/index.htm>

Wisconsin's self-directed supports Medicaid waiver. Sponsored by the State of Wisconsin Department of Health Services, Bureau of Long-Term Support. IRIS is a program where you self-direct publicly funded, community-based, long-term care support and services. In IRIS, you use your own natural supports and creativity with your state-eligible budget to manage resources such as transportation, employment or care providers.

Legal Information Center

Location: Student Activity Center Office #1, 333 E. Campus Mall, Madison, WI 53715

Phone: (608) 263-3243

Website: <http://legalinformationcenter.rso.wisc.edu>

The Legal Information Center operates during the academic year and is staffed by law student volunteers who provide legal information. The center helps students and low income Dane County residents with uncontested divorce, small claims, tenant issues, traffic charges, statutory wills, and name changes.

Lotsa Helping Hands – When friends and family need help

Location: 118 N. Peoria Street, Chicago, IL 60607

Email: info+contactus@lotsahelpinghands.com

Website: www.lotsahelpinghands.com

A website that helps friends and family coordinate their volunteer assistance without adding a cumbersome task to the caregiver's busy schedule. A coordinator is selected, and this is the person who takes the initiative to sign up for the service, add members and tasks to the site and deal with other administrative needs. Services for the person who is ill and his or her family are all coordinated through this site.

Journey Mental Health Center

Location: 625 W. Washington Ave., Madison, WI 53703

Phone: (608) 280-2700

Website: <https://www.journeymhc.org/contact>

The Mental Health Center of Dane County provides comprehensive outpatient mental health services, including counseling, case management, 4-hour crisis intervention, psychiatric assessment, etc., for all ages.

Mobility Training & Independent Living Program, Inc.

Location: 101 Nob Hill Road, Suite 200, Madison, WI 53713

Phone: (608) 288-0641

Email: chris@mtlp.net

Website: <http://www.mtlp.net>

Provides community-based occupational therapy assessment and training for adults with disabilities in Dane County. Programs include: daily living skills, sensory stimulation, recreational and community outings and transportation. Each consumer is given a case manager.

Multiple Sclerosis Online Information/Support

1. <http://www.msworld.org>

Chats with experts who treat MS. Available in 9 languages and in large print.

4. MS support: 1-800-532-7667

24/7 telephone support for people with MS. Staffed with people who have MS.

Caregiver Action Network (CAN) [Formerly National Family Caregivers Association (NFCA)]

Location: 1130 Connecticut Avenue, Suite 500, Washington, DC 20036

Phone: (202) 454-3970

Website: <http://caregiveraction.org/>

Excellent resource for spouses, family and other caregivers. CAN is a family caregiver organization working to improve the lives of more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or frailties of old age. Can is a non-profit organization providing education, peer support, and resources to family caregivers across the country free of charge.

Operation Fresh Start, Inc.

Location: 1925 Winnebago St., Madison, WI 53704

Phone: (608) 244-4721

Website: <http://www.operationfreshstart.org/index.php>

Subscribe for the email list from the website

Operation Fresh Start (OFS) helps young people turn their lives around. Each year, about 150 people in Dane County go through the program. They receive training through classroom instruction and through building five to eight affordable houses each year. But they discover more than construction and remodeling; they learn about accepting responsibilities and achieving goals. For ages 16-24.

Options in Community Living

Location: 22 N. 2nd St., Madison, WI 53704

Phone: (608) 249-1585

Website: <http://www.optionsmadison.com>

Provides whatever assistance a person needs and wants in order to live successfully in the community. Help includes: finding and selecting housing or roommates, arranging for live-in support, furnishing and moving into a new apartment or gaining access to community resources for transportation, employment, leisure-time or financial assistance. Also may entail teaching skills in home maintenance, shopping, money management, meal planning, health and self-care.

Progressive Community Services, Inc.

Location: 607 Green Meadow Dr., Verona, WI 53593

Phone: (608) 848-8305

Website: <http://www.pcsdane.org/>

Provides case management services to adults with disabilities in Dane County.

Supporting Active Independent Lives – SAIL

Location: 6209 Mineral Point Road, Suite 210, Madison, WI 53705

Website: <http://sailtoday.org/>

Supporting Active Independent Lives is a vibrant non-profit membership organization of people 55+ who reside in the Dane County area. SAIL members wish to remain active, independent, in their own homes, and socially connected, and have found that navigating the many changes brought on by age is much easier with the resources offered by SAIL.

Social Security Administration

Location: 6011 Odana Rd., Madison, WI 53719

Phone: Local (866) 770-2262 or Toll free (800) 772-1213

Website: <http://www.ssa.gov/>

The Social Security Administration provides information, and application and denial assistance for all Social Security, Supplemental Security Income and Medicare needs. Appointments are available for in-office or telephone interviews.

United Spinal Association

Location: 5000 Wissachickon Ave, PA 19144

Phone: (215) 991-1828

United Spinal Association has a number of advocacy services for people with Spinal Cord Injury, Multiple Sclerosis, Spina Bifida, Polio, and Amyotrophic Lateral Sclerosis. Services include the “Users First” program which advocates for improved access to seating and mobility equipment, and the “Vets First” program that advocates for all generations of veterans, including individuals living with post-traumatic stress disorder and traumatic brain injuries.



