

Community Resources

Compiled by
**Meriter Hospital's
Physical Medicine & Rehabilitation Program**

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

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

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**An updated version of this resource is always available at
www.meriter.com/resources.**

To notify us of updates or additions, please contact us at
(608) 417-6487 or ljoyce@meriter.com.

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ADULT DAY PROGRAMS

Atwood Community Center

Location: 2425 Atwood Ave., Madison, WI 53704

Phone: (608) 241-1574

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

Offers unique programs every day of the week that include an all day program, a brunch, a euchre party and a community meal. Transportation is offered with advanced notice.

Belleville Senior Citizens Center

Location: 130 S. Vine St., Belleville, WI 53508

Phone: (608) 424-6007

Offers a service once a week that includes social and exercise programs.

Care Wisconsin

Location: 2802 International Ln., Madison, WI 53704

Phone: (608) 240-0020

Website: www.elderc.org

Care Wisconsin offers two adult day centers – home-like, safe places where older adults can spend the day involved in activities, exercise and interaction with new friends. Programs involve music, art, discussions, exercise, games, hobbies, baking and adapted sports.

Cedar Crossing - DeForest

Location: 529 Trail Side Dr., #101, De Forest, WI 53532

Phone: (608) 846-8610

Offers programs every day of the year with a complete activity center. There are also Cedar Crossing Centers in Baraboo and Poynette.

Colonial Club Adult Day Center

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

Phone: (608) 837-4611 or 1 (800) 373-0783

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

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

East Shore Adult Day Center

Location: 4142 Monona Dr., Madison, WI 53716

Phone: (608) 223-3112

This center offers full-day, half-day and drop-in services and is affiliated with East Madison/Monona Coalition of the Aging.

Homestead Living Inc.

Location: 1040 Quinn Dr., Waunakee, WI 53597

Phone: (608) 850-4630

Offers a strong program based on the philosophy of activity-based Alzheimer's care.

Oregon Area Senior Center

Location: 219 Park St., Oregon, WI 53575

Phone: (608) 835-5801

Website: <http://www.vil.oregon.wi.us/Village%20Government/Senior%20Center.htm>

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

St. Mary's Adult Day Health Center

Location: 2440 Atwood Ave., Madison, WI 53704

Phone: (608) 249-4450

Website: www.stmarysmadison.com

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.

CAREGIVER SUPPORT & INFORMATION

RespiteCare Team Ministry (Catholic Charities, Inc.)

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

Phone: (608) 833-4800

Website: www.ccmadison.org

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

Caregiver Training Sessions (Catholic Charities, Inc.)

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

Phone (608) 833-4800

Website: www.ccmadison.org

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

Disaboom

Website: www.disaboom.com

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.

Care Wisconsin

Location: 2802 International Lane, Madison, WI 53704

Phone: (608) 240-0020

Website: http://www.carewisc.org/resources_caregiver_information

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

East Madison/Monona Coalition of the Aging

Location: 4142 Monona Dr., Madison, WI 53716

Phone: (608) 223-3109

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

National Family Caregivers Association (NFCA)

Location: 10400 Connecticut Avenue, Suite 500, Kensington, MD 20895-3944

Phone: (800) 896-3650

Website: www.thefamilycaregiver.org

Excellent resource for spouses, family and other caregivers. NFCA is a not-for-profit membership organization dedicated to improving the quality of life of America's 18,000,000 family caregivers. NFCA concentrates its efforts on providing services in research, information and education, support and validation, respite care and advocacy.

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

Location: 1940 Blue Mounds St., Suite 2, Black Earth, WI 53515

Phone: (608) 767-3757

Website: www.nwdss.org

A half-day program that offers respite for the caregiver. Call for locations and times.

United Way Caregiver Connection, Caring For You

Website: <http://www.unitedwaydanecounty.org/index.php?page=120&l=0>

United Way of Dane County supports programs that are producing long-term results for our community through the Agenda for Change. To meet the needs of caregivers, seniors and people with disabilities, United Way is implementing a long-term strategy to support family and unpaid caregivers.

COMMUNICATION

Aphasia Conversation Group

Phone: (608) 767-3838

Jon G. Lyon is a Doctor of Speech Pathology and conducts various support group meetings in and around Madison.

Communication Aids and Systems Clinic (Waisman Center)

Location: 1500 Highland Ave., Madison, WI 53705

Phone: (608) 263-5776

Fax: (608) 263-0529

Email: casc-cdp@waisman.wisc.edu

Website: www.waisman.wisc.edu

Living with Aphasia

Contact: Katharine O'Dell

Email: khodell@wisc.edu

Phone: (608) 257-2655

This is a support group that meets monthly in the community to support members during social activities, as well as motivating communication.

Social Communication Group

Contact: Dana Longstreth

Phone: (608) 262-6471

Therapy offered by graduate students in the Communication Disorders Department at UW-Madison. A licensed speech/language pathologist supervises students. Sessions are held either in clinics or at different places in the community. Free but requires registration.

TEPP – Telecommunications Equipment Purchase Program

Phone: (608) 267-1479

TTY: (800) 251-8345 TTY

Voice: (608) 231-3305 Voice

Website: <https://psc.wi.gov/consumerinfo/assistancePgms/tepp/tepp-ind.htm>

A program to assist people with disabilities to pay for specialized telephones and telephone-related devices needed for accessibility.

EXERCISE & FITNESS

Achilles Track Club for disabled athletes

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

Phone: (608) 828-9700

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

Time: 5:45 p.m. each Thursday night

Social, support and activity planning for any disability.

Dairyland Walkers

Phone: (608) 655-3141

Website: www.dairylandwalkers.com

The local American Volkssport Association affiliate club sponsors year-round events in Cedarburg, Devil's Lake State Park, the Madison area, Milwaukee, etc. Volkssporting encourages physical activity by providing non-competitive activities in which people of all ages and levels of fitness can participate. Membership to Dairyland Walkers is \$7/year.

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

Location: Capitol Lakes Community Building, 333 West Main St., Madison, WI

Phone: (608) 283-2006

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

Services Available:

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

Facilities:

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

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

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

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

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

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

Colonial Club Senior Activity Center

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

Phone: (608) 837-4611

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

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

DeForest Area Community & Senior Center

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

Phone: (608) 846-9469

Low-impact aerobic classes for seniors, walking groups, chair exercises, weight instruction – free classes.

Fitchburg Senior Center

Location: 5510 Lacy Road, Fitchburg, WI 53711

Phone: (608) 270-4290

Website: <http://www.city.fitchburg.wi.us> (then click on “Senior Center”)

Senior Exercise – Sit & Be Fit, Aerobics, Nordic Walking Club, PACE (People with Arthritis Can Exercise).

Goodman Rotary 50+ Fitness Program (MSCR)

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

Phone: (608) 204-3023

Website: <http://www.msqr.org> (“Program Information,” click on “50+ Fitness Programs”)

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

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: Diabetic meal planning, 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, Kripalu Yoga, beginning and advanced Yoga, Pilates/Yoga, chair-based yoga.

