











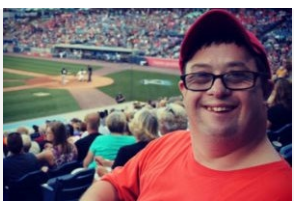


## Teen & Adult (14+) Resources

DSAWM Teen & Adult programs are designed to support the transition to adulthood and beyond. Areas of focus include developing skills to create independence, leading a healthy lifestyle, and community integration.

### DSAWM Programs and Services for Teens & Adults

Learn more about each program by visiting [dsawm.org/programs](https://dsawm.org/programs).

	<p><b>Book Club</b> Teens and adults aged 16 and older with Down syndrome meet to discuss books selected by Next Chapter Book Club. Book Club meets twice a month and is open to all reading levels, including non-readers.</p>
	<p><b>Buddy Up Tennis</b> Buddy Up Tennis teaches children and teens with Down syndrome the game of tennis while supporting healthy activity and motor function. Athletes aged 5 and older work with professional coaches and one-on-one Buddies.</p>
	<p><b>Cooking Capers</b> Teens and adults with Down syndrome aged 16 and older learn culinary terminology, cooking methods, measurement, and kitchen safety while crafting a delicious, healthy, gluten-free meal. Cooking Capers meets twice a month during the school year.</p>
	<p><b>iCan Bike Camp</b> Every even-numbered summer, DSAWM hosts a week-long iCan Bike Camp where children with disabilities ages 8 and older can learn to ride a typical two-wheeled bicycle using proven, research-based methods.</p>
	<p><b>Member Financial Assistance</b> DSAWM's Member Financial Assistance Fund is designed to provide financial support to families raising individuals with Down syndrome who need help with certain Down syndrome-related expenses including adoption, education, therapy, adaptive devices, respite, and hospital stays.</p>

	<p><b>Rapid Runners</b>        In this summer running program, teens and adults with Down syndrome aged 14 and older train for a 5K race by following individualized training plans based on the Couch to 5K program.</p>
	<p><b>Shape Up</b>        Shape Up is a health and fitness program for people with Down syndrome aged 14 and older. The weekly class consists of 45 minutes of nutrition instruction and 45 minutes of aerobic exercise.</p>
	<p><b>Skill Building Series</b>        The Skill Building Series teaches life skills such as grocery shopping, resume preparation, public speaking, and navigating the city to foster independence for teens and adults with Down syndrome.</p>
	<p><b>Water Ski Clinic</b>        DSAWM hosts an Adaptive Water Ski Clinic in partnership with Kentwood Parks and Recreation every summer that focuses on sitting and standing skiing. The clinic is held on Reeds Lake every July.</p>
	<p><b>Weekly Update</b>        The Weekly Update newsletter is emailed every Thursday and shares upcoming programs and services from DSAWM and our community partners. For new parents, it is an easy way to get connected and learn about the opportunities available to you and your family.</p>
	<p><b>Access! GR</b>        Through a partnership with Access! GR, DSAWM can connect members with the rich arts &amp; cultural scene in West Michigan. Free tickets are available in a limited supply for both ongoing venues and special event venues. Accommodations can be made to make sure the arts are accessible to everyone.</p>
	<p><b>Holiday Party</b>        Every December, DSAWM families gather in Grand Rapids and Kalamazoo to visit with Santa and reconnect with friends. The Grand Rapids Holiday Party is a member-only event and is held at the Grand Rapids Public Museum.</p>
	<p><b>Member Picnic</b>        Each summer, DSAWM families gather at Tunnel Park in Holland for a day of friends, food, and fun in the sun. The Member Picnic is a member only event and is held in July.</p>



### Rock Your Socks Dance

Rock your socks off at our annual Rock Your Socks Dance in honor of World Down Syndrome Day (3/21). The event is open to anyone interested in celebrating Down syndrome.



### Step Up for Down Syndrome

Step Up for Down Syndrome is the largest Down syndrome awareness event in Michigan and DSAWM's biggest fundraiser. Families, friends, and the public are invited to this annual celebration and walk held each September where we come together to support our loved ones with Down syndrome.

## Community Supports

### Transitions (18-26)

- **Getting Services**

Once your child turns 18, a number of resources are available to assist in the process of transitioning to adulthood. Begin by connecting with your county's **Community Mental Health** organization. The organization will assign a Supports Coordinator to assist with everything from understanding benefits to identifying housing options to CLS (community living supports) coordination.

<p><b>Network 180 (Kent County)</b>  <a href="http://network180.org">network180.org</a>          616-336-3909</p>	<p><b>Ottawa County Community Mental Health (Ottawa County)</b>  <a href="http://miottawa.org/health/cmh">miottawa.org/health/cmh</a>          616-392-1873</p>	<p><b>Integrated Services of Kalamazoo (Kalamazoo County)</b>  <a href="http://iskzoo.org">iskzoo.org</a>          269-373-6000</p>
---	---	---

Find your county's CMH provider by visiting [michigan.gov/mdhhs](http://michigan.gov/mdhhs).

If you need assistance getting started, **Disability Advocates of Kent County's Family Support** team is available to answer your questions and offer guidance. Visit [dakc.us/family-support](http://dakc.us/family-support) or call 616-949-1100.