United Way 2-1-1

Phone: Dial 2-1-1 or (608) 246-HELP (from a cellular phone).

Website: <http://www.211us.org/>

When you need help and you don't know where to turn, just call United Way 2-1-1. Help is free, easy and just a phone call away. Whether you need food for your family, health care for your child or a support group for a family issue, United Way 2-1-1 can help you, day or night, every day of the year. Caring, trained 2-1-1 information and referral specialists are ready to connect you with the community services that will support you through difficult times. Information is available on a wide range of resources and confidential assistance.

Wisconsin First Step – Wisconsin's Birth to 3 Program

Website: <http://www.dhs.wisconsin.gov/children/birthto3/index.htm>

Wisconsin First Step serves as the Central Directory for Wisconsin's Birth to 3 Program. As the Central Directory, Parent Specialists who have specialized disability expertise and who are parents of children with special health care needs, provide information and referrals to county Birth to 3 Programs and other disability-related resources.

Wisconsin Institute For Healthy Aging

Location: 1414 MacArthur Road, Suite B, Madison, WI 53714

Phone: (608) 243-5690

Email: info@wihealthyaging.org

Website: <https://wihealthyaging.org/>

The Wisconsin Institute for Healthy Aging (WIHA) was formed to advance the spread of evidence-based prevention programs that encourage and support healthy living among older people through partnerships with public and private organizations. WIHA has established Aging and Disability Resource Centers across the state that are accessible, welcoming places that provide accurate, unbiased long-term care information for older people, people with disabilities and their caregivers.

TRANSPORTATION

Abby Vans, Inc.

Location: 1115 W. 4th Street., Neillsville, WI 54456

Phone: (800) 236-8438

Website: www.abbyvans.com

A Van service located in Clark County that covers 26 counties. Will bill Medicaid.

A & J Mobility

Location: 4125 Terminal Drive, McFarland, WI 53558

Phone: (608) 579-1500

Website: <http://www.aandjmobility.com/>

They will custom engineer a mobility solution for your SUV, truck or van. They have two additional locations in Eau Claire, Richfield and Valders.

Access Unlimited

Location: 570 Hance Rd., Binghamton, NY 13903

Phone: (800) 849-2143 or (607) 669-4822

Website: <http://www.accessunlimited.com/>

Designs and manufactures innovative mobility equipment that gives people with disabilities the power to drive or ride in the vehicle of their choice, including cars, SUVs, mini-vans and pick-up trucks. Multi-Lift serves as both a vehicle and home lift for a streamlined lift solution.

Adapt Solutions

Location: 6045 Monona Drive, Monona, WI 53716

Phone: General: (866) 641-0419 Monona Location: 608-395-2350

Website: <http://www.adapt-solutions.ca/index.php>

The Adapt-Solutions team offers innovative mobility solutions for transportation needs. Custom-designed vehicles and equipment are offered to make driving and vehicle entry/exit easier for each customer. Information for other locations is available online.

A-Lift Services

Location: 124 Ash Street, Oregon, WI 53575

Phone: (800) 567-5438

Provides wheelchair and van transportation for elderly and disabled individuals.

American Cancer Society

Location: 8317 Elderberry Rd., Madison, WI 53713

Phone: (608) 833-4555

Website: <http://www.cancer.org/index>

Volunteer drivers transport cancer patients to medical appointments.

AMS Vans, Inc.

Location: 6275 Lawrenceville Hwy, Tucker, GA 30084

Phone: (770) 729-9400 or (800) 775-8276

Website: <http://www.amsvans.com/>

Sells, rents and delivers wheelchair accessible minivans.

Bryon Riesch Paralysis Foundation

Location: P.O. Box 1388 Waukesha, WI 53187-1388

Phone: (262) 547-2083

Website: <http://www.brpf.org/>

The foundation offers charitable grants which are awarded quarterly to individuals with physical disabilities. These grants help pay for items such as van modifications, wheelchairs and ramps.

Capitol Express

Location: 918 Watson Ave., Suite 201, Madison, WI 53713

Phone: (608) 661-7433

Transportation services available Monday-Saturday. Takes Medicaid.

Care Van Service

Location: 103 S. 4th Street, Mount Horeb, WI 53572

Phone: (608) 437-8989

A non-emergency transport service with wheelchair-accessible vans.

Care Wisconsin

Location: 1617 Sherman Ave., P.O. Box 14017, Madison, WI 53708

Phone: (608) 240-0020

Website: <http://www.carewisc.org>

Provides transportation to elderly individuals or those with disabilities over the age of 18.

Curtis Ambulance Service

Location: 707 Post Road, Madison, WI 53713

Phone: (608) 255-4140

A non-emergency ambulance service that specializes in long-distance medical transport. It bills Medicare, Title 19 and private insurance companies directly. Can transfer cardiac and high-risk patients. Also emergency transfer and in-town to your choice of hospital.