PACE Class: Exercise for those with arthritis.

Walking: Several walking and hiking groups are available.

Harbor Athletic Club

Location: 2529 Allen Blvd., Middleton, WI 53562

Phone: (608) 831-6500

Website: www.harborathletic.com

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

Madison School-Community Recreation (MSCR)

Location: 3802 Regent St., Madison, WI 53705

Phone: (608) 204-3000

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

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

Middleton Senior Center

Address: 7488 Hubbard Ave., Middleton, WI 53562

Phone: (608) 831-2373

Website: <http://www.ci.middleton.wi.us/senior/>

Exercise groups, Tai Chi, flexibility, Pilates, yoga.

Monona Grove Pool

Location: 4400 Monona Dr., Monona, WI 53716

Phone: (608) 221-7666 Ext 2195

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

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

Monona Senior Center

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

Phone: (608) 222-3415

Website: <http://www.monona.wi.us/> Click on “City Departments” then “Senior Center” then “Programs/Activities”

Fitness classes in Pilates, Stretch & Tone, yoga.

(Portage) Divine Savior “Back in Stride”

Location: 2817 New Pinery Road, Portage, WI 53901

Phone: (608) 742-4131

Website: <http://www.dshealthcare.com/index.cfm?fuseaction=news.eventDetail&eventCatID=1>

Offers adaptive and senior exercise programs.

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 warm water therapy pool medical membership.

Princeton Club

Locations: East Madison: 1726 Eagan Rd., Madison, WI 53704

West Madison: 8080 Watts Rd., Madison, WI 53719

New Berlin: 14999 W. Beloit Rd., New Berlin, WI 53151

Phone: East Madison: (608) 241-2639

West Madison: (608) 833-2639

New Berlin: (414) 427-1100

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

Senior Exercise Classes, “Fit For Life” and warm water aerobics, for members only.

Research Park

Location: 621 Science Dr., Madison, WI 53711

Phone: (608) 263-7936

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

Sauk Prairie Memorial Hospital & Clinics’ Wellspring Wellness Center

Location: 80 First St., Prairie du Sac, WI 53578

Phone: (608) 643-7263

Website:

<http://www.spmh.org/LeftNav/ImproveWellness/Wellspring/tabid/150/Default.aspx>

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

Special Olympics Wisconsin, Inc.

Location: 5900 Monona Dr., Ste. 301, Madison, WI 53716

Phone: (608) 222-1324

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

Provides year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with developmental disabilities.

Sports for Active Seniors (SAS)

Location: P.O. Box 55334, Madison, WI 53705

Phone: (608) 271-2938

Website: www.madison.com/communities/s4as

Activities promoting fitness, fun and friendship throughout winter and summer include bicycling, bowling, camping, dancing, skiing, tennis, etc.

Stoughton Senior Center

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

Phone: (608) 873-8585

Website: <http://www.cityofstoughton.com> (click on “Senior Center Home”)

Chair exercise classes, Parkinson exercise group, cardio class, Tai Chi.

Swim West

Location: 1001 Deming Way, Madison, WI 53717

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.

UW Adapted Fitness & Personal Training

Location: UW Natatorium – 200 Observatory Drive, Madison

Phone: (608) 262-9562 (Tim Gattenby)

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

Verona Area High School Natatorium

Address: 300 Richard St., Verona, WI 53593

Phone: (608) 845-4635

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

YMCA of Dane County Adaptive Programs

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

Phone: (608) 221-1574 ext. 120

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

Adaptive program sessions year-round. Classes include a Tuesday evening fitness class with one-on-one assistance.

BALANCE ENHANCING EXERCISE CLASSES (MADISON)

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

| Name of Class | Location | Times | Contact | Cost | Intensity Level | Balance Enhancing? |
|------------------------------|--|--------------------------|----------------|------------------|------------------------------|---------------------------|
| Jazzercise Lite | MSCR- multiple locations | Multiple | 204-3023 | \$28 for 6 weeks | Low | Yes |
| Stretch, Resistance & Cardio | MSCR- 3802 Regent Street | Multiple | 204-3023 | \$28 for 6 weeks | Medium | Yes |
| Tai Chi | MSCR- multiple locations | Multiple | 204-3023 | \$38 for 6 weeks | Medium | Yes |
| Stretch & Strength for Men | MSCR- 3802 Regent St. | Tues, Thurs 8:45-9:45 am | 204-3023 | \$28 for 6 weeks | Medium | Yes |
| Stretch, Strengthen & Cardio | Westside Senior Center 517 N. Segoe Rd | M, W, F 8:30-9:30am | 238-7368 | \$2/class | Low or Medium | Yes |
| Fit for Life | Princeton Club East | Tuesdays 10:00-11:00 am | 241-2639 | must be a member | Medium | Yes |
| Start on Step | Princeton Club East | Mondays 4:45-5:30pm | 241-2639 | must be a member | Medium | Yes |
| Body Sculpting | Princeton Club West | Multiple | 833-2639 | must be a member | Variable depending on person | No |
| Body Pump | Pinnacle Health & Fitness (PD) | Multiple | 278-8118 | must be a member | Variable depending on person | No |
| Aqua Aerobics | Supreme Health & Fitness | Daily 5:30-6:30 pm | 274-5080 | must be a member | High | No |
| Free to Move | Harbor Athletic | Thursdays 1:00-2:00pm | 831-6500 | must be a member | Low | No |
| Gentle Joints | Harbor Athletic | Mon, Fri 9:00-9:45am | 831-6500 | must be a member | Low | No |
| Joints in Motion | Harbor Athletic | Multiple | 831-6500 | must be a member | Low-Medium | No |
| The Graduate Class | Harbor Athletic | Multiple | 831-6500 | must be a member | Medium | No |
| Fitness Forever | Harbor Athletic | Mon, Wed 11:00-11:55 | 831-6500 | must be a member | Medium-High | Yes |

Criteria for Balance Enhancing:

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

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

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

HOME HEALTH

Aegin Place

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

Phone: (608) 837-3494

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

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

As You Wish (Barbara Brooks)

Phone: (608) 834-9989

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

Available seven days a week and can range from a few hours a week to 24 hours a day and live-in care. Care can include: caring companionship, meal planning and preparation, home safety checks and much more.

BrightStar Healthcare

Location: 3230 University Ave. #8, Madison, WI 53705

Phone: (608) 441-8620

Website: <http://www.247brightstar.com>

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

Respite Care Team Ministry (Catholic Charities)

Location: Oakwood Lutheran Homes, 6209 Mineral Point Rd., Madison, WI 53705

Phone: (608) 833-4800

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

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

Catalyst, Inc

Location: 222 N Midvale Blvd., Suite 8, Madison, WI 53705

Phone: (608) 238-8119

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

Colonial Club – Supportive Home Care

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

Phone: (608) 837-4611

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

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

Comfort Keepers

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

Phone: (608) 442-1898

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

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

Community Living Alliance

Location: 1414 MacArthur Rd., Madison, WI 53714

Phone: (608) 242-8335

Website: <http://www.cla-madison.org/index.html>

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

Cornerstone Covenant Care LLC

Location: 6320 Monona Dr., Suite 216, Monona, WI 53716

Phone: (608) 222-6222

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

Home health aide services, homemaker services, and respite care. Also offers adult family housing for Alzheimer, dementia and respite care programs.