- **Benefits & Guardianship**

Understanding what government and financial benefits your child qualifies for upon turning 18 is critical to navigating the transitions process, especially as you consider what guardianship options are the best fit for your child and family. While your Community Mental Health Supports Coordinator should provide you with this information, the organizations below are also knowledgeable and prepared to answer your questions about benefits and guardianship.

- **The Arc** ([thearc.org](http://thearc.org) or 202-534-3700) provides information and guidance on a number of topics including Social Security benefits, Medicaid, and community mental health services. Visit their website at [thearc.org](http://thearc.org) and use the Find a Chapter button to search for your local Arc office.

- **Disability Advocates of Kent County** ([dakc.us](http://dakc.us) or 616-949-1100) has two departments that may be utilized for questions related to benefits and guardianship. Their Benefits Planning team can assist with SSI/SSDI and DHHS applications, explain benefit interactions, and help you plan for the future. Their Family Support team can answer questions about Independent Living Skills, Self Determination, Financial Transition Planning and Supplemental Income Resources, Accessing Community Living and Home Help Supports, and Guardianship and Power of Attorney.
- **Parent/Caregiver Packet: Guardianship, Power of Attorney, and Social Security** was compiled in 2019 by a DAKC's Family Support staff member. Please note that some information may now be out-of-date, but the packet should provide a good overview of the topics presented. View the packet by visiting [dsawm.org/teen-adult-resources](http://dsawm.org/teen-adult-resources).
- **Michigan Alliance for Families** ([michiganallianceforfamilies.org](http://michiganallianceforfamilies.org) or 800-552-4821) offers extensive online resources, including pre-recorded and live webinars, about guardianship and alternative options, as well as supported decision making.

Something you may want to consider when reviewing benefits is a **MiABLE Account**. MiABLE accounts allow people with disabilities to save for current and future expenses without jeopardizing eligibility for government benefits. Visit [savewithable.com](http://savewithable.com) to learn more.

The National Down Syndrome Society recently published **Financial Wellness: A Guide for Individuals with Disabilities, their Families and Caregivers** in partnership with the Voya Cares program at Voya Financial to provide comprehensive information and solutions to address the unique, and oftentimes fluctuating, financial needs of the disability community. Visit [ndss.org](http://ndss.org) to access the guide.

- **Education**

In the state of Michigan, students receiving special education services are eligible to continue receiving those services to age 26. As your child approaches 18 years old, consider contacting special education agencies or your school district's ISD to discuss options available to your child.

- **Michigan Alliance for Families** ([michiganallianceforfamilies.org](http://michiganallianceforfamilies.org) or 800-552-4821) is the leading statewide resource to connect families of children with disabilities to resources to help improve their children's education. Their website has a section dedicated solely to Transition To Adulthood. Topics covered include Adult Service Agencies, Alternatives to Guardianship, Career/ Employment, Postsecondary Education and Training, Rights and Responsibilities, Self-Advocacy, Self-Determination, Transition Law, and Transition IEP.
- **Transitions in the School System** was compiled by Lizabeth Ensing of Forest Hills Transition Center to help parents understand the transitions process and view the postsecondary options available to their children in West Michigan. View the packet by visiting [dsawm.org/teen-adult-resources](http://dsawm.org/teen-adult-resources).



## Collegiate Opportunities

- **Noorthoek Academy** (<https://www.noorthoekacademy.org> or 616-234-4123) is a non-profit organization that provides an affordable college experience, offering continuing education in the arts and sciences for adults with learning challenges and other intellectual disabilities in partnership with Grand Rapids Community College.
- **Ready For Life** (<https://rflnetwork.org> or 616-248-3775) provides post-secondary educational experiences at Hope College and Calvin College for college-aged individuals diagnosed with cognitive, learning, or social disabilities.
- **University of Cincinnati Transition and Access Program** ([cech.uc.edu](http://cech.uc.edu)) provides a four-year college experience for individuals with mild to moderate intellectual or developmental disabilities.

If your child plans to attend a university, community college or post-secondary institution, **Ruby's Rainbow** is an awesome nonprofit that grants scholarships to students with Down syndrome who are seeking post-secondary education, including enrichment or vocational classes. Visit [rubysrainbow.org](http://rubysrainbow.org) or call 512-879-7801 to learn more.

The **National Down Syndrome Society** also offers several scholarship opportunities to individuals with Down syndrome in the areas of post-secondary education, entrepreneurship, and self-advocacy. Visit [ndss.org/engage/ndss-scholarships](http://ndss.org/engage/ndss-scholarships) to learn more.

- **Employment**

### Preparing for Employment

- **Disability Advocates of Kent County's Youth Transition Services** ([dakc.us/youth-transition-services](http://dakc.us/youth-transition-services) or 616-949-1100) provides youth aged 14+ with tools to ensure a successful transition into adulthood and independence.
- **IKUS** ([ikuslife.org](http://ikuslife.org) or 616-677-5251) in Ottawa county, offers a skill-building program for adults 18+ designed to assist individuals with disabilities with vocational, safety, and community living training, all in a community workforce or volunteer setting.

