

# WINTER 2025





## **Oakland County Parks**

2800 Watkins Lake Road, Waterford, MI 48328

[OaklandCountyParks.com](http://OaklandCountyParks.com)

Oakland County Parks offers a wide variety of activities and events for all abilities. The Adaptive Recreation webpage under the Recreation tab details all upcoming social and active events.

## **Disability Network Eastern Michigan (DNEM)**

1709 John R. Road, Troy, MI 48083

[DNEMichigan.org](http://DNEMichigan.org)

Disability Network Eastern Michigan is a Center for Independent Living with programs and services for people of all ages and disabilities. Its RecConnect: Inclusive Recreation & Wellness Program offers a regular schedule of activities and events year-round. DNEM also provides disability advocacy, resources, peer support and other services. Staff works with residents of Huron, Lapeer, Macomb, Oakland, Sanilac, St. Clair and Tuscola counties.

## **Rehabilitation Institute of Michigan (RIM) – Reimagine Life Foundation**

261 Mack Avenue, Detroit, MI 48201

[RIMFoundation.org](http://RIMFoundation.org)

RIM is part of one of the nation's largest rehabilitation providers. It offers more than 30 specialty services to fit most rehabilitation needs. RIM's adapted sports program, SportsAbility, allows people with disabilities to play a variety of sports in either a competitive or recreational atmosphere.



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## Note to Users

This guide's goal is to share knowledge and resources related to recreational therapy throughout Michigan. Information will be updated quarterly as organizations are added, removed or changed. Updates can be addressed by completing the [Suggestion Form](#) at the end of this document. This guide may be navigated by topic by using the hyperlinks found within the Table of Contents, by searching for specific terms via the [CTRL-F] keyboard shortcut or simply by scrolling through. Please note that the organizations listed throughout this document are not endorsed by the RIM Foundation, Oakland County Parks or Disability Network Eastern Michigan and do not represent their values or views. In no way are the publishing organizations liable for any claims or actions of the programs listed within this resource guide.



## Associations

### **Amputee National Limb Loss Center/Amputee Coalition of America**

[Amputee-Coalition.org](http://Amputee-Coalition.org)

1-888-267-5669

Learn about amputation and prosthetic care and request support for people living with limb loss as well as their families, caregivers and clinicians. Support groups and peer mentor programs are also available.

### **Arthritis**

Arthritis Foundation - National Office

[Arthritis.org](http://Arthritis.org)

1-800-283-7800

The Arthritis Foundation provides life-changing science, resources, advocacy and community connections.

### **Blind and Visually Impaired**

Greater Detroit Agency for the Blind & Visually Impaired

[LifeBeyondSight.org](http://LifeBeyondSight.org)

313-272-3900 – Southfield Office

Provides a variety of resource information including adaptive devices, contacts, support groups and training. Support group meets on the second Tuesday of each month at noon.

### **National Federation of the Blind**

[NFB.org](http://NFB.org)

410-659-9314

Provides information regarding community involvement, programs, services and resources.

### **Brain Injury**

Brain Injury Association of America

[BIUSA.org](http://BIUSA.org)

703-761-0750

Provides education and information on traumatic brain injuries as well as support groups, advocacy and local resources.

### **Brain Injury Association of Michigan**

[BIAMI.org](http://BIAMI.org)

1-800-444-6443 – Brighton

Provides details regarding upcoming local events, resources and information.

## **The National Resource Center for Traumatic Brain Injury - Brain Line**

[BrainLine.org](http://BrainLine.org)

703-998-2020

Provides information for people with traumatic brain injuries or Post Traumatic Stress Disorder as well as resources and blogs.

## **Epilepsy Foundation of Michigan**

[EpilepsyFoundation.org/Michigan](http://EpilepsyFoundation.org/Michigan)

248-351-7979 – Southfield Office

Provides a helpline, education, local events and advocacy.

## **Deaf and Hard of Hearing**

National Association of the Deaf

[NAD.org](http://NAD.org)

Video phone: 301-587-1788 – Purple/ZVRS

301-328-1443 – Sorenson

Provides education and resources.

## **DEAF C.A.N.**

[DeafCan.org](http://DeafCan.org)

248-332-3331 (voice)

248-209-6437 (video phone)

Deaf Community Advocacy Network provides resources, advocacy and events to deaf and hard of hearing individuals and their families.

## **Multiple Sclerosis**

Multiple Sclerosis Foundation, Inc.

[MSFocus.org](http://MSFocus.org)

954-776-6805

Provides education, resources and information about local events.

## **National Multiple Sclerosis Society**

[NationalMSSociety.org](http://NationalMSSociety.org)

800-344-4867

Provides education, advocacy and event information as well as a search feature to locate local support.

## **Parkinson's Disease**

Michigan Parkinson Foundation

[ParkinsonsMI.org](http://ParkinsonsMI.org)

248-433-1011 – Bingham Farms office

Education, resources and fitness classes for people with Parkinson's Disease.

## **Parkinson's Foundation**

[Parkinson.org](http://Parkinson.org)

1-800-473-4636

Education, resources, research and more.

## Spinal Cord Injury

### American Spinal Injury Association

[Asia-SpinalInjury.org](http://Asia-SpinalInjury.org)

1-877-274-2724

Provides education and resources.

### Michigan Spinal Cord Injury Association

[MISpinalCord.org](http://MISpinalCord.org)

248-422-6602 – Troy

Provides local support groups, resources, education and advocacy.

### United Spinal Association

[UnitedSpinal.org](http://UnitedSpinal.org)

718-803-3782

Provides resources, membership, support, advocacy and a blog.

### Spinal Cord Injury Zone

[SpinalCordInjuryZone.com](http://SpinalCordInjuryZone.com)

[michael@thescizone.com](mailto:michael@thescizone.com)

Archive of current news, education and awareness.

## Stroke

### American Stroke Association

[Stroke.org](http://Stroke.org)

1-800-242-8721

Provides education, resources and support.

### American Stroke Foundation

[AmericanStroke.org](http://AmericanStroke.org)

913-649-1776

Provides information and a blog.

## Other

### Easterseals MORC (local Easterseals resource page)

[Easterseals.com/MORC](http://Easterseals.com/MORC)

248-475-6300

Provides health and rehabilitation services as well as disability education and information.

### Canine Companions

[Canine.org](http://Canine.org)

1-800-572-2275

Provides service dog resource information.