DM Conversions

Location: 12651 W. Silver Spring Dr., Butler, WI 53007

Phone: (262) 781-1170

Website: <http://dmcvehicles.com/>

Offers a complete line of adaptive driving aids like wheelchair lifts, power seats, wheelchair tie downs, and hand controls - as well as custom body and interior modifications. Each project is specifically designed for the customer.

Handy New & Notes Newsletter

Website: <http://county.milwaukee.gov/HNN/Issues>

The Handy News & Notes is a monthly e-newsletter released by the Milwaukee County Office for Persons with Disabilities. The newsletter often lists items for sale, including vehicles with lifts.

iCare

The iCare Medicare Plan is an all-in-one health care benefits program for all eligible Medicare beneficiaries with special needs.

Phone: 1-800-777-4376

Website: <http://www.icare-wi.org/>



La Vigne bus Co, Inc.

Website: <http://lavignebusco.com/>

Location: N3019 US Hwy 12, Fort Atkinson, WI 53538

Phone: (920) 563-1515

The company provides a full range of medical transportation services in Fort Atkinson, WI.

Madison Metro Transit - Paratransit

Location: 1245 East Washington Ave., Suite 201, Madison, WI 53703

Phone: (608) 266-4466

Website: <http://www.cityofmadison.com/metro/Paratransit/>

Paratransit service complements the same area and hours of the city bus system. Riders must fill out an application and be registered paratransit riders to use this service. Door-to-door service is available for those eligible under the American with Disabilities Act.

Double D Tours, LLC.

Location: 4915-B Voges Rd., Madison, WI 53718

Phone: (608) 345-7470

Website: <http://ddmotorcoaches.com/>

Provides transportation for disabled individuals and elderly.

First Transit

Location: 200 W North St., Deforest, WI 53532

Phone: (608) 846-3939

Provides transportation for the elderly and disabled.

Meister's "Special Care" Transport

Location: 2330 Vondron Rd., Madison, Wi., 53718

Phone: (608) 240-0353

Provides transportation for the elderly, disabled, and stretcher transport

Midstate Medical Express

Location: 512 W Pleasant St., Portage, WI 53901

Phone: (608) 742-8603

Access to wheelchair and stretcher vans. Stretcher base rate is \$250 + \$3.50 per mile. Wheelchair base rate is \$25 + \$3.50/mile. Weekend services available for 10% additional charge unless bill is paid that day.

Mobility Works

Location: 195 Johnson Drive, Suite 150, Waukesha, WI 53704

Phone: (608) 241-0600

Email: ask@mobilityworks.com

Website: <http://www.mobilityworks.com/>

Midwest Mobility serves as experts in adaptive vehicle modifications. Stock accessible: new and pre-owned mobility vans available nationwide. Check online for other Midwest locations.

Monona Lift

Location: 5211 Schluter Rd, Monona WI 53716

Phone: (608) 423-4118 (For Reservation)

Website: <http://www.mymonona.com/246/Monona-Lift>

To guarantee a ride, call 24 hours in advance. Be sure to ask for Monona Lift.

Paratech Ambulance

Location: 2901 Perry Street, Madison, WI
Phone: (608) 270-1111 Toll Free: (866) 525-8888
Website: www.paratechambulance.com

Provides high quality care for emergency and non-emergency ambulance services 24/7, year-round, ranging from basic life support to critical care, from pediatric to geriatric.

Retired and Senior Volunteer Program (RSVP)

Location: 517 N. Segoe Rd., Suite 300, Madison, WI 53705
Phone: (608) 238-7787
Website: <http://www.rsvpdane.org/>

RSVP's Driver Services Program responds to the transportation needs of Dane County's older adult residents who do not have access to other transportation resources such as bus, van, family and friends. Volunteers from the local community/area use their own vehicles to drive and escort passengers. Volunteers work through their local Senior Center/Outreach Office.

Ryan Brothers Ambulance

Location: 922 S Park St., Madison, WI 53715
Phone: (608) 257-9591 Toll Free: (877) 257-9591
Website: www.ryanbros.net

An ambulance service that operates at all levels of EMS, including Paramedic & Critical Care. Satisfactory patient service is their first concern.

Transit Automobility

Location: 4082 Hoepker Rd., Suite B, Madison, WI 53704
Phone: (608) 249-8030
Website: <http://www.transitautomobility.com/>

Will customize your vehicle and/or install a wheelchair lift for individuals with such needs.

Transit Solutions Inc. (TSI)

Location: 173 E. Badger Road, Madison, WI 53713
Phone: (608) 294-8747

Offers transportation assistance to special needs individuals.

Van GO Taxi

Location: 105 East 2nd street, Waunakee, WI 53597
Phone: (608) 849-7070
Website: <http://vangotaxi.net/oc/profile?g=1689418>

A Dane County taxi service for transportation to medical appointments, the airport, school, work, etc.

Verona Senior Center

Location: 108 Paoli St., Verona, WI 53593
Phone: (608) 845-7471
Website: <http://www.veronaseniorcenter.com>

Rides can be arranged by calling this center. First priority given to medical appointments, and you must call two days in advance. Rides weekly to Elderly Specific Food Pantry.

