Michigan Disability Resources

Affordable Care Act (ACA)

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

Aging Resources

https://www.n4a.org/adrcs
https://www.acl.gov/node/413

Aging and Disability Resource Centers/ No Wrong Door
Call Eldercare Locator Toll-free 1-800-677-1116 to find the ADRC in your area.

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

The Aging and Disability Resource Center Program (ADRC) is a collaborative effort of the U.S. Administration for Community Living (including AoA as of April 2012) and the Centers for Medicare & Medicaid Services (CMS). ADRCs serve as single points of entry into the long-term supports and services system for older adults and people with disabilities. Sometimes referred to as a “one-stop shops” or "no wrong door" systems, ADRCs address many of the frustrations consumers and their families experience when trying to find needed information, services, and supports. Through integration or coordination of existing aging and disability service systems, ADRC programs raise visibility about the full range of options that are available, provide objective information, advice, counseling and assistance, empower people to make informed decisions about their long term supports, and help people more easily access public and private long term supports and services programs.. Click on your state to find state and local ADRCs.

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

http://www.michigan.gov/osa
Michigan Department of Aging
Mailing Address: P.O. Box 30676
Lansing, MI 48909
Street Address: 300 E. Michigan Ave.,
3rd Floor, Lansing, MI 48933
Phone: 517-373-8230
Email: OSAInfo@michigan.gov

https://4ami.org/
Michigan Association of Area Agencies on Aging
6105 W. St. Joseph Hwy. Suite 204
Lansing MI 48917
Phone: 517-886-1029

http://www.aaanm.org/area-agencies-on-aging-michigan/
Michigan Area Agencies on Aging by County

https://ncea.acl.gov/
National Center on Elder Abuse (NCEA)
Funded by the Administration for Community Living, the NCEA disseminates elder abuse information to professionals and the public, and provides technical assistance and training to states and to community-based organizations.

ARTS and CREATIVITY

http://www.vsami.org/
VSA arts of Michigan
111 E. Kirby St. Suite A
Detroit, MI 48202
Phone: 313-870-9624

ASSISTIVE TECHNOLOGY

http://www.adagreatlakes.org/
Great Lakes ADA Center (covers Michigan)
University of Illinois at Chicago
Institute on Disability & Human Development (MC 728)
1640 W. Roosevelt Rd, Room 405
Chicago, IL 60608
Phone: 312-413-1407
Toll free: 800-949-4232

https://loanclosets.org/
Great Lakes Loan Closets
P.O. Box 19614
Kalamazoo, MI 49019
A directory of loan closets by county, operated by Great Lakes Loan Closets. Great Lakes Loan Closets is designed to help residents of Michigan, Wisconsin and Northern Indiana find free or low-cost home medical equipment in their communities.

http://www.michiganloanfunds.org/atlf/

Michigan Assistive Technology Loan Fund
4970 Northwind Dr., Suite 102
East Lansing, MI 48823
Phone: 517-203-1200
Email: ucp@ucpmichigan.org

CAREGIVERS INFORMATION

http://www.caregiver.com/regionalresources/states/MI/index.htm
Michigan Caregiver Support Groups
Phone: 954-893-0550
Toll-free: 800-829-2734
Email: info@caregiver.com

http://www.ddi.wayne.edu/michigan_alliance.php
Michigan Alliance of Direct Support Professionals
Developmental Disabilities Institute
Wayne State University
4809 Woodward Ave., Suite 268
Detroit, MI 48202
Phone: (313) 577-2654

COMMUNITY-BASED FITNESS PROGRAMS

www.level11pt.com
Level Eleven 11 Physical Therapy (3 locations)

10483 Dixie Hwy
Holly, MI 48442
Phone: 810-771-7686

1030 W Highland Rd
Howell, MI 48843-8701
Phone: 517-546-9000
Level Eleven’s approach to rehabilitation focuses on long-term success through a network of resources including specialized therapies, customized home medical equipment, professional at-home care, reliable transportation services, and access to adapted recreational activities.

