

SPRING 2025



Oakland County Parks

2800 Watkins Lake Road, Waterford, MI 48328

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

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.

Reimagine Life Foundation

261 Mack Avenue, Detroit, MI 48201

RIMFoundation.org

Reimagine Life Foundation is part of one of the nation's largest rehabilitation providers. It offers more than 30 specialty services to fit most rehabilitation needs. Reimagine'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 Reimagine Life 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

Amputee National Limb Loss Center/Amputee Coalition of America

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

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

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

410-659-9314

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

Brain Injury

Brain Injury Association of America

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

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

703-998-2020

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

Epilepsy

Epilepsy Foundation of Michigan

EpilepsyFoundation.org/Michigan

248-351-7979 – Southfield Office

Provides a helpline, education, local events and advocacy.

Deaf and Hard of Hearing

DEAF C.A.N.

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.

National Association of the Deaf

NAD.org

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

301-328-1443 – Sorenson

Provides education and resources.

Multiple Sclerosis

Multiple Sclerosis Foundation, Inc.

MSFocus.org

954-776-6805

Provides education, resources and information about local events.

National Multiple Sclerosis Society

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

248-433-1011 – Bingham Farms office

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

Parkinson's Foundation

Parkinson.org

1-800-473-4636

Education, resources, research and more.

Spinal Cord Injury

American Spinal Injury Association

Asia-SpinalInjury.org

1-877-274-2724

Provides education and resources.

Michigan Spinal Cord Injury Association

MISpinalCord.org

248-422-6602 – Troy

Provides local support groups, resources, education and advocacy.

Spinal Cord Injury Zone

SpinalCordInjuryZone.com

michael@thescizone.com

Archive of current news, education and awareness.

United Spinal Association

UnitedSpinal.org

718-803-3782

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

Stroke

American Stroke Association

Stroke.org

1-800-242-8721

Provides education, resources and support.

American Stroke Foundation

AmericanStroke.org

913-649-1776

Provides information and a blog.

Other

Canine Companions

Canine.org

1-800-572-2275

Provides service dog resource information.

Dwarf Athletic Association of America

DAAA.org

414-587-2887

Provides education and resources and events for athletics.

Easterseals MORC (local Easterseals resource page)

Easterseals.com/MORC

248-475-6300

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

Michigan Disability Rights Coalition

MyMDRC.org

517-333-2477 – East Lansing

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

Michigan Horticulture Therapy Association

MichiganHTA.org

Provides education and resources on horticulture therapy.

National Easterseals Society

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

1-866-8896

National resource center focused on health and wellness for all.

Oakland Community Health Network

OaklandCHN.org

248-858-1210

Focused on developmental disabilities, mental health and substance usedisorders.

Reimagine Life Foundation

RIMFoundation.org

313-745-1203 – Detroit

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

Support Groups - Local

Amputee

Reimagine Life Foundation 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

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

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

Blind and Visually Impaired

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

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

Spinal Cord Injury

Reimagine Life Foundation 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

Reimagine Life Foundation 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

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

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

Disability Network Eastern Michigan

16655 15 Mile Road, Suite B, Clinton Township, MI 48035

586-268-4160 or 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

Reimagine Life Foundation 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

Reimagine Life Foundation 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

Reimagine Life Foundation 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

Reimagine Life Foundation 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

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

248-680-9000

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

Autastic Athletics

Autastic-Athletics.com

248-224-4151

A fitness and sport organization in southeast Michigan focusing on tennis and bowling.

Cody Unser First Step Foundation: SCUBA Diving

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

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

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.

Hockey Mentors for Special Players

HockeyMentors.net

Hockey Mentors is a nonprofit that provides adaptive skate opportunities for people of all ages and abilities.

HYPE Athletics

HYPEAthletics.org/VTS

313-436-0043 - Dearborn Heights

734-721-7400 - Wayne

Provides secondary education and training services to people with disabilities.

Inclusively Fit

InclusivelyFit.org

586-850-5004

A fitness facility serving people with disabilities in Sterling Heights.

Metro-Detroit Sled Hockey

GFHAHockey.com

810-599-3274

Includes information and registration for sled hockey programs.

Michigan Adaptive Sports

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

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

Michigan Operation Freedom Outdoor

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

248-476-9000

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

Michigan Victory Games

MichiganVictoryGames.org

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

Miracle League

MiracleLeague.com

770-760-1933

Accessible baseball opportunities for people with disabilities.