Dane County Home Care Registry

Location: Service Employees International Union Health Care Local 150-WI, 4513 Vernon Blvd., Madison, WI 53705

Phone: (608) 238-1430

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

The Dane County Home Care Registry is a free and confidential service that helps consumers find home care workers who meet their needs and preferences. Fill out an application to take advantage of The Registry at no cost to you.

Dave's Helping Hands

Phone: (608) 332-4319

Housekeeping, shopping, cooking, yard work, chores.

Good People LLC – Live-in Caregivers & Companions

Location: 1634 Kings Mill Way #202, Madison, WI 53718

Phone: (608) 223-0073

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

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

Helen's Home Companions`

Location: 3837 Monona Drive #8, Madison, WI 53714

Cell Phone: (608) 695-1675

Provides companions and chores, respite care, travel care, case management and post-op care.

Home Health United

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

Phone EAST: (608) 242-1516

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

Phone WEST: (608) 276-7590

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

Services include nursing care, physical therapy, occupational therapy, speech therapy and medical services. All of these services are offered at home. There are multiple offices.

Home Instead Senior Care

Location: 6400 Gisholt Dr. Suite 209, Madison, WI 53713

Phone: (608) 663-2646

Website: www.homeinstead.com

Offers companions, chores, ambulation, meal preparation

Independent Health Care Inc.

Location: 815 Forward Dr., Madison, WI 53711

Phone: (608) 274-7900

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

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

Interim HealthCare – Home Care Services

Location: 702 North Blackhawk Ave, Suite 215, Madison, WI 53705

Phone: (608) 238-0268

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

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

Maxim Healthcare Services

Location: 5752 Tokay Blvd, Suite 500, Madison, WI 53719

Phone: (608) 232-1000

Website: <http://www.maximhealthcare.com/index.aspx>

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

Meriter Home Health

Location: 2180 W Beltline Hwy., Madison, WI 53713

Phone: (608) 417-3700

Website: <http://www.meriter.com/family/health/services.htm>

Meriter Home Health provides comprehensive home health services that enable individuals to receive care in the privacy and comfort of their own homes. They carry a wide range of medical products, and most services are available 24/7. Equipment can be demonstrated in the showroom. They offer a variety of medical and practical services that include: nursing services, respiratory care, home infusion therapy (chemo, pain control, antibiotics, etc.), physical therapy, occupational therapy, speech therapy, social work services and daily activity aides.

Midwest Home Care, LLC.

Location: 5113 Monona Drive, Monona, WI 53716

Phone: (608) 276-6000

Website: <http://www.provena.org/seniors/>

Develops a comprehensive care system that is financially attractive compared to nursing homes and institutional care. Their innovative approach monitors and provides every resource necessary to help older adults live comfortably in their own home.

Millennium Home Care, LLC

Location: 1246 Meadowsweet Dr., Madison, WI 53719

Phone: (608) 516-2131

Call for more information.

Northwest Dane Senior Services – Supportive Home Care

Location: 1940 Blue Mounds St., Suite 2, Black Earth, WI 53515

Phone: (608) 767-3757

Website: <http://www.madison.com/communities/nwdss/>

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

REM Health of Wisconsin, Inc.

Location: 2801 Coho Street, Suite 102, Madison, WI 53713

Phone: (608) 274-8193

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

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

St. Vincent De Paul – Beaver Dam Loan Program

Location: 316 S. Spring St., Beaver Dam, WI 53416

Phone: (920) 885-6971

Call to see if they have the equipment you need such as walker, W/C. tub bench. They ask for a donation for the loan of equipment.

Seniors Choosing Home

Location: 4329 Portland Pkwy., Madison, WI 53714

Phone: (608) 244-3220

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

Sosiab Care, Inc.

Location: 621 N Sherman Ave, Ste., B19, Madison, WI 53704

Phone: (608) 244-1160

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

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

Stoughton Hospital – Home Health Services

Location: 900 Ridge St., Stoughton, WI 53589

Phone: (608) 873-6611

Website:

<http://www.stoughtonhospital.com/internet/home/stoughton.nsf/documents/home+health+services>

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

University Hospital Home Health Agency

Location: 2030 Pinehurst Dr., Middleton, WI 53562

Phone: (608) 203-2273

Website:

http://www.vnaa.org/vnaa/vna/University_Hospital_Home_Health_Agency,WIMIDD.aspx

Provides a number of high quality home services including: skilled nursing services, physical therapy, occupational therapy, speech therapy and home health aides.

Upland Hills Home Health

Location: 800 Compassion Way, Dodgeville, WI 53533

Phone: (608) 930-8000

Website: http://www.uplandhillshealth.org/homecare_hospice/homecare.html

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

Wheelchair Recycling Program

Location: 2554 Advance Rd., Madison, WI 53718

Phone: (608) 243-1785

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

HOME MODIFICATION

Access to Independence, Inc.

Location: 301 S. Livingston, Suite 200, Madison, WI 53703

Phone: (608) 242-8484

Website: www.accesstoind.org

Provides an array of services for people with disabilities in the area, including help with evaluating housing needs and options, accessing affordable housing programs, assistive technology information, and funding for accessibility modifications through HOME program.

American Ramp

Location: Call to be connected to nearest location

Phone: (800) 649-5215

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

Offers permanent or temporary ramps to buy or rent.

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 Health United – Home Medical Equipment

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

Phone: (608) 276-7595

Website:

http://homehealthunited.org/products-and-services/home_medical_equipment.php

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

Independent Living Home Modification

Location: 815 Forward Dr., Madison, WI 53711

Phone: (608) 274-7900

Website: www.indepenliving.com

Conducts assessment of housing; installs grab bars, adaptable equipment

Integrity Home Lifts

Location: 4200 S. 35th Street, Greenfield, WI 53220

Phone: (800) 285-3936

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

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

Project Home, Inc.

Location: 1966 S. Stoughton Rd., Madison, WI 53716

Phone: (608) 246-3737

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

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

LEISURE & HOBBIES

Adaptive Sportsman, Inc.

Location: 8727 Coldspring Rd., Greenfield, WI 53228

Phone: (608) 846-4518

Website: www.adaptivesportsmen.org

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

AgrAbility of Wisconsin

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

Phone: (608) 262-9336

Email: aaw@mailplus.wisc.edu

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

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

Assistive Tech

Location: Center for Assistive Technology and Environmental Access
490 Tenth St., Atlanta, GA 30332-0156

Phone: (800) 726-9119 or (404) 894-4960

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

Email: catea@coa.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.

Avalon T.E.C. Therapeutic Equestrian Center

Location: N9368 Green Valley Rd., Watertown, WI 53094

Phone: (920) 206-1148

Email: avalontec@avalontec.org

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

Provides therapeutic horseback riding on specifically trained horses for people of all ages at a convenient location between Madison and Milwaukee.