### Finding Employment

- **Beyond26** ([beyondtwentysix.org](http://beyondtwentysix.org) or 616-884-6400) helps adults with disabilities over 18 find job and volunteer opportunities in West Michigan.
- **ASK Family Services** ([askforkids.org](http://askforkids.org) or 269-343-5896) in Kalamazoo has a Family Care Coordination program that, among other services, helps with planning, linking, and coordinating of community resources and services for individuals with disabilities and their families.
- **Michigan Alliance for Families** ([michiganallianceforfamilies.org](http://michiganallianceforfamilies.org) or 800-552-4821) offers an extensive employment guide on their website for those with disabilities who are preparing for their first job.

As individuals with disabilities secure employment, they may find NDSS' **Financial Wellness: A Guide for Individuals with Disabilities, their Families and Caregivers** helpful in their personal financial planning. The guide was created in partnership with the

Voya Cares program at Voya Financial to provide comprehensive information and solutions to address the unique, and oftentimes fluctuating, financial needs of the disability community. Visit [ndss.org](http://ndss.org) to access the guide.

- **Housing**

Considering where to live is a big step for every young person transitioning to adulthood. Some individuals may prefer to live at home. Others may seek a group home environment or be eager to pursue independent living. Maybe a combination of independence and support is ideal. Fortunately, West Michigan has housing options to fit each of these preferences.

**AFC (Adult Foster Care)/Group Home**

<p><b>Cameo House</b> 616-837-1106 Coopersville</p>	<p><b>MOKA</b> <a href="http://moka.org/residential-homes">moka.org/residential-homes</a> 800-644-2434 Muskegon, Ottawa, Kent, and Allegan counties</p>
<p><b>David's House</b> <a href="http://dhmin.org">dhmin.org</a> 616-247-7861 Grand Rapids</p>	<p><b>Pine Rest</b> <a href="http://pinerest.org/services/residential-services/pine-rest-christian-homes">pinerest.org/services/residential-services/pine-rest-christian-homes</a> 616-281-0061 Grand Rapids</p>
<p><b>Hope Network Adult Foster Care</b> <a href="http://hopenetwork.org">hopenetwork.org</a> 616-301-8000 Grand Rapids</p>	<p><b>Samaritas</b> <a href="http://samaritas.org/Building-Communities/Disability-Support">samaritas.org/Building-Communities/Disability-Support</a> 231-722-2400 Grand Rapids, Muskegon</p>

Network 180 maintains a directory of West Michigan AFC homes on their website at [network180.org](http://network180.org).

**Independent Living**

<p><b>Heritage Hill Association</b> <a href="http://heritagehillweb.org/properties">heritagehillweb.org/properties</a> 616-459-8950 Grand Rapids</p>	<p><b>Michigan State Housing Development Authority</b> <a href="http://affordablehousing.com">affordablehousing.com</a> Locations vary</p>
<p><b>Inner City Christian Federation (ICCF)</b> <a href="http://iccf.org/homes">iccf.org/homes</a> 616-336-9333 Grand Rapids</p>	

## Independent Living with Onsite Support

<p><b>David's House</b>  <a href="http://dhmin.org">dhmin.org</a>          616-247-7861          Grand Rapids</p>	<p><b>MOKA</b>  <a href="http://moka.org/residential-homes">moka.org/residential-homes</a>          800-644-2434          Muskegon, Ottawa, Kent, and Allegan counties</p>
<p><b>Dwelling Place</b>  <a href="http://dwellingplacegr.org/support-services">dwellingplacegr.org/support-services</a>          616-454-0928          Grand Rapids</p>	<p><b>Pine Rest</b>  <a href="http://pinerest.org/services/residential-services/pine-rest-christian-homes">pinerest.org/services/residential-services/pine-rest-christian-homes</a>          616-281-0061          Grand Rapids</p>
<p><b>Gracious Grounds</b>  <a href="http://graciousgrounds.org">graciousgrounds.org</a>          616-414-9209          Grand Haven</p>	<p><b>Samaritas</b>  <a href="http://samaritas.org/Building-Communities/Disability-Support">samaritas.org/Building-Communities/Disability-Support</a>          231-722-2400          Grand Rapids, Muskegon</p>
<p><b>Grand Rapids Housing Commission</b>  <a href="http://grhousing.org/senior-apartments.php">grhousing.org/senior-apartments.php</a>          616-235-2600          Grand Rapids</p>	<p><b>Thresholds</b>  <a href="http://threshnet.org/how-we-can-help/residential">threshnet.org/how-we-can-help/residential</a>          616-455-0960          Grand Rapids</p>

Questions about housing options in West Michigan? Contact **OASIS Community of West Michigan** ([oasiscommunity.info](http://oasiscommunity.info)). Oasis works to discover housing alternatives that will provide adults with disabilities a safe place to live with greater independence, social connectivity, and lead purpose-filled enjoyable lives.

- **Transportation**

The transportation providers below provide services to West Michigan residents with disabilities.

- **GO!Bus** ([ridetherapid.org/additional-services/go-bus](http://ridetherapid.org/additional-services/go-bus) or 616-776-1100) is a shared ride, advanced reservation, ADA paratransit service intended to provide a comparable level of transportation to that which is provided by a The Rapid fixed-route bus in Kent county.
- **Hope Network** ([hopenetwork.org/transportation-services](http://hopenetwork.org/transportation-services) or 616-243-0876) owns and operates a fleet of 63 vehicles, and offers more than 60 professionally trained staff to provide door-to-door transportation for individuals with disabilities in Kent and Ottawa counties.
- **Lakeshore Ride Link** ([lakeshoreridelink.org/transport-for-disabled-people](http://lakeshoreridelink.org/transport-for-disabled-people)) connects individuals with disabilities with transportation services in Kent, Ottawa, Allegan, and Muskegon counties.