**Dwarf Athletic Association of America**

[DAAA.org](http://DAAA.org)

414-587-2887

Provides education and resources and events for athletics.

**National Easterseals Society**

[Easterseals.com](http://Easterseals.com)

1-800-221-6827

Provides services to children and adults with disabilities and other special needs.

**National Center on Health, Physical Activity and Disability (NCHPAD)**

[NCHPAD.org](http://NCHPAD.org)

1-866-8896

National resource center focused on health and wellness for all.

**Michigan Horticulture Therapy Association**

[MichiganHTA.org](http://MichiganHTA.org)

Provides education and resources on horticulture therapy.

**Rehabilitation Institute of Michigan (RIM) – Reimagine Life Foundation**

[RIMFoundation.org](http://RIMFoundation.org)

313-745-1203 – Detroit

Provides resources and support groups for all injury and rehabilitation services.

**Michigan Disability Rights Coalition**

[MyMDRC.org](http://MyMDRC.org)

517-333-2477 – East Lansing

Provides information, programs and resources to anyone with a disability.

**Oakland Community Health Network**

[OaklandCHN.org](http://OaklandCHN.org)

248-858-1210

Focused on developmental disabilities, mental health and substance usedisorders.



## Support Groups - Local

### Amputee

#### **RIM Amputee Support Group**

*First Thursday of the month from noon-1 p.m.*

Rehabilitation Institute of Michigan

261 Mack Blvd., Detroit, MI 48201

313-745-9793 or Brent Givens [bgivens@dmc.org](mailto:bgivens@dmc.org)

[RIMRehab.org/patients/support-groups](http://RIMRehab.org/patients/support-groups)

#### **U-CAN: University of Michigan Community Amputee Network**

*First Tuesday of the month from 5:30-7:30 p.m.*

University of Michigan Orthotics and Prosthetics Center

2850 S. Industrial Highway, Suite 400, Ann Arbor, MI 48104

734-973-2400 or Carla Vollmer: (734) 975-7232, [cvollmer@umich.edu](mailto:cvollmer@umich.edu)

[Comprehensive Guide for Persons with Limb Loss PDF](#)

### Blind and Visually Impaired

#### **Greater Detroit Agency for the Blind & Visually Impaired**

*Second Tuesday of the month at noon (virtual, call the number below to RSVP)*

Greater Detroit Agency for the Blind and Visually Impaired

26777 Central Park Blvd., Suite 150, Southfield, MI 48076

313-591-3792

#### **Brain Injury Association of Michigan**

Many support groups statewide - [find the one closest to you.](#)

1-800-444-6443RIM

#### **Brain Injury Support Group**

*Third Wednesday of the month at 6 p.m.*

Rehabilitation Institute of Michigan

261 Mack Blvd., Detroit, MI 48201

313-567-3779

### Spinal Cord Injury

#### **RIM Spinal Cord Injury Support Group**

*Every Wednesday from 11:30 a.m.-12:30 p.m.*

Rehabilitation Institute of Michigan - Novi Center

42005 W. 12 Mile Road, Novi, MI 48377

248-305-7575

**RIM Spinal Cord Injury Roundtable**

*First and third Wednesday of the month from noon-1 p.m.*

Rehabilitation Institute of Michigan

261 Mack Blvd., Detroit, MI 48201

248-745-1055

**Stroke****DNEM/Henry Ford Hospital Macomb Stroke Support Group**

*Third Wednesday of the month from noon-2 p.m.*

Disability Network Eastern Michigan

1709 John R. Road, Troy, MI 48083

586-263-2498 or [Rec-IT@DNEMichigan.org](mailto:Rec-IT@DNEMichigan.org)

**McLaren Community Support Group**

3230 Beecher Road, Flint, MI 48532

810-342-5560

**McLaren Macomb Stroke Support Group**

*Second Tuesday of the month from 1-2:30 p.m.*

1000 Harrington Blvd., Mount Clemens, MI 48043

586-493-8879

[McLaren.org/main/stroke-education-and-support](http://McLaren.org/main/stroke-education-and-support)

**RIM Spice of Life Stroke Club**

*Third Wednesday of the month, 2-4 p.m.*

Rehabilitation Institute of Michigan

261 Mack Blvd., Detroit, MI 48201

248-745-9790

**RIM Stroke Survivor Support Group**

*Last Wednesday of the month from 11:15 a.m.-noon*

Rehabilitation Institute of Michigan Sterling Heights Center

33464 Schoenherr Road, Suite #100, Sterling Heights, MI 48312

586-264-1043

**RIM Family & Client Stroke Support Group (Sterling Heights)**

*Last Monday of the month from 11:30 a.m.-12:15 p.m.*

Rehabilitation Institute of Michigan Sterling Heights Center

33464 Schoenherr Road, Suite #100, Sterling Heights, MI 48312

Addison Pittman: 586-264-1043

**RIM Family & Client Stroke Support Group (Novi)**

*Bi-weekly at 11 a.m.*

Rehabilitation Institute of Michigan Novi Center

42005 W. 12 Mile Road, Novi, MI 48377

248-305-7575

## Adaptive Sports and Recreation

### **Adaptive Golf**

Single rider golf carts offer more mobility for wheelchair users at golf courses. The assistive devices allow a rider to turn or stand to swing a golf club. This Single Rider Golf Carts PDF includes information on golf courses through southeast Michigan. All five Oakland County Parks golf courses have single-rider carts available to the public.

### **Athletes Unlimited**

[AthletesUnlimited.com](https://AthletesUnlimited.com)

248-680-9000

A nonprofit organization that provides sport and recreational opportunities to people with disabilities.

### **Cody Unser First Step Foundation: SCUBA Diving**

[CodysFirstStep.org](https://CodysFirstStep.org)

832-421-2150

A nonprofit which provides unique opportunities - such as SCUBA diving - for people with paralysis and/or spinal cord injuries.

### **Disability Network Eastern Michigan**

[DNEMichigan.org](https://DNEMichigan.org)

Rec-IT@DNEMichigan.org

RecConnect is an inclusive and wellness program that provides adaptive sports, recreation and wellness programs for people of all ages with disabilities living in Huron, Lapeer, Macomb, Oakland, Sanilac, St. Clair and Tuscola counties.