Move United - Michigan Sports Unlimited

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

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

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

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

810-499-1241

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

Northern Michigan Adaptive Sports and Recreation

Facebook.com/NMAdaptiveSports/

231-342-2518

Provides downhill snow sports for people with disabilities.

Reimagine Life Foundation Adaptive Sports Program

RIMFoundation.org

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

Reimagine'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

989-774-3911 or 800-644-6404

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

Team GUTS

TeamGUTSMichigan.com

248-701-3067

Adaptive fitness classes including martial arts and dance in Clawson.

Thunder in the Valley

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](#)

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](#)

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/](#)

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](#)

810-560-3890

Michigan's only adaptive wheelchair floor hockey league.

Wheels in Motion

[WheelsInMotion.org](#)

810-656-2054

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

Wheelchair Rugby

[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](#)

1-800-843-6983

Provides hunting opportunities for people with physical disabilities.

Wheelchair Sports Federation

[WheelchairSportsFederation.org](#)

718-416-0064

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

Wheelin' Team 457

[Wheelin' Team 457 Facebook](#)

810-225-9259

Provides people with physical disabilities with indoor and outdoor recreation.

Yoga Moves MS

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

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

Camp No Limits

NoLimitsFoundation.org

207-569-6411

Camps for children living with limb loss.

Carousel of Hope

CarouselofHopeMinis.org

Provides equine-assisted therapy with miniature horses.

Dance for Parkinson's Classes: Moving Through

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

248-557-9899

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

Got Ability Sports

Facebook.com/GotAbilitySports/

616-334-3582 or info@gotabilitysports.com

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

Home & Community Recreational Therapy

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

248-245-1020

Provides adaptive and therapeutic horseback riding.

Play Place

AutisticPlayPlace.org

586-254-6533

Provides play opportunities, summer camps and haircuts for children with autism.

Program to Educate all Cyclists (PEAC)

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

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

Round Up Dances

Facebook.com/Groups/571363546989406/

Monthly dances for people with intellectual/developmental disabilities.

Specialty Aquatic Programs

SpecialtyAquaticPrograms.com

248-419-0327

Provides unique water recreation programs.

STRIVE

STRIVERTS.com

248-922-1236

Provides in-home and community based recreational therapy.

The Fowler Center

TheFowlerCenter.org

989-673-2050

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

Therapeutic Concepts

TherapeuticConceptsLLC.com

586-722-7524

Provides unique adaptive events for people with disabilities.

Therapeutic Riding Inc.

TherapeuticRidingInc.org/

734-677-0303

Provides adaptive equestrian activities for children and adults with disabilities.

Wilderness Inquiry

WildernessInquiry.org

612-676-9400

Provides access to outdoor recreation for all people.

4H Proud Equestrian Project (PEP)

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

734-394-5360

Provides information on adaptive recreation events in the Canton area.

Independence Township Therapeutic Recreation

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

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

248-796-4620

Provides therapeutic recreation services to the city of Southfield.

Sterling Heights Parks and Recreation

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/Adaptive

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

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

313-224-1100

Ingham County Parks

PK.Ingham.org/

517-676-2233

Huron-Clinton Metroparks

Metroparks.com/

810-227-2757

Livingston County Parks

GreatStartLivingston.org/Parks-And-Playgrounds-In-Livingston-County/

517-540-6829

Macomb Township Parks and Recreation

Macomb-MI.gov/204/Parks-And-Recreation

586-992-2900

Monroe County Parks and Recreation

Co.Monroe.MI.US/310/Parks-Recreation

734-240-7250

Michigan State Parks

Michigan.gov/DNR/Places/State-Parks

517-284-7275

Oakland County Parks

Oakgov.com/Oakland-County-Parks

248-221-8040

Washtenaw County Parks & Recreation

Washtenaw.org/288/Parks-Recreation

734-971-6337

Wayne County Parks

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

New Boston Willow Metropark 734-697-9181	Unheated outdoor pool	Zero depth entry	Family changing	Yes
Orion Township Great Lakes Athletic Club 248-391-0304	82 (indoor) 78-82 (outdoor)	Outdoor pool has slopped entry	Family changing	Yes
Romulus Athletic Center 734-942-2223	85	Zero depth entry and lift chair	Family changing	Yes
Royal Oak South Oakland Family YMCA 248-547-0030	84	Steps with rail	Family changing	Yes
Troy Community Center 248-619-7270	88 & 85	Slopped entry	Family changing	Yes
Wayne HYPE Recreation Center of Western Wayne 734-721-7400	84	Slopped entry	Family changing	Yes
Warren Community Center 586-268-8400	90 & 84	Lift chair and steps with rail	Family changing	Yes
West Bloomfield The J 248-661-1000	88 & 83	Lift chair and steps with rail	Family changing	Yes
Westland Dyer Pool Comm. Ctr. 734-419-2020	90	Lift chair and steps with rail	Family changing	Yes
White Lake Huron Valley Pools & Fitness 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