http://www.therecoveryproject.net/
The Recovery Project
20000 Victor Parkway, Suite 100
Livonia, MI 48152
Phone: 855-877-1944
The Recovery Project is a rehabilitation practice that provides rehabilitation to people with spinal cord injuries, traumatic brain injuries, neurological disorders and other conditions. It has offices in Macomb and Livonia.

www.STARrehab.com
Strength Training and Recovery (STAR Rehab)
859 Health Park Blvd.
Grand Blanc, MI 48439
Phone: 810-344-9810
STAR Rehab is an intensive evidence-based physical therapy program that specializes in spinal cord injury (SCI) as well as amputees. They take traditional rehabilitation out of the institutional setting and integrate individuals back into a societal setting through a fully accessible community-based health club.

http://walkthelinetoscirecovery.com/
Walk the Line to SCI Recovery (WLTSCIR)
23800 West 10 Mile, Suite 193
Southfield, MI 48033
Phone: 248-827-1100
WLTSCIR is a physician directed intensive, activity-based therapy program with a focus on weight and load bearing exercises designed to facilitate recovery of function following traumatic spinal cord injury.

COMMUNITY HEALTH CENTERS

www.m pca.net
Michigan Primary Care Association
7215 Westshire Drive
Lansing, MI 48917
Phone: 517-381-8000
Email: info@mpca.net
Community Health Centers are non-profit organizations providing health care to those with insurance and without. All sites offer primary care and many offer specialty care as well. There is no residency requirement; individuals can receive services at any facility of
their choosing, with over 1,200 health centers in 8,000 rural and urban communities across the nation. Sliding-scale fees based on family size, income, and insurance status ensure that anyone who uses a Community Health Center can receive quality care regulated by federal standards. Please call the state association listed above to find a Community Health Center in your local area.

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

CRIME VICTIM ASSISTANCE

http://www.michigan.gov/mdch/0,1607,7-132-54783_54853---,00.html
Michigan Crime Victim Compensation and Assistance
Capitol View Building
201 Townsend Street
Lansing, Michigan 48913
Phone: 517-373-3740

Victim Compensation & Assistance
877-251-7373 (for victims only)

DOMESTIC VIOLENCE HELP

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

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

Statewide Hotline: 1-800-996-6228

http://www.mcedsv.org/
The Michigan Coalition to End Domestic & Sexual Violence

Okemos Office:
3893 Okemos Road Suite B2
Okemos, MI 48864
Phone: 517-347-7000
TTY: 517-381-8470
S.A.F.E Place
P.O. Box 199
Battle Creek, MI 49016
Phone: 888-664-9832
Email: info@safeplaceshelter.org

S.A.F.E. Place believes that people are best able to make their own choices leading to the safest outcomes for their unique situation. Staff encourage survivors to explore their choices while learning of new resources. In doing so survivors become confident and empowered. Staff always remain non-judgmental when working with survivors because we realize each person’s life should be self-determined. The programs offered are voluntary and free of charge. A survivor may choose to participate in any, all, or none of the programs. Survivors may change their mind whenever they would like to and can be assured that their values, lifestyles and life choices will be honored. This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

EASTER SEALS OFFICES

http://www.easterseals.com/connect-locally/?state=MI
Michigan Easter Seals Offices
go to search by state, drop down to Michigan
Easter Seals offers services to children and adults with disabilities and special needs. The programs Easter Seals offers include autism, children’s, adult and senior specific services, employment & training, medical rehabilitation, as well as camping & recreation opportunities. Services may vary by location.