### **Disability Network Washtenaw-Monroe-Livingston**

[DNWML.org](https://DNWML.org)

734-971-0277 - Washtenaw and Livingston

734-682-5271 - Monroe

Disability Network provides advocacy, arts and recreation programs for people with disabilities residing in Washtenaw, Livingston and Monroe counties.

### **HYPE Athletics**

[HYPEAthletics.org/VTS](https://HYPEAthletics.org/VTS)

313-436-0043 - Dearborn Heights

734-721-7400 - Wayne

Provides secondary education and training services to people with disabilities.

### **Michigan Adaptive Sports**

[MichiganAdaptiveSports.com](https://MichiganAdaptiveSports.com)

4301 Orchard Lake Road, Suite 180/B200, West Bloomfield, MI 48323

Provides activities such as downhill skiing, water skiing, camping and more.

### **Michigan Department of Natural Resources**

[Michigan.gov/DNR/About/Accessibility](https://Michigan.gov/DNR/About/Accessibility)

Comprehensive recreation resource for finding accessible beaches, campgrounds, hunting areas, track chairs and more in Michigan.



**Michigan Operation Freedom Outdoor**

[MIOFO.org](http://MIOFO.org)

734-612-6677

Provides outdoor recreation for wounded veterans and people with disabilities.

**Michigan Paralyzed Veterans of America - Adaptive Sports Michigan**

[PVA.org](http://PVA.org)

248-476-9000

Provides sports and recreation opportunities like wheelchair sports and outdoor activities such as hunting and fishing.

**Michigan Sled Hockey**

[GFHAHockey.com](http://GFHAHockey.com)

810-599-3274

Includes information and registration for sled hockey programs.

**Michigan Victory Games**

[MichiganVictoryGames.org](http://MichiganVictoryGames.org)

Practices and competitions for those with physical disabilities who participate in sports.

**Move United - Michigan Sports Unlimited**

[MoveUnitedSport.org](http://MoveUnitedSport.org)

989-225-0545

Provides resources and access to recreational and sport activities such as bowling, powerlifting, water sports and more.

**Mt. Brighton Adaptive Sports**

[MTBAdaptiveSports.org](http://MTBAdaptiveSports.org)

[MBAdaptive@gmail.com](mailto:MBAdaptive@gmail.com)

Provides opportunities for those with disabilities to participate in downhill snow sports by providing lessons and unique adaptive equipment.

**National Wheelchair Softball Association**

[WheelchairSoftball.org](http://WheelchairSoftball.org)

Facilitates national teams and tournaments for wheelchair softball across the United States for both adults and juniors. Grand Rapids hosts the state team, Michigan Rollin' Whitecaps.

**Neighborhood Club**

[Neighborhoodclub.net/AdaptivePrograms](http://Neighborhoodclub.net/AdaptivePrograms)

313-885-4600

17150 Waterloo, Grosse Pointe, MI 48230

Provides adaptive bowling, softball, swimming lessons and indoor rowing for people with disabilities.

### **No Limits Fishing Adventures**

[NoLimitsFishing.org](http://NoLimitsFishing.org)

810-499-1241

Provides fishing adventures on the St. Clair River and Lake St. Clair.

### **Northern Michigan Adaptive Sports and Recreation**

[Facebook.com/NMAdaptiveSports/](https://Facebook.com/NMAdaptiveSports/)

231-342-2518

Provides downhill snow sports for people with disabilities.

### **RIM Reimagine Life Foundation Adaptive Sports Program**

[RIMFoundation.org](http://RIMFoundation.org)

Kerrie Macudzinski - 313-745-1055 or Myreo Dixon - 313-745-6624

RIM's SportsAbility Program provides a space for individuals with disabilities to engage in competitive sports such as kayaking, wheelchair basketball and much more.

### **Special Olympics- Michigan**

[SOMI.org](http://SOMI.org)

989-774-3911 or 800-644-6404

Individual and team sports training and events for those with intellectual disabilities.

### **Thunder in the Valley**

[ThunderInTheValleyGames.com/index.php](http://ThunderInTheValleyGames.com/index.php)

989-497-3075

Thunder in the Valley is an annual athletic games event that provides the opportunity for people of all ages and abilities to compete in their sport. Events include track, field, archery, powerlifting and more.

### **UMAISE**

[University of Michigan UMAISE](http://UniversityofMichiganUMAISE)

734-936-5491

University of Michigan Adaptive & Inclusive Sports Experience (UMAISE) is an organization that provides sports and fitness recreation activities for people of all ages and abilities.

### **USTA Midwest Wheelchair Tennis**

[USTA.com](http://USTA.com)

941-696-7000

Provides resources and tournament information for adaptive tennis.

### **Wheelchair and Amputee Ballroom Dancing - Dance Mobility**

[FredAstaire.com/Bloomfield-Hills/Para-Dance-Lessons/](http://FredAstaire.com/Bloomfield-Hills/Para-Dance-Lessons/)

248-454-1715

Fred Astaire Dance Studios in Bloomfield Hills provides a free monthly group lesson to wheelchair users and amputees.

**Wheelchair Hockey League of Michigan**

[TheWCHL.com](http://TheWCHL.com)

810-560-3890

Michigan's only adaptive wheelchair floor hockey league.

**Wheels in Motion**

[WheelsInMotion.org](http://WheelsInMotion.org)

810-656-2054

Provides wheelchair-accessible pontoon boat rides on Otter Lake, adaptive mountain biking and more.

**Wheelchair Rugby**

[DetroitRugby.org](http://DetroitRugby.org)

Clubhouse: 21618 Van Dyke, Warren, MI 48091

Detroit Rugby Football Club provides opportunities for wheelchair users to train and participate in rugby tournaments.

**Wheelin' Sportsmen NWTF**

[NWTF.org](http://NWTF.org)

1-800-843-6983

Provides hunting opportunities for people with physical disabilities.

**Wheelchair Sports Federation**

[WheelchairSportsFederation.org](http://WheelchairSportsFederation.org)

718-416-0064

Provides both recreational and competitive sports for people with physical disabilities.

**Wheelin' Team 457**

[Wheelin' Team 457 Facebook](https://www.facebook.com/WheelinTeam457)

810-225-9259

Provides people with physical disabilities with indoor and outdoor recreation.