Adaptive Ski & Sport Programs

WAE.com/CaseStudies/Sit-Ski-Aerodynamic-Optimisation-GB-SnowSport

Anglers of Honor - Fishing for veterans with physical disabilities

AnglersOfHonor.org

Anything Pawsable - Service dog information

AnythingPawsable.com

Athletics for All

AFAAthleticsForAll.com

Disabled Dealer - Buy and sell adaptive equipment

DisabledDealer.com/Default.asp

Handicaching - Accessible geocaching

Handicaching.com/Links.php

Kiefer - Aquatics Products

Kiefer.com

New Mobility - Leading magazine focused on disability culture and lifestyle

NewMobility.com

Sports n' Spokes - source for adaptive recreation and sports

SportsNSpokes.com

S&S Primelife - Therapeutic arts and recreation activities

SSWW.com/Senior-Activities

The Adaptive Outdoorsman Podcast

Facebook.com/TheAdaptiveOutdoorsman

Cultural Attractions, Museums, Food and Fun

Anna Scripps Whitcomb Conservatory - Belle Isle

BelleIsleConservancy.org

313-331-77604

Inselruhe Ave., Detroit

Automotive Hall of Fame

AutomotiveHallOfFame.org

313-240-4000

21400 Oakwood Blvd., Dearborn

Campus Martius Park Detroit Downtown

Detroit.org/Experience-Downtown/Downtown-Detroit-Parks/

800 Woodward Ave., Detroit

Charles H. Wright Museum of African American History

TheWright.org

313-494-5800

315 E. Warren Ave., Detroit

C.J. Barrymore's

CJBarrymores.com

586-469-2800

21750 Hall Road, Clinton Township

College for Creative Studies

CCSDetroit.edu

313-664-7400

201 E. Kirby St., Detroit

Cranbrook Art Museum

CranbrookArtMuseum.org

248-645-3323

39221 Woodward Ave., Bloomfield Hills

Cranbrook House and Gardens

HouseGardens.Cranbrook.edu/

248-645-3147

380 Lone Pine Road, Bloomfield Hills

Cranbrook Institute of Science

Science.Cranbrook.edu

248-645-3200

39221 Woodward Ave., Bloomfield Hills

Dave and Buster's

DaveAndBusters.com/US/EN/Home

(multiple locations)

Detroit Chamber Winds & Strings

DetroitChamberWinds.org

248-559-2095

24901 Northwestern Highway, Suite #312, Southfield

Detroit Historical Museum

DetroitHistorical.org

313-883-1805

5401 Woodward Ave., Detroit

Detroit Institute of Arts

DIA.org

313-883-7900

5200 Woodward Ave., Detroit

Detroit Zoo

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

313-883-1805

100 Strand Drive, Belle Isle, Detroit

Dow Gardens

DowGardens.org

1-800-362-4874

1809 Eastman Ave., Midland

Eastern Market

EasternMarket.org

2934 Russell St., Detroit

Edsel & Eleanor Ford House

FordHouse.org

313-884-4222

1100 Lake Shore Road, Grosse Pointe Shores

Fowling Warehouse

FowlingWarehouse.com/Locations

(multiple locations)