GOVERNMENT OFFICES

http://www.michigan.gov/
Michigan State Website

http://www.michigan.gov/dhs/0,1607,7-124-5455_27716---,00.html
Michigan Department of Human Services
333 S. Grand Ave.
P.O. Box 30195
Lansing, MI 48909
Phone: 1-855-275-6424

http://www.michigan.gov/mdcr
Michigan Department of Civil Rights: ADA Title II Accommodation Complaints
Service Center
Cadillac Place
3054 West Grand Boulevard, Suite 3-600
Detroit, MI 48202
Phone: 313-456-3700
Email: MDCRServiceCenter@michigan.gov

http://www.michigan.gov/mdcd/0,1607,7-122-25392---.00.html
Michigan Rehabilitation Services
Michigan Department of Career Development
201 N. Washington Sq., 4th Floor
Lansing, MI 48933
Phone: 517-373-3390
TTY: 888-605-6722
Email: mrs-customerassistance@michigan.gov

http://www.michigan.gov/mdch/0,1607,7-132-2943_4860---.00.html
Michigan Medicaid Office
Michigan Department of Community Health
Capitol View Building
201 Townsend Street
Lansing, Michigan 48913
Phone: 517-373-3740
TTY: 800-649-3777 and ask for the main number, listed above.

http://www.michigan.gov/mdch/1,1607,7-132-2943_4845_4931---.00.html
Michigan SCHIP Program (State Children’s Health Insurance Program)
MIChild
Capitol View Building
201 Townsend Street
Lansing, Michigan 48913
Phone: 517-373-3740
TTY: 800-649-3777 and ask for the main number, listed above.

http://www.michigan.gov/mdch/0,1607,7-132-2943_4845_5035-17752--.00.html
Healthy Kids
Phone: 888-988-6300
TTY: 888-263-5897
Healthy Kids is a program that provides a wide range of health care coverage and support services for qualifying pregnant women, babies and children under age 19.

www.mmapinc.org
Michigan SHIIP Program (State Health Insurance Information Program - for Seniors)
Michigan Medicare/Medicaid Assistance Program
6105 West St. Joseph Suite 209
Lansing, MI 48917-4850
Phone: 1-800-803-7174 (to contact a MMAP counselor)
Phone: 517-886-1029 (Information)
Email: info@mymmap.org
Provides free info to seniors on Medicare and Medicaid.

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

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

The Michigan Developmental Disabilities Council
201 Townsend Street, Suite 120
Lansing, MI 48913
Phone: 517-335-3158
TDD: 517-335-3171
Email: mdch---dd-council@michigan.gov

http://www.michigan.gov/wca

Michigan Workers’ Compensation Agency
2501 Woodlake Circle
P.O. Box 30016
Okemos, MI 48864
Phone: 1-888-396-5041
Email: wcinfo@michigan.gov

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

http://mltcop.org/

State Long-Term Care (LTC) Ombudsman
Mailing Address:
15851 S. US 27, Suite 73
Lansing, MI 48909
Street Address:
300 E. Michigan Ave.,
3rd Floor, Lansing, MI 48933
Phone: 517-373-8040
Email: OSAinfo@michigan.gov
The mission of the state long-term care ombudsman is to protect the health, safety, welfare and rights of the elderly in nursing homes, assisted living facilities and other facilities.

HOUSING

www.hud.gov
Housing and Urban Development Offices (HUD)

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

www.211.org

211

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

Independent Living

http://www.ilru.org/projects/silc-net/silc-directory
http://misilc.org/
ILRU: State Independent Living Councils (SILCs)
Michigan Independent Living Council
901 East Mt. Hope Avenue, Suite 221
Lansing, MI 48910
Phone: 989-430-1143
Toll-free: 833-808-7452

http://www.ilru.org
Independent Living Research Utilization’s directory of Independent Living Centers

http://www.ncil.org/
National Council on Independent Living (NCIL)
2013 H St. NW, 6th Floor
Washington, DC 20006
Phone: 202-207-0334
Toll-free: 877-525-3400
TTY: 202-207-0340
Email: ncil@ncil.org