Bookmobile Service

Location: 201 Mifflin St., Madison, WI 53703

Phone: (608) 266-9297

Website: <http://www.scls.lib.wi.us/dcl/bkmb.html>

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

Bus About Tours

Location: 3802 Regent St., Madison, WI 53705

Phone: (608) 204-3016

Website: <http://www.msqr.org/Bus-Abouts%20.cfm>

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

Easter Seals Wisconsin

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

Phone: (800) 422-2324 ext. 107

Website: http://wi.easterseals.com/site/PageServer?pagename=WIMA_homepage

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

Fishing Has No Boundaries

Location: Governor Nelson State Park

Phone: (608) 833-1281

Website: <http://www.fhnbinc.org/chapters/madison.htm>

A fishing event even held every summer at Governor Nelson State Park on Lake Mendota. Uses adaptive equipment that will aid fishermen with any time of disability.

Hancock Center for Movement Arts & Therapies Inc.

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

Phone: (608) 251-0908

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

E-Mail: info@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.

Lions Camp

Location: 3834 County Road A, Rosholt, WI 54473

Phone: (715) 677 – 6999

Email: info@wisconsinlionscamp.com

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

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

National Center on Accessibility

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

Phone: (812) 856-4422

TTY: (812) 856-4421

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

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

Pontoon Boat (MSCR)

Location: 1615 Sherman Ave., Madison, WI 53704

Phone: (608) 204-4581

Website: <http://www.msqr.org/contentPage.cfm?ID=390>

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

Sunset Pines Resort

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

Phone: (715) 267-6989

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

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

Theater Bus

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

Phone: (608) 257-0003

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

Theater Bus for people over 60 years of age. Various trips to area museums, art displays, theater productions and more.

Three Gaits, Inc.

Location: 3741 Hwy 138 W, Stoughton, WI 53589

Phone: (608) 877-9086

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

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

VSA Arts (formerly Very Special Arts)

Location: 4785 Hayes Road, Suite 201, Madison, WI 53704

Phone: (608) 241-2131

Website: <http://www.vsarts.org/x335.xml>

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

Wisconsin Badger Camp

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

Phone: (608) 348-9689

Email: wiscbadgercamp@centurytel.net

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

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

Wisconsin Counsel of the Blind & Visually Impaired

Location: 754 Williamson St., Madison, WI 53703

Phone: (608) 255-1166

Website: www.wcblind.org

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

Wisconsin Regional Library for the Blind and Physically Handicapped

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

Phone: 1-800-242-8822

Website: <http://dpi.wi.gov/rl/wrlbph/index.html>

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

SENIOR CENTERS & SERVICES

Belleville Senior Citizens Center

Location: 130 S. Vine St., Belleville, WI 53508

Phone: (608) 424-6007

Services Available:

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

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

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

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

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

Care Wisconsin

Location: 2802 International Lane, Madison, WI 53704

Phone: (608) 240-0020

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

Care Wisconsin is a private non-profit organization, and nationally recognized leader in health care management and innovative high-touch care for older adults with severe and disabling chronic conditions. They offer a range of programs and services designed to help these adults to carry out daily activities:

Services Available:

The Partnership Program provides coordinated health care and long-term support services for Medicaid-eligible older adults who have chronic conditions requiring nursing home level of care.

Adult Day Centers where older persons with medical, physical or cognitive disabilities can actively and enjoyably spend the daytime.

Home Care Services assist older adults with bathing, getting dressed, meal preparation, home chores, respite and other care so they can continue to live at home.

Colonial Club of Sun Prairie

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

Phone: (608) 837-4611

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

Services Available:

Case Management:

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

Programs:

- Provide a wide range of social, educational, recreational, spiritual, and wellness activities with holistic approach.
- MATC Classes, Strawberry Fest, volunteer luncheon, senior events, trips and tours, creative writing, bridge lessons, special events and more.

Services:

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

Food/Nutrition:

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

Adult Day Program:

- A wide variety of programs and services. See the schedule of events online.

DeForest Area Community & Senior Center

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

Phone: (608) 846-9469

Services Available:

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

Transit Solutions: Provides rides to community center lunches, activities or shopping weekly. Rides provided to Kindred Hearts therapy pool every Thursday.

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

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

East Madison/Monona Coalition of the Aging

Location: 4142 Monona Dr., Madison, WI 53716

Phone: (608) 233-3109

Services Available:

Case Management:

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

Outreach & Community Education:

- Information and referral, public education, monthly newsletter.

Caregivers:

- Support & educational programs.
- Support group, annual forum.

Volunteer Home Chore Program:

- Assistance with common household tasks; intergenerational programs.

Nutrition/Health Programs:

- Noon-time meal.
- Nail care clinics.

Adult Day Center:

- Quality programming by a caring staff; serving frail, moderately impaired and/or isolated elders.

Special Holiday Programs:

- Food baskets and gifts for low-income seniors.

Fitchburg Senior Center

Location: Fitchburg Community Ctr., (lower level), 5510 Lacy Road. Fitchburg, WI 53711

Phone: (608) 270-4290

Website: <http://www.city.fitchburg.wi.us>, then click on “Senior Center”

Services Available:

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

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

Home Delivered Meals: Available weekdays.

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

Transportation: Call for more information.

- For Rides to the Meal Site.
- Monday General Shopping.
- Friday Grocery Shopping.
- RSVP Driver Escort.

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

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

Senior Exercise: Call 270-4290 for more information.

- Walking Club.
- Aerobics.
- Sit and Be Fit.

Blood Pressure Screening

Toenail Trim

Caregiver Support Group

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

Madison Senior Center

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

Phone: General Information: 266-6581
Volunteer Coordinator: 267-2344
Program Coordinator: 267-8650
Rental Coordinator: 266-6290

Website: <http://www.cityofmadison.com/senior/senior.html>

Email: seniorcenter@cityofmadison.com

Services Available:

Classes:

- Art, computer, creative writing, dance, exercise, intellectual, music, spiritual.

Programs:

- Volunteer leadership opportunities, intergenerational programs, various card games and other activities.

Health and Wellness Lectures and Screenings:

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

Senior Meal Program:

- Full-course lunch meals offered daily, must call 24 hours in advance.

Special Events:

- A variety of events changed each month.
- Examples include: bead embroidery workshop, diabetes workshop, E-bay basics class, Tuesday movies, transcendentalist readings and much more.

Madison Senior Services – Office of Community Services

Location: 215 Martin Luther King, Jr. Blvd, Rm. 225, Madison, WI 53710

Phone: (608) 266-6433

Website: www.ci.madison.wi.us

Madison Senior Services, a division of Community Services, provides advocacy and information/referral for older adults and their families regarding city-funded services.

