

# Community Resources

Compiled by  
**UnityPoint Health – Meriter  
Outpatient Neuro Therapy**

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.

To support members of our community, UnityPoint Health – Meriter Outpatient Neuro Therapy 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:

**An updated version of this resource is always available at [unitypoint.org/communityresources](http://unitypoint.org/communityresources).**

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

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## ADULT DAY PROGRAMS

### **AGRACE Adult Day Center**

Location: 1702 West Beltline Hwy, Madison, WI 53711

Phone: (608) 276-4660

Website: <https://www.agrace.org/find-care/adult-day-center/>

In Spring 2021, Agrace started offering a new adult day care service for people who need help caring for an elderly loved one. This center will be available on weekdays, from 7:30 a.m. to 5:30 p.m. The Center is open for all seniors that are in need of socialization and assistance with daily efforts. This compassionate, direct care gives a much-needed break to family caregivers.

### **Catholic Charities Adult Day Centers**

Location: 5401 Fen Oak Drive Madison, WI 53718

Phone: (608) 826-8106

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

The Adult Day Center supports older adults and any adult with medical concerns, in maintaining independence for living in their own homes and communities. This center also offers a custom program for people with dementia, Alzheimer's, and other memory loss conditions.

### **Colonial Club Adult Day Center**

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

Phone: (608) 837-4611

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

Provides full-day, half-day, respite drop-in, and supportive home 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.

### **Goodman Community Center**

Location: 149 Waubesa St., Madison, WI 53704

Phone: (608) 241-1574 and (608) 204-8032

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

The Goodman Community Center serves older adults (50+) with a regular calendar of activities and resources for living well. In the wake of the coronavirus, they have had to adjust some of our programming for the safety of our participants. Programs are currently a mix of in-person and virtual events.

### **Hmoob Kaj Siab**

Location: The Hmong Institute

4022 Femrite Drive, Madison, WI, 53716

Phone: (608) 628-3901

Website: <http://thehmonginstitute.org/hmoob-kaj-siab/>

Hmoob Kaj Siab is a program with the goal of maintaining culturally and linguistically

competent mental health services for the Hmong, Lao, Tibetan, Nepalese, and elders, veterans, and widows. Programming includes monthly trips, daily meals, peer support, transportation, individual and group therapy, group exercise, language classes, and more.

### **Memory Cafés**

Location: Madison, DeForest, Middleton, Sun Prairie, and more

Phone: (608) 843-3544 or (608) 732-3131

Website: <http://daneadrc.org/dementia/dementia-support>

Memory Cafés are a social gathering place where individuals with memory loss, mild cognitive impairment, early Alzheimers, or other dementias, can come together with family and friends. Cafes take place weekly around Dane County and are an opportunity to visit, share common interests, and enjoy refreshments. Each Café offers a unique program or activity that's stimulating and fun. Activities are chosen based on participants' interests. If assistance is needed to participate, please have someone accompany you. There is no cost to attend a Memory Café. To participate, contact Teena or Noreen at the numbers above.

### **Oregon Area Senior Center**

Location: 219 Park St., Oregon, WI 53575

Phone: (608) 835-5801

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

Full or part-time programming 5 days a week, the program provides a supportive, caring, and safe atmosphere away from home for participants.

### **Northwest Dane Senior Services, Inc.**

Location: 1837 Bourbon Road, Cross Plains, WI 53528

Phone: (608) 798-6937

Website: <https://www.nwdss.org/index.php/programs-services/adult-day-program/>

Full and part-time day programming for loved ones needing care. In-home caregivers also an option. They offer a safe, engaging, and comfortable social atmosphere for persons with Alzheimer's or dementia to provide relief for caregivers.

### **St. Mary's Adult Day Health Center**

Location: 2440 Atwood Ave., Madison, WI 53704

Phone: (608) 249-4450

Website: [https://www.volunteeryourtime.org/agency/detail/?agency\\_id=43778](https://www.volunteeryourtime.org/agency/detail/?agency_id=43778)

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: <https://stoughtonseniorcenter.com/>

The Stoughton Area Senior Center provides a variety of group programs, online activities, in person and home delivered meals Mondays through Fridays, case management services, general information and assistance, volunteer opportunities, and a monthly *Yahara Senior News* newsletter — now with puzzles and other activities!



## AMPUTEE RESOURCES

**Madison Area Network:** [amputee.support@uwhealthrehabhospital.com](mailto:amputee.support@uwhealthrehabhospital.com)

Contact Madison Area network for updates and more information. Amputee support groups provide a safe and supportive environment for individuals living with limb loss or limb difference as well as their family members. They are an invaluable place to connect with others who have overcome similar challenges and setbacks.

**Amputee Coalition's National Conference:** <https://www.amputee-coalition.org/events-programs/national-conference/>. It will be in Palm Desert, CA in 2022.

**The Milwaukee Amputee Group:** The purpose of the group is to build a community of people with amputations in Southeastern Wisconsin that support each other in being healthy, active, and thriving. Both in person and online meeting options are available, with in person meetings varying in day, time, and location, and online meetings taking place every Thursday evening. Email [262cpv@gmail.com](mailto:262cpv@gmail.com) or call 262-369-8220 to get added to the mailing list.

### Free Monthly Magazines:

**AMPLITUDE:** <https://livingwithamplitude.com>

Amplitude Magazine provides valuable and unbiased news, information, and resources for amputees who want to live more fully, as well as articles and information relevant to their families and their caregivers. It offers content on a wide variety of topics, including peer support, active living, emotional issues, health and wellness, mobility, and adaptive living—anything that will help amputees enjoy all that life has to offer.

**InMotion:** <https://www.amputee-coalition.org/limb-loss-resource-center/publications/inmotion/>

Amputee Coalition of America provides a free monthly magazine called InMotion that provides in-depth, well-researched articles every month.

**Amputee Coalition of America:** <https://www.amputee-coalition.org>. This is a great resource for support groups (if outside Madison), information, finding a prosthetist, etc.

**National Limb Loss Resource Center:** (888-267-5669)

### Facebook Pages and Groups:

- <https://www.facebook.com/AmputeeCoalition/>
- <https://www.facebook.com/groups/AmputeeHelp/>
- <https://www.facebook.com/groups/amplifyingwandm/> - this is specific to Wisconsin.
- Southern WI amputee Network – this is specific to Wisconsin.
- Cosi Talks – this is a PT in Florida that streams live on Facebook every Wednesday with various information relevant to the limb loss community.

## ATTENDANT CARE AND PRIVATE DUTY SERVICES (Supportive Home Care)

### **ADRC- Aging and Disability Resource Center**

Phone: (608) 240-7400

Call or email the ADRC at [ADRC@countyofdane.com](mailto:ADRC@countyofdane.com) for a list of supportive home care agencies that are accepting new patients.

### **Agape Services**

Location: 555 D'Onofrio Drive, Suite 3, Madison, WI 53719

Phone: (608) 841-1004

Website: <https://seniorservicesmadison.com/>

### **Age at Home by Agrace**

Location: 5395 E. Cheryl Pkwy., Fitchburg, WI 53711

Phone: (608) 327-7476

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

### **Always Best Care Senior Services**

Location: 437 S Yellowstone Dr., Suite 210, Madison, WI 53719

Phone: (608) 315-2378

Website: [www.alwaysbestcare.com/wi/Madison/](http://www.alwaysbestcare.com/wi/Madison/)

### **Apara Care Health at Home**

Location: 7601 Ganser Way, Ste. 20, Madison, WI 53719

Phone: (608) 622-6200 or 1-888-308-6448

Website: <http://aparacare.org/health-home/>

### **BrightStar Healthcare**

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

Phone: (608) 441-8620 and (866) 618-7827

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

### **Cairasu Home Care**

Location: 403 West Washington Ave., Madison, WI 53703

Phone: (608) 622-7015 or (608) 298-3641

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

### **Caring Made Easy Home Care**

Location: 1777 W Main St., Suite 122, Sun Prairie, WI 53590

Phone: (608) 695-7734

Website: <https://sunprairiehomecare.com/>

### **Colonial Club – Supportive Home Care**

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

Phone: (608) 837-4611, ext. 120



Email: [info@colonialclub.org](mailto:info@colonialclub.org)  
Website: [Supportive Home Care — Colonial Club](#)

**ComForcare Home Care**

Location: 8383 Greenway Blvd, Suite 600, Middleton, WI 53562  
Phone: (608) 836-1868  
Website: <http://comforcare.com/wisconsin/madison>

**Comfort Keepers**

Locations: 5950 Seminole Center Ct, Suite 200, Fitchburg, WI 53711  
Phone: (608) 218-4861  
Website: <http://madison-231.comfortkeepers.com/>

**Community Living Alliance**

Location: 1414 MacArthur Rd., Madison, WI 53714  
Phone: (608) 242-8335, ext. 3361  
Website: <http://www.clanet.org>

**Endearment Unlimited**

Location: 2801 International Lane, Suite 208, Madison, WI 53704  
Phone: (608) 807-0408  
Website: [www.endearmentunlimited.com/](http://www.endearmentunlimited.com/)

**Eternity Homecare**

Location: 14 Ellis Potter Ct, Suite 103B, Madison, WI 53713  
Phone: (608) 251-2273  
Website: [www.eternityhomecare.com](http://www.eternityhomecare.com)

**Full Spectrum Health Services**

Location: 1320 Mendota St., Suite 110, Madison, WI 53714  
Phone: (608) 237-3550  
Website: [www.fshcare.com/](http://www.fshcare.com/)