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

http://www.michigan.gov/libraryofmichigan
Library of Michigan
Service for the Blind and Physically Handicapped
702 West Kalamazoo
Lansing, MI 48915-1609
Phone: 517-373-1300
Email: librarian@michigan.gov

http://wlbpdaadl.org/wlbpd
Washtenaw County Library for the Blind and Physically Disabled
343 South Fifth Ave.,
Ann Arbor, MI 48104
Phone: 734-327-4220
Email: wlbpdaadl.org

https://www.michigan.gov/lara/0,4601,7-154-89334_28313_54234---,00.html
Michigan Licensing and Regulatory Affairs: Braille and Talking Book Library
Toll-free: 800-992-9012

http://www.kdl.org/services/lbph
Kent District Library for the Blind and Physically Handicapped
Wyoming Branch Library
3350 Michael Avenue, Southwest
Wyoming, MI 49509
Phone: 616-647-3988

http://www.tadl.org/lbph/about
Grand Traverse Area Library for the Blind and Physically Handicapped
610 Woodmere Avenue
Traverse City, MI 49686-3397
Phone: 231-932-8500

http://www.stclaircountylibrary.org/
St. Clair County Library
Special Technologies Alternative Resource (STAR)
210 McMorran Boulevard
Port Huron, MI 48060
Phone: 810-987-7323
Toll Free: 877-987-7323

http://nlc.lib.mi.us/
Northland Library Cooperative
220 W. Clinton St.
Charlevoix, MI 49720
Phone: 231-855-2206
NeuroRecovery Network (NRN)

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

Peer Support Programs

www.ChristopherReeve.org/Peer
Christopher & Dana Reeve Foundation’s Peer & Family Support Program (PFSP)
636 Morris Turnpike, Suite 3A
Short Hills, NJ 07078
Phone: 800-539-7309
Email: Peer@ChristopherReeve.org
The Peer & Family Support Program (PFSP) is the Reeve Foundation’s national peer-to-peer mentoring program. The goal of PFSP is to provide critical emotional support, as well as, local and national information and resources to people living with paralysis, and their families and caregivers. When possible, the program matches people with paralysis with certified peer mentors who are of similar age, location, gender, and level of injury or type of paralyzing condition. The Reeve Foundation’s Quality of Life Grants program gives out grants to peer support groups (amongst other groups) that are associated with a non-profit organization. If you represent a non-profit organization looking for a Quality of Life grant, please see: www.ChristopherReeve.org/qol for more info on qualifying and applying.

PROTECTION and ADVOCACY

www.mpas.org
Michigan Protection and Advocacy Service, Inc.
4095 Legacy Parkway, Suite 500
Lansing, MI 48911-4263
Phone: 517-487-1755
Phone/TDD: 1-800-288-5923

https://www.copower.org/

Michigan Disability Rights Coalition
3498 East Lake Lansing Road, Ste 100
East Lansing, MI 48823
Toll-free/TTY: 800-578-1269
Phone: 517-333-2477

SERVICE DOGS

http://www.wolfpacks.com/
Wolf Packs Inc.’s Service Dog Directory
1940 Soda Mountain Rd
Ashland, OR 97520
Phone: 541-482-7669
Email: traildog@wolfpacks.com

http://www.sterlingservicedogs.org
Sterling Service Dogs
3715 E. Fifteen Mile Rd.
Sterling Heights, MI 48310
Phone: 586-883-2810
Email: info@sterlingservicedogs.org

http://www.pawswithacause.org/
Paws With A Cause
4646 South Division
Wayland MI 49348
Phone: 616-877-7297
Email: paws@pawswithacause.org

South Eastern Michigan Regional Office
1328 Wheaton
Troy, MI 48083
Phone: 248-619-9201

SPORTS and RECREATION

https://www.facebook.com/adnpage/
Athletes with Disabilities Network
ADN's mission is to promote a better quality of life for people with physical disabilities by creating awareness and offering opportunities to get involved with athletic, recreational and educational activities nationwide.