**Disability Network Southwest Michigan** maintains a directory of transportation providers in Kalamazoo and surrounding areas on their website at [dnswm.org](http://dnswm.org).

## Therapy

Providers listed below have indicated that they serve patients over 18 years of age. Please visit the School Age Resources page on our website at [dsawm.org/school-age-resources](https://dsawm.org/school-age-resources) for a listing of providers who serve patients younger than 18.

- **Behavior Therapy & Psychology**

- **Defined:** “Applied behavioral analysis (ABA) is a type of therapy that can improve social, communication, and learning skills through positive reinforcement.” – [Healthline](#)
- **West Michigan Providers**

<b>BRAINS</b> <a href="https://brainspotential.com">brainspotential.com</a> 616-365-8920 Grand Rapids	<b>Horizons Developmental Resource Center</b> <a href="https://www.horizonsdrc.com/">https://www.horizonsdrc.com/</a> 616-698-0306 Caledonia
<b>Comprehensive Therapy Center</b> <a href="https://therapycenter.org">therapycenter.org</a> 616-559-1054 Grand Rapids	<b>Pine Rest Christian Mental Health Services</b> <a href="https://pinerest.org">pinerest.org</a> 800-678-5500 Grand Rapids
<b>Hope Network Behavioral Health</b> <a href="https://hopenetwork.org/behavioral-health-services">hopenetwork.org/behavioral-health-services</a> 616-301-8000 Grand Rapids	<b>The Shoreline Center, LLC</b> <a href="https://theshorelinecenter.com">theshorelinecenter.com</a> 616-935-7606 Grand Haven

- **Feeding Therapy**

- **Defined:** “Feeding therapy, in its simplest form, is when a trained occupational or speech therapist helps teach a child how to eat or eat better.” – [NAPA Center](#)
- Learn more about Feeding Therapy from the [American Speech-Language-Hearing Association](#)
- **West Michigan Providers**

<b>Horizons Developmental Resource Center</b> <a href="https://www.horizonsdrc.com/">https://www.horizonsdrc.com/</a> 616-698-0306 Caledonia
---

- **Music Therapy**

- **Defined:** “Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.” – [American Music Therapy Association](#)



- **West Michigan Providers**

<b>Edge Water Music Therapy</b> <a href="http://edgewatertherapy.com/our-services-and-programs">edgewatertherapy.com/our-services-and-programs</a> 269-329-0730 Kalamazoo	<b>West Michigan Music Therapy, LLC</b> <a href="http://westmichiganmt.com">westmichiganmt.com</a> Grand Rapids
<b>Franciscan Life Process Center</b> <a href="http://lifeprocesscenter.org/services/music-therapy">lifeprocesscenter.org/services/music-therapy</a> 616-897-7842 Lowell	<b>Western Michigan University Music Therapy Clinic</b> <a href="http://wmich.edu/musictherapy/clinic">wmich.edu/musictherapy/clinic</a> 269-387-4679 Kalamazoo
<b>Lakeshore Music Therapy Services</b> <a href="https://sites.google.com/site/lakeshoremusictherapy">sites.google.com/site/lakeshoremusictherapy</a> 616-834-0597 Holland	

- **Occupational Therapy/Sensory Integration**

- **OT Defined:** “Occupational therapists and occupational therapy assistants help people across the lifespan participate in the things they want and need to do through the therapeutic use of everyday activities (occupations).” – [American Occupational Therapy Association](#).
- **SI Defined:** “Sensory integration involves perceiving, modulating, organizing, and interpreting these sensations to optimize occupational performance and participation.” – [American Occupational Therapy Association](#)
- Learn more about the relationship between Occupational Therapy, Sensory Integration, and Down syndrome at [NDSS.org](http://NDSS.org).
- **West Michigan Providers**

<b>BRAINS</b> <a href="http://brainspotential.com">brainspotential.com</a> 616-365-8920 Grand Rapids	<b>Sensory Systems Clinic West</b> <a href="http://sensoryclinicwest.com">sensoryclinicwest.com</a> 269-792-2353 Wayland
<b>Comprehensive Therapy Center</b> <a href="http://therapycenter.org">therapycenter.org</a> 616-559-1054 Grand Rapids	<b>The Shoreline Center, LLC</b> <a href="http://theshorelinecenter.com">theshorelinecenter.com</a> 616-935-7606 Grand Haven
<b>Generation Care</b> <a href="http://generationcare.org">generationcare.org</a> 616-935-3300 (Grand Haven), 616-259-4028 (Grand Rapids), 231-737-4374 (Muskegon)	<b>WMU Marion R. Spear Occupational Therapy Clinic</b> <a href="http://wmich.edu/unifiedclinics/unifiedclinicsaboutot">wmich.edu/unifiedclinics/unifiedclinicsaboutot</a> 269-387-7000 Kalamazoo

- **Physical Therapy**

- **Defined:** “Physical therapists are movement experts who improve quality of life through prescribed exercise, hands-on care, and patient education.” – [American Physical Therapy Association](#)
- Learn more about the relationship between Physical Therapy and Down syndrome at [NDSS.org](#).
- **West Michigan Providers**