We Care Transit

Location: 2889 Highway MN, Stoughton, WI

Phone: (608) 838-8589

Provides transportation to special needs individuals in the Madison area.

Wheels of Independence

Location: 2703 Industrial St., Wisconsin Rapids, WI 54495

Phone: (715) 423-7818 (800) 316-7818

Specialized transportation and medical assistance provider for those with disabilities.

YW Transit Program

Location: YWCA Madison, 101 East Mifflin St., Suite 100, Madison, WI 53703

Phone: (608) 257-1436

Website: <http://www.ywca.org>

Daytime rides (Formerly Women's Transit Authority) provides medically related (medical appointments, pharmacy, day rehab) transportation anywhere within Dane County for persons receiving Medical Assistance. The group currently has one mini-van and two larger vans. They do NOT have vehicles with wheelchair lifts or access. Riders must be able to transfer themselves. Please schedule at least one day in advance.

TRAVEL

Able Trek Tours

Location: P.O. Box 384 - Reedsburg, WI 53959 (mailing only)

Phone: (608) 524-3021 or (800) 205-6713

Website: <http://www.abletrektours.com/>

Offers special needs vacations that are also designed to promote independence and choice, with safety as the number one priority. Destinations in 2008 included Wisconsin Dells, Holland, Mexican Rivera and Alaska.

Access-Able Travel Source, LLC

Location: P.O. Box 1796, Wheat Ridge, CO 80034

Phone: (303) 232-2979

Email: bill@access-able.com

Website: <http://www.access-able.com>

A database with information and resources about traveling with a special need, disability magazines, access guides for cities, resorts and attractions, wheelchair or scooter rentals, accessible transportation and more.

Accessible Alaska

Website: <http://www.accessiblealaska.com>

Offers Alaska cruises customized for travelers with special needs – disabled, seniors, families, fast walkers, lazy bones, nature lovers, honeymooners.

Accessible Cruise Planners

Phone: (800) 801-9002

Website: <http://www.love2cruise.com>

Specializes in accessible cruising. Offers a variety of cruises and deals through over 25 cruise lines. Trips span the globe and include the Caribbean and Hawaii.

Accessible Journeys

Location: 35 West Sellers Ave., Ridley Park, PA 19078

Phone: (800) 846-4537

Email: sales@accessiblejourneys.com

Website: <http://www.disabilitytravel.com/>

For mature travelers, slow walkers, wheelchair travelers, their families and their friends, accessible lifestyle travel programs include: travel planning, group tours and cruises, travel companions and various resources. Current featured group tours include Chile, Alaska, Egypt, South Africa and New Zealand.

Adaptive Sportsman, Inc.

Location: 8727 Coldspring Rd., Greenfield, WI 53228

Email: aneu@adaptivesportsman.org

Website: www.adaptivesportsmen.org

Provides outdoor opportunities for physically challenged individuals including hunting, fishing, boating and other recreational activities.

Connie George Travel Associates

Phone: (610) 532-0989
Email: info@ctga.com
Website: <http://www.ctga.com>

Specializes in resort packages, tour and cruise vacation planning for wheelchair users, slow walkers, deaf and developmentally disabled travelers. Several of the travel agents have disabilities.

Disability Travel Resources from Savvy Traveler

Website: <http://savvytraveler.publicradio.org/before/disability-resource.shtml>
Reviews and information on books specifically written for disabled travelers.

Disabled Travelers

Location: P.O. Box 492 (U.S. Mail Only), Yucca, AZ 86438
Email: jeremy@disabledtravelers.com
Website: <http://www.disabledtravelers.com>

An online comprehensive listing of accessible travel specialists: travel agents, tour operators, adventure travel companies, accessible cruise specialists, accessible van and equipment rentals, travel companions, home exchanges and access guides for wheelchair users and other disabled travelers.

DIVERsion

Location: Queensland, Australia
Phone: +61 740 390 200
Email: info@diversiondivetravel.com.au
Website: <http://www.diversiondivetravel.com.au/welcome.html>

Provides paraplegics, amputees and visually impaired visitors with the chance to scuba dive Australia's Great Barrier Reef.

Especially 4U

Location: 7165 E. University Dr., Suite 149, Mesa, AZ 85207
Phone: (480) 985-4200
Website: <http://www.especially4utours.com/>

Especially 4-U Tours is a premier and full service tour company that offers tours throughout the United States and abroad. Friendly, knowledgeable tour guides are equipped for any number of people, including people with disabilities.

Flying Wheels Travel

Phone: (507) 451-5005 or Toll Free: (877) 451-5006
Website: <http://www.flyingwheelstravel.com/>

A full-service travel agency specializing in travel for disabled individuals. Customized itineraries for disabled travelers with able-bodied companions. Escorted tours to Europe and the Middle East.

Freedom's Wings International, Inc.

Location: 4063 Harbour Drive, Palmyra, NJ 08065-2114
Phone: 717-335-0458
Website: <http://freedomswings.org>

Freedom's Wings International (FWI) is a non-profit organization run by and for people with physical disabilities. They provide the opportunity for those who are physically challenged to fly in specially adapted sailplanes, either as passengers or as members of the flight-training program.