http://www.skiccsa.org/
Cannonsburg Challenged Ski Association
P.O. Box 352
Ada, MI 49301
Contact: Rob Schwarz
Phone: 616-226-3970

https://challengemtn.org/
Challenge Mountain
PO Box 764
Boyne City, MI 49712
Lodge Phone: 231-535-2141
Program Director: Linda Armstrong
Email: programming@challengemtn.org
Offers adaptive sports year round including winter sports.

http://ikuslife.org/services/indian-trails-camp/
IKUS: Indian Trails Camp
O-1859 Lake Michigan Drive
Grand Rapids, MI 49534
Phone: 616-677-5251
Email: info@ikuslife.org
Brings fun, adaptive recreation, friendship and acceptance to each camper so that they can learn perseverance, teamwork, and self-reliance.

http://www.maryfreebed.com/sports
Mary Free Bed Rehabilitation Hospital: Wheelchair & Adaptive Sports Program
235 Wealthy Street, SE
Grand Rapids, MI 49503
Phone: 800-528-8989
Email: info@maryfreebed.com

http://www.michiganadaptivesports.com/
Michigan Adaptive Sports
4301 Orchard Lake Road
Suite 180/B 200
West Bloomfield, MI 48323
Email: michiganadaptivesports@gmail.com

www.misportsunlimited.com
Michigan Sports Unlimited, Inc.
PO Box 200
Essexville, MI 48732
Phone: 989-771-5530

www.STARrehab.com
Strength Training and Recovery (STAR Rehab)
859 Health Park Blvd.
Grand Blanc, MI 48439
Phone: 810-344-9810
STAR Rehab offers sport clinics monthly and offers an adaptive sport scholarship of $3600.

http://www.kentwood.us/city_services/city_departments/parks_and_recreation/adaptive.php
Kentwood Parks & Recreation Department: Adaptive Programs
Valerie Romeo, Inclusive Coordinator
Kentwood City Hall
4900 Breton Ave.
Kentwood, MI 49508
Phone: 616-656-5275
Email: romeov@Ci.Kentwood.mi.us

https://www.oakgov.com/parks/recreation/Pages/Adaptive-Recreation.aspx
Oakland County Parks: Adaptive Recreation
2800 Watkins Lake Road
Waterford, MI 48328
Phone: 1-888-OCPARKS (627-2757)
TTY: 248-858-7366
Email: ocparks@oakgov.com

https://thinkbeyonddethechair.org/
Think Beyond the Chair
P.O. Box 70997
Rochester Hills, MI 48307
Phone: 248-247-8118
The vision encompassed by Think Beyond the Chair is to provide social activities, events, support and advocacy for people with disabilities. We recognize the importance of ADA compliance and support the goal of universal accessibility. We strive to build confidence, independence and role models.

http://www.dsrebc.org/
Disability Services Resource Center
1820 N Trumbull Dr
Bay City, MI 48708
Phone: 989-895-5444
Disability Services Resource Center (DSRC), formally known as the Bay County Society for Crippled Children and Adults, was founded in 1933 and is dedicated to helping
people with disabilities. Our mission is to serve individuals who are temporarily or permanently disabled with awareness, support and recreational opportunities. We believe that all people, regardless of their ability or disability, should have the opportunity to experience the rich rewards of daily living

UNITED WAY OFFICES

Http://www.unitedway.org
United Way
National Headquarters
701 North Fairfax Street
Alexandria, VA 22314
Phone: 703-836-7112
Enter postal code for a United Way office in your area