McFarland Senior Outreach Services

Location: P.O. Box 110, 5915 Milwaukee St., McFarland, WI 53558

Phone: (608) 838-7117

Online: <http://www.mcfarland.wi.us>, click on “Senior Outreach Services”

Email: outreach.dept@mcfarland.wi.us

Services Available:

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

Outreach:

- Meals, transport, finances.
- Referrals for housing options, adult day care, support groups, housekeeping, respite care.

Food/Nutrition:

- Meals at the McFarland Municipal Center on weekdays.
- Home Delivered Meals Program.
- Food Pantry and Food Fair.

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

Transportation:

- RSVP rides to medical appointments.
- Transportation also available to meal site, grocery store and shopping in Madison and Stoughton.

Social Programs are also available, call or check online for specific information.

Medigap Insurance Help Line

Location: 1402 Pankratz St., Ste. 111, Madison, WI 53704

Phone: (608) 242-1060

Website: www.dhfs.state.wi.us/aging/BOALTC/MEDIGAP.HTM

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

Meriter Preferred

Location: 202 S. Park St., Madison, WI 53715

Phone: (608) 417-5900 or (800) 480-8399

Website: www.meriter.com

A health and wellness program for people age 50 and older. Members receive special benefits, such as free health screenings, health education programs, help with medical paperwork and an information/referral service.

Middleton Senior Center

Location: 7448 Hubbard Ave., Middleton, WI 53562

Phone: (608) 831-2373

Website: <http://www.ci.middleton.wi.us/senior/>

Services Available:

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

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

Transportation: Call for more information.

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

Exercise: Call 831-2372 for more information.

- Run and Flexibility, Tai Chi.
- Membership fee. Scholarships are available.

Support Groups:

- Low Vision, Caregiver.

Food and Meals:

- Offered Monday through Friday.
- Delivered to the homes of eligible seniors.

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

- Classes: Computer, painting, Tai Chi, crafts, Spanish, Strength and Flexibility, writing.
- Games: Independent card games, euchre, pinochle, bingo, Scrabble.

Monona Senior Center

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

Phone: (608) 222-3415

Website: <http://www.monona.wi.us/> Click on “City Departments” then “Senior Center”

Services Available:

Case Management

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

Game nights and events

- Opportunities to play scrabble, euchre, bingo, bowling, bridge, pool and more.

Support Groups

- Low vision and caregiver.

MATC Classes:

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

Fitness Classes

- Pilates, Stretch and Tone, Yoga.

Free Friday Movie Matinees

Mount Horeb Senior Center

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

Phone: (608) 437-6902

Services Available:

Health and Fitness:

- Blood pressure checks, hearing evaluations, foot care clinics.

Food/Nutrition: euchre

- 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, nutrition site.

North/Eastside Senior Coalition

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

Phone: (608) 243-5252

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

Services Available:

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

Senior Luncheons:

Weekday meals, transportation available if call in advance.

Activities:

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

Cultural Diversity Programs:

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

Summer Concert Series: Warner Park.

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

Volunteering: Call for a detailed list of opportunities

Northwest Dane Senior Services

Location: 1940 Blue Mounds St., Suite 2, Black Earth, WI 53515

Phone: (608) 767-3757

Website: www.nwdss.org

Services Available:

Case Management

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

Food and Nutrition:

- Mobile Meals: Mid-day meals delivered to your home by volunteers on week days.
- Mid-day meals offered on-site Monday through Friday.

Supportive Home Care and Rural Respite Care:

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

RSVP Driver Escorts:

- Full course lunch meals offered daily, must call 24 hours in advance.

Activity Center:

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

Foot Care Clinic

Oregon Area Senior Center

Location: 219 Park St., Oregon, WI 53575

Phone: (608) 835-5801

Website: <http://www.vil.oregon.wi.us> then click on “Senior Center” to see monthly newsletter and calendars.

Services Available:

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

Transportation: Call for more information.

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

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

Food and Meals:

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

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

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

Support Groups: For caregivers, diabetics, and those with other chronic conditions.

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

Phone: (800) 224-0606

Website: www.cwag.org

Provides assistance to Wisconsin Medicare beneficiaries regarding prescription drug benefits. Information and coordination with other public and private prescription drug coverage is provided.

Sauk City Community Center

Location: 213 Maple St., Sauk City, WI 53583

Phone: (608) 643-8386

Online: <http://www.saukpr.k12.wi.us>, Click on “Sauk City Community Center”

Services Available:

Meal Sites: 5 days a week. Monday through Friday by Sauk Cty. Commission on Aging.

Card Games: Bridge, euchre, rummy and more.

Senior Potluck

Open Walking: Monday- Friday 7:30 a.m. - 4:00 p.m.

Sauk County Commission on Aging

Location: 505 Broadway, Baraboo, WI 53913

Phone: 608-355-3289

Services Available:

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

Bus Transportation: Also available. Call for more information.

Dining Center: Eight locations.

Home Delivered Meals

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

Benefit Specialists: Provide information, assistance, counseling, representation for: Social Security, health insurance, Supplemental Security Income, Disability application, Medical Assistance, taxes, etc.

Senior MEDS

Phone: (608) 837-4611

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

Senior MEDS offers personalized medication consultation by a pharmacist and ongoing health education. Provided by Colonial Club Senior Activity Center of Sun Prairie, this free program addresses medication-related questions and concerns at individual pre-set sessions or group presentations in and around Dane County.

SeniorCare Rx Drug Program

Phone: (800) 657-2038

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

Reduced-cost prescription drug coverage program available to Wisconsin residents who met income eligibility requirements.

South Madison Coalition of the Elderly

Location: 128 East Olin Ave., Ste. 110, Madison, WI 53713

Phone: (608) 251-8405

Website: <http://www.madison.com/> Click on “Communities” then “Seniors” then “South Madison Coalition for the Elderly”

Services Available:

Case Management:

- Helps seniors remain independent in their own homes and maintain quality of life.

Home Chore Assistance:

- Assists limited income adults with chores.

Dining Centers:

- Five centers: Romnes Apartments, Quaker Housing, Brittingham Apartments, Bayview Community Center, Madison Senior Center.
- Home-delivered meals are also available for those eligible.
- Meals served all weekdays, must make reservations in advance.

Volunteer Guardianship Services:

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

Events:

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

Other Services:

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

Stoughton Senior Center

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

Phone: (608) 873-8585

Website: <http://www.cityofstoughton.com/> then click on “Senior Center Home”

Services Available:

RSVP Driver Program: Call the Senior Center to schedule a ride to any medical appointment. You will need to be able to get in and out of the car.

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

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

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

Fitness Opportunities: Cardio, Chair Stretching, Tai Chi, line dancing, swimming.

Parkinson’s Exercise Group

Classes and Skill Development:

- Writing, music, watercolor, painting, woodshop, knitting, quilting.

Recreational Opportunities:

- Coffee with the Mayor, cards, travel, book exchange, etc.

Support Groups: Call for times and details

- Low vision, Parkinson’s support, caregivers, AA, multiple sclerosis.