**Golden Heart Senior Care**

Location: 437 S. Yellowstone Dr., Suite 101, Madison, WI 53719  
Phone: (608) 467-3590  
Website: [www.goldenheartmadison.com/](http://www.goldenheartmadison.com/)

**Good People LLC – Live-in Caregivers & Companions**

Location: 2409 White Oak Trail, Oregon, WI 53575  
Phone: (800) 608-8003 and (608) 609-1620  
Website: <http://www.goodpeople.us>



### **Home Instead Senior Care**

Location: 1574 W. Broadway, Suite 101, Madison, WI 53713  
Phone: (608) 663-2646  
Website: <https://www.homeinstead.com/363>

### **Marquette at Home Interim HealthCare – Home Care Services**

Location: 2801 Coho St., Suite 302, Madison, WI 53713  
Phone: (608) 238-0268  
Website: <http://www.interimhealthcare.com/madison/home>

### **Just Checking In**

Location: 5985 Oak Hollow Rd., McFarland, WI 53558  
Phone: (608) 838-9101  
Website: <https://www.justcheckinginwi.com>

### **Marquardt at Home**

Location: 2931 Chapel Valley Road  
Fitchburg, WI 53711  
Phone: (844) 206-4930  
Website: <https://marquardtathome.org/home-health/>

### **Maxim Healthcare Services**

Location: 5100 Eastpark Blvd. Madison, WI 53718  
Phone: (608) 232-1000  
Website: <https://www.maximhealthcare.com/locations>

### **Recover Health of Wisconsin**

Location: 2500 Rimrock Rd., Suite 101, Madison, WI 53713  
Phone: (608) 274-8193  
Website: <https://www.aveanna.com/home-health/home-health.html>

### **Right at Home**

Location: 315 E. Main St. #2, Waunakee, WI 53597  
Phone: (608) 850-7335  
Website: [www.rightathome.net/madison](http://www.rightathome.net/madison)

### **Seasons of Life**

Location: P.O. Box 620563, Middleton, WI 53562  
Phone: (608) 770-2730  
Website: <http://www.seasonsoflifemadison.com/senior.html>

### **Senior Helpers**

Location: 4726 East Town Blvd., Suite 120, Madison, WI 53704  
Phone: (608) 270-8842  
Website: <https://www.seniorhelpers.com/wi/madison/>



**Sosiab Care, Inc.**

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

Phone: (608) 244-1160

Website: <https://sosiabcare.com/>

**Visiting Angels**

Location: 6401 Odana Road, Suite 15, Madison, WI 53719

Phone: (608) 819-0665

Website: <https://www.visitingangels.com/madisonwi/home>



## CAREGIVER SUPPORT & RESPITE

### **Alzheimer's and Dementia Alliance of Wisconsin**

Location: 3330 University Ave., Suite 300, Madison, WI 53705

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

Website: [www.alzwisc.org](http://www.alzwisc.org)

The expert staff of the Alzheimer's and 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**

Location: 5900 Monona Drive, Suite 407, Monona, WI 53716

Phone: (608) 345-7938 and 800-223-2732

Website: <https://www.apdaparkinson.org/community/wisconsin/resources-wi/>

The American Parkinson Disease Association's mission is to provide the support, education and research that will help everyone impacted by Parkinson's disease live life to the fullest – every day. APDA Wisconsin embraces that mission, empowering the Wisconsin Parkinson's community through diverse programs and resources. Since our founding in 2005, the chapter has held successful walk-a-thons to raise money for national research; helped establish new support groups across the state; developed an exercise program for people with Parkinson's disease; and implemented a caregiver respite program.

### **Aphasia Caregiver Guide**

Website: <https://www.aphasia.org/aphasia-resources/aphasia-caregiver-guide/>

### **Area Agency on Aging of Dane County /Aging and Disability Resource Center**

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

Phone: (608) 261-9930

Email: [aaa@countyofdane.com](mailto:aaa@countyofdane.com)

Website: <https://dcdhs.com/Area-Agency-on-Aging>

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.

### **Caring for Caregivers**

Location: 2865 N Sherman Ave, Madison, WI 53704

Phone: (608) 261-5679

Website: <https://aaa.dcdhs.com/pdf/Caregiver%20Program%20Brochure.pdf>

The Wisconsin National Family Caregiver Support Program offers information, support, and resources to assist family caregivers (spouse, adult child, other relative, friend or neighbor) with their concerns related to caregiving. NFCSP helps caregivers find solutions to their caregiving dilemmas. Whether arranging for services, e.g., respite care, transportation, etc., or helping families understand their options for care, the Family Caregiver Support Program gives caregivers access to the information and services that can help them in the often rewarding, sometimes challenging, role of caregiver.

**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.**

### **Disaboom**

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

Email: [info@disaboom.com](mailto: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 (National Alliance for Caregiving)**

Location: 235 Montgomery Street, Suite 930, San Francisco, CA 94104

Phone: (415) 434-3388 and 800-445-8106

Website: [www.caregiver.org](http://www.caregiver.org)

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

### **Lotsa Helping Hands**

Website: <https://lotsahelpinghands.com/>

A central place to coordinate meals and help for friends and family in need.

### **National Family Caregivers Association (NFCA)**

Location: 150 Connecticut Avenue, Suite 501, Washington, DC 20036-3904

Phone: (202) 454-3970

Website: <https://www.caregiveraction.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.

### **Northwest Dane Senior Services, Inc.**

Location: 1837 Bourbon Road, Cross Plains, WI 53528

Phone: (608) 798-6937

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

Offer caregiver support and potential in-home respite. They also have a full- and part-time day program which offers 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: 1835 E. Edgewood Dr., Suite 105-436, Appleton, WI 54913

Phone: (608) 222-2033 (Main Office)

Website: [www.respitecarewi.org](http://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. RCAF provides information, a resource database, training, technical assistance, and written products to members. The website has a database of respite providers in the state.

### **VA Caregiver Support**

Location: William S. Middleton Memorial Veterans Hospital, 2500 Overlook Terrace, Madison, WI 53705

Phone: (608) 256-1901, ext. 11485 or ext. 13059

Website: <https://www.caregiver.va.gov/>

As a family caregiver you play an important role, and the VA has two programs for caregivers: The Program of General Caregiver Support Services (eligible Veterans all eras) and the Program of Comprehensive Assistance for Family Caregivers (eligible post-9/11 Veterans).

### **Wisconsin Department of Health-Family Caregiver Support 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

### **Wisconsin's Family Caregiver Support Programs**

Phone: (608) 228-8096

Website: <https://gwaar.org/family-caregiver-support-for-professionals>

### **Wisconsin Institute for Healthy Aging: Powerful tools for caregivers**

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

Phone: (608) 243-5690

Website: <https://wihealthyaging.org/powerful-tools-for-caregivers>

## COMMUNICATION

### **Communication Aids and Systems Clinic (CASC at the Waisman Center)**

Location: 1500 Highland Ave., Madison, WI 53705

Phone: (608) 263-3301

Website: <https://www.waisman.wisc.edu/clinics/communication-aids-systems-casc/>

The CASC team's Speech-Language Pathologists partner with families to provide highly specialized, cutting-edge augmentative and alternative communication (AAC) for children and adults experiencing significant communication difficulties.

### **National Aphasia Association**

Website: <https://www.aphasia.org/aphasia-resources/aphasia-caregiver-guide/>

### **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. Services provided by graduates under the supervision of a licensed Speech-Language Pathologist.

### **UW-W Center for Communicative Disorders**

Location: College of Education & Professional Studies, Winther Hall 2031,  
800 W. Main Street, Whitewater, WI 53190

Phone: (262) 472- 1266

Website: <https://www.uww.edu/coeps/departments/comdis/clinic-services#UWW-CCD>

The clinic provides services to members of the community. Graduate students provide individualized and group therapy services and are supervised on-site by a licensed Speech-Language Pathologist. Services start at the beginning of the fall and spring semesters; however, referrals are accepted throughout the year. Most sessions are scheduled one to two times per week, 8:00 AM to 4:30 PM, Monday through Friday. Scheduling is dependent on clinical training needs, course schedule, and hours of availability. The UWW-CCD maintains a schedule consistent with the University calendar.

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

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

Phone: (855) 359-1865/252 and TTY 800-947-3529

Email: DHSwebmaster@dhs.wisconsin.gov

Website: <https://www.dhs.wisconsin.gov/odhh/index.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.

## 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.

### Brain and Body Fitness Program:

An exercise and cognitive stimulation program for people in the early to middle stages of Alzheimer’s disease and other forms of dementia.