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

VETERAN BENEFITS

https://www.va.gov/directory/guide/home.asp
Veterans Administration: Facility Locator

http://www.visn10.va.gov/
VISN 11: Veterans In Partnership
PO Box 134002
Ann Arbor, MI 48113
Phone: 513-247-4610

http://www.annarbor.va.gov/
VA Ann Arbor Healthcare System
2215 Fuller Rd
Ann Arbor, MI 48105
Phone: 800-361-8387; 734-769-7100

www.battlecreek.va.gov
Battle Creek VA Medical Center
5500 Armstrong Road
Battle Creek, MI 49015
Phone: 269-966-5600 or 888-214-1247

www.detroit.va.gov
John D. Dingell VA Medical Center
4646 John R
Detroit, MI 48201
Phone: 313-576-1000 or 313-576-1000

www.saginaw.va.gov
Aleda E. Lutz VA Medical Center
1500 Weiss Street
Saginaw, MI 48602
Phone: 989-497-2500

www.michiganpva.org
Paralyzed Veterans of America (PVA) Michigan Chapter Office
46701 Commerce Center Dr.
Plymouth, MI 48170
Phone: 248-476-9000
Toll-free: 800-638-MPVA (6782)

ALS

http://webmi.alsa.org/site/PageServer?pagename=MI_homepage
ALS Association’s Chapter ALS of Michigan, Inc.
West Michigan office:
678 Front Street NW, Suite 177
Grand Rapids, MI 49504
Phone: 616-459-1900
Email: fightals@alsa-michigan.org

East Michigan office:
675 E. Big Beaver Rd., Suite 207
Troy, MI 48083
Phone: 248-680-6540
Toll-free: 866-927-2873

https://alsofmichigan.org/
ALS of Michigan, Inc.
24359 Northwestern Hwy., Suite 100
Southfield, MI 48075
Phone: 800-882-5764

BRAIN INJURY

http://www.biami.org
Brain Injury Association of Michigan
7305 Grand River, Suite 100
Brighton, MI 48114-7379
Phone: (810) 229-5880
In State: (800) 444-6443
Email: info@biami.org


Michigan TBI Model System
Southeastern Michigan Traumatic Brain Injury System
Rehabilitation Institute of Michigan
261 Mack Avenue, Room 520
Detroit, MI 48201
Phone: 313-745-1203
Email: ckoviak@dmc.org

CEREBRAL PALSY

http://www.ucpmichigan.org
United Cerebral Palsy of Michigan
3496 Lake Lansing Rd., Suite 170
East Lansing, MI 48823
Phone: 517-203-1200
Toll-free: 800-828-2714
Email: ucp@ucpmichigan.org

http://www.ucpdetroit.org
United Cerebral Palsy of Metropolitan Detroit
23077 Greenfield, Suite 205
Southfield, MI 48075
Phone: 248-557-5070
Toll-free: 800-827-4843
Email: main@ucpdetroit.org

FRIEDREICH’S ATAXIA

http://www.ataxia.org/
National Ataxia Foundation (NAF) National Office
600 Hwy 169 S, Ste 1725
Minneapolis, MN 55426
Phone: 763-553-0020

Michigan Support Groups:
Detroit
Tanya Tunstul
20175 Morrell, Apt 11
Detroit, MI 48221
Phone: 313-736-2827
Email: tinyt48221@yahoo.com
Grand Rapids MI Area Support Group
Lynn K. Ball
3778 Kinview NW
Grand Rapids, MI 49534
Phone: 616-735-2302
Email: lynnkball@aol.com

GUILLAIN-BARRÉ SYNDROME / CIDP

http://www.gbs-cidp.org/
Guillain-Barré Syndrome / CIDP Foundation International
375 East Elm St.
Conshohocken, PA 19428
Phone: 610-667-0131
Toll-free: 866-224-3301
Call for information in your area

MULTIPLE SCLEROSIS

http://www.nationalmssociety.org/Chapters/MIG
National Multiple Sclerosis Society’s Michigan Chapter
29777 Telegraph Rd., Suite 1651
Southfield, MI 48034
Toll-free: 1-800-FIGHT-MS (344-4867)
Phone: 248-351-2190
Email: info@mig.nmss.org

http://www.mymsaa.org/about-msaa/regional/
Multiple Sclerosis Association of America’s Midwest Regional Office
1507 E. 53rd Street, Suite 284
Chicago, IL 60659-1199
Phone: 800-532-7667 ext. 150
Email: Midwest@mymsaa.org