Waunakee Area Senior Center

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

Phone: (608) 849-8385

Website: <http://www.vil.waunakee.wi.us> Click on “Departments & Staff”, then “Senior Center”

Services Available:

Caregiver Support Group

Health and Fitness:

- Blood pressure screenings, foot care clinic, massage therapy, line dancing, bowling.

Food/Nutrition:

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

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

Transportation: RSVP rides to Medical appointments.

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

West Madison Senior Coalition and Center

Location: 517 North Segoe Rd., Suite 309, Madison, WI 53705

Phone: (608) 238-7368

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

Services Available:

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

Health Screening and Wellness:

- Foot care clinics, blood pressure screening, fitness program at senior center, exercise classes.

Food/Nutrition:

- Daily meal program open to public. Transit Solution Inc., provides bus transportation.
- Diabetic options available.

Classes and Clubs: Variety of weekly options available.

- Knit and Crochet, Tai Chi, watercolor workshop, balance help, sing-a-long, line dancing, low vision groups, artist, poetry, English as a second language.

Verona Senior Center

Location: 108 Paoli St., Verona, WI 53593

Phone: (608) 845-7471

Website: <http://www.ci.verona.wi.us> Click on “City Departments,” then “Senior Center Homepage”

Services Available:

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

Food: Weekday meals; call the day before to sign up.

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

Nail Clinic: Call to schedule a required appointment.

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

Blood Pressure Screenings: Offered three times a month. Call the center for more information and times offered.

Exercise: YMCA classes are offered at the center:

- Floor aerobics for people over 50.
- Strength training.
- Walking club.
- Nutrition and fitness information sessions.
- Weight loss and healthy eating classes.
- Cooking classes.
- Body fat/blood pressure assessments.

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

SUPPORT & ADVOCACY ORGANIZATIONS

Aphasia – The National Aphasia Association (NAA)

Location: 350 Seventh Ave., Ste. 902, New York, NY 10001

Phone: (800) 922-4622

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 (Association for Retarded Citizens)

Location: 6602 Grand Teton Plaza, Madison, WI 53719

Phone: (608) 832-1199

Website: www.arcdanecounty.org

This program provides advocacy, family support and education on behalf of people with development disabilities and their families.

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

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

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

Phone: (608) 267-9880

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

Provides statewide oversight of federal and state funded programs for seniors.

Caregiver Library

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

Phone: (608) 283-2100

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

Citizen Advocacy

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

Phone: (608) 246-4767

Website: www.cacscw.org

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

Coalition of WI Aging Groups

Location: 2850 Dairy Dr, Suite #100, Madison, WI 53718

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

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

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

Dane County Department of Human Services - STEP Unit

Location: 1202 Northport Dr., Madison, WI 53704

Phone: (608) 242-7400

Website: http://www.danecountyhumanservices.org/dd_adult.htm

Unit assists adults with developmental disabilities in applying for Medical Assistance and Food Stamps. Income and assets are taken into account and co-pay may be required.

Dane County Human Services – Adults with Developmental Disabilities

Location: 1202 Northport Dr., Madison, WI 53704

Phone: (608) 242-6447

Website: http://www.danecountyhumanservices.org/dd_adult.htm

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

Dane County SOS Senior Council

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

Phone: (608) 256-7626

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

Dane County Veterans Service Office

Location: 1919 Alliant Energy Center, Madison, WI 53713

Phone: (608) 266-4158

Website: <http://www.countyofdane.com/veterans/>

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

Disaboom

Website: www.disaboom.com

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 Support & Resource Center

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

Phone: (608) 237-7630

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

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

IRIS (Include, Respect, I Self Direct)

Website: <http://dhs.wisconsin.gov/bdds/sds/>

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

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

Mobile Outreach to Seniors Team (MOST)

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

Phone: (608) 280-2700

Website: www.mhcdc.org

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

Mobility Training & Independent Living Program, Inc.

Location: 3120 Syene Road, Madison, WI 53715

Phone: (608) 288-0641

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

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

Multiple Sclerosis Online Information/Support

1. <http://www.msworld.org/html/index.htm>

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

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

3. MS Friends

www.msfriends.org

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

4. <http://www.msoutreach.com>

Facts, support and message board for people with relapsing and remitting MS.

National Family Caregivers Association (NFCA)

Location: 104000 Connecticut Avenue, Suite 500, Kensington, MD 20895-3944

Phone: (800) 896-3650

Website: www.thefamilycaregiver.org

Excellent resource for spouses, family and other caregivers. NFCA is a not-for-profit membership organization dedicated to improving the quality of life of America's 18,000,000 family caregivers. NFCA concentrates its efforts on providing services in research, information and education, support and validation, respite care and advocacy.

Neighborhood Connections

Location: 312 W. Lakeside St., Madison, WI 53715

Phone: (608) 251-1221

A small group that provides residential services to people 18+ who have developmental disabilities and who wish to maintain residence in their own homes. Examples of services are financial, medical management, housing issues, and daily activities (cooking, cleaning, getting dressed, etc.).

Operation Fresh Start, Inc.

Location: 1925 Winnebago St., Madison, WI 53704

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

Phone: (608) 244-4721

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

Options in Community Living

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

Phone: (608) 249-1585

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

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

Progressive Community Services, Inc.

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

Phone: (608) 848-8305

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

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

Social Security Administration

Location: 6011 Odana Rd., Madison, WI 53719

Phone: (608) 270-1141 or (800) 772-1213

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

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

United Way 2-1-1

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

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

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

TRANSPORTATION

A & J Mobility

Location: 3008 Progress Road, Monona, WI 53716

Phone: (608) 223-9731

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

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

Access Unlimited

Location: 570 Hance Rd., Binghamton, NY 13903

Phone: (800) 849-2143

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

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

A-Lift Services

Location: 365 North Perry Parkway, Oregon, WI 53575

Phone: (800) 567-5438

Provides wheelchair and van transportation for elderly and disabled individuals.

AMS Vans, Inc.

Location: 5555 Oakbrook Pkwy, Suite 555, Norcross, GA 30093

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

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

Sells, rents and delivers wheelchair accessible minivans.

Care Van Service

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

Phone: (608) 437-8989

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

Care Wisconsin

Location: 2802 International Ln., P.O. Box 14017, Madison, WI 53708

Phone: (608) 240-0020

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

Provides transportation to elderly individuals.

Complete Mobility Systems

Location: N8W22195 Johnson Dr., Waukesha, WI 53186

Phone: (262) 574-0970 or (800) 649-3434

Website: <http://completemobilitywi.net/>

Authorized dealer of Bruno Independent Living Aids, including their lift aids and power seat bases. Also offers new and used accessible vans, lowered floor conversions, raised roofs/doors, lifts, driving aids (hand controls, left-foot accelerators) and wheelchair tie-down systems.

Curtis Ambulance Service

Location: 960 S. Park St., Madison, WI 53715

Phone: (608) 255-4140

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

DM Conversions

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

Phone: (262) 781-1170

Website: <http://www.dmcvans.com/disabled.html>

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.