<b>Comprehensive Therapy Center</b> <a href="#">therapycenter.org</a> 616-559-1054 Grand Rapids	<b>Generation Care</b> <a href="#">generationcare.org</a> 616-935-3300 (Grand Haven), 616-259-4028 (Grand Rapids), 231-737-4374 (Muskegon)
<b>Conductive Learning Center</b> <a href="#">conductivelearningcenter.org</a> 616-575-0575 Grand Rapids	<b>Horizons Developmental Resource Center</b> <a href="https://www.horizonsdrc.com/">https://www.horizonsdrc.com/</a> 616-698-0306 Caledonia

- **Recreational Therapy**

- **Defined:** “Recreational therapy, also known as therapeutic recreation, is a systematic process that utilizes recreation and other activity-based interventions to address the assessed needs of individuals with illnesses and/or disabling conditions, as a means to psychological and physical health, recovery and well-being.” – [American Therapeutic Recreation Association](#)
- Examples of Recreational Therapy: Animal Therapy, Athletics/Outdoor Recreation, Hippotherapy (horseback riding), Horticultural Therapy, Visual and Performing Arts. For a listing of day programs and camps that incorporate recreational therapy, turn to page 13.
- **West Michigan Providers**

<b>Life Therapeutic Solutions</b> <a href="#">life-ts.com/Home.aspx</a> 800-925-3152 Wyoming	<b>Legacy Stables &amp; Karin’s Horse Connection (Hippotherapy)</b> <a href="#">karinshorses.com/karins-horse-connection</a> 616-570-1106 Caledonia
<b>Cheff Therapeutic Riding Center (Hippotherapy)</b> <a href="#">cheffcenter.org</a> 269-731-4471 Augusta	<b>Renew Therapeutic Riding Center (Hippotherapy)</b> <a href="#">renewtrc.org</a> 616-227-3639 Holland

- **Speech Therapy**

- **Defined:** “Speech therapy is the assessment and treatment of communication problems and speech disorders.” – [Healthline](#)
- Learn more about the relationship between Speech Therapy and Down syndrome at [NDSS.org](#).

- **West Michigan Providers**

<p><b>BRAINS</b>  <a href="http://brainspotential.com">brainspotential.com</a>          616-365-8920          Grand Rapids</p>	<p><b>Horizons Developmental Resource Center</b>  <a href="https://www.horizonsdrc.com/">https://www.horizonsdrc.com/</a>          616-698-0306          Caledonia</p>
<p><b>Calvin University Speech and Hearing Clinic</b>  <a href="http://calvin.edu/academics/departments-programs/speech-pathology-audiology/speech-clinic/">calvin.edu/academics/departments-programs/speech-pathology-audiology/speech-clinic/</a>          616-526-6070          Grand Rapids</p>	<p><b>The Shoreline Center, LLC</b>  <a href="http://theshorelinecenter.com">theshorelinecenter.com</a>          616-935-7606          Grand Haven</p>
<p><b>Duncan Lake Speech Therapy, LLC</b>  <a href="http://duncanlakespeechtherapy.com">duncanlakespeechtherapy.com</a>          616-528-0870          Caledonia</p>	<p><b>Western Michigan University Speech Therapy Clinic</b>  <a href="http://wmich.edu/unifiedclinics/vanriper-0">wmich.edu/unifiedclinics/vanriper-0</a>          269-387-7000          Kalamazoo</p>
<p><b>Generation Care</b>  <a href="http://generationcare.org">generationcare.org</a>          616-935-3300 (Grand Haven), 616-259-4028 (Grand Rapids), 231-737-4374 (Muskegon)</p>	

- **Multidisciplinary Therapy**

- **Defined:** Multidisciplinary providers have experience and professional training to practice a variety of therapies.
- **West Michigan Providers**

<p><b>BRAINS</b>  <a href="http://brainspotential.com">brainspotential.com</a>          616-365-8920          Grand Rapids</p>	<p><b>Horizons Developmental Resource Center</b>  <a href="https://www.horizonsdrc.com/">https://www.horizonsdrc.com/</a>          616-698-0306          Caledonia</p>
<p><b>Comprehensive Therapy Center</b>  <a href="http://therapycenter.org">therapycenter.org</a>          616-559-1054          Grand Rapids</p>	<p><b>The Shoreline Center, LLC</b>  <a href="http://theshorelinecenter.com">theshorelinecenter.com</a>          616-935-7606          Grand Haven</p>
<p><b>Generation Care</b>  <a href="http://generationcare.org">generationcare.org</a>          616-935-3300 (Grand Haven), 616-259-4028 (Grand Rapids), 231-737-4374 (Muskegon)</p>	

## Social Programming / Activities

- **Arts**

<p><b>Artists Creating Together</b>  <a href="http://artistscreatingtogether.org">artistscreatingtogether.org</a>          616-885-5866          Grand Rapids</p>	<p><b>Grand Rapids Ballet Explorer Dance</b>  <a href="http://grballet.com/grand-rapids-ballet-school/adaptive-dance">grballet.com/grand-rapids-ballet-school/adaptive-dance</a>          616-454-4771          Grand Rapids</p>
<p><b>Arts in Motion</b>  <a href="http://artsinmotionstudio.org">artsinmotionstudio.org</a>          616-446-7452          Grand Rapids</p>	<p><b>The Habitat Performing Arts Center Adaptive Dance</b>  <a href="http://thehabitatpac.com/adaptive-dance">thehabitatpac.com/adaptive-dance</a>          Kalamazoo</p>