<http://daneadrc.org/documents/pdf/Brain-and-Body-Fitness-Brochure.pdf>

Description	Website
Brain teasers, word games, Sudoku	<a href="https://games.aarp.org/">https://games.aarp.org/</a>
Puzzles, riddles, games	<a href="https://www.brainteasersnetwork.com/">https://www.brainteasersnetwork.com/</a>
Brain teasers	<a href="http://www.brainbashers.com">www.brainbashers.com</a>
Math puzzles, teasers, languages	<a href="http://www.syvum.com">www.syvum.com</a>
Trivia, games, puzzles, riddles	<a href="http://www.braingle.com">www.braingle.com</a>
Crossword puzzle games	<a href="http://www.crosswordpuzzlegames.com">www.crosswordpuzzlegames.com</a>
Games that target attention, memory, language, executive function, and problem solving	CogMed – <a href="http://cogmed.com">http://cogmed.com</a> Happy Neuro- <a href="http://www.happy-neuron.com/">http://www.happy-neuron.com/</a> <a href="#">Mind games</a> – Free games with ads. Computer only. No account required. <a href="#">Elevate</a> – Free & paid options. Free account allows up to 3 games per day. Computer or phone. Need an account (free to sign-up) <a href="#">Lumosity</a> – Free & paid options. Free account allows up to 3 games per day. Computer or phone. Need an account (free to sign-up) <a href="#">NeuroNation</a> – Free & paid option. Free account allows games with ads. Computer or phone. Need an account (free to sign-up) <a href="#">Braiturk</a> – Free & paid options. Free account on a computer allows up to 50 games per day. Computer or phone. Need an account (free to sign-up).
Computer program: 41 hour listening & responding - brain fitness program	<a href="http://www.positscience.com">www.positscience.com</a>
Interactive and individualized cognitive help	<a href="http://www.vigorousmind.com">www.vigorousmind.com</a>

## 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.

### Affordable Dental Care, Inc.

Location: 2110 Fordem Avenue, Madison WI 53704

Phone: (608) 622-4002 Spanish: (608) 622-0034

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

Accepts children and adults who are uninsured or underinsured and cannot afford full-cost dental care. Complete preventive and restorative dental services provided.

### Affordable Dentures-Madison, S.C.

Location: 6668 Odana Rd., Market Square Shopping Center, Madison, WI 53719

Phone: (608) 292-7622

Website: <https://www.affordabledentures.com/office/madison-wi/>

Services include dentures, partial dentures, denture repair, tooth extractions, sedation dentistry, x-rays, new denture wearer packages. Payments may include self-pay, cash, check, or credit card. If you have insurance, you must file the claim yourself.

### Familia Dental

Location: East Clinic: 3003 E. Washington Ave., Madison, WI

Phone: (608) 244-8050

Website: <https://www.familiadental.com/locations/wisconsin/madison-east/>

Location: West Clinic: 706 S. Gammon Rd., Madison, WI 53719

Phone: (608) 720-1112

Website: <https://www.familiadental.com/locations/wisconsin/madison-west/>

Services include preventive and restorative. Payments include BadgerCare and Medicaid insurance; private dental insurance; self-pay for uninsured patients. Discounts and specials available for uninsured patients.

### Madison College Dental Hygiene Program Clinic

Location: Truax Campus, 1705 Hoffman Street, Room 151, Madison, WI 53704

Phone: (608) 258-2400

Website: <https://madisoncollege.edu/dental-hygiene-clinic>

The Dental Hygiene Clinic, located on the first floor of the MATC Downtown Education Center, is a teaching institution where dental hygiene students perform oral prophylaxis (cleaning) and other dental services such as x-rays, study models, topical fluoride treatments, sealants, and oral hygiene instruction. Call for fee information.



**Public Health Madison and Dane County Oral Health**

Phone: (608) 266-4821

Website: <https://publichealthmdc.com/health-services/getting-health-care/finding-dental-and-health-care-services>

Provides dental health programs and information about low-cost dental care.

## EXERCISE & FITNESS

### Capitol Lakes Aquatic and Wellness Center

Location: 110 S Henry St, Madison, WI 53703

Phone: (608) 283-2036

Website: <https://retirement.org/madison/aquatics-wellness-center/>

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.
- 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, 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, swimsuit 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 and 800-373-0783

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

Program runs through Adult Day Care Program, Chair Exercises, Music and Motion and Low Impact Aerobics.

### DPT Pro Bono Clinic

Location: Medical Science Center, 5th Floor Room 5150

1300 University Ave., Madison, WI 53705

Phone: (608) 620-5374

The mission of this clinic is to provide therapy services to the people of Madison in order to fulfill the needs of those uninsured and underinsured while also providing a valuable educational role for students in alignment with the university's core principles of community service and learning.

### **Dairyland Walkers**

Phone: (608) 846-2299

Website: <https://dairylandwalkers.com/club-info/the-dairyland-walkers/>

This 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.

### **DeForest Area Community & Senior Center**

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

Phone: (608) 846-9469

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

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

### **Falls Prevention Community Resource Information**

Website: <https://safercommunity.net/falls-prevention/>

Fall Prevention Program: [Fall Prevention Classes: Medium Risk | Safe Communities \(safercommunity.net\)](https://safercommunity.net/fall-prevention-classes-medium-risk-safe-communities/)

### **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) 204-3023

Website: <http://www.msqr.org/our-programs/50-fitness-programs>

#### 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: <https://harborathletic.com/programs/warm-water-pool/>

Offers warm water pool exercise options and access to a Physical Therapist after evaluation.

### **Hip and Knee Aquatic Rehabilitation**

Location: 2529 Allen Blvd, Middleton, WI 53562 (at Harbor Athletic Club)

Phone: (608) 417-8050 (PT West Clinic)

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.

### **Home - Adaptive Adventures**

Location: 11333 Addison Avenue Suite 200 Franklin Park, IL 60131

Phone: (303) 679-2770

Website: <https://adaptiveadventures.org>

Provides progressive outdoor sports opportunities to improve quality of life for children, adults and veterans with physical disabilities and their families.

### **Madison School-Community Recreation (MSCR)**

Location: 3802 Regent St., Madison, WI 53705

Phone: (608) 204-3000

Website: <http://www.mschr.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/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: <https://www.mononagrove.org/district/adult-programs.cfm>

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 Center)

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, Chair Yoga, Tai Chi for Balance, and Senior Shape Up.

### **Planet Fitness**

Location: 4 Madison Locations (Monona, Mineral Pt. Rd, Verona Rd, East Towne Mall)

Monona <https://www.planetfitness.com/gyms/madison-west-broadway-wi>

Mineral Point Rd <https://www.planetfitness.com/gyms/madison-mineral-point-wi>

Verona Road <https://www.planetfitness.com/gyms/madison-verona-rd-wi>

East Towne <https://www.planetfitness.com/gyms/madison-east-towne-mall-wi>

Monthly memberships are \$10.

### **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** – Warm water aerobics; for members only.

Locations:

East Madison: 1726 Eagan Rd., Madison, WI 53704 (608) 241-2639

West Madison: 8080 Watts Rd., Madison, WI 53719 (608) 833-2639

New Berlin: 14999 W. Beloit Rd., New Berlin, WI 53151 (414) 427-1100

Middleton 2510 Allen Blvd., Middleton, WI (608) 203-9444

Fitchburg 2920 Hardrock Rd., Fitchburg, WI (608) 441-7000

McFarland 5720 US 51, McFarland, WI (608) 838-1072

Cottage Grove 1609 Landmark Dr., Cottage Grove, WI (608) 839-6300

Monona 5413 Monona Dr., Monona, WI (608) 663-2639

Madison Hilldale 625 Segoe Rd., Madison, WI (608) 442-5400

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

### **REBOOT Community Exercise Program**

Two locations: UW Health Research Park-Fitness Center (608) 263-7936

The American Center (608) 440-6288

ReBoot is a community exercise program designed for people with neurological conditions as a way to improve physical health in an accessible environment. This hour-long, supervised class meets twice a week and works to improve aerobic fitness, strength, and balance through a variety of exercises. There will be access to a range of equipment. A medical clearance waiver signed by your doctor stating you are able to participate in moderate intensity exercise is required. You will be scheduled for a one-time physical therapy evaluation; or if you are already seen by a Physical or Occupational Therapist, they will be able to perform this assessment.

### **Safer Communities**

Website: <https://safercommunity.net/>

### **Sports for Active Seniors (SAS)**

Phone: Bob Brooks (608) 244-5582; Sarah Rankin (608) 575-9685

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: <https://stoughtonseniorcenter.com>

Chair exercise classes, Parkinson's exercise group, cardio class, Tai Chi, and more.

### **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>

UnityPoint Health – Meriter's 15-week Get Fit Exercise and Healthy Eating Program will get you started on the path to achieving and maintaining a healthy weight, along with a heart-healthy lifestyle. You will meet individually with a dietitian and a fitness trainer to develop a personal plan. And the group setting will give you a fun and comfortable atmosphere to exercise.

### **UnityPoint Health – Meriter – Wellness Center “Stay Fit” Program**

Location: 2501 W. Beltline Hwy., Suite 207, Madison, WI 53713

Phone: (608) 417-6102

Website: <http://www.unitypoint.org/madison/stay-fit-program.aspx>

Stay Fit is a self-monitored, medically supervised exercise program aimed to help participants develop life-long exercise habits while reducing their risk for cardiovascular disease. Participants include those diagnosed with coronary disease, pulmonary disease, diabetes and any other chronic medical conditions, as well as those wanting to improve their health and fitness. A Physician’s consent is required for registration.

### **UW Adapted Fitness and Personal Training**

Location: UW Natatorium – 200 Observatory Drive, Madison

Contact: Dr. Kecia Doyle

Email: [adaptedfitness@education.wisc.edu](mailto:adaptedfitness@education.wisc.edu)

Website: <https://kinesiology.education.wisc.edu/academics/certificates/adapted-fitness-and-personal-training/>

The Adapted Fitness and Personal Training classes offered through the Department of Kinesiology serves a very diverse population. The classes are designed to accommodate individuals with permanent as well as temporary disabilities. Classes are also designed to accommodate individuals who are interested in personal training opportunities, stress management, weight management and those who might feel they need more individualized attention in getting started with learning about and establishing a healthier lifestyle. In addition to health and fitness, some individuals work on improving activities of daily living and as a result become more independent from both physical and personal assistance. For those that need it, one-on-one assistance can be provided for transfers to and from exercise equipment as well as in and out of the pool.