Laidlaw Transit Services

Location: 4605 Pflaum Rd., Madison, WI 53718

Phone: 223-0610

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

Laidlaw Transit Services, Inc. is an innovator in personalized transportation services. Experience in para-transit, fixed-route, call center services and non-emergency medical services.

Madison Auto & Van Conversion

Location: 3562 East Washington Ave., Madison, WI 53704

Phone: (608) 242-4122

This group has the ability to customize a vehicle and install a wheelchair lift for individuals with such needs.

Madison Metro Transit - Paratransit

Location: 3741 Hwy 138 W, Stoughton, WI 53589

Phone: (608) 266-4466

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

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

Meister Special Care Transport Inc.

Location: 330 Vondron Rd., Madison, WI 53718

Phone: (608) 240-0353

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

Provides transportation for disabled individuals and elderly.

Midwest Mobility, Inc.

Location: 4221 Nakoosa Trail, Madison, WI 53714

Phone: 262-522-0707 (Madison location)

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

Midwest Mobility serves as experts in adaptive vehicle modifications. Stock accessible – new and pre-owned mobility vans available nationwide.

Monona Lift

Location: Monona City Hall, 5211 Schluter Rd, Monona WI 53716

Phone: (608) 222-3350

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

Mr. Mom's Kids Transport

Location: 1709 S. Park Street, Madison, WI 53713

Phone: (608) 255-0444

Offers transportation to kids, teens and adults with special transportation needs. Local and out of town service is available.

Retired and Senior Volunteer Program (RSVP)

Location: 517 N. Segoe Rd., Suite 300, Madison, WI 53705

Phone: 608-238-7787

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

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

Transit Automobility

Location: 4082 Hoepker Rd., Madison, WI 53704

Phone: (608) 249-8030

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

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

Transit Solutions Inc.

Location: 151A E. Badger Road, Madison, WI 53713

Phone: (608) 294-8747

Offers transportation assistance to special needs individuals.

We Care Transit

Location: 4601 Triangle St., McFarland, WI 53558

Phone: (608) 838-8589

Provides transportation to special needs individuals in the Madison area.

YW Transit

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

Phone: (608) 257-1436

Website: www.ymcamadison.org or

<http://www.ywca.org/site/pp.asp?c=1kJZJdO4F&b=2766997>

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

TRAVEL

Able Trek Tours

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

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

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

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

Access-Able Travel Source, LLC

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

Phone: (303) 232-2979

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

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

Accessible Alaska

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

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

Accessible Cruise Planners

Phone: (800) 801-9002

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

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

Accessible Journeys

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

Phone: (800) 846-4537

Email: sales@disabilitytravel.com

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

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

Adaptive Sportsman, Inc.

Location: 8727 Coldspring Rd., Greenfield, WI 53228

Phone: (608) 846-4518

Website: www.adaptivesportsmen.org

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

Butlee's Handicap Outdoor Adventures

Phone: (866) 588-8059

A disabled-owned tour planner specializing in accessible sailing, rappelling, camping, canoeing and other outdoor activities.

Connie George Travel Associates

Phone: (888) 532-0989

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

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

Disability Travel Bookshelf Online

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

Reviews and information on books specifically written for disabled travelers.

Disabled Travelers

Location: P.O. Box 492 (U.S. Mail Only), Yucca, AZ 86438

Email: jeremy@disabledtravelers.com

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

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

DIVERsion

Location: Queensland, Australia

Phone: +61 740 390 200

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

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

Especially 4U

Location: 7165 E. University Dr., Mesa, AZ 85207

Phone: (480) 985-4200

Website: <http://www.especially4utours.com/>

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

Flying Wheels Travel

Phone: 877-451-5006

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

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

Freedom's Wings International, Inc.

Location: 324 Charles Street, Apt. #25, Coopersburg, PA 18036

Phone: 800-382-1197

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.

Guided Tour, Inc.

Location: 7900 Old York Rd, Ste 114-B, Elkins Park, PA 19027-2339

Phone: (215) 782-1370

Email: gtour400@aol.com

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

Helps men and women with developmental and physical challenges from all over the world achieve greater independence through travel experiences. The Guided Tour is a very special program that offers opportunities for personal growth, recreation and socialization.

Jig Stop Tackle and Tours

Location: 34186 Pacific Coast Hwy, Dana Point, CA 92629

Phone: (800) 521-2281

Website: <http://www.jigstop.com/tours.php>

Features the 53-foot Right Reasons sport fishing boat. (Adapted reels, chair lift, and wide doors make this the only disabled-accessible charter boat in Cabo San Lucas, Mexico.)

Mobility International

Location: 132 E. Broadway, Suite 343, Eugene, OR 97401

Phone: (541) 343-1284

Email: miusa@igc.apc.org

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.

Mount Snow

Phone: (800) 498-0479

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

Brings downhill skiing in the mountains of Vermont to people with all variety of disabilities.

New Horizons

Website: <http://www.dotcr.ost.dot.gov/documents/acc/horizons.pdf>

Information for air travelers with disabilities.

North/Eastside Senior Coalition

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

Phone: (608) 243-5252

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

Outta Sight Travel

Phone: (772) 336-8747

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

The staff at Outta Sight Travel assist you in planning a vacation that goes beyond the visual realm. They can help you plan destinations that are ready to accept service animals and provide the traveler with itineraries and information in accessible format.

Society for Accessible Travel and Hospitality (SATH)

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

Phone: (212) 447-7284

E-mail: sathtravel@aol.com

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.

Travelin' Talk Network

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

Phone: (615) 552-6670

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

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

Vaya con Silla de Ruedas / Go With Wheelchairs

Location: Costa Rica

Phone: (506) 454-2810

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

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

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

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

Phone: (262) 675-2525

Email: welcomehome@hnet.net

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

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

Wheelchair Getaways

Location: P.O. Box 5591, Lynnwood, WA 98046

Phone: (800) 642-2042

Email: corporate@wheelchairgetaways.com

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

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

Wilderness Inquiry

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

Phone: (612) 676-940 or (800) 728-0719

Email: info@wildernessinquiry.org

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

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

WORK, EDUCATION & VOLUNTEER OPTIONS

WORK

Advanced Employment Inc.

Location: 6515 Watts Road, Suite 106, Madison, WI 53719

Phone: (608) 833-7170

Website: <http://www.madison.com/communities/advemp/contact.php>

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

AgeAdvantAge Older Worker Program

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

Phone: (608) 224-6300

Website: <http://www.wis4a.net/ageadvantage.html>

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

AgrAbility of Wisconsin

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

Phone: (608) 262-9336

Email: aaw@mailplus.wisc.edu

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

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

Channels to Employment

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

Phone: (608) 280-0206

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

Dane County Job Service

Location: 1819 Aberg Ave., Madison, WI 53704

Phone: (608) 242-7400

Website: www.danejobs.com

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

Disaboom

Website: www.disaboomjobs.com

Finding employment for the millions touched by disability. Disaboom is a social networking website, described by founder Dr. Glen House as a premier interactive online community

dedicated to improving the way individuals with disabilities or functional limitations live their lives. The site serves as a comprehensive resource for those living with disabilities, as well as their family members, friends, caregivers, and employers.