- **Athletics**

<p><b>All Starz Bowling League hosted at Eastbrook Lanes</b>          616-644-4567 or <a href="mailto:sgbowl2000@yahoo.com">sgbowl2000@yahoo.com</a>          (League Coordinator: Betty Goldman)          Grand Rapids</p>	<p><b>Special Olympics Michigan</b>  <a href="http://somi.org/southwest-region">somi.org/southwest-region</a>          616-583-1202          Multiple locations</p>
<p><b>American Youth Soccer Organization (AYSO) VIP Program</b>  <a href="http://ayso.org/play/vip">ayso.org/play/vip</a>          Multiple locations</p>	<p><b>West Michigan Miracle League</b>  <a href="http://wmml.org">wmml.org</a>          616-481-0481          Rockford</p>
<p><b>Kentwood Parks and Recreation Adaptive Recreation</b>  <a href="http://kentwood.us/city_services/city_department/s/parks_and_recreation/adaptive.php">kentwood.us/city_services/city_department/s/parks_and_recreation/adaptive.php</a>          616-656-5270          Kentwood</p>	

- **Animals/Nature**

<p><b>Fellinlove Farm</b>  <a href="http://fellinlovefarm.com">fellinlovefarm.com</a>          616-283-7555          Holland</p>	<p><b>Growing Roots (ages 16+)</b>  <a href="http://wegrowroots.org">wegrowroots.org</a>          616-516-6777          Wayland</p>
--	---

- **Social Recreation**

<p><b>Compassionate Heart Ministries Club 404</b>  <a href="http://compheart.org/clubs">compheart.org/clubs</a>          616-834-0501          Zeeland</p>	<p><b>Sarah Care</b>  <a href="http://sarahcare.com/activities">sarahcare.com/activities</a>          616-530-6700 (Wyoming), 616-364-6800 (Grand Rapids)</p>
--	---

<b>Heritage Homes Social Rec Program</b> <a href="http://heritagehomesinc.org/social-rec-program.html">heritagehomesinc.org/social-rec-program.html</a> 616-895-7104 Ottawa county	<b>Sheldon House</b> <a href="http://www.sheldonhouse.net">www.sheldonhouse.net</a> 616-242-6058 Grand Rapids
<b>IKUS R.E.C. Connect</b> <a href="http://ikuslife.org/rec-connect">ikuslife.org/rec-connect</a> 616-677-5251 Ottawa county	<b>Sidekicks West Michigan</b> <a href="http://sidekickswestmichigan.com">sidekickswestmichigan.com</a> Locations vary
<b>Just Like Home</b> <a href="http://justlikehomeionia.com">justlikehomeionia.com</a> 616-523-4310 Ionia	

- **Camps**

<b>Camp Sunshine</b> <a href="http://campsunshinemichigan.org">campsunshinemichigan.org</a> Holland Ages 12-50	<b>Bloomfield SCAMP</b> <a href="http://bloomfieldscamp.com">bloomfieldscamp.com</a> West Bloomfield Ages 3-26
<b>IKUS (Indian Trails Camp)</b> <a href="http://ikuslife.org/services/indian-trails-camp">ikuslife.org/services/indian-trails-camp</a> Grand Rapids	<b>Clarkston SCAMP</b> <a href="http://clarkstonscamp.org">clarkstonscamp.org</a> Clarkston Ages 3-40
<b>Skyline Camp &amp; Retreat Center</b> <a href="http://campskyline.org/special-needs-camps">campskyline.org/special-needs-camps</a> Birmingham Ages 13+	<b>St. Francis Camp</b> <a href="http://saintfranciscamp.org/summer-camp.htm">saintfranciscamp.org/summer-camp.htm</a> Jerome Ages 8+
<b>CranHill Ranch Friendship Camp</b> <a href="http://cranhillranch.com/summer-camps">cranhillranch.com/summer-camps</a> Rodney Ages 15+	<b>Camp Grace Bentley</b> <a href="http://campgracebentley.org">campgracebentley.org</a> Burtchville Ages 6-17
<b>Pioneer Trails Day Camp</b> <a href="http://pioneerresources.org/pioneer-trails">pioneerresources.org/pioneer-trails</a> Muskegon Ages 6-26	<b>Christian Reformed Conference Grounds</b> <a href="http://crcg.org/camping/special-needs-week">crcg.org/camping/special-needs-week</a> Grand Haven Ages 5+
<b>Pine Ridge Bible Camp – Freddy’s Friends</b> <a href="http://pineridgecamp.com/special-needs-camps">pineridgecamp.com/special-needs-camps</a> Cedar Springs Ages 14+	<b>Spring Hill Camp</b> <a href="http://springhillexperiences.com">springhillexperiences.com</a> Ada, Evar



## Medical

- ***Communicating with Your Physician***

**Boston's MassGeneral Hospital For Children** ([massgeneral.org/children](http://massgeneral.org/children) or 888-644-3248) created a Talking to the Doctor Workbook for individuals with Down syndrome that focuses on sharing feelings and asking questions. They also offer remote second opinions to patients and health care providers in the United States. Similarly, **Children's Hospital of Philadelphia** ([chop.edu](http://chop.edu) or 800-879-2467) offers a Toolkit for Transitioning to Adult Medical Care for individuals with Down syndrome. View both the workbook and toolkit at [dsawm.org/school-age-resources](http://dsawm.org/school-age-resources).