### **UW Health-Research Park Clinic Fitness**

Location: 621 Science Dr., Madison, WI 53711

Phone: (608) 263-7936

Website: <https://www.uwhealth.org/exercise-fitness-aquatic/fitness-center-exercise-classes/11877>

Offers land and warm water pool exercise options. May also work with a therapist with referral from current Physical Therapist. Fitness Center with membership.

### **UW Madison DPT Student Clinic**

Location: Medical Science Center, 5<sup>th</sup> Floor, Room 5150  
1300 University Avenue, Madison, WI 53705

Phone: (608) 620-5374

UW Madison student-run clinic with faculty advisement. Provides physical, occupational, and speech therapy with a focus on neurological rehabilitation (gait, balance, proprioception, and coordination training, etc.) The mission is to provide therapy services to the people of Madison in order to fulfill the needs of those uninsured or underinsured while also providing a valuable educational role for students in alignment with the university's core principles of community service and learning.

### **Verona Area High School Natatorium**

Location: 234 Wildcat Way, Verona, WI 53593

Phone: (608) 653-1058

Website: [Aquatic Center/Natatorium / Homepage \(verona.k12.wi.us\)](http://www.verona.k12.wi.us/aquatic-center/natatorium/)

Senior water exercise classes in addition to adult lap swim.

### **Wellspring Plus Center at Sauk Prairie Memorial Hospital**

Location: 90 Oak Street, Prairie du Sac, WI 53578

Phone: (608) 643-7572

Website: <https://www.saukprairiehealthcare.org/Wellspring>

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

### **YMCA of Dane County Adaptive Programs**

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

Phone: (608) 221-1574, ext. 3021

West: (608) 276-6606

East: (608) 221-1571

Sun Prairie: (608) 837-8221

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

Adaptive program sessions year-round including chronic illness management classes (Livestrong, Diabetes Prevention Exercise, and Pedaling for Parkinson's classes).

## HOME MODIFICATION & EQUIPMENT

### **Access to Independence, Inc.**

Location: 3810 Milwaukee St., Madison, WI 53714

Phone: (608) 242-8484

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

Access to Independence (ATI) provides an array of free services to persons with ANY type of disability and of ANY age, as well as their family members and caregivers, in a 4-county region that includes Columbia, Dane, Dodge and Green Counties. Assistive Technology: Wheelchairs/Wheeled Mobility Walking Aids, telecommunication devices, eating and meal prep devices, devices for vision loss and hearing loss, adaptive computer devices. Assessments: Auto/van adaptations assessments, home modification and technology assessment, home safety assessment, workplace technology and ergonomic assessment.

### **Adaptive Remodeling Solutions**

Location: 6200 Sylvan Lane, Monona, WI 53716

Phone: (608) 234-7440

Website: <http://www.adaptiveremodelingsolutions.com/index.html>

Adaptive Remodeling Solutions specializes in modifications for home and condo owners in South Central Wisconsin. Services include free home analysis, kitchen remodeling projects, custom ramps, 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, handheld showers, stairway lifts, and more.

### **Katy's Kloset Medical Equipment Lending Library**

Location: 404 Wilmont Dr., Unit D, Waukesha, WI 53189

Phone: (262) 746-9034

Website: <http://www.teamupwithfamilies.org/katys-kloset/>

Katy's Kloset is a non-profit lending library that loans out and accepts donations of good, used, and durable medical equipment for children and adults, by appointment only.

### **Loans Closets in Wisconsin**

Website: <https://loan closets.org/wisconsin>

This website is designed to help you find organizations that lend medical equipment for minimal or no cost. To find resources in your area, go to this link and click on your county.

### **Project Home, Inc.**

Location: 3841 Kipp St, Madison, WI 53718

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.

### **UW Health Care Direct**

Phone: (608) 203-2273

Fax: (608) 203-2250

Website: <https://www.uwhealth.org/services/uw-health-care-direct/#6FJBs6G1b1faWWqdtLCepJ>

UW Health Care Direct (formerly Chartwell Midwest Wisconsin) provides home infusion services, home health agency services, respiratory services, home medical equipment and CareWear products. A wide selection of home medical equipment, including standard and customized wheelchairs, hospital beds, walkers, scooters, safety equipment and rehabilitation equipment are available. Staff includes specially trained rehabilitation technicians who perform complete assessments, demonstrate equipment, and provide instruction on a wide range of equipment from pediatric to adult.

### **Used Home Medical Equipment-Equipment Recycling Service**

Phone: (920) 471-7900

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.

### **Wisconsin Council of the Blind**

Location: 754 Williamson St., Madison, WI 53703

Phone: (608) 255-1166 and (800) 783-5213

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, training and referral services.

**WI Council of the Blind and Visually Impaired home safety evaluations**

Location: 754 Williamson St., Madison, WI 53703

Phone: (608) 255-1166

Website: <https://wcblind.org/programs/>

The Council offers one-on-one and group support for people who are newly diagnosed, including low-vision evaluations, in-home visits and assistive technology.

## LEISURE & HOBBIES

### **Adaptive Sportsman, Inc.**

Location: 8727 Coldspring Rd., Greenfield, WI 53228

Phone: (414) 333-4745

Website: <http://www.adaptivesportsmen.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

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

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.

### **ARTS for ALL Wisconsin (formerly Very Special Arts)**

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

Phone: (608) 241-2131

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

ARTS for ALL Wisconsin, the statewide organization for arts and disability, was founded in 1985 as Very Special Arts Wisconsin with the mission to expand 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.

### **Bookmobile Service**

Mailing

Address: 1874 S. Stoughton Road, Madison, WI

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.

### **Easter Seals Wisconsin**

Location: 8001 Excelsior Dr., Suite 200, Madison, WI 53717

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 camps for adults and children with disabilities, which creates a safe, barrier-free environment.

### **Fishing Has No Boundaries**

Location: P.O. Box 175, Hayward, WI 54843

Phone: (608) 417-3474

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

An annual fishing event held every summer at Governor Nelson State Park on Lake Mendota. Takes place on the 2<sup>nd</sup> full weekend in July. 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

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.

### **Home - Adaptive Adventures**

Location: 9053 Harlan Street Suite 34 Westminster, CO 80031

Phone: (303) 679-2770

Website: <https://adaptiveadventures.org>

Provides progressive outdoor sports opportunities to improve quality of life for children, adults and veterans with physical disabilities and their families.

### **Madison School Community Recreation**

Location: 3802 Regent St., Madison, WI 53705

Phone: (608) 204-3000

Website: <https://www.mschr.org/our-programs/trips-special-events>

A program that provides day tours and activities for people 50+.

### **National Center on Accessibility**

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

Phone: (812) 856-4422

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: 3802 Regent St., Madison, WI 53705

Phone: (608) 204-4581

Website: <https://www.mschr.org/our-programs/outdoor/pontoon-programs#specialty-trips>



Anyone 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 narrated lake tour, meal trip, recreational trip, and event trip. 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.

### **Theater Bus**

Location: 437 S. Yellowstone Dr., Suite 214, Madison, WI 53719

Phone: (608) 257-0003

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

Theater Bus is 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: <https://three-gaits.org/>

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

### **Wisconsin Badger Camp**

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

Phone: (608) 348-9689

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

Provides a summer program and special trips for 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 and (800) 783-5213

Website: [www.wcblind.org](http://www.wcblind.org)

Promotes 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.

### **Wisconsin Lions Camp**

Location: 3834 County Road A, Rosholt, WI 54473

Phone: (715) 677-4969

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

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

### **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 or (414) 286-3010

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

As part of a national network cooperating with the National Library Service for the Blind and Print Disabled (NLS), the Wisconsin Talking Book and Braille Library (WTBBL) provides audio books and braille materials to persons, living in Wisconsin, who cannot see regular print or handle print materials. WTBBL patrons receive and return books and equipment, postage-free through the U.S. Postal Service.

## **PERSONAL EMERGENCY RESPONSE SYSTEMS (PERS/Lifeline)**

Personal Emergency Response Systems (PERS) let you call for help in an emergency by pushing a button or by automatically signaling for help on your behalf. There are three components to a PERS: a small radio transmitter, a console connected to your telephone, and an emergency response center that monitors calls. Many of these will work outside your home, have GPS tracking, fall detection, and additional features such as medication reminders or geo sense.

### **ADT Medical Alert**

Phone: (800) 588-1934

Website: <https://www.adt.com/medical-alert>

### **Bay Alarm Medical**

Phone: (877) 522-9633

Website: <https://www.bayalarmmedical.com/>

### **Care Trak Systems**

Phone: (608) 283-3864

Website: <https://caretrak.com/>

### **Comfort Keepers**

Phone: (608) 218-3375

Website: <https://www.comfortkeepers.com/products/personal-emergency-response-systems>

### **Life Beacon**

Phone: (888) 502-3373

Website: <https://lifebeacon.com/products/>

### **Medical Alert**

Phone: (800) 800-2537

Website: <https://www.medicalalert.com/>

### **SSM Health**

Phone: (855) 332-6882

Website: <https://www.ssmhealth.com/health-at-home/community-health-resources/voicecare>

### **Stoughton Health**

Phone: (608) 873-6611

Website: <https://stoughtonhealth.com/other-services/life-assist-medical-alert-systems-2/>

**VRI**

Phone: (800) 860-4230

Website: <https://vricares.com/>

## SENIOR CENTERS & SERVICES

### **ADRC (Aging and Disability Resource Center of Dane County)**

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

Phone: (608) 240-7400

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

Provides information about resources and support on all aspects of life related to aging or living with a disability and is a one-stop shop for older adults, people with disabilities and their families.