MUSCULAR DYSTROPHY

http://www.mdausa.org/
Muscular Dystrophy Association
National Headquarters
161 N. Clark St., Suite 3550
Chicago, IL 60601
Phone: 800-572-1717
Enter your postal code in the “Find your local MDA” section of the website for MD clinics in your area.
POST-POLIO SYNDROME

http://www.post-polio.org
Post-Polio Health International (PHI)
50 Crestwood Executive Center #440
Saint Louis, MO 63126-1916
Phone: 314-534-0475
Email: info@post-polio.org

http://www.post-polio.org/net/poldir.pdf
Directory lists Health Professionals, Clinics, and Support Groups by state.

SPINA BIFIDA

http://www.spinabifidaassociation.org
Spina Bifida Association of America
1600 Wilson Blvd
Arlington, VA 22209
Phone: 800-621-3141
Email: sbaa@sbaa.org
Please contact them for info in your area

http://wmspinabifida.org
West Michigan Spina Bifida Association
235 Wealthy Street SE
Grand Rapids, MI 49503
Phone: 616-949-3428
Email: wmisbo@gmail.com

http://spinabifidaassociation.org/clinics/
Spina Bifida Association of America Michigan Clinics:

Children’s Hospital of Michigan
Myelomeningocele Care Center
3901 Beaubien
Detroit, MI 48201
Phone: 313-745-5437

Mary Free Bed Rehabilitation Center
235 Wealthy SE
Grand Rapids, MI 49506
Phone: 616-840-8000
**Sparrow Hospital**  
Myelodysplasia Clinic  
1200 E. Michigan Avenue, Suite 460  
Lansing, MI 48909  
Phone: 517-364-7800

**University of Michigan Health System**  
Myelodysplasia Clinic  
325 E. Eisenhower, Suite 100  
Ann Arbor, MI 48073  
Phone: 734-936-7200

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**SPINAL CORD INJURY**

**Michigan Spinal Cord Injury Association (MSCIA)**  
1938 Woodslee Drive, Ste B  
Troy, MI 48083  
Phone: 800-782-3394  
Email: info@mispinalcord.org  
The MSCIA is the Michigan chapter of the National Spinal Cord Injury Association, or the NSCIA. See their list of support groups at: [http://www.mispinalcord.org/support-groups](http://www.mispinalcord.org/support-groups)

[http://pmr.med.umich.edu/SCIMS](http://pmr.med.umich.edu/SCIMS)  
**University of Michigan Spinal Cord Injury Model System (U-M SCIMS)**  
U-M Spinal Cord Injury Model System  
325 E. Eisenhower Parkway, Suite 100  
Ann Arbor, MI 48108  
Phone: 734-763-0971  
Email: SCI-Model-System@umich.edu  
University of Michigan is one of the model spinal cord injury facilities.

[http://www.rimrehab.org/support-groups](http://www.rimrehab.org/support-groups)  
**Rehabilitation Institute of Michigan—Novi Center**  
42005 W. 12 Mile Rd.  
Novi, MI 48375  
Phone: 248-305-7575  
Holds a support group for persons with spinal cord injury. Please call for more details.

**Walk the Line to SCI Recovery (WLTSCIR)**  
23800 West 10 Mile, Suite 193  
Southfield, MI 48033  
Phone: 248-827-1100
WLTSICR is a physician directed intensive, activity-based therapy program with a focus on weight and load bearing exercises designed to facilitate recovery of function following traumatic spinal cord injury.