Fun Ride Rentals

Location: 301 South Gulfview Boulevard, Clearwater Beach FL 33767
Phone: For Rentals: (855) 538-6743 For Sales: (727) 433-5601
Website: <http://www.funriderentals.com/rent-a-beach-wheelchair.html>
Fun Ride Rentals rents beach wheelchairs and mobility scooters to anyone near Clearwater Beach, Florida

Guided Tour, Inc.

Location: 7900 Old York Rd, Ste 114-B, Elkins Park, PA 19027-2339
Phone: (215) 782-1370
Email: director@guidedtour.com
Website: <http://www.guidedtour.com>
Helps men and women with developmental and physical challenges from all over the world achieve greater independence through travel experiences. The Guided Tour is a very special program that offers opportunities for personal growth, recreation and socialization.

Jig Stop Tackle and Tours

Location: 34186 Pacific Coast Hwy, Dana Point, CA 92629
Phone: (949) 496-3555
Website: <http://www.jigstop.com/>
Features the 53-foot Right Reasons sport fishing boat. (Adapted reels, chair lift, and wide doors make this the only disabled-accessible charter boat in Cabo San Lucas, Mexico.)

Mobility International

Location: 132 E. Broadway, Suite 343, Eugene, OR 97401
Phone: (541) 343-1284
Website: <http://www.miusa.org>
Works to educate people with disabilities and related organizations about international exchange opportunities; increase the participation of people with disabilities in the full range of international volunteer, study, work and research programs; and facilitate partnerships between people with disabilities, disability-related organizations and international exchange groups.

New Horizons

Website: <http://www.new-horizons.org/recpla.html>
Information with resources for air travelers with disabilities.

Outta Sight Travel

Phone: (772) 336-8747
Email: drtravel@bellsouth.net
Website: <http://www.outtasighttravel.com>
The staff at Outta Sight Travel assist you in planning a vacation that goes beyond the visual realm. They can help you plan destinations that are ready to accept service animals and provide the traveler with itineraries and information in accessible format.

Society for Accessible Travel and Hospitality (SATH)

Location: 347 Fifth Ave, Ste. 605, New York, NY 10016

Phone: (212) 447-7284

E-mail: sathtravel@aol.com OR sathinfo@sath.org

Website: <http://www.sath.org/>

SATH's travel magazine, Open World, features inspiring articles by travelers with disabilities and updates on destinations, cruises, web sites, legislation and more.

TSA (Transportation and Security Administration) Cares Helpline

Phone: 1-855-787-2227

Website: www.tsa.gov/traveler-information/travelers-disabilities-and-medical-conditions

TSA Cares is a helpline to assist travelers with disabilities and medical conditions. TSA recommends that passengers call 72 hours ahead of travel to for information about what to expect during screening.

Travelin' Talk Network

Location: P.O. Box 3534, Clarksville, TN

Phone: (615) 552-6670

Email: traveladmin@travelintalk.net

Website: <https://www.disability.gov/resource/travelin-talk-network/>

Travelin' Talk is a global network of persons with disabilities who have joined together and formed a unique family of friends around the world. They share knowledge about their hometowns and help other members who are visiting or passing through the area.

Vaya con Silla de Ruedas (Go With Wheelchairs)

Location: Costa Rica

Phone: (506) 2454-2810

Email: vayacon@racsa.co.cr

Website: <http://www.gowithwheelchairs.com>

Provides wheelchair travelers a safe, reliable and enjoyable means of seeing and experiencing the rain forests, beaches and cities of Costa Rica.

Welcome H.O.M.E. (Bed and Breakfast)

Location: 4260 W. Hawthorne Dr. (Highway Y), Newburg, WI 53060

Phone: (262) 675-2525

Email: welcomhome@hnet.net

Website: <http://www.welcomhomebb.com/>

Unlike many B&B's, which are older homes converted to include lodging, Welcome HOME (House of Modification Examples) B&B was newly constructed from the ground up. Careful thought went into the home's design to invite everyone to "come as you are." Attention to detail has made the home and surrounding 18-acre grounds accessible to all. You'll find a comfortable, homey feeling throughout, while at the same time, you may notice subtle features that meet the needs of most folks living with disabilities. Welcome HOME B&B is wheelchair friendly and allows visiting individuals the chance to experiment with different adaptations, household devices or fixtures and adaptive equipment. Guests may explore the entire home, at their leisure.

Wheelchair Getaways

Location: Green Bay, Sun Prairie, and Stevens Point

Phone: (800) 642-2042

Email: corporate@wheelchairgetaways.com

Website: <http://wheelchair-getaways.com>

Wheelchair Getaways is committed to providing quality service to our customers by making a wheelchair, scooter or accessible van rental hassle-free. They also sell used handicap accessible vans.

Wilderness Inquiry

Location: 808 14th Ave. SE, Minneapolis, MN 55414-1516

Phone: (612) 676-9400

Email: info@wildernessinquiry.org

Website: <http://www.wildernessinquiry.org/>

Wilderness Inquiry is a non-profit organization that helps people from all walks of life to personally experience the natural world. Personal Care attendants and tested gear adaptations are available. They offer canoe, kayak, hiking, horseback, dogsled and raft trips throughout North America and the world. Each year they conduct over 250 events serving more than 9,000 people. The trips are designed for everyone from novices to seasoned outdoor veterans.