### **Belleville Senior Center (Sugar River Senior Center)**

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

Phone: (608) 424-6007

Website: <https://www.facebook.com/Sugar-River-Senior-Center-1012808788739593/>

Provides home delivered meals, driver escort services, and case management in order to help older adults remain active in their community and independent in their homes

### **Colonial Club of Sun Prairie**

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

Phone: (608) 837-4611

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

Services available include Adult Day Center, Supportive Home Care, Nutrition Services, and Case Management.

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.

Provide a wide range of social, educational, recreational, and wellness activities; meals, adult day care, and health clinics.

### **DeForest Area Community & Senior Center**

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

Phone: (608) 846-9469

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

Case Management: The DeForest Area Community and Senior Center has Case Management Services for residents age 60 and older. Our goal is to promote and maintain the independence of all seniors in DeForest, Windsor and Vienna communities by enhancing their social, emotional, and physical wellbeing.

Nutrition: The goal of the Nutrition Program is to provide congregate and home-delivered meals to assist seniors to live independently by promoting better health through improved nutrition and providing supportive services such as transportation, education, and socialization opportunities.

**Transportation:** A Dane County funded van provides rides to the Center for lunch and activities, aquatic exercise classes, shopping, and other locations for older adults with limited local transportation options. Additionally, RSVP volunteer drivers provide rides for medical or medical-related appointments. Free, but donations accepted.

**Newsletter:** *The Scoop* is our monthly newsletter that shares upcoming events, timely articles, and important information. For a paper copy, the *The Scoop* newsletter is available for pick up at the DeForest Area Community and Senior Center, DeForest Village Hall, Public Library, area businesses and various senior apartments.

**Fitness and Exercise:** The Center offers an array of exercise equipment for cardio and strength training. The Fitness Room is open between 9:00 a.m. and 4:00 p.m., Monday through Friday. Community members have access to club level machines, such as: exercise bikes, an elliptical, two Nu-Steps, recumbent cross trainer bikes, two treadmills and weightlifting machines. Exercise classes are offered and well attended. Some are taught by certified instructors, including Yoga and Strength Training for Women (there is a fee). There are exercise groups throughout the week using a DVD at no cost, including Chair Exercise, Chair Yoga, Chair Pilates, Walking, Qi Gong, and Zumba.

### **Friendship Line**

Phone: (800) 971-0016

Website: <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

Institute on Aging's 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. We also make on-going outreach calls to lonely older adults.

### **NEW Bridge (East Madison/Monona, North Madison, and West Madison)**

Location: 4142 Monona Dr., Madison, WI 53716

Phone: (608) 512-0000

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

**Case Management:** Case Managers help with locating resources, advocacy, and care planning; available to perform in-home assessments.

**Activities:** A broad range of opportunities for learning, socializing, volunteer work and community involvement. The activities take place in different neighborhood centers, libraries, and churches across Madison and Monona.

**Loan Closet:** The East Madison/Monona location has a loan closet with items such as walkers, raised toilet seats, commodes, crutches and more. Open Monday-Thursday, 9:00 am - 3:00 pm.

**Cultural Diversity Program:** Cultural Diversity Program reduces isolation for African American and Latino older adults.

**Home Chore Program:** Home Chore Program connects volunteers to seniors who need assistance with household chores so they can remain in their homes.

**Nutrition:** Nutritious daytime meals are offered at various locations throughout the Madison and Monona area, Monday-Friday. The meal is well balanced and appealing for seniors who don't enjoy cooking or eating alone. Meals and transportation require a reservation.

### **Fitchburg Senior Center**

Location: 5510 Lacy Road, Fitchburg, WI 53711

Phone: (608) 270-4291

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

Case Management: Case Managers provide both short-term assistance as well as ongoing case management support.

Nutrition: The Senior Center provides home delivered and on-site meals.

Transportation: Call for more information. Rides available to meal site, grocery shopping, and medical appointments.

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

Senior Exercise: Exercise options include aerobics, functional fitness, Tai Chi, Zumba, yoga, and indoor pickle ball.

Groups: Various groups are offered including: Active Women's Group, Caregiver Support, Diabetic Support, Fitchburg Singers, Men's Group, Mystery, Pastels, Book Club, Rug Hookers, Quilters and Knitters, and Birding Club.

### **Homestead Living Inc.**

Location: 1040 Quinn Dr., Waunakee, WI 53597

Phone: (866) 896-1347

Website: <https://www.aplaceformom.com/community/homestead-living-inc-102150>

Our purpose is to provide a home for people living with Alzheimer's Disease and other dementias. We strive to create a caring place which fosters a genuine sense of security, understanding, and joy. Through person-centered Memory Care and an exceptionally high staff-to-resident ratio, we meet the changing physical, emotional, and social needs of our individual residents.

### **Madison Senior Center**

Location: 330 W. Mifflin St., Madison, WI

Phone: (608) 266-6581

Email: [seniorcenter@cityofmadison.com](mailto:seniorcenter@cityofmadison.com)

Website: <https://www.cityofmadison.com/senior-center>

Classes: Art, computer, creative writing, dance, exercise, intellectual, music, and 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 change 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 or 5915 Milwaukee St., McFarland, WI 53558

Phone: (608) 838-7117

Website: <https://wi-mcfarland.civicplus.com/242/Senior-Outreach>

Case Management: Case management services available by appointment or drop-in for McFarland residents age 60 and over.

Outreach: Meals, transportation, 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 basis. Home Delivered Meals Program.

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

Transportation: Must call 48 hours in advance. RSVP rides for medical appointments. Bus transportation also available to meal site, grocery store and shopping in Madison, Stoughton, and McFarland.

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 issues.

### **Middleton Senior Center**

Location: 7448 Hubbard Ave., Middleton, WI 53562

Phone: (608)-831-2373

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

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

Monthly Newsletter: Call to get on the mailing list.

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

Exercise: Various classes offered. Membership fee. Scholarships are available.

Support Groups: Low Vision, Caregiver, and essential tremor support groups.

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

Classes and games: Computer, painting, Tai Chi, crafts, Spanish, Strength and Flexibility, writing, card games, mahjong, scrabble, and euchre.

### **Middleton Outreach Ministry**

Location: 3502 Parmenter Street, Middleton, WI 53562

Phone: (608) 836-7338

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

MOM brings our community together to create food and housing security through action and advocacy. Because what we eat, where we live, and our connection to community are key determinants of well-being and health, MOM focuses on providing access to these resources for people in our community. MOM hosts one of the largest food pantries in Dane County and provides case management, referrals, and housing stability assistance. The Seniors Program provides ride and chore assistance. Thanks to generous community support and partnership, MOM serves over 4,000 individuals each year.

### **Monona Senior Center**

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

Phone: (608) 222-3415

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

Case Management: Shared with East Madison/Monona Coalition of Aging. Offers information on questions related to 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 and various computer classes.

Fitness Classes: Pilates, Stretch and Tone, and Yoga.

### **Mount Horeb Senior Center (SW Dane Senior Outreach)**

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

Phone: (608) 437-6902

Website: [SW Dane County Outreach | Village of Mt. Horeb \(mounthorebwi.info\)](http://www.swdane.org/villageofmt-horeb)

Case Management: For people 60 and older in the 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 housekeeping available for qualified members.

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

### **Northwest Dane Senior Services**

Location: 1837 Bourbon Road, Cross Plains, WI 53528

Phone: (608) 798-6937

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

Northwest Dane Senior Services provides premier programs and services for older adults and their families that promote well-being, independence, involvement in their community and the ability for them to age successfully.

### **Oregon Area Senior Center**

Location: 219 Park St., Oregon, WI 53575

Phone: (608) 835-5801

Website: [https://www.vil.oregon.wi.us/index.asp?SEC=B0101D27-E782-4ADF-9F4C-6AACCA292D04&Type=B\\_BASIC](https://www.vil.oregon.wi.us/index.asp?SEC=B0101D27-E782-4ADF-9F4C-6AACCA292D04&Type=B_BASIC)

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; need to call ahead of time. 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, M-W-F.

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

Support Groups: For caregivers and individuals with diabetes.

Monthly Newsletter: Call to get on the mailing list.

### **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 meet income requirements.

### **Stoughton Area Senior Center**

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

Phone: (608) 873-8585

Website: <https://stoughtonseniorcenter.com/about-us>

Case Management: Case Managers can link older adults with services (i.e. food, housing, legal, medical, financial, social well-being, etc.) to help them remain as independent as possible in their homes and offer assistance with coordinating, evaluating and advocating for services to meet each individual's needs and preferences.

Nutrition: Home delivered meals; nutrition site.

Transportation: RSVP Driver Program available for medical appointments. You will need to be able to get in and out of a car independently. 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, and

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.

Foot Care Clinic and Blood Pressure Screenings: Offers foot clinics and blood pressure screenings at the Senior Center twice a month.

### **Verona Senior Center**

Location: 108 Paoli St., Verona, WI 53593

Phone: (608) 845-7471

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

Case Management: Case Management assistance is available to provide seniors, their families and caregivers, information as well as short-term support or ongoing case management support and services. Case management provides confidential needs assessments and referrals to appropriate resources.