**LuMind IDSC** ([lumindidsc.org](http://lumindidsc.org) or 781-825-1300) has also launched the first-of-its-kind DSC2U, an "online toolkit that provides customized, expert-driven information for people with Down syndrome from age 1 through adulthood. Immediately upon completion of the form, caregivers receive two personalized documents: one for themselves and one to share with their primary healthcare provider. Both documents contain detailed, customized suggestions, follow-up questions, and conversation prompts that are designed to optimize time with a primary care provider and offer caregivers the vocabulary and tools they need to advocate for their loved one." Learn more at [lumindidsc.org](http://lumindidsc.org).

For support when speaking with dental providers, take a look at **Dentably's Dental Care Guidance for Caregivers of Patients with Down syndrome** at [emergencydentistsusa.com/down-syndrome-and-dental-care](http://emergencydentistsusa.com/down-syndrome-and-dental-care).

- ***Finding a Provider***

**Looking for a medical provider?** The Preferred Medical Provider List is maintained by **Down Syndrome Head Start** and lists doctors, dentists, and other providers recommended by Michigan families experiencing Down syndrome. This list can be viewed at [dsawm.org/school-age-resources](http://dsawm.org/school-age-resources). \*\*Please note that Down Syndrome Head Start's website has been down as of November 2018. This list has not been updated since 2017. If you are looking for more up-to-date information, we recommend reaching out on the **Michigan Parents of Children with Down Syndrome Facebook group** at [facebook.com/groups/DownSyndromeMichigan](https://facebook.com/groups/DownSyndromeMichigan).

**Looking for a dentist?** The **Special Care Dentistry Association (SCDA)** ([scaonline.org](http://scaonline.org)) is a unique international organization of oral health professionals and other individuals who are dedicated to promoting oral health and well-being for people with special needs. A list of Michigan dentists belonging to SCDA can be found on their site. The **Michigan Parents group on Facebook** is also a good resource for finding dental recommendations.

- ***Paying for Your Child's Healthcare Expenses***

**Children's Special Health Care Services (CSHCS) of Michigan** ([michigan.gov](http://michigan.gov) or 1-800-359-3722) provides low or no cost supplemental health insurance for a variety of covered medical diagnoses for individuals under 21 years old. While Down syndrome alone is not a qualifying diagnosis, CSHCS covers over 2,700 physical conditions of which many individuals with Down syndrome may experience at least one. To view a complete list of covered conditions and the contact information for each county's CSHCS branch visit [michigan.gov/mdhhs](http://michigan.gov/mdhhs).

**The Children with Special Needs Fund** ([michigan.gov/csnfund](http://michigan.gov/csnfund) or 517-241-7420) provides support for children ages 0-21 in Michigan with special health care needs not available through any other funding source. The Fund helps with the purchase of equipment and services that promote optimal health, mobility, and development, enhancing the lives of children and their families.

Individuals with disabilities are eligible for **Social Security** and **Medicaid** upon turning 18. For more information about applying for or utilizing benefits, contact the **Disability Advocates of Kent County's Family Support** department by visiting or [dakc.us/family-support](http://dakc.us/family-support) or calling 616-949-1100, or by contacting your local **Arc** office. Visit The Arc's website at [thearc.org](http://thearc.org) and use the Find a Chapter button to search for your local Arc office.

- ***Sexual Health & Well-being***

Questions or looking to learn more about relationships or your sexual health and well-being? The **YWCA of West Central Michigan** offers a Healthy Relationships class every spring and fall for adults with disabilities. Healthy Relationships is a free 8 week class about relationships and sexual health for people with intellectual and developmental disabilities. The Healthy Relationships group will give you tools and skills to be safe and happy in your relationships. Learn more at [ywcawcmi.org](http://ywcawcmi.org) or call 616-426-3752.

Have you or a loved one with a disability experienced sexual abuse? **WEAVE, or Working to End Abuse and Violence for Everyone**, is a local collaboration between the YWCA West Central Michigan, MOKA, Spectrum Community Services, Thresholds, and Hope Network Developmental and Community Services. Committed to serving individuals through a culture of gentleness, these organizations came together with the vision that all individuals with intellectual or developmental disabilities who have experienced sexual abuse will have access to compassionate and highly skilled professionals. If you or someone you know has experienced sexual abuse or assault, WEAVE is available to provide support and resources. Learn more at <https://www.ywcawcmi.org/our-services/weave> or by calling the 24-hour confidential helpline at 616-454-9922.

## Financial

- ***Local Assistance Programs***

**DSAWM Financial Assistance** is available to members for expenses related to the following when relating to support, care, or treatment of person with Down syndrome: adoption, respite care, and educational, medical, therapeutic, and adaptive services or devices. DSAWM members are also eligible for our Meal Voucher Program which offsets meal expenses for families whose child with Down syndrome is experiencing an overnight stay in the hospital. Learn more at [dsawm.org/programs/financial-assistance](http://dsawm.org/programs/financial-assistance).