**Yoga Moves MS**

[YogaMovesMS.org](http://YogaMovesMS.org)

248-417-5985

Provides adaptive yoga classes for those with neuromuscular conditions including Multiple Sclerosis, Parkinson's Disease, stroke and more.



## Specialized/Therapeutic Recreation, Centers and Services

### **Accessible Kayak Launch Map of Michigan**

[MichiganWaterTrails.org](http://MichiganWaterTrails.org)

Provides an interactive map of all adaptive kayak/boat launches in Michigan.

### **Camp No Limits**

[NoLimitsFoundation.org](http://NoLimitsFoundation.org)

207-569-6411

Camps for children living with limb loss.

### **Dance for Parkinson's Classes: Moving Through**

[DanceForParkinsons.org](http://DanceForParkinsons.org)

1-800-957-1046

Provides in person and live online dance for those with Parkinson's Disease.

### **GiGi's Playhouse – Detroit**

[GigisPlayhouse.org/Detroit](http://GigisPlayhouse.org/Detroit)

248-557-9899

Provides free educational and recreational programs to people of all ages with Down syndrome.

### **Got Ability Sports**

[Facebook.com/GotAbilitySports/](https://Facebook.com/GotAbilitySports/)

616-334-3582 or [info@gotabilitysports.com](mailto:info@gotabilitysports.com)

Provides recreational opportunities such as tennis, archery, hiking and cycling.

### **Home & Community Recreational Therapy**

[HCRT.net](http://HCRT.net)

734-546-8775

Provides clients with recreation services tailored to their personal goals and pre-injury lifestyle.

### **OATS Therapeutic Horseback Riding**

[OATSHRH.org](http://OATSHRH.org)

248-245-1020

Provides adaptive and therapeutic horseback riding.

### **Program to Educate all Cyclists (PEAC)**

[BikeProgram.org](http://BikeProgram.org)

734-484-2758

Provides people with disabilities an opportunity to learn and practice riding a bicycle.

### **Rochester Avon Recreation Authority (RARA)**

[Recreation RARAREcreation.org/Programs/Adaptive.php](http://Recreation.RARAREcreation.org/Programs/Adaptive.php)

Provides adaptive fitness, sports and social activities along with SCAMP.

**Round Up Dances**

[Facebook.com/Groups/571363546989406/](https://www.facebook.com/Groups/571363546989406/)

Monthly dances for people with intellectual/developmental disabilities.

**Specialty Aquatic Programs**

[SpecialtyAquaticPrograms.com](https://SpecialtyAquaticPrograms.com)

248-419-0327

Provides unique water recreation programs.

**STRIVE**

[STRIVERTS.com](https://STRIVERTS.com)

248-922-1236

Provides in-home and community based recreational therapy.

**The Fowler Center**

[TheFowlerCenter.org](https://TheFowlerCenter.org)

989-673-2050

Provides year-round outdoor recreational camp for children and adults with disabilities.

**Therapeutic Concepts**

[TherapeuticConceptsLLC.com](https://TherapeuticConceptsLLC.com)

586-722-7524

Provides unique adaptive events for people with disabilities.

**Therapeutic Riding Inc.**

[TherapeuticRidingInc.org/](https://TherapeuticRidingInc.org/)

734-677-0303

Provides adaptive equestrian activities for children and adults with disabilities.

**Wilderness Inquiry**

[WildernessInquiry.org](https://WildernessInquiry.org)

612-676-9400

Provides access to outdoor recreation for all people.

**4H Proud Equestrian Project (PEP)**

[CANR.MSU.edu/Proud Equestrians Program](https://CANR.MSU.edu/Proud_Equestrians_Program)

810-338-8200

PEP provides riders with disabilities an opportunity to connect with and ride horses.

## Parks and Recreation - Adaptive and Therapeutic

### **Canton Therapeutic Recreation**

[CantonMI.gov/135/Therapeutic-Recreation](http://CantonMI.gov/135/Therapeutic-Recreation)

734-394-5460

Provides information on adaptive recreation events in the Canton area.

### **Independence Township Therapeutic Recreation**

[IndTwp.com/Departments/Parks\\_Rec\\_And\\_Seniors/Therapeutic\\_Recreation.php](http://IndTwp.com/Departments/Parks_Rec_And_Seniors/Therapeutic_Recreation.php)

248-625-8223

Independence Township provides transportation and social/athletic events for people in Independence or Springfield Township living with intellectual, developmental and/or physical disabilities.

### **Oakland County Parks - Adaptive Recreation**

[OaklandCountyParks.com/AdaptiveRec](http://OaklandCountyParks.com/AdaptiveRec)

248-221-8040

Provides adaptive recreation opportunities, including kayaking, social activities and more.

### **Southfield Parks and Recreation - Therapeutic Recreation**

[CityOfSouthfield.com/Departments/Parks-Recreation/Adaptive-Recreation](http://CityOfSouthfield.com/Departments/Parks-Recreation/Adaptive-Recreation)

248-796-4620

Provides therapeutic recreation services to the city of Southfield.

### **Sterling Heights Parks and Recreation**

[SterlingHeights.gov/1231/Adaptive-Recreation](http://SterlingHeights.gov/1231/Adaptive-Recreation)

586-446-2700

Provides adaptive recreation events for people with disabilities in Sterling Heights.

### **Troy Adaptive Programs**

[Rec.TroyMI.gov/Programs\\_Events/Adaptive/Index.php](http://Rec.TroyMI.gov/Programs_Events/Adaptive/Index.php)

248-524-3484

Troy adaptive recreation offers a variety of programs for people with disabilities, including movie nights, social events and more.

### **Waterford Parks and Recreation – Therapeutic Recreation**

[WaterfordMI.gov/1016/Therapeutic-Recreation](http://WaterfordMI.gov/1016/Therapeutic-Recreation)

248-674-5441

Provides adaptive sports and social clubs for people with disabilities of all ages.