Transportation: Available to the Senior Center and to various Madison locations.

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 an appointment.

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

Blood Pressure and Other Medical Screenings: Registered Nurse, 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, healthy eating classes, and body fat/blood pressure assessments.

Monthly Newsletter: The Chronicle is available for members.

### **Waunakee Area Senior Center**

Location: 333 South Madison St., Waunakee, WI 53597

Phone: (608) 849-8385

Website: <http://www.vil.waunakee.wi.us/209/Senior-Center>

Case Management: Case Management assistance is available to individuals 60 and over who live in one of the following areas: Town of Dane, Town of Springfield, Town of Westport, Town of Vienna, Village of Dane and Village of Waunakee. Appointments are available at the Waunakee Senior Center or in your home.

Support Groups: Caregiver, Parkinson's, and memory support groups.

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

Food/Nutrition: Meals Monday through Friday; reservations needed. 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.

## SUPPORT & ADVOCACY ORGANIZATIONS

### **ADRC (Aging and Disability Resource Center in Dane County))**

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

Phone: (608) 240-7400

Website: [www.daneadrc.org/](http://www.daneadrc.org/)

**Information and Assistance:** Provides information to the general public about services, resources, and programs in areas such as 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:** Offers consultation and advice about options available to meet an individual's long-term care needs. This consultation includes discussion of the factors to consider when making decisions about long-term care.

**Benefits Counseling:** Provide 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.

**Youth and Transition Services:** Offers a single entry point for information and assistance for young adults with disabilities regardless of income. As early as a student turns 17 ½ years old, families can contact the ADRC to request an options counseling meeting. Topics that may be discussed include disability benefits, employment options, post-secondary education options, advanced decision making options, and eligibility determination for long term care programs

**Access to Publicly Funded Long-Term Care Programs:** May 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 Aging and Disability Resource Center will provide information about the options available to him or her - 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.

### **Access to Independence**

Location: 3810 Milwaukee Street, Madison, WI 53714

Phone: (608) 242-8484 or Toll Free (800) 362-9877

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

Access to Independence provides free resources, services, and advocacy for people with any type of disability, and of any age, in Dane, Columbia, Green, and Dodge counties in south-central Wisconsin. They can provide information about disability-related issues, resources, and services to people with disabilities, families, professionals, and the general public. Staff, the majority of whom are people with disabilities themselves, are available to listen and assist with locating resources and developing strategies for individuals to resolve barriers including, but not limited to the following areas: housing issues, transportation resources, employment issues, benefits and funding issues, accessibility, discrimination, and legal rights, finding adaptive equipment to enhance independent living, and community supports and services.

### **Alzheimer's and Dementia Alliance of Wisconsin (ADAW)**

Location: 6314 Odana Road, Suite 4, Madison, WI 53719

Phone: (608) 232-3400 and (888) 308-6251

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

The expert staff of the Alzheimer's and 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. Staff 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**

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

Phone: (608) 261-9930

Website: <https://aaa.dcdhs.com/>

The Area Agency on Aging of Dane County serves individuals who are age 60 and over and/or their family members in accessing services that will help older adults continue living in their own homes and communities. The amount of assistance that is provided is dependent upon the needs of the older adult. These services can be short-term (such as getting signed up for a prescription drug program) or long-term (such as someone who is frail or who has a chronic health condition receiving ongoing monitoring and support from a Case Manager) and anywhere in between. Examples of community-based services include congregate and home-delivered meals, caregiver support, case management, and help with benefit questions. Many of these services are provided on a donation basis and are delivered at the local level. The Area Agency on Aging of Dane County is the designated County Aging Unit. The Aging Unit is appointed to act as a planning and policy development body for programs for older adults in the county that are funded by the federal Older Americans Act and state supplemental funding.

### **Advocacy & Benefit Counseling for Health (ABC for Health)**

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

Phone: (608) 261-6939 and 800-585-4222

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

ABC for Health is a Wisconsin-based, nonprofit public interest law firm dedicated to ensuring health care access for children and families. Their mission is to provide health care consumers with the services and support they need to navigate the complex health care financing system.

### **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: 402 Gammon Place, Suite 360, Madison, WI 53719

Phone: (608) 833-1199

Website: [www.arcdanecounty.org](http://www.arcdanecounty.org)

The Mission of The Arc-Dane County is to ensure that all children and adults with developmental disabilities and their families are offered the same opportunities, choices, rights, and respect due all people in our community through example, education, advocacy, support, and legislation.

### **Behavioral Health Resource Center**

Phone: (608) 267-2244

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

The Behavioral Health Resource Center (BHRC) is a voluntary person and family centered service designed to help any Dane County resident seek assistance and access behavioral health services in Dane County, regardless of insurance status, financial status, age, identity, ability, or legal status. The BHRC assists Dane County residents from all ages, backgrounds and walks of life. BHRC services are consumer led and consumer driven, meaning that the individual and family is the expert regarding their needs. BHRC Specialists are available to help connect you to resources for your mental health and/or substance use needs.

### **Bureau of Aging and Disability Resources and Bureau of Long-Term Support**

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

Phone: (608) 266-1865 and TTY (800) 947-3529

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

Provides statewide oversight of federal and state funded programs for older adults and individuals with disabilities. Call or check online for the wide variety of supports.

### **Caregiver Action Network (CAN) - Formerly National Family Caregivers Association (NFCA)**

Location: 1150 Connecticut Avenue, Suite 501, Washington, DC 20036

Phone: (202) 454-3970

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

A 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.

### **Caring Bridge**

Website: <https://www.caringbridge.org/about-us/>

As a global nonprofit social network, we help people connect with family and friends during a health journey. We're a free, advertising-free platform with simple tools for patients and family caregivers to share health updates, and for their communities to offer support and encouragement.

### **Caregiver Library**

Location: 901 Moorefield Park Dr., Suite 100, Richmond, VA 23236

Phone: (804) 327-1111

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

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

### **Coalition of WI Aging and Health Groups: Elder Law Center**

Location: 30 West Mifflin St., Suite 406, Madison, WI 53703

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 and Finances, Partner Care, and Senior Statesmanship.

### **Community Action Coalition - CAC**

Location: 4101 E Towne Blvd, Madison, WI 53704

Phone: (608) 237-1255

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

CAC strives to provide hope, support, and opportunities to participants. We work to build on the strengths, assets, and capacities of low-income people and communities. To that end, we've narrowed our focus to three key areas: housing, food, and clothing. Making sure that our participants have roofs over their heads, food on their tables, and clothes on their backs so they can feel safe and secure is how we accomplish our mission.

### **Community Living Alliance – CLA**

Location: 1414 MacArthur Road, Madison, WI 53714

Phone: (608) 242-8335

Website: [www.clanet.org/](http://www.clanet.org/)

Community Living Alliance is a community based, non-profit organization that provides community resources for people with disabilities. CLA was founded by people with disabilities, healthcare professionals, and concerned citizens. CLA is committed to designing programs and offering services that minimize the challenges faced by clients. CLA achieves this by providing services, such as personal care, chore services, behavioral health, and service coordination that support individuals living independently in their homes and communities.

### **Covering Wisconsin**

Phone: (608) 261-1455

Website: <https://coveringwi.org/enroll>

Connects Wisconsin residents with appropriate insurance coverage and other programs that support health, and to promote effective use of these programs.

### **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.

### **Disaboom**

Phone: (303) 435-6116

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

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.

### **Disability Rights of Wisconsin**

Location: 1502 West Broadway, Suite 201 Madison, WI 53713

Phone: (608) 267-0214

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

Disability Rights of Wisconsin is the state's designated advocacy and protection agency for people with disabilities.

### **Greater Madison Resource Center (GMRC)**

Phone: (608) 770-1174

Website: <https://gmrcmadison.com/>

Provides various resources and referrals for various needs and services.

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

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

Phone: (608) 243-5670

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

The mission of the Greater Wisconsin Agency on Aging Resources is to deliver innovative support to lead aging agencies as we work together to promote, protect, and enhance the well-being of older people in Wisconsin. They offer materials in the form of a "toolkit" to provide tips and tools for communicating with legislators and policy makers, as well as rules and language regarding advocacy versus lobbying. You'll find documents to help develop your strategies as well as fact sheets and position papers that will provide you with the statistical data and ammunition you may need when speaking with your legislators.

### **Family Support and Resource Center (FSRC)**

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

Phone: (608) 237-7630

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

FSRC works in partnership with parents of children with disabilities to enhance the care-giving capacity of families and the Dane County community. Programs include case management, respite care, financial assistance, information, and advocacy through services that are individualized, flexible, and designed to respond to family needs and preferences.

### **IRIS (Include, Respect, I Self Direct)**

Location: 1 West Wilson Street, Room 518, P.O. Box 309, Madison, WI 53701-0309

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.

### **Lotsa Helping Hands – When Friends and Family Need Help**

Website: [www.lotsahelpinghands.com](http://www.lotsahelpinghands.com)

Easily organize help for someone in need. A central place to coordinate meals and help for friends and family.

### **Journey Mental Health Center**

Location: 25 Kessel Court, Suite 105, Madison, WI 53711

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.

### **Middleton Outreach Ministry (MOM)**

Location: 3502 Parmenter Street, Middleton, WI 53562

Phone: (608) 836-7338

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

MOM brings our community together to create food and housing security through action and advocacy. Because what we eat, where we live and our connection to community are key determinants of well-being and health, MOM focuses on providing access to these resources for people in our community. MOM hosts one of the largest food pantries in Dane County and provides case management, referrals, and housing stability assistance. The Seniors Program provides ride and chore assistance. Thanks to generous community support and partnership, MOM serves over 4,000 individuals each year.