**Family Hope Foundation** ([familyhopefoundation.org](http://familyhopefoundation.org) or 616-729-8833) offers scholarships of up to \$1,000 twice a year to West Michigan families for therapies that have little or no insurance coverage.

**Lori's Voice** ([lorisvoice.org](http://lorisvoice.org)) provides funding for equipment, educational resources, or expenses related to medical treatment for individuals up to 21 years old who have neurological, muscular, or other degenerative conditions resulting in permanent impairment or mobility issues.

In need of immediate assistance? Contact **2-1-1**. Michigan 2-1-1 is available 24/7 via phone, text, or online search to connect callers with local community-based organizations across the state that provide support and assistance to those in need. Access their online resources at [mi211.org](http://mi211.org).

- **National Assistance Programs**

- **AMBUCS** ([ambucs.org](http://ambucs.org)) provides AmTrykes, therapeutic tricycles for children and adults with disabilities, including children with low muscle tone
- **Apraxia Kids** ([apraxia-kids.org](http://apraxia-kids.org)) provides speech tablets and protective cases to children with a diagnosis of apraxia of speech to aid in communication
- **Cerner Charitable Foundation** ([cernercharitablefoundation.org](http://cernercharitablefoundation.org)) provides financial assistance for medical care, medical devices, vehicle modification, and travel for those 18 and younger with a disability
- **Different Needz Foundation** ([differentneedzfoundation.org](http://differentneedzfoundation.org)) provides grants for medical equipment and/or services, including developmental therapies
- **Friendship Circle's Great Bike Giveaway** ([greatbikegiveaway.com](http://greatbikegiveaway.com)) provides an opportunity for children and teens to win an adaptive bike as well as provides a fundraising platform to purchase a bike at a discounted price
- **LifeLine Pilots** ([lifelinepilots.org](http://lifelinepilots.org)) provides free medical and compassion flights to patients in the Midwest with financial need
- **Maggie Welby Foundation** ([maggiewelby.org](http://maggiewelby.org)) provides scholarships to children in kindergarten thru 12th grade whose families demonstrate financial need
- **McLindon Family Foundation** ([mclindonfamilyfoundation.org](http://mclindonfamilyfoundation.org)) provides adaptive bicycles for children with special needs
- **Microsoft** ([microsoft.com](http://microsoft.com)) provides scholarships to promising high school seniors with disabilities who plan to attend a vocational or academic college and target a career in the technology industry
- **Modest Needs** ([modestneeds.org](http://modestneeds.org)) provides short-term financial help for families in crisis situations
- **Montana Melin Foundation** ([montanamelinfoundation.com](http://montanamelinfoundation.com)) provides financial assistance to the families of children with Down Syndrome that are facing medical hardships
- **My Gym Foundation** ([mygymfoundation.org](http://mygymfoundation.org)) provides grants for the purchase of medical and therapy equipment for children with special needs under 18 years old
- **NDSS** ([ndss.org](http://ndss.org)) provides scholarships to individuals with Down syndrome in the areas of post-secondary education, entrepreneurship, and self-advocacy
- **Needy Meds** ([needymeds.org](http://needymeds.org)) provides discounted and free medication programs and other services for low income families
- **Parker Lee Project** ([theparkerleeproject.org](http://theparkerleeproject.org)) provides medical supplies and equipment to children at no cost, including enteral supplies, formula, and incontinence supplies

- **Project Angel Fares** ([projectangelfares.com](http://projectangelfares.com)) grants all-expenses-paid trips to children with special needs to visit Morgan's Wonderland – an ultra-accessible theme park in Texas
- **Ruby's Rainbow** ([rubysrainbow.org](http://rubysrainbow.org)) provides scholarships to individuals with Down syndrome who are pursuing post-secondary education, enrichment, or vocational classes
- **Small Steps in Speech** ([smallstepsinspeech.org](http://smallstepsinspeech.org)) grants funds for speech and language disorder therapies for people aged 3-22 years old
- **Special Kids Photography of America** ([specialkidsphotography.com](http://specialkidsphotography.com)) provides grants for family pictures
- **Stepping Stones for Stella** ([steppingstonesforstella.org](http://steppingstonesforstella.org)) provides buggies for children with special needs to enjoy outdoors to its fullest
- **UnitedHealthcare Children's Foundation** ([uhccf.org](http://uhccf.org)) offers grants for kids 16 years old or younger for services health insurance does not cover
- **Wheelchairs 4 Kids** ([wheelchairs4kids.org](http://wheelchairs4kids.org)) provides wheelchairs, home and vehicle modifications, as well as other assistive and therapeutic devices for children that have limited mobility
- **Wings of Mercy** ([wingseastmi.org](http://wingseastmi.org)) provides free medical flights to patients in eastern Michigan with financial need

For more information about Teen & Adult Resources, visit our website at [dsawm.org/teen-adult-resources](http://dsawm.org/teen-adult-resources). You are welcome to contact our office with any questions at 616-956-3488 or [director@dsawm.org](mailto:director@dsawm.org). We are here to support your family!

Follow us!



[@dsawestmi](https://www.facebook.com/dsawestmi)



[@dsawm](https://www.instagram.com/dsawm)



[@dsawm](https://twitter.com/dsawm)