## **Southeast Michigan Parks and Recreation**

*Local parks and recreation offices can give information on individual park accessibility, events and costs.*

### **Detroit Parks and Recreation**

[DetroitMI.gov/Departments/Detroit-Parks-Recreation](http://DetroitMI.gov/Departments/Detroit-Parks-Recreation)

313-224-1100

### **Ingham County Parks**

[PK.Ingham.org/](http://PK.Ingham.org/)

517-676-2233

### **Huron-Clinton Metroparks**

[Metroparks.com/](http://Metroparks.com/)

810-227-2757

### **Livingston County Parks**

[GreatStartLivingston.org/Parks-And-Playgrounds-In-Livingston-County/](http://GreatStartLivingston.org/Parks-And-Playgrounds-In-Livingston-County/)

517-540-6829

### **Macomb Township Parks and Recreation**

[Macomb-MI.gov/204/Parks-And-Recreation](http://Macomb-MI.gov/204/Parks-And-Recreation)

586-992-2900

### **Monroe County Parks and Recreation**

[Co.Monroe.MI.US/310/Parks-Recreation](http://Co.Monroe.MI.US/310/Parks-Recreation)

734-240-7250

### **Michigan State Parks**

[Michigan.gov/DNR/Places/State-Parks](http://Michigan.gov/DNR/Places/State-Parks)

517-284-7275

### **Oakland County Parks**

[Oakgov.com/Community/Oakland-County-Parks](http://Oakgov.com/Community/Oakland-County-Parks)

248-221-8040

### **Washtenaw County Parks & Recreation**

[Washtenaw.org/288/Parks-Recreation](http://Washtenaw.org/288/Parks-Recreation)

734-971-6337

### **Wayne County Parks**

[WayneCounty.com/Departments/PublicServices/Parks-Recreation.aspx](http://WayneCounty.com/Departments/PublicServices/Parks-Recreation.aspx)

734-261-1990

## Exercise and Fitness Facilities/Accessibility Information

Gym location links:

[Life Time Gyms](#)

[Planet Fitness](#)

[Powerhouse Gyms](#)

[YMCA](#)

[Anytime Fitness](#)

City/Pool	Pool Temp	Pool Access	Locker Rooms	Lifeguard
<b>Canton</b> <a href="#">Summit on the Park's Aquatic Center</a> (734) 394-5460	85	Zero depth entry	Family changing	Yes
<b>Dearborn</b> <a href="#">Ford Community &amp; Performing Arts Center</a> (313) 943-2350	86	Zero depth entry, ladder and lift chair available	Family changing	Yes
<b>Detroit</b> <a href="#">Boll Family YMCA</a> (313)309-9622 <a href="#">Northwest Activities Center</a> (313) 224-1100	85 & 90 (2 YMCA pools) 82 (Northwest Activity)	Slopped entry and lift chair  Ladder	Family changing	Yes
<b>Farmington Hills</b> <a href="#">Farmington Family YMCA</a> (248) 553-4020	89 & 84	Slopped entry/ rails and chair lift available	Family changing	Yes
<b>Hartland</b> <a href="#">Hartland's Caroselli Aquatic Center</a> (810) 626-2279	86	Zero depth entry	Family changing	Yes
<b>Highland</b> <a href="#">Huron Valley Pools &amp; Fitness</a> (248) 676-2341	85	Zero depth entry and lift chair	Family changing	Yes
<b>Howell</b> <a href="#">Highlander Aquatic and Fitness Center</a> (517) 540-8085	85	Steps with rail and lift chair	Family changing	Yes
<b>Livonia</b> <a href="#">Livonia Community Swim Club</a>	89 & 84	Lift chair in lap pool and zero depth entry	Family changing	Yes
<b>Macomb Twp</b> <a href="#">Aquatic Center</a> (586) 992-2900	83	Zero depth entry	Family changing	Yes

<b>New Boston</b> <a href="#">Willow Metropark</a> (734) 697-9181	Unheated outdoor pool	Zero depth entry	Family changing	Yes
<b>Romulus</b> <a href="#">Athletic Center</a> (734) 942-2223	85	Zero depth entry and lift chair	Family changing	Yes
<b>Royal Oak</b> <a href="#">South Oakland Family YMCA</a> (248) 547-0030	84	Steps with rail	Family changing	Yes
<b>Troy</b> <a href="#">Community Center</a> (248) 619-7270	88 & 85	Slopped entry	Family changing	Yes
<b>Wayne</b> <a href="#">HYPER Recreation Center of Western Wayne</a> (734) 721-7400	84	Slopped entry	Family changing	Yes
<b>Warren</b> <a href="#">Community Center</a> (586) 268-8400	90 & 84	Lift chair and steps with rail	Family changing	Yes
<b>West Bloomfield</b> <a href="#">The J</a> (248) 661-1000	88 & 83	Lift chair and steps with rail	Family changing	Yes
<b>Westland</b> <a href="#">Dyer Pool Comm. Ctr.</a> (734) 419-2020	90	Lift chair and steps with rail	Family changing	Yes
<b>White Lake</b> <a href="#">Huron Valley Pools &amp; Fitness</a> (248) 676-2341	84 & 80	Slopped entry, lift chair and zero depth entry	Family changing	Yes

## Accessibility Information Resources

### **Access to Recreation - adaptive equipment for recreation activities**

[AbleRec.com](http://AbleRec.com)

### **Adaptive Ski & Sport Programs**

[WAE.com/CaseStudies/Sit-Ski-Aerodynamic-Optimisation-GB-SnowSport](http://WAE.com/CaseStudies/Sit-Ski-Aerodynamic-Optimisation-GB-SnowSport)

### **Anglers of Honor - Fishing for veterans with physical disabilities**

[AnglersOfHonor.org](http://AnglersOfHonor.org)

### **Anything Pawsable - Service dog information**

[AnythingPawsable.com](http://AnythingPawsable.com)

### **Athletics for All**

[AFAAthleticsForAll.com](http://AFAAthleticsForAll.com)

### **Disabled Dealer - Buy and sell adaptive equipment**

[DisabledDealer.com/Default.asp](http://DisabledDealer.com/Default.asp)

### **Handicaching - Accessible geocaching**

[Handicaching.com/Links.php](http://Handicaching.com/Links.php)

### **Kiefer - Aquatics Products**

[Kiefer.com](http://Kiefer.com)

### **New Mobility - Leading magazine focused on disability culture and lifestyle**

[NewMobility.com](http://NewMobility.com)

### **Sports n' Spokes - source for adaptive recreation and sports**

[SportsNSpokes.com](http://SportsNSpokes.com)

### **S&S Primelife - Therapeutic arts and recreation activities**

[SSWW.com/Senior-Activities](http://SSWW.com/Senior-Activities)

### **The Adaptive Outdoorsman Podcast**

[Facebook.com/TheAdaptiveOutdoorsman](https://Facebook.com/TheAdaptiveOutdoorsman)