### **Multiple Sclerosis Online Information/Support**

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

Chat online with experts who treat MS. Available in 9 languages.

### **My Choice Wisconsin**

Location: 1617 Sherman Avenue, Madison, WI 53704

Phone: (800) 963-0035

Website: <https://mychoicewi.org>

My Choice Wisconsin is a managed care organization (MCO) that serves government-funded programs to frail seniors and adults with disabilities in over 50 Wisconsin counties. These programs include Family Care Partnership, Family Care, Medicaid SSI, and Medicare Dual Advantage. We are headquartered in Madison, Wisconsin, but have staff living and working throughout the state.

### **Nurse Spinal Cord Injury Advice Line**

Phone: (303) 789-8508 or (800) 247-0257

Website: [https://craighospital.org/uploads/Admissions/Craig-brochure\\_motif-2\\_9-26-16-1.pdf](https://craighospital.org/uploads/Admissions/Craig-brochure_motif-2_9-26-16-1.pdf)

An advice line staffed by nurses who are knowledgeable about spinal cord injuries for non-emergency questions, questions about a change that's being experienced, or for caregivers to better understand an injury. Available Mon-Fri 9am to 6pm MST.

### **Operation Fresh Start, Inc.**

Location: 2670 Milwaukee St., Madison, WI 53704

Phone: (608) 244-4721

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

Operation Fresh Start (OFS) provides a path forward for disconnected youth in Dane County, ages 16-24, through education, mentoring, and employment training. OFS programs offer youth and young adults opportunities to gain meaningful, supported work experience while completing their high school diploma or completing industry certifications and continuing to higher education and/or self-sustaining employment.

### **Supporting Active Independent Lives – SAIL**

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

Phone: (608) 230-4321

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 and (800) 325-0778 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.

### **The Center for Assistive Technology and Environmental Access**

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

Phone: (404) 894-8000

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.

### **United Spinal Association**

Location: 120-34 Queens Blvd., #320, Kew Gardens, NY 11415

Phone: (718) 803-3782

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

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: 211 (available 24/7)

Website: <https://www.unitedwaydanecounty.org/get-help/2-1-1/>

Whether you need financial assistance, food resources, housing search, addiction treatment, health care, mental health, or heating and utilities assistance, our specialists will talk to you to find out what you need and walk you through all the options to find the right service or program to fit your needs. They use language line services and are able to use interpreters fluent in over 240 languages. 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

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 AND VEHICLE MODIFICATIONS

### **Abby Vans, Inc.**

Location: 1115 W. 4<sup>th</sup> Street., Neillsville, WI 54456

Phone: (800) 236-8438

Website: [www.abbyvans.com](http://www.abbyvans.com)

Will provide non-emergency medical and paratransit rides in Dane County on a driver available basis.

### **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 four additional locations in Eau Claire, Richfield, Valders, and De Pere.

### **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, minivans, and pick-up trucks. Multi-Lift serves as both a vehicle and home lift for a streamlined lift solution.

### **American Cancer Society**

Location: 725 Heartland Trl., Suite 301 Madison, WI 53717

Phone: (608) 833-4555 and (800) 227-2345

Website: <https://www.cancer.org/support-programs-and-services/road-to-recovery.html>

Volunteer drivers transport patients, with a cancer diagnosis, to medical appointments.

### **AMS Vans, Inc.**

Location: 440 W Bell Ct, Suite 400, Oak Creek, WI 53154

Phone: (920) 409-4942

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; accepts 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.

### **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, Medicaid, 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.

### **Dane County Transportation**

Phone: (608) 242-6489

Website: <https://www.danecountyhumanservices.org/Disability-and-Aging/Transportation>

The Call Center is a one-stop center for transportation resources that provides assistance with ride authorizations, scheduling, public transit, Human Services transportation programs, and other services. Numerous transportation options are available in Dane County, and the Call Center will help determine what options apply to your individualized transportation plan. The Call Center is open Monday through Friday from 8:00 a.m. to 4:00 p.m.

### **La Vigne Bus Co, Inc.**

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

Phone: (920) 563-1515

Website: <https://www.facebook.com/lavignebusco/>

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

### **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 compliments 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.

### **Mobility Works**

Location: 222 Linnerud Drive, Sun Prairie, WI 53590

Phone: (877) 275-4907

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

Website: [Monona Lift | Monona, WI - Official Website \(mymonona.com\)](http://www.mononalift.com/)

Designed to provide transportation for elderly and disabled people, as well as the general public, open to anyone. To guarantee a ride, call 24 hours in advance.

### **Paratech Ambulance**

Location: 9401 W. Brown Deer Rd., Milwaukee, WI 53224

Phone: (800) 562-3396

Website: [www.paratechambulance.com](http://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: 6501 Watts Rd., Suite 250, Madison, WI 53719

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 (age 60 and older) 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. If they are unable to provide a ride, call Dane County Transportation Call Center at (608) 242-6489 for options.

### **Ryan Brothers Ambulance**

Location: 922 S Park St., Madison, WI 53715

Phone: Toll Free: (877) 257-9591

Website: [www.ryanbros.net](http://www.ryanbros.net)

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

### **Transit Solutions**

Location: 173 E. Badger Road, Madison, WI 53713

Phone: (608) 294-8747

Provide rides to local grocery stores for older adults or individuals with disabilities in Dane County. Rides are provided on a weekly schedule. Call Transit Solutions for schedule. Cost of ride is suggested donation of \$2.00 per round trip.

### **Van GO Taxi**

Phone: (608) 849-7070

Website: <https://vangotaxi.com>

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 is given to medical appointments, and you must call two days in advance. Rides weekly to Elderly Specific Food Pantry.

### **Vets Helping Vets**

Phone: (608) 238-7901

Website: <https://www.rsvpdane.org/programs/veterans-helping-veterans>

Provide rides to Dane County Veterans and their families who need transportation to medical appointments and other important meetings. Volunteers use their own cars, and the driving schedule is very flexible.

### **VEYO**

Phone: (866) 907-1493

Website: <https://wi.ridewithveyo.com/>

Wisconsin Medicaid and Badger Care Plus non-emergency medical transportation (offers bus tickets, medical rides, or mileage reimbursement for MA/Badgercare members). Reservations need to be made no later than 4:30 p.m. the day before the needed ride.

### **We Care Transportation**

Location: 2889 Highway MN, Stoughton, WI 53589

Phone: (608) 838-8589

Provides medical transportation.

### **YW Transit Program**

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

Phone: (608) 257-1436

Website: <https://www.ywcamadison.org/what-were-doing/employment-transit/yw-transit/>

YWCA Madison supports equity in transportation. Affordable and reliable transportation allows people with disabilities access to important opportunities in education, employment, health care, housing, and community life. JobRide is an innovative program that provides transportation for low-income people going to/from work.

## 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 charter bus services and vacations (day trip and overnight trips) for both special needs and the general public.

### **Adaptive Sportsman, Inc.**

Location: 8727 Coldspring Rd., Greenfield, WI 53228

Phone: (414) 333-4745

Website: [www.adaptivesportsmen.org](http://www.adaptivesportsmen.org)

Provides outdoor opportunities for individuals with physical challenges including hunting, fishing, boating and other recreational activities.

### **Disability Travel Resources from Savvy Traveler**

Website: <http://savvytraveler.publicradio.org/before/disability-resource.shtml>

Reviews and information written specifically for travelers with disabilities or medical conditions.

### **Freedom's Wings International, Inc.**

Location: 51 Tulip St., Summit, NJ 07901

Phone: (848) 227-1957

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.

### **Home – Adaptive Adventures**

Location: 11333 Addison Avenue, Suite 200, Franklin Park, IL 60131

Phone: (303) 679-2770

Website: <https://adaptiveadventures.org>

Provides progressive outdoor sports opportunities to improve quality of life for children, adults and veterans with physical disabilities and their families.

### **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.

### **Society for Accessible Travel and Hospitality (SATH)**

Phone: (212) 447-7284

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. In addition to this magazine, SATH offers various tips for travelling with a disability.

### **TSA (Transportation and Security Administration) Cares Helpline**

Phone: (855) 787-2227

Website: [www.tsa.gov/traveler-information/travelers-disabilities-and-medical-conditions](http://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 ahead for information about what to expect during screening.

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

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

Phone: (262) 675-2525

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

Unlike many B&B's which are older homes converted to include lodging, Welcome H.O.M.E. (House of Modification Examples) Bed and Breakfast 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.

### **Wilderness Inquiry**

Location: 1611 County Road B West, Suite 315, St. Paul, MN 55113

Phone: (612) 676-9400

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 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.

#### **AgrAbility of Wisconsin**

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

Phone: (608) 262-9336

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.

#### **Dane County Job Center**

Location: 1819 Aberg Ave., Madison, WI 53704

Phone: (608) 405-4400

Website: [www.danejobs.com](http://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.

#### **DVR (Division of Vocational Rehabilitation)**

Location: Madison East Office: 1801 Aberg Avenue, Madison, WI 53704

Madison West Office: 7633 Ganser Way, Ste 203, Madison, WI 53719

Phone: (608) 242-4800

Website: <https://dwd.wisconsin.gov/dvr/about/>

The Division of Vocational Rehabilitation (DVR) is a federal/state program designed to obtain, maintain, and advance employment for people with disabilities by working with DVR consumers, employers, and other partners. DVR provides an array of employment services, including arranging for services to enable an individual to go to work, to training and technical assistance to employers regarding disability employment issues.