WORK, EDUCATION & VOLUNTEER OPTIONS

WORK

Advanced Employment Inc.

Location: 6515 Watts Road, Suite 105, Madison, WI 53719

Phone: (608) 833-7170

Website: <http://www.advemp.org/>

Advanced Employment, Inc. is a private, non-profit agency that provides services to adults with a wide range of developmental disabilities. Their mission is to place individuals in community-based jobs that take into account personal strengths and preferences. Their role is to provide the level of training and support each individual requires to attain success in the community.

Age Advantage Older Worker Program

Location: 2850 Dairy Drive, Suite 200, Madison, WI 53718

Phone: (608) 224-6300

Provides employment-related services that include career counseling, skill assessment and testing, resume development and assistance with developing job-seeking and interviewing skills. Options for limited income customers are available.

Michael Krauss 242-4897 get website diff from dvr referrals? Eligibility criteria?

AgrAbility of Wisconsin

Location: Biological Systems Engineering, 460 Henry Mall, Madison, WI 53706

Phone: (608) 262-9336

Email: agrability@wisc.edu

Website: <http://agrability.bse.wisc.edu/>

Over 4,000 injuries occur on Wisconsin farms each year, many resulting in permanent disabilities. AgrAbility of Wisconsin promotes success in agriculture for farmers with disabilities and their families.

Channels to Employment (Create-Ability)

Location: 122 East Olin Ave., Ste. 255, Madison, WI 53713

Phone: (608) 280-0206

Website: <http://create-ability.org/>

Services to individuals with disabilities in integrated community work sites, including functional vocational assessment, job development, job placement, on-the-job training and assistance with the social skills required in the workplace.

Dane County Job Service

Location: 1819 Aberg Ave., Madison, WI 53704

Phone: (608) 242-4900

Website: www.danejobs.com

Programs offer work experience and on-the-job training, career orientation, job placement and employability skills training. A partnership of government agencies and community-based organizations with a common goal: to make the community a better place to live by improving job opportunities through economic support, training and education.

Disaboom: Jobs for people with disabilities

Website: <http://vcelkaj.wix.com/disaboom>

Finding employment for the millions touched by disability. Disaboom is a social networking website, described by founder Dr. Glen House as a premier interactive online community dedicated to improving the way individuals with disabilities or functional limitations live their lives. The site serves as a comprehensive resource for those living with disabilities, as well as their family members, friends, caregivers, and employers.

DVR (Division of Vocational Rehabilitation)

Location: 201 East Washington Avenue, P.O. Box 7852, Madison, WI 53707

Phone: (608) 261-0050

Website: <http://dwd.wisconsin.gov/dvr/>

DVR has embraced the concept of teaming as a way for all staff to work together toward our common goals and to achieve our mission: to obtain, maintain and improve employment for people with disabilities by working with VR consumers, employers and other partners.

Employment Resources, Inc.

Location: 2701 International Lane, Suite 210, Madison, WI 53704

Phone: (608) 246-3444

Website: www.eri-wi.org

Facilitates employment for persons with physical disabilities through assessment of assets and barriers to employment, goal validation, benefits counseling and recommendations of needed accommodations.

Goodwill Industries

Location: 1302 Mendota St., Madison, WI 53714

Phone: (608) 246-3140

Website: <http://www.goodwillscwi.org/>

Goodwill serves people with disabilities and other special needs. Through their services, this network helps people overcome barriers to employment and become independent, tax-paying members of their communities. Each Goodwill organization identifies the needs of their local community and designs services and programs to respond to those needs.

Integrated Community Work, Inc.

Location: 160 Westgate Mall, Madison, WI 53711

Phone: (608) 276-9400

Website: <http://www.icwinc.org>

Assists people with developmental disabilities to be productively employed in a variety of occupations throughout our community.

Madison Area Rehabilitation Centers, Inc. (MARC)

Location: 901 Post Rd., Madison WI 53713-3260 (5 locations in area – see website)

Phone: (608) 223-9110

Website: <http://www.marc-inc.org/>

MARC is the largest provider of community and center-based employment, day services and personal care for adults with developmental disabilities in Dane County, Wisconsin. MARC supports nearly 300 adults at five Dane County locations: East, West, Mt. Horeb, Stoughton and South.

**Tools for Tomorrow: Women in Trades and Technology Program
(Through Madison Area Technical College)**

Location: 1701 Wright Street, Madison, WI 53704

Phone: (608) 246-6100

Website: <http://madisoncollege.edu/women-trades-and-technology-0>

The Tools for Tomorrow program provides free career exploration workshops and support services to help women enter high-wage, high-skill occupations within industrial, construction and technical fields.

Pathways of Wisconsin, Inc.

Location: 14 West Mifflin Street, Suite 316, Madison, WI 53703

Phone: (608) 255-5011

Website: <http://www.pathwaysofwi.org/>

Provides vocational training and job support to people with developmental disabilities. Skills training and support for daily living, recreational, and community activities are also offered.

