



ADRC

Resource Guide

ADVOCACY

[888]742-9233

111 E Mullett St, Portage, WI 53901



Welcome to Our Resource Guide!

This guide is designed to provide helpful resources for older adults and individuals with disabilities. While we strive to offer up-to-date information, please note that we do not specifically endorse any of the listed resources. Our goal is to offer a comprehensive starting point for you to explore options that best meet your needs.

To make the guide more accessible, we have broken it down into individual sections. This allows you to find the information you are looking for without feeling overwhelmed by the full scope of resources available. However, if you prefer to view the guide in its entirety, we also offer a complete version for your convenience.

We do our best to keep this guide current, but if you notice any information that is outdated or incorrect, we would greatly appreciate your help in letting us know. You can contact us at adrc@columbiacountywi.gov or by calling (608) 742-9233 with any updates or concerns.

Thank you for using our resource guide. We hope it provides valuable assistance.

Sincerely,

The ADRC of Columbia County

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Aging and Disability Resource Center

Your local connection for support

The Aging and Disability Resource Center provides individuals aged 18 and older and those with disabilities, access to information on long-term care services and support options. Whether you are looking for information resources, or direct assistance, the ADRC is here to help you find the right solutions for your unique needs.

With nearly 500 centers across the U.S., the ADRC offers guidance and support, ensuring that you receive the help and information you need to make informed decisions.

How we can help

Our services include:

- Information & Referrals
- Long-Term Care Options Counseling
- Health & Wellness Programs
- Benefits Assistance
- Adult Protective Services

Who we serve

- Older Adults
- Adults with Disabilities
- Caregivers & Family Members
- Professionals