## Cultural Attractions, Museums, Food and Fun

### **Anna Scripps Whitcomb Conservatory - Belle Isle**

[BelleIsleConservancy.org](http://BelleIsleConservancy.org)

313-331-77604

Inselruhe Ave., Detroit

### **Automotive Hall of Fame**

[AutomotiveHallOfFame.org](http://AutomotiveHallOfFame.org)

313-240-4000

21400 Oakwood Blvd., Dearborn

### **Campus Martius Park Detroit Downtown**

[Detroit.org/Experience-Downtown/Downtown-Detroit-Parks/](http://Detroit.org/Experience-Downtown/Downtown-Detroit-Parks/)

800 Woodward Ave., Detroit

### **Charles H. Wright Museum of African American History**

[TheWright.org](http://TheWright.org)

313-494-5800

315 E. Warren Ave., Detroit

### **C.J. Barrymore's**

[CJBarrymores.com](http://CJBarrymores.com)

586-469-2800

21750 Hall Road, Clinton Township

### **College for Creative Studies**

[CCSDetroit.edu](http://CCSDetroit.edu)

313-664-7400

201 E. Kirby St., Detroit

### **Cranbrook Art Museum**

[CranbrookArtMuseum.org](http://CranbrookArtMuseum.org)

248-645-3323

39221 Woodward Ave., Bloomfield Hills

### **Cranbrook House and Gardens**

[HouseGardens.Cranbrook.edu/](http://HouseGardens.Cranbrook.edu/)

248-645-3147

380 Lone Pine Road, Bloomfield Hills

### **Cranbrook Institute of Science**

[Science.Cranbrook.edu](http://Science.Cranbrook.edu)

248-645-3200

39221 Woodward Ave., Bloomfield Hills



**Dave and Buster's**

[DaveAndBusters.com/US/EN/Home](http://DaveAndBusters.com/US/EN/Home)

(multiple locations)

**Detroit Chamber Winds & Strings**

[DetroitChamberWinds.org](http://DetroitChamberWinds.org)

248-559-2095

24901 Northwestern Highway, Suite #312, Southfield

**Detroit Historical Museum**

[DetroitHistorical.org](http://DetroitHistorical.org)

313-883-1805

5401 Woodward Ave., Detroit

**Detroit Institute of Arts**

[DIA.org](http://DIA.org)

313-883-7900

5200 Woodward Ave., Detroit

**Detroit Zoo**

[DetroitZoo.org](http://DetroitZoo.org)

248-541-5717

8450 W. 10 Mile Road, Royal Oak

**Dossin Great Lakes Museum**

[DetroitHistorical.org/Dossin-Great-Lakes-Museum/Plan-Your-Visit/General-Information](http://DetroitHistorical.org/Dossin-Great-Lakes-Museum/Plan-Your-Visit/General-Information)

313-883-1805

100 Strand Drive, Belle Isle, Detroit

**Dow Gardens**

[DowGardens.org](http://DowGardens.org)

1-800-362-4874

1809 Eastman Ave., Midland

**Eastern Market**

[EasternMarket.org](http://EasternMarket.org)

2934 Russell St., Detroit

**Edsel & Eleanor Ford House**

[FordHouse.org](http://FordHouse.org)

313-884-4222

1100 Lake Shore Road, Grosse Pointe Shores

**Fowling Warehouse**

[FowlingWarehouse.com/Locations](http://FowlingWarehouse.com/Locations)

(multiple locations)

**Franklin Cider Mill**

[FranklinCiderMill.com](http://FranklinCiderMill.com)

248-626-8261

7450 Franklin Road, Bloomfield Hills

**Greenfield Village/Henry Ford Museum**

[TheHenryFord.org/Visit/Greenfield-Village](http://TheHenryFord.org/Visit/Greenfield-Village)

313-982-6001

20900 Oakwood Blvd., Dearborn

**Hart Plaza**

[DetroitRiverfront.org/Riverfront/East-Riverfront/Hart-Plaza](http://DetroitRiverfront.org/Riverfront/East-Riverfront/Hart-Plaza)

313-887-8057

1 Hart Plaza, Detroit

**Henry Ford Estate - Fair Lane: Home of Clara & Henry Ford**

[HenryFordFairLane.org](http://HenryFordFairLane.org)

313-668-3200

1 Fair Lane Drive, Dearborn

**Historic Fort Wayne**

[HistoricFortWayneCoalition.com](http://HistoricFortWayneCoalition.com)

6325 W. Jefferson, Detroit

**LegoLand Discovery Center**

[LegoLandDiscoveryCenter.com/Michigan](http://LegoLandDiscoveryCenter.com/Michigan)

Great Lakes Crossing Outlet

4240 Baldwin Road, Auburn Hills

**Leslie Science & Nature Center**

[DiscoverScienceAndNature.org](http://DiscoverScienceAndNature.org)

734-997-1553

1831 Traver Road, Ann Arbor

**Marvin's Marvelous Mechanical Museum**

*Arcade/Museum*

[Marvin3M.com](http://Marvin3M.com)

248-626-5020

31005 Orchard Lake Road, Farmington Hills

**Maybury Farm**

[MayburyFarm.org](http://MayburyFarm.org)

248-374-0200

50165 8 Mile Road, Northville

**Meadow Brook Hall**

[MeadowBrookHall.org](http://MeadowBrookHall.org)

248-364-6200

350 Estate Drive, Rochester

**Michigan Science Center**

[Mi-Sci.org](http://Mi-Sci.org)

313-557-8400

5020 John R. St., Detroit

**Mill Race Village Museum**

[MillRaceNorthville.org](http://MillRaceNorthville.org)

248-348-1845

215 Griswold St., Northville

**Motown Museum**

[MotownMuseum.org](http://MotownMuseum.org)

313-875-2264

2648 W. Grand Blvd., Detroit

**Outdoor Adventure Center**

[DetroitRiverfront.org/Riverfront/East-Riverfront/Outdoor-Adventure-Center](http://DetroitRiverfront.org/Riverfront/East-Riverfront/Outdoor-Adventure-Center)

1-844-622-6367

1801 Atwater St., Detroit

**Parmenter's Northville Cider Mill**

[NorthvilleCider.com](http://NorthvilleCider.com)