Progressive Community Services

Location: 607 Green Meadow Dr., Verona, WI 53593

Phone: (608) 848-8305

Website: <http://www.pcsdane.org/sSE.html>

The goal of the SSE program is to provide business planning services to people with developmental disabilities in an individualized way that will lead to the development of a gainful and sustainable micro-enterprise.

Work Plus Inc.

Location: 2318 Vondron Road, Madison, WI 53718

Phone: (608) 238-6018

Website: <http://www.workplus.org>

Provides a variety of individualized services to persons with disabilities, including assessment, job development, placement and coaching. Eight percent of clients are head injury patients. Offers individuals with disabilities a variety of employment, day programming and case management services designed to meet individual needs.

EDUCATION

Attic Angel Association

Location: 8301 Old Sauk Road, Middleton, WI 53562

Phone: (608) 662-8842

Website: www.atticangel.org

The continuing education programs are held each Monday morning September through May at Attic Angle Place, 8301 Old Sauk Road. The programs are open to the public and cover a variety of information and interesting topics. There is no charge, and no reservation is required.

Edgewood College

Location: 1000 Edgewood College Dr., Madison, WI 53711

Phone: (608) 663-4861 or (800) 444-4861

Website: www.edgewood.edu

Edgewood College provides educational opportunities for senior citizens, including academic programming, lectures, concerts, plays and athletic events.

Road Scholar: Adventures in lifelong learning

Phone: (800) 454-5768

Website: www.roadscholar.org

Road scholar, created by Elderhostel, Inc., is a low-cost national program offering people over 55 the opportunity to spend a week on a college campus during the summer, taking classes designed for them and participating in campus activities.

Madison Area Technical College

Location: 1701 Wright St., Madison, WI 53704

Phone: (608) 246-6100

Website: <http://www.madisoncollege.edu/>

MATC provides educational classes and opportunities at various locations in Madison and throughout Dane County and beyond.

Participatory Learning and Teaching Organization (PLATO)

Location: 21 N. Park St., 7th floor, Madison, WI 53715

Phone: (608) 262-5823

Website: <http://www.platomadison.org/>

PLATO at UW-Madison is a learning group for older adults whose primary goal is participatory education through peer groups, discussion, lectures and social events. Classes are held at various sites around Madison.

Senior Statesmanship Program

Location: 6320 Monona Drive, Suite 305, Madison, WI 53716

Phone: (800) 488-2596 or 608-224-0606

Website: <http://cwagwisconsin.org/programs/senior-statesmanship-program/>

Senior Statesmanship is an educational program regarding the operation of state government. Enrollees also have the opportunity to meet with legislators to discuss issues of concern.



University of Wisconsin Colleges Disabilities Services Office

Location: 780 Regent St., Suite. 130, Madison, WI 53715

Phone: (608) 262-2001 or (888) 463-6892

TTY: (608) 265-5766 (all campuses)

Website: <https://www.uwc.edu/students/accessibility>

The Disability Services Office coordinates services for students with disabilities attending the University of Wisconsin Colleges. The Disability Services Office works with campus staff to ensure that students with disabilities who have program access needs receive appropriate accommodations.

University of Wisconsin-Madison / McBurney Disability Resource Center

Location: 702 W Johnson St., Suite 2104, Madison, WI 53715

Phone: (608) 263-2741

Email: mcburney@studentlife.wisc.edu

Website: www.mcburney.wisc.edu

The McBurney Center's mission is to assist in creating an accessible university community where students with disabilities have an equal opportunity to fully participate in all aspects of the educational environment. The center cooperates through partnerships with students, faculty, and staff to promote students' independence and to ensure recognition of their abilities, not disabilities.

University of Wisconsin – Whitewater: Center for Students with Disabilities

Location: 800 West Main St., Room 2002, Whitewater, WI 53190

Phone: (262) 472-4711

Website: <http://www.uww.edu/csd/>

Maximizing student success, including academic, personal and professional development, is the primary goal of the Division of Student Affairs at the University of Wisconsin - Whitewater. In collaboration with students, faculty, staff and others, the Division of Student Affairs promotes student success by creating and enriching the learning environment.

Wisconsin Union Mini Courses

Location: Rm. 4104 Memorial Union, 716 Langdon St., Madison, WI 53706

Phone: (608) 262-3156

Website: <https://apps.union.wisc.edu/minicourses/warning.html>

Wisconsin Union Mini Courses provide non-credit leisure education courses. There are 150-200 different offerings five times annually. You must be a UW student, Wisconsin Union Member or UW faculty/staff.



VOLUNTEER OPTIONS

Big Brothers and Big Sisters of Dane County

Location: 2059 Atwood Ave. # 2, Madison, WI 53704

Phone: (608) 661-5437

Website: <http://www.bbbsmadison.org/default.jsp>

Volunteer mentors for children. Must be 16 years or over. Must have public transportation available.

Dane County TimeBank

Location: 1202 Williamson Street, Suite 107, Madison, WI 53703

Phone: (608) 663-0400

Website: <http://danecountytimebank.org/home>

The Dane County TimeBank, established in 2005, is a network for over 2000 individuals and organizations who exchange time in order to build community, build capacity, and come together to help each other to build a better world.