ADVOCACY

AGING

AARP – American Association of Retired Persons

www.aarp.org • (888) 687-2277

GWAAR

www.gwaar.org • (608) 243-5670

National Institute on Aging

www.nia.nih.gov • (800) 438-4380

Wisconsin Board on Aging and Long-Term Care – Ombudsman Programs

www.longtermcare.wi.gov

(800) 815-0015

1402 Pankratz St, #111 Madison, WI

DISABILITY

Access to Independence

www.accesstoind.org • (608) 242-8484

3810 Milwaukee St, Madison, WI

American Council of the Blind

www.acb.org • (800) 242-5338

Autism Society of South Central Wisconsin

www.autismsouthcentral.org

(608) 630-9147

437 S Yellowstone Dr, Suite 219 Madison, WI

Disability Rights Wisconsin

www.disabilityrightswi.org

(800) 928-8778 • (608) 267-0214

131 W. Wilson St, Suite 700 Madison, WI

Prevent Blindness America

www.wisconsin.preventblindness.org

(800) 331-2020 • (414) 765-0505

731 N. Jackson St, Milwaukee, WI

Vision Forward Association

www.vision-forward.org/services/support-programs

Wisconsin Board for People with Developmental Disabilities- Wisconsin BPDD

www.wi-bpdd.org

(888) 332-1677 • (608) 266-7826

101 E Wilson St, Room 219 Madison, WI

HOUSING

Fair Housing Council

www.fairhousingwisconsin.com

(877) 647-3247

Tenant Resource Center

www.tenantresourcecenter.org

(608) 257-0006

1202 Williamson St, Suite 102 Madison, WI

U.S. Department of Housing and Urban Development Housing Discrimination Hotline

www.hud.gov • (800) 669-9777

LEGAL

Justice in Aging

www.justiceinaging.org

UW Law School

www.law.wisc.edu/clinics

Wisconsin Free Legal Answers

www.wi.freelegalanswers.org

Wisconsin Lawyer Referral and Information Service

(800) 362-9082 • (608) 257-4666

Wisconsin State Bar Association

www.wisbar.org

(608) 257-3838 • (800) 728-7788

5302 Eastpark Blvd, Madison, WI

National Academy of Elder Law Attorneys

www.naela.org • (703) 942-5711

Wisconsin Guardianship Support Center Hotline

www.gwarr.org • (855) 409-9410

Legal Action of Wisconsin

www.legalaction.org

(855) 947-2529 • (608) 256-3304

744 Williamson St, #200 Madison, WI

Online Resource for Self-Representation

www.wicourts.gov

LGBT+**Forge Forward**

www.forge-forward.org/aging

(414) 559-2123

PO Box 1272, Milwaukee, WI

National Resource Center on LGBT+ Aging

www.lgbtagingcenter.org • (212) 741-2247

SAGE – Advocacy & Services for LGBT Elders

www.sageusa.org • (212) 741-2247

MEDICAL**AIDS.org**

www.aids.org

ALS Association - Wisconsin Chapter

www.alswi.org • (414) 763-2220

3333 N. Mayfair Rd, Suite 104 Wauwatosa, WI

Alzheimer's Association - Wisconsin Chapter

www.alz.org

(800) 272-3900 • (414) 479-8800

620 S. 76th St, West Allis, WI

Alzheimer's Foundation of America

www.alzfdn.org • (866) 232-8484

American Cancer Society

www.cancer.org

(800) 227-2345 • (920) 338-1541

American Cleft Plate – Craniofacial Association

www.acpa.cpf.org • (800) 242-5338

American Heart Association & American Stroke Association

www.heart.org

(800) 242-8721 • (608) 709-4930

2850 Dairy Dr, Madison, WI

American Kidney Fund Helpline

www.kidneyfund.org • (866) 300-2900

American Liver Foundation – Upper Midwest

www.liverfoundation.org • (800) 465-4837
6737 W. Washington St, # 2253 West Allis, WI

American Lung Association of WI

www.lungwi.org
(822) 586-4872 • (262) 703-4200
13100 W Lisbon Rd, Brookfield, WI

American Parkinson Disease Association – Wisconsin Chapter

www.apdaparkinson.org
(800) 223-2732 • (608) 345-7938

Asthma and Allergy Foundation of America

www.aafa.org • (800) 727-8462

Brain Injury Alliance of Wisconsin

www.biaw.org
(800) 882-9282 • (608) 206-6426
PO Box 46285, Madison, WI

Brain Injury Resource Center of Wisconsin

www.bircofwi.org • (262) 770-4882
511 N Grand Ave, Waukesha, WI

Breastcancer.org

www.breastcancer.org • (610) 642-6550
120 E Lancaster Ave, Suite 120 Ardmore, PA

Center for Medical Advocacy, Inc – Medicare Advocacy Hotline

www.medicareadvocacy.org
(860)456-7790
PO Box 350, Willimantic, CT

Cystic Fibrosis Foundation – WI Chapter

www.cff.org/wisconsin
(800) 472-7720 • (262) 798-2060
400 S Executive Dr, #109 Brookfield, WI

Epilepsy Foundation Heart of Wisconsin

www.epilepsywisconsin.org
(800) 693-2287 • (608) 442-5555
1302 Mendota St, #100 Madison, WI

Leukemia & Lymphoma Society

www.lls.org/wisconsin
(800) 955-4572 • (262) 790-4701
6737 W Washington St, #2100 Milwaukee, WI

Mesothelioma Prognosis Network

www.mesotheliomaprognosis.com
(855) 775-6781
200 Continental Dr, Suite 401 Newark, DE

National Cancer Institute

www.cancer.gov • (800) 422-6237

National Kidney Foundation – NKF of WI

www.kidneywi.org
(800) 543-6393 • (414) 897-8669
10909 W Greenfield Ave, #201 West Allis, WI

National Multiple Sclerosis (MS) Society – WI Chapter

www.nationalmssociety.org/chapters/WIG
(800) 344-4867 • (262) 369-4400
1120 James Dr, Suite A Hartland, WI