STROKE

https://www.stroke.org/
American Stroke Association
National Center
7272 Greenville Avenue
Dallas, TX 75231
Phone: 1-888-478-7653
Call them for the stroke support group in your area

http://www.rimrehab.org/support-groups
Rehab Institute of Michigan
Phone: 248-305-7575
Stroke support groups in Novi and Detroit

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

www.borgess.com
Borgess Medical Center
1521 Gull Road
Kalamazoo, MI 49048
Phone: 269-226-7000

https://www.dmc.org/our-locations/harper-university-hospital
Harper University Hospital
3990 John R. Street
Detroit, MI 48201
Phone: 313-745-8040

www.sparrow.org
Sparrow Hospital
1215 E. Michigan Ave.
Lansing, MI 48909
Phone: 517-364-1000

www.trinity-health.org
Trinity Health
20555 Victor Parkway
Livonia, MI 48152-1018
Tel: 734-343-1000
SYRINGOMYELIA/CHIARI MALFORMATION

http://www.asap.org/
American Syringomyelia & Chiari Alliance Project (ASAP)
PO Box 1586
Longview, TX 75606-1586
Phone: 903-236-7079
800-ASAP-282
Email: info@ASAP.org

ASAP Support Group
Upper Peninsula of Michigan
Phone: 906-235-4740
Email: stephcb@rocketmail.com

TRANSVERSE MYELITIS

www.wearesrna.org
Siegel Rare Neuroimmune Association (formerly Transverse Myelitis Assn.)
1787 Sutter Parkway
Powell, OH 43065-8806
Phone: 614- 766-1806
Please contact them for info in your area.

GENERAL DISABILITY RESOURCES

www.alternativesinmotion.org
Alternatives In Motion
2215 29th St. Se, Suite A6
Grand Rapids, MI 45908
Phone: 616-493-2620
Toll-free: 877-468-9335
Email: info@alternativesinmotion.org
Provides wheelchairs to people who cannot afford them and do not qualify for other financial assistance.

http://www.cirfun.com/
Community Inclusive Recreation (CIR) Inc.
331 Jackson Street West
Battle Creek, MI 49037
Phone: 269-968-8249
CIR’s services range from individual support to fully inclusive community activities. They provide accessible transportation, financial assistance, and connections to a variety of fun activities.

https://iloveyou-leadon.com/
I Love You, Lead On (formerly Michigan ADA)
Phone: 248-956-0354 Susan Fitzmaurice, Founder
Email: iloveyouleadon@gmail.com
A disability rights membership group inspired by Justin Dart.

http://www.yellowpagesforkids.com/help/mi.htm
Michigan Yellow Pages for Kids with Disabilities

http://www.mi-ota.com
Michigan Chapter of the American Occupational Therapy Association
Muchmore, Harrington, Smalley & Associates
124 West Allegan Street, Suite 1900
Lansing, MI 48933
Phone: 517-267-3918

http://www.mpta.com/
Michigan Chapter of the American Physical Therapy Association
Michigan Physical Therapy Association Inc.
124 West Allegan St., Suite 1900
Lansing, Michigan 48933
Phone: 517-234-5040
Email: mpta@mpta.com

www.apse.org
http://www.apse.org/chapters/michigan
Michigan Association of People Supporting EmploymentFirst (APSE)

www.ThePumpGuide.com
Michigan PVA’s Pump Guide
An online directory of gas stations serving drivers with disabilities in Michigan.
http://www.centralmichigan211.org/

**Michigan First Call 2-1-1**
1200 N West Avenue
Jackson, MI 49202
Phone: 211
TDD: 517-789-2492
Email: 211@lifewayscmh.org

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

https://www.striverts.com/

**Strive**
7111 Dixie Hwy, #123
Clarkston, MI 48346
248-922-1236
Provides recreational therapy

www.thinkfirst.org

**ThinkFirst National Injury Prevention Foundation**
1801 N. Mill St., Suite F
Naperville IL 60563
Phone: 630-961-1400
800-THINK56
Email: thinkfirst@thinkfirst.org

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

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

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