Domestic Abuse Intervention Services

Location: 2102 Fordem Avenue, Madison, WI 53704

Phone: Office: (608) 251-1237 or Help Line: 608-251-4445

Website: <http://www.abuseintervention.org/>

People needed to answer the crisis hot line and assist staff with residents in the shelter.

East Shore Adult Day Services of the East Madison/Monona Coalition of Aging

Location: 4142 Monona Drive, Madison, WI 53716

Phone: (608) 223-3112

Website: <http://www.emmca.org/home/volunteer>

Volunteers needed to help with lunch, the home chore program, grounds maintenance, and other fun activities.

Home Chore Volunteer Program

East Madison/Monona Coalition: (608) 223-3100

North/Eastside Senior Coalition: (608) 243-5252

South Madison Coalition: (608) 251-8405

Westside Coalition: (608) 238-7368

Website: <http://www.emmca.org/home/home-chore-program1>

Call and speak to a coordinator about becoming a Home Chore Volunteer if you want to assist frail, limited income, older adults with basic home chores to help preserve independence.

HospiceCare.

Madison Office: (608) 276-4660

Toll Free: (800) 553-4289

Website: <http://www.agracehospicecare.org/>

HospiceCare offers volunteer orientation monthly. Inpatient volunteers must be at least 16 years old. In-home volunteers must be 18 years old.

Madison School and Community Recreation (MSCR)

Phone: (608) 204-4585
Email: mmoe@madison.k12.wi.us
Website: <http://www.mschr.org/get-involved/volunteer>

Volunteers needed for all departments. Pontoon boat drivers, advisory board members, homework assistance, youth tutors, high school recreation assistants. 50+ fitness support.

Madison Senior Center

Phone: (608) 266-6581
Website: <https://www.cityofmadison.com/seniorcenter/>

Many volunteer opportunities available.

Meals on Wheels and Senior Meal Programs

Website: <http://www.mealsonwheelsamerica.org/>

Help deliver mid-day meals and provide a safety check for elderly and disabled people in Madison, Middleton and Monona.

Independent Living

Location: 2970 Chapel Valley Road, Suite 203, Madison, WI 53711-7424
Phone: (608) 274-7900
Website: <http://www.independentlivinginc.org/volunteer.html>

Matching volunteers with older adults and people with disabilities to keep them independent in their homes.

Oakwood Village

Phone: (608) 230-4238
Contact: At Prairie Ridge: (608) 230-4213, or at University Woods: (608) 230-4238
Website: <http://www.oakwoodvillage.net/volunteer>

Matching volunteers with older adults to assist in shopping, as service drivers, transporting around the village, activities, one-to-one friendly communication.

Retired and Senior Volunteer Program (RSVP)

Location: 517 N. Segoe Rd., Ste. 300, Madison, WI 53705
Phone: (608) 238-7787
Website: <http://www.rsvpdane.org/volunteer>

Volunteers share their knowledge, personal interests, experience and energy, contributing to the vitality and well-being of their local communities.

(The) River Food Pantry

Location: 2201 Darwin Rd., Madison, WI 53704
Phone: (608) 442-8815
Website: <http://www.riverfoodpantry.org>

Located on the northeast side. Needs volunteers to help sort clothes, cook, and serve meals and pantry stockers.

Service Corps of Retired Executives (SCORE)

Location: MG&E Innovation Center, 505 S Rosa Rd., Suite 37, Madison, WI 53719

Phone: (608) 441-2820

Website: <http://madison.score.org/chapters/madison-score>

SCORE is a group of retired business people who volunteer time to counsel people who need assistance starting and operating their businesses. They also provide special help, a library of reference material and advice on current business conditions and problems.

St. Mary's Adult Day Health Center

Location: 2440 Atwood Ave, Madison, WI 53704

Phone: (608) 249-4450

Website: <http://www.stmarysmadison.com/Services/Pages/AdultDayHealthCenter.aspx>

Assist with crafts, serve a meal or engage participants in conversation.

St. Vincent de Paul Food Pantry

Location: 2033 Fish Hatchery Rd, Madison, Wi

Phone: (608) 442-7200

Website: <http://svdpmadison.org/>

Help needed with hosting clients at Dane County's largest and busiest food pantry.

United Way Volunteer Center

Phone: (608) 246-4380

Website: <http://www.volunteeryourtime.org>

The United Way Volunteer Center is a clearinghouse of over 2,000 volunteer opportunities in nonprofit agencies. Prospective volunteers are interviewed to determine the type of work they are interested in doing and then referred to appropriate agencies.

UnityPoint Health – Meriter – Volunteer Services

Location: 202 S. Park St., Madison, WI 53715

Phone: (608) 417-6257

Website: <http://www.unitypoint.org/madison/volunteer-services.aspx>

Verona Senior Center

Location: 108 Paoli St., Verona, WI 53593

Phone: (608) 845-7471

Website: <http://www.veronaseniorcenter.com>

Always seeking volunteers.