Obesity Action Coalition

www.abesityaction.com • (800) 717-3117

Post-Polio Health International

www.post-polio.org
4207 Linden Blvd, #110 Saint Louis, MO

Prader-Willi Syndrome Association

www.pwsaofwi.org
(866) 797-2947 • (920) 733-7077
PO Box 324, Menasha, WI

Tourette's Association of America – WI Chapter

www.tourette.org • (888) 486-8738
6333 Parkview Rd, Greendale, WI

Wisconsin Parkinson Association

www.wiparkinson.org
(800) 972-5455 • (414) 312-6990

MENTAL HEALTH**American Psychiatric Association**

www.psychiatry.org • (888) 357-8462

Families Anonymous

www.familiesanonymous.org
(800) 736-9805
701 Lee St, #670 Des Plaines, IL

International OCD Foundation Inc – Obsessive Compulsive Disorder

www.locdf.org • (617) 973-5801
PO Box 961029, Boston, MA

NAMI (National Alliance on Mental Illness) Dane County

www.namidanecounty.org • (608) 249-7188
6400 Gisholt Dr, #203 Monona, WI

National Institute of Mental Health

www.nimh.nih.gov • (866) 615-6464

Overeaters Anonymous

www.oa.org • (505) 891-2664

Schizophrenia

www.schizophrenia.com

Wisconsin Council on Problem Gambling

www.wi-problemgamblers.org
(800) 426-2535
1585 Allouez Ave, Green Bay, WI

Wisconsin Department of Health Services – Client Rights Office

www.dhs.wisconsin.gov/clientrights
(608) 267-4867
1 Wilson St, Madison, WI

SEXUAL ASSAULT/DOMESTIC ABUSE**DAIS- Domestic Abuse Intervention Services**

(608) 251-1237 • HL:(608) 251-4445

Ho-Chunk Nation Social Services

(888) 343-8190 • (877) 847-8689

Hope House

HL:(800) 584-6790
Provides shelter and advocacy (e.g. counseling, safety planning, legal assistance, support groups) to people affected by domestic violence and sexual assault and provides education to community members on these issues in Columbia, Sauk, Marquette, Adams, and Juneau counties.

National Domestic Violence Hotline

(800) 799-7233

PAVE

(920) 887-3785

HL:(800) 775-3785 • TL:(920) 344-0123

P.O. Box 561, Beaver Dam, WI

We serve individuals affected by domestic and sexual violence regardless of age, gender expression, sexual orientation, race, and socioeconomic status. While we work closely with law enforcement and the court system, we place our client's confidentiality above all else. If you or someone you know is facing a violent environment, always know that we are here.

Sexual Violence Resource Center

(608) 251-5126 • HL:(608) 251-7273

2801 Coho St, #301, Madison, WI

Sexual Violence Resource Center provides services to survivors (and their family and friends) of all forms of sexual violence, including recent sexual assault, past sexual assault, incest (past or present), sexual harassment, and sexual exploitation.

SUPPORT GROUPS**Addiction in the Family**

(608) 742-5518

2901 Hunter's Tr, Portage, WI

2nd and 4th Thursday of the month at 6:00pm

Please call for more information

Alcohol/Narcotics

(608) 742-5344

2901 Hunters Tr, Portage, WI

Brain Injury and Stroke Support Group

(800) 584-6790

2815 New Pinery Rd, portage, WI

Please call for more information.

Cancer Support Group

(920) 623-6434

223 W. James St, Columbus, WI

2nd Thursday of the month from 6-7:00PM

Columbus Diabetes Support Group

(920) 623-1293

1515 park Ave, Columbus, WI

3rd and 4th Wednesday 10:30-11:30

Diabetes Support group

(608) 745-6289

2817 New Pinery Rd, Portage, WI

1st Thursday of each month, 1:30PM

Grief Support Group

(608) 745-5121

2817 New Pinery Rd, Portage, WI

Contact Spiritual Care for days and times.

Grief Support Group

(608) 745-4900

1508 New Pinery Rd, portage, WI

Hope House Support Group

(800) 584-6790

For survivors of past and present domestic violence and sexual assault

Living with Cancer Support Group

(608) 742-2281

United Methodist Church, Portage, WI

3rd Monday of the month, 7:00PM

Relatives Raising Relatives

(608) 742-9283

111 E Mullett St, Portage, WI

Last Wednesday of the month 5-6:30PM

Vietnam Vet Support Group

(608) 264-5342

112 E Edgewater St, Portage, WI

2nd Friday 1-2:30PM