Apply online: <https://www.dwd.wisconsin.gov/dvr/referral/>

#### **Employment Resources, Inc.**

Location: 4604 Cottage Grove Road, Madison, WI 53716

Phone: (608) 246-3444

Website: [www.eri-wi.org](http://www.eri-wi.org)

Facilitates employment for persons with 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. 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: 14 Ellis Potter Ct #201, Madison, WI 53711

Phone: (608) 284-7450

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

ICW, Inc., is a private, non-profit corporation whose mission is to provide an array of supported employment opportunities to individuals with developmental disabilities. Currently, we are serving approximately thirty-five individuals. We are funded by the Dane County Human Services Department and the State Department of Vocational Rehabilitation.

### **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 individuals with disabilities including assessment, job development, placement, and coaching.

## **EDUCATION**

### **Attic Angel Association**

Location: 8301 Old Sauk Road, Middleton, WI 53562

Phone: (608) 662-8842

Website: <https://atticangel.org/events-news/continuing-education>

The continuing education programs are held each Monday morning, September through May, at Attic Angel 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: [Cutting Edge \(edgewood.edu\)](http://Cutting Edge (edgewood.edu))

Edgewood College provides educational opportunities for older adults including academic programming, lectures, concerts, plays, and athletic events. They also have a “Cutting Edge” Program which offers a four-year fully inclusive college experience for individuals with intellectual and developmental disabilities. Since its inception, the program has continued to grow and offers individualized wrap-around services to support students in academics, student housing, social experiences, and practicums/internships. We currently support 24 students per academic year. Our program has since expanded to include two additional programs: Pre-College and Alumni Program. As part of Edgewood College’s Dominican tradition, students learn the values of justice, compassion, truth, community, and partnership. Through these values, students are given the opportunity to experience civic engagement both on campus and in the Madison community.

### **Road Scholar: Adventures in Lifelong Learning**

Phone: (800) 454-5768

Website: [www.roadscholar.org](http://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. Also offers opportunities for online lectures and international trips.

### **Madison College**

Location: 1701 Wright St., Madison, WI 53704

Phone: (608) 246-6100

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

Madison (Area Technical) College provides educational classes and opportunities at various locations in Madison and throughout Dane County and beyond.

### **Participatory Learning and Teaching Organization (PLATO)**

Location: 6209 Mineral Point Rd #203, Madison, WI 53705

Phone: (608) 572-6869

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

PLATO is a community of intellectually curious adults, typically 50 and over, which explores subjects of interest through member-led discussion groups, lectures, travel, and cultural activities.

### **University of Wisconsin Colleges Disabilities Services Office**

Location: UW System Administration, 505 S. Rosa Road. Suite 210, Madison, WI 53719

Phone: (608) 262-2453

Website: <https://www.wisconsin.edu/disability-resources/>

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

Website: [www.mcburney.wisc.edu](http://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 their 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.

## **VOLUNTEER OPTIONS**

### **Big Brothers and Big Sisters of Dane County**

Location: 2059 Atwood Ave., 4<sup>th</sup> Floor, Madison, WI 53704

Phone: (608) 661-5437

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

Big Brothers Big Sisters makes meaningful, monitored matches between adult volunteers (“Bigs”) and children (“Littles”), ages 6 through 18, in the Dane County community. They develop positive relationships that have a direct and lasting effect on the lives of young people.

### **Dane County Humane Society**

Location: 5132 Voges Road, Madison WI 53716

Phone: (608) 838-0413

Website: <https://www.giveshelter.org/how-to-help/volunteer/volunteer-positions>

From in-shelter support to at-home foster care, volunteers support every facet of our work. Together we are achieving our mission - helping people help animals! We look forward to helping you find a volunteer role that matches your skills, interests, and schedule so that you can make a big difference in the lives of animals in need.

### **Dane County Parks Volunteer Program**

**Address:** Varies

**Phone:** (608) 516-3703

**Website:** <https://parks-lwr.d.countyofdane.com/Volunteer-Program>

Volunteer opportunities include cleaning parks, preparing for park events PLUS many opportunities to learn about nature!

### **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. TimeBank members are a caring and interconnected community of people who help each other by sharing their abilities, talents, and experiences. When members provide a service for another member, they earn one TimeBank Hour for each hour they spend providing the service – everyone's time and talents are valued equally. Members exchange each TimeBank Hour they earn for an hour of service from someone else within the network.

### **Domestic Abuse Intervention Services**

**Location:** 2102 Fordem Avenue, Madison, WI 53704

**Phone:** Office: (608) 251-1237 or Help Line: (608) 251-4445

**Website:** <https://abuseintervention.org/get-involved/volunteer/>

DAIS volunteers provide crucial, life-saving services to domestic violence survivors and their families and educate the public in meaningful ways.

### **Home Chore Volunteer Program**

East Madison/Monona Coalition: (608) 512-0000

North/Eastside Senior Coalition: (608) 512-0000

South Madison Coalition: (608) 512-0000

Westside Coalition: (608) 512-0000

**Website:** <https://newbridgemadison.org/>

Volunteer Time & Talents - North/Eastside Senior Coalition,

**Website:** <https://www.nescoinc.org/volunteer/> or call (608) 243-5252

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.

### **Agrace**

**Phone:** (608) 327-7163

**Toll Free:** (800) 553-4289

**Website:** <https://www.agrace.org/volunteer/>

Agrace has opportunities for volunteers age 14 and older. Some volunteers work directly with patients and families, while others prefer to help Agrace in other ways, such as

helping with office work, hospitality, special events or customer service at their thrift stores.

### **Madison School and Community Recreation (MSCR)**

Location: 3802 Regent Street, Madison, WI 53705  
Phone: (608) 204-3000  
Website: <https://www.msqr.org/get-involved/volunteer>

MSCR has a wide range of volunteer opportunities to fit various interests and availability. Find out more about which volunteer opportunities would work best for you!

### **Madison Senior Center**

Location: 330 West Mifflin Street, Madison, WI 53703  
Phone: (608) 267-2344  
Website: [Volunteer | Madison Senior Center, City of Madison, Wisconsin](#)

There are a number of ways to volunteer. Making cards, wellness calls, providing rides, running errands, and food delivery are just a few great options for keeping you and your family busy and helping.

### **Meals on Wheels and Senior Meal Programs**

Website: [SSM Health at Home - Meals on Wheels | SSM Health](#)  
Phone: (608) 276-7597

Help deliver mid-day meals and provide a safety check for elderly and disabled people in Madison, Middleton, and Monona.

### **Oakwood Village**

Phone: (608) 230-4238  
Contact: At Prairie Ridge: (608) 230-4000 or at University Woods: (608) 230-4699  
Website: <http://www.oakwoodvillage.net/volunteer>

Matching volunteers with older adults to assist in shopping, as service drivers, transporting around the village, activities, and one-to-one friendly communication.

### **Olbrich Botanical Gardens**

Location: 3330 Atwood Avenue, Madison WI 53  
Phone: (608) 246-5807  
Website: <http://www.olbrich.org/volunteer/>

Volunteers help with planting, weeding, and watering; gift shop and library; special events, welcoming at the information desk, and office work

### **Retired and Senior Volunteer Program (RSVP)**

Location: 6501 Watts Rd, Suite 250, Madison, WI 53719  
Phone: (608) 441-7891  
Website: <https://www.rsvpdane.org/volunteer/opportunities-page>

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: <https://www.riverfoodpantry.org/volunteer/>

Located on the Northeast side. Needs volunteers to help sort clothes, cook, serve meals and stock the pantry.

### **Second Harvest Foodbank of Southern Wisconsin**

Location: 2802 Dairy Drive, Madison, WI, 53718

Phone: (608) 223-9121

Website: <https://www.secondharvestmadison.org/volunteer>

Volunteer options to aid in ending hunger.

### **Service Corps of Retired Executives (SCORE)**

Location: MG&E Innovation Center, 505 S. Rosa Rd., Suite 37, Madison, WI 53719

Phone: (608) 535-4978

Website: <https://madison.score.org/volunteer>

SCORE is a group of retired businesspeople 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. Vincent de Paul Food Pantry**

Location: 2033 Fish Hatchery Rd., Madison, WI 53713

Phone: (608) 442-7200 (General Office)

Website: <https://svdpmadison.org/get-involved/>

St. Vincent de Paul can serve neighbors in need because hundreds of caring people across Dane County volunteer their time. With support from a small core staff, volunteers provide help with basic needs through a range of programs that are offered to assist people struggling with poverty. Most importantly, volunteers offer hope and kindness with every interaction.

### **United Way Volunteer Center**

Location: 2059 Atwood Ave. Madison, WI 53704

Phone: (608) 246-4350

Website: <https://www.unitedwaydanecounty.org/get-involved/volunteer/>

The United Way Volunteer Center is a clearinghouse of over 2,000 volunteer opportunities in nonprofit 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>

Volunteers play a key role in enhancing the patient and visitor experience at Meriter hospital. If giving back to our community in a healthcare setting interests you, we may have just the opportunity!



**Verona Senior Center**

Location: 108 Paoli St., Verona, WI 53593

Phone: (608) 845-7471

Website: <https://friendsofveronaseniorcenter.org/about-us/volunteer-corner/>