248-349-3181

714 Baseline Road, Northville

**Pewabic Pottery**

[Pewabic.org](http://Pewabic.org)

313-626-2000

10125 E. Jefferson Ave., Detroit

**Restaurants in Detroit**

[Detroit.Eater.com/Maps/Best-Restaurants-Detroit-38](http://Detroit.Eater.com/Maps/Best-Restaurants-Detroit-38)

**Sainte Anne de Detroit**

[Ste-Anne.org](http://Ste-Anne.org)

313-496-1701

1000 Sainte Anne St., Detroit

**Sanders and Morley Candy Makers**

[SandersCandy.com](http://SandersCandy.com)

586-464-5700

22800 Hall Road, Clinton Twp.

**Sea Life Michigan Aquarium**

[VisitSeaLife.com/Michigan](http://VisitSeaLife.com/Michigan)

248-409-6001

Great Lakes Crossing Outlet

4316 Baldwin Road, Auburn Hills

**Second Baptist Church of Detroit -- Underground Railroad Tours**

[SecondBaptistDetroit.org](http://SecondBaptistDetroit.org)

313-961-0920

441 Monroe St., Detroit

**Selfridge Air Museum**

[SelfridgeAirMuseum.org](http://SelfridgeAirMuseum.org)

586-239-5035

27333 C St., Harrison Twp.

**Spring Valley Trout Farm**

[SpringValleyTroutFarm.com/index.html](http://SpringValleyTroutFarm.com/index.html)

734-426-4772

12190 Island Lake Road, Dexter

**The Parade Company**

[TheParade.org](http://TheParade.org)

313-923-7400

9500 Mt. Elliott, Studio A, Detroit

**The Petting Farm**

[PettingFarm.com/Home](http://PettingFarm.com/Home)

734-998-0182

3001 Earhart Road, Ann Arbor

**Upland Hills Farm**

[UplandHillsFarm.com](http://UplandHillsFarm.com)

248-628-1611

481 Lake George Road, Oxford

**Visit Detroit**

[VisitDetroit.com](http://VisitDetroit.com)

**Michigan Flight Museum & Air Adventures**

[MiFlightMuseum.org](http://MiFlightMuseum.org)

734-483-4030

47884 D St., Belleville

**Zap Zone**

[Zap-Zone.com](http://Zap-Zone.com)

(multiple locations)

**The Zekelman Holocaust Center**

[HolocaustCenter.org](http://HolocaustCenter.org)

248-553-2400

28123 Orchard Lake Road, Farmington Hills



## Art, Music and Theater

### **Aretha Franklin Amphitheatre**

[TheAretha.com](http://TheAretha.com)

313-393-0292

2600 Atwater St., Detroit

### **Arts & Scraps**

[ArtsAndScraps.org](http://ArtsAndScraps.org)

313-640-4411

16135 Harper Ave., Detroit

### **Bonstelle Theatre**

[HistoricDetroit.org/Buildings/Bonstelle-Theatre](http://HistoricDetroit.org/Buildings/Bonstelle-Theatre)

313-577-2962

3424 Woodward Ave., Detroit

### **Chamber Music Detroit**

[ChamberMusicDetroit.org](http://ChamberMusicDetroit.org)

313-335-3350

440 Burroughs St., Suite 225, Detroit

### **Detroit Film Theatre**

[DIA.org/Events/Detroit-Film-Theatre](http://DIA.org/Events/Detroit-Film-Theatre)

313-833-4005

Detroit Institute of Arts

5200 Woodward Ave., Detroit (John R. Entrance)

### **Detroit Opera**

[DetroitOpera.org](http://DetroitOpera.org)

313-237-7464

1526 Broadway St., Detroit

### **Detroit Repertory Theater**

[DetroitRepTheatre.com](http://DetroitRepTheatre.com)

313-868-1347

13103 Woodrow Wilson St., Detroit

### **Detroit Symphony Orchestra**

[DSO.org](http://DSO.org)

313-576-5111

Max M. & Marjorie S. Fisher Music Center

3711 Woodward Ave., Detroit

**D-MAN Foundation**

*Nonprofit music therapy organization*

[MyDMan.org](http://MyDMan.org)

248-459-1340

3500 W. 11 Mile Road, Suite C, Berkley

**FAR Therapeutic Arts and Recreation**

*Dance, music and recreational therapy for all.*

[Far-Therapy.org](http://Far-Therapy.org)

248-646-3347

1669 W. Maple Road, Birmingham

**The Fillmore Detroit**

[LiveNation.com/Venue/KovZpZAEAktA/The-Fillmore](http://LiveNation.com/Venue/KovZpZAEAktA/The-Fillmore)

313-961-5451

2115 Woodward Ave., Detroit

**Fisher Theatre**

[BroadwayInDetroit.com](http://BroadwayInDetroit.com)

313-887-1256

3011 W Grand Blvd., Detroit

**Fox Theatre**

[313Presents.com/Venue/Fox-Theatre](http://313Presents.com/Venue/Fox-Theatre)

313-471-7000

2211 Woodward Ave., Detroit

**Genitti's Hole-in-the-Wall Dinner Theater**

[Genittis.com](http://Genittis.com)

248-349-0522

108 E. Main St., Northville

**Hilberry Gateway**

[TheatreAndDance.Wayne.edu](http://TheatreAndDance.Wayne.edu)

313-577-2972

4715 Cass Ave., Detroit

**Macomb Center for the Performing Arts**

[MacombCenter.com](http://MacombCenter.com)

586-286-2222

44575 Garfield Road, Clinton Township

**The Majestic Theatre**

[MajesticDetroit.com](http://MajesticDetroit.com)

313-833-9700

4140 Woodward Ave., Detroit

**Masonic Temple Detroit**

[TheMasonic.com](http://TheMasonic.com)

313-832-7100

500 Temple St., Detroit

**Meadow Brook Theatre**

[MBTheatre.com](http://MBTheatre.com)

248-377-3300

378 Meadow Brook Road, Rochester

**Music Hall Center for the Performing Arts**

[MusicHall.org](http://MusicHall.org)

313-887-8500

350 Madison Ave., Detroit

**Paint a Miracle - Art classes for all abilities**

[PaintAMiracle.org](http://PaintAMiracle.org)

248-652-2702

400 Water St., LL4, Rochester

**Pine Knob Music Theatre**

[313Presents.com/Venue/Pine-Knob-Music-Theatre](http://313Presents.com/Venue/Pine-Knob-Music-Theatre)