Easter Seals Wisconsin

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

Phone: (608) 277-8288 or (800) 422-2324 ext. 107

TTY: (608) 277-8031

Website: http://wi.easterseals.com/site/PageServer?pagename=WIMA_homepage

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

Employment Resources, Inc.

Location: 4126 Lien Rd., Ste. 104, Madison, WI 53704

Phone: (608) 246-3444

Website: www.eri-wi.org

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

Focuscorp, Inc.

Location: 3201 Latham Dr., Madison, WI 53713

Phone: (608) 277-9140

Provides community-based, individualized vocational and educational services to people with disabilities and/or those who have other barriers to employment, independent living and social interaction.

Goodwill Industries

Location: 1302 Mendota St., Madison, WI 53714

Phone: (608) 246-3140

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

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

Integrated Community Work, Inc.

Location: 160 Westgate Mall, Madison, WI 53711

Phone: (608) 276-9400

Website: www.madison.com/communities/ICW/index.php

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

Madison Area Rehabilitation Centers, Inc. (MARC)

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

Phone: (608) 223-9110

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

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

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

Location: 2125 Commercial Ave., Madison, WI 53704

Phone: (608) 246-5286

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

Pathways of Wisconsin, Inc.

Location: 22 N. Hancock St., Madison, WI 53703

Phone: (608) 255-5011

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

Valley Packaging Industries of Madison

Location: 930 Stewart St., Madison, WI 53713

Phone: (608) 274-8060

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

Provides vocational rehabilitation centers to help adults with disabilities achieve dignity, independence and community living skills through work experience.

Wisconsin Department of Vocational Rehab (DVR)

Location: 1819 Aberg Ave., Madison, WI 53704

Phone: (608) 242-4800

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

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

Work Plus Inc.

Location: 702 N. Blackhawk Ave., Ste. 109, Madison, WI 53705

Phone: (608) 238-6018

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

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

EDUCATION

Attic Angel Association

Location: 640 Junction Rd., Madison, WI 53717

Phone: (608) 662-8900

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

Edgewood College

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

Phone: (608) 663-4861

Website: www.edgewood.edu

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

Elderhostel

Phone: (877) 426-8056

Website: www.elderhostel.org

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

Madison Area Technical College (MATC)

Location: 3550 Anderson St., Madison, WI 53704

Phone: (608) 246-6100

Website: www.matcmadison.edu

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

PLATO

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

Phone: (608) 262-5823

Website: <http://www.seniorlearning.wisc.edu/plato-discuss.htm>

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

Senior Statesmanship Program

Location: 2850 Dairy Dr., Ste. 100, Madison, WI 53718

Phone: (800) 366-2990

Website: www.cwag.org

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

University of Wisconsin Colleges Disabilities Services Office

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

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

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

Website: http://apps.uwc.edu/student_services/disability_services.asp

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: 1305 Linden Dr., Madison, WI 53706

Phone: (608) 263-2741

TTY: (608) 263-6393

Email: Frontdesk@mcb.wisc.edu

Website: www.mcburney.wisc.edu

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

University of Wisconsin – Office of Special & Guest Students

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

Phone: (608) 262-5823

Website: <http://www.seniorlearning.wisc.edu/index.html>

The University of Wisconsin Office of Special and Guest Students provides education opportunities for seniors, particularly to audit regular university lecture courses for free.

University of Wisconsin – Whitewater / Center for Students with Disabilities

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

Phone: (262) 472-1932

TTY: (262) 472-4711

Email: csd@uww.edu

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

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

Wisconsin Union Mini Courses

Location: Memorial Union, 800 Langdon St., Madison, WI 53706

Phone: (608) 263-2600

Website: www.union.wisc.edu/minicourses

Wisconsin Union Mini Courses provide non-credit leisure education courses. There are 150-200 different offerings five times annually. You must be a UW student, Wisconsin Union Member or UW faculty/staff.

VOLUNTEER OPTIONS

Big Brothers and Big Sisters of Dane County

Location: 2059 Atwood Ave., Madison, WI 53704

Phone: (608) 661-5437

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

Volunteer mentors for children. Must be 16 years or over. Must have public transportation available.

Domestic Abuse Intervention Services

Phone: (608) 251-1237, ext. 306

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

People needed to answer the crisis hot line and assist staff with residents in the shelter.

East Shore Adult Day Services of the East Madison/Monona Coalition of Aging

Phone: (608) 223-3112

Volunteers needed to help with lunch and other fun activities.

Home Chore Volunteer Program

East Madison/Monona Coalition: (608) 223-3100

North/Eastside Senior Coalition: (608) 255-8875

South Madison Coalition: (608) 251-8405

Westside Coalition: (608) 238-7368

Call and speak to a coordinator about becoming a Home Chore Volunteer if you want to assist frail, limited income, older adults with basic home chores to help preserve independence.

HospiceCare.

Phone: (608) 327-7163

Website: <http://www.hospicecareinc.com/index.asp>

HospiceCare offers volunteer orientation monthly. Inpatient volunteers must be at least 16 years old. In-home volunteers must be 18 years old.

Madison School and Community Recreation (MSCR)

Phone: (608) 204-4583

Volunteers needed for all departments. Pontoon boat drivers, advisory board members, homework assistance, youth tutors, high school recreation assistants. 50+ fitness support.

Madison Senior Center

Phone: (608) 267-2344

Many volunteer opportunities available.

Meals on Wheels and Senior Meal Programs

Website: <http://www.mealcall.org/meals-on-wheels/wi/madison.htm>

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

Meriter Hospital Volunteer Services

Location: 202 S. Park St., Madison, WI 53715

Phone: (608) 417-6257

Website: www.meriter.com/volunteer

Neighbor2Neighbor

Phone: (608) 274-7900

Matching volunteers with older adults and people with disabilities to keep them independent in their homes.

Oakwood Village

Phone: (608) 230-4238

Contact: Kim Viney

Retired and Senior Volunteer Program (RSVP)

Location: 517 N. Segoe Rd., Ste. 300, Madison, WI 53705

Phone: (608) 238-7787

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

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: www.theriver-madison.org

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

Service Corps of Retired Executives (SCORE)

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

Phone: (608) 441-2820

Website: <http://scoremadison145.org/default.aspx>

SCORE is a group of retired business people who volunteer time to counsel people who need assistance starting and operating their businesses. They also provide special help, a library of reference material and advice on current business conditions and problems.

St. Mary's Adult Day Health Center

Phone: (608) 249-4450

Assist with crafts, serve a meal or engage participants in conversation.

St. Vincent de Paul Food Pantry

Phone: (608) 442-9878, ext. 2

Help needed with hosting clients at Dane County's largest and busiest food pantry.

United Way Volunteer Center

Phone: (608) 246-4380

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

The United Way Volunteer Center is a clearinghouse of over 2,000 volunteer opportunities in nonprofit agencies. Prospective volunteers are interviewed to determine the type of work they are interested in doing and then referred to appropriate agencies.