313-471-7000

33 Bob Seger Drive, Clarkston

**The Players Guild of Dearborn**

[PlayersGuildOfDearborn.org](http://PlayersGuildOfDearborn.org)

313-561-8587

21730 Madison St., Dearborn

**The Purple Rose Theatre Company**

[PurpleRoseTheatre.org](http://PurpleRoseTheatre.org)

734-433-7673

137 Park St., Chelsea

**Stagecrafters at the Baldwin Theatre**

[StageCrafters.org](http://StageCrafters.org)

248-541-6430

415 S. Lafayette Ave., Royal Oak

**The Art Experience - Community arts studio for everyone**

[TheArtExperience.org](http://TheArtExperience.org)

248-706-3304

175 S. Saginaw St., Suite #109, Pontiac

**The Bee's Knees Pottery**

[TheBeesKneesPottery.com](http://TheBeesKneesPottery.com)

248-347-6718

149 E. Main St., Northville

**Tipping Point Theatre**

[TippingPointTheatre.com](http://TippingPointTheatre.com)

248-347-0003

361 E. Cady St., Northville

## Spectator Sports

### **Comerica Park - Detroit Tigers**

[MLB.com/Tigers/Ballpark](http://MLB.com/Tigers/Ballpark)

313-962-4000

2100 Woodward Ave., Detroit

### **Ford Field - Detroit Lions and more**

[FordField.com](http://FordField.com)

313-262-2000

2000 Brush St., Detroit

### **Jimmy John's Field**

[USPBL.com/Jimmy-Johns-Field](http://USPBL.com/Jimmy-Johns-Field)

248-601-2400

7171 Auburn Road, Utica

### **Little Caesars Arena - Detroit Red Wings, Detroit Pistons and more**

[313Presents.com/Venue/Little-Caesars-Arena](http://313Presents.com/Venue/Little-Caesars-Arena)

313-471-7000

2645 Woodward Ave., Detroit

### **USA Hockey Arena**

[USAHockeyArena.com](http://USAHockeyArena.com)

734-453-6400

14900 Beck Road, Plymouth



## Transportation and Travel

### **AJ Transportation (Wayne County)**

[AJTransportation.com](http://AJTransportation.com)

313-457-7770

### **Alimar Transportation Services (Warren)**

[AlimarTrans.com](http://AlimarTrans.com)

886-720-5438

### **Checker Transportation (Detroit)**

[CheckerDetroit.com](http://CheckerDetroit.com)

313-963-7000

### **Clock Mobility (Lansing)**

[ClockMobility.com](http://ClockMobility.com)

517-272-4488

### **The Creative Mobility Group (Metro Detroit/Flint)**

[CreativeMobilityGroup.com](http://CreativeMobilityGroup.com)

1-888-998-4264

### **Delta Airlines**

[Accessible Travel Services](#)

Different accommodation depending on the aircraft, contact information via the link above can help in getting the needed assistance.

### **Detroit MetroLift** (Detroit Department of Transportation-Americans with Disabilities Act Paratransit - ADA Paratransit)

<https://detroitmi.gov/sites/detroitmi.localhost/files/2021-07/DetroitMetroLiftApplication-0721-ENG.pdf>

### **Detroit People Mover (Detroit)**

[ThePeopleMover.com](http://ThePeopleMover.com)

313-224-2160

### **Give-A-Lift Non-Emergency Medical Transportation (Southfield)**

[GiveALiftTransportation.com](http://GiveALiftTransportation.com)

248-569-5010

### **Macomb County Transportation (Macomb County)**

<https://www.macombgov.org/departments/macomb-community-action/emergency-services/transportation-program>

586-469-5225

### **Mobility International USA (MIUSA)**

[MiUSA.org/Resource/Tip-Sheets/PhysicalDisability](http://MiUSA.org/Resource/Tip-Sheets/PhysicalDisability)

Tips for travel with a physical disability

**The Mobility Resource**

[TheMobilityResource.com](http://TheMobilityResource.com)

866-771-7770

Shop/rent modified vehicles

**MobilityWorks**

[MobilityWorks.com](http://MobilityWorks.com)

877-275-4907

Buy modified vehicles

**SMART Community Transit (North and West Oakland Transport Authority)**

[SmartBus.org/Services/Services-By-Community](http://SmartBus.org/Services/Services-By-Community)

**Spirit Airlines**

[Guests Traveling with a Disability](#)

**United Airlines**

[Accessible Travel](#)

Movable armrest available on all aircraft. Link above also includes a social story for passengers.

**Wheelchair Travel**

[WheelchairTravel.org](http://WheelchairTravel.org)

Resources for people with physical disabilities on hotels, aircraft and more.

## Family Resources

### **Alternatives for Seniors**

[AlternativesForSeniors.com/Senior-Living/Assisted-Living/Michigan](https://AlternativesForSeniors.com/Senior-Living/Assisted-Living/Michigan)

Assisted living and Alzheimer's care.

### **The Color of Autism Foundation**

[TheColorOfAutism.org](https://TheColorOfAutism.org)

Organization providing resources and support for African American families affected by autism spectrum disorder.

### **Facing Disability**

[FacingDisability.com](https://FacingDisability.com)

Resource for families facing spinal cord injuries.

### **Family Caregiver Alliance**

[Caregiver.org](https://Caregiver.org)

Resources for those caring for others.

### **Michigan Resources for Families and Children with Special Needs**

[Michigan.gov/CSNFund/Resources](https://Michigan.gov/CSNFund/Resources)

Michigan resources for families with children with disabilities.

### **Michigan Alliance for Families**

[MichiganAllianceForFamilies.org](https://MichiganAllianceForFamilies.org)

Provides education and support to families who are caring children and young adults (age 26 years and under) who receive special education.

### **National Resource Directory**

[NRD.gov/Misc/HowToUseThisSite](https://NRD.gov/Misc/HowToUseThisSite)

Connects veterans and their families with available resources.

### **Senior Resource Connect**

[SeniorResourceConnectMi.org](https://SeniorResourceConnectMi.org)

Organization that connects older adults to community resources.

## Suggestion Form

Have an idea that will improve the directory or need to make a change to content?  
Submit your suggestion here: <https://forms.gle/RGNmvwqoncaZU71P7>