Franklin Cider Mill

FranklinCiderMill.com

248-626-8261

7450 Franklin Road, Bloomfield Hills

Greenfield Village/Henry Ford Museum

TheHenryFord.org/Visit/Greenfield-Village

313-982-6001

20900 Oakwood Blvd., Dearborn

Hart Plaza

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

313-668-3200

1 Fair Lane Drive, Dearborn

Historic Fort Wayne

HistoricFortWayneCoalition.com

6325 W. Jefferson, Detroit

LegoLand Discovery Center

LegoLandDiscoveryCenter.com/Michigan

Great Lakes Crossing Outlet

4240 Baldwin Road, Auburn Hills

Leslie Science & Nature Center

DiscoverScienceAndNature.org

734-997-1553

1831 Traver Road, Ann Arbor

Marvin's Marvelous Mechanical Museum

Arcade/Museum

Marvin3M.com

248-626-5020

31005 Orchard Lake Road, Farmington Hills

Maybury Farm

MayburyFarm.org

248-374-0200

50165 8 Mile Road, Northville

Meadow Brook Hall

MeadowBrookHall.org

248-364-6200

350 Estate Drive, Rochester

Michigan Science Center

Mi-Sci.org

313-557-8400

5020 John R. St., Detroit

Mill Race Village Museum

MillRaceNorthville.org

248-348-1845

215 Griswold St., Northville

Motown Museum

MotownMuseum.org

313-875-2264

2648 W. Grand Blvd., Detroit

Outdoor Adventure Center

DetroitRiverfront.org/Riverfront/East-Riverfront/Outdoor-Adventure-Center

1-844-622-6367

1801 Atwater St., Detroit

Parmenter's Northville Cider Mill

NorthvilleCider.com

248-349-3181

714 Baseline Road, Northville

Pewabic Pottery

Pewabic.org

313-626-2000

10125 E. Jefferson Ave., Detroit

Restaurants in Detroit

Detroit.Eater.com/Maps/Best-Restaurants-Detroit-38

Sainte Anne de Detroit

Ste-Anne.org

313-496-1701

1000 Sainte Anne St., Detroit

Sanders and Morley Candy Makers

SandersCandy.com

586-464-5700

22800 Hall Road, Clinton Twp.

Sea Life Michigan Aquarium

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

313-961-0920

441 Monroe St., Detroit

Selfridge Air Museum

SelfridgeAirMuseum.org

586-239-5035

27333 C St., Harrison Twp.

Spring Valley Trout Farm

SpringValleyTroutFarm.com/index.html

734-426-4772

12190 Island Lake Road, Dexter

The Parade Company

TheParade.org

313-923-7400

9500 Mt. Elliott, Studio A, Detroit

The Petting Farm

PettingFarm.com/Home

734-998-0182

3001 Earhart Road, Ann Arbor

Upland Hills Farm

UplandHillsFarm.com

248-628-1611

481 Lake George Road, Oxford

Visit Detroit

VisitDetroit.com

Michigan Flight Museum & Air Adventures

MiFlightMuseum.org

734-483-4030

47884 D St., Belleville

Zap Zone

Zap-Zone.com

(multiple locations)

The Zekelman Holocaust Center

HolocaustCenter.org

248-553-2400

28123 Orchard Lake Road, Farmington Hills

Art, Music and Theater

Aretha Franklin Amphitheatre

TheAretha.com

313-393-0292

2600 Atwater St., Detroit

Arts & Scraps

ArtsAndScraps.org

313-640-4411

16135 Harper Ave., Detroit

Bonstelle Theatre

HistoricDetroit.org/Buildings/Bonstelle-Theatre

313-577-2962

3424 Woodward Ave., Detroit

Chamber Music Detroit

ChamberMusicDetroit.org

313-335-3350

440 Burroughs St., Suite 225, Detroit

Detroit Film Theatre

DIA.org/Events/Detroit-Film-Theatre

313-833-4005

Detroit Institute of Arts

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

Detroit Opera

DetroitOpera.org

313-237-7464

1526 Broadway St., Detroit

Detroit Repertory Theater

DetroitRepTheatre.com

313-868-1347

13103 Woodrow Wilson St., Detroit

Detroit Symphony Orchestra

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

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

248-646-3347

1669 W. Maple Road, Birmingham

The Fillmore Detroit

LiveNation.com/Venue/KovZpZAEAktA/The-Fillmore

313-961-5451

2115 Woodward Ave., Detroit

Fisher Theatre

BroadwayInDetroit.com

313-887-1256

3011 W Grand Blvd., Detroit

Fox Theatre

313Presents.com/Venue/Fox-Theatre

313-471-7000

2211 Woodward Ave., Detroit

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

Genittis.com

248-349-0522

108 E. Main St., Northville

Hilberry Gateway

TheatreAndDance.Wayne.edu

313-577-2972

4715 Cass Ave., Detroit

Macomb Center for the Performing Arts

MacombCenter.com

586-286-2222

44575 Garfield Road, Clinton Township

The Majestic Theatre

MajesticDetroit.com

313-833-9700

4140 Woodward Ave., Detroit

Masonic Temple Detroit

TheMasonic.com

313-832-7100

500 Temple St., Detroit

Meadow Brook Theatre

MBTheatre.com

248-377-3300

378 Meadow Brook Road, Rochester

Music Hall Center for the Performing Arts

MusicHall.org

313-887-8500

350 Madison Ave., Detroit

Paint a Miracle - Art classes for all abilities

PaintAMiracle.org

248-652-2702

400 Water St., LL4, Rochester

Pine Knob Music Theatre

313Presents.com/Venue/Pine-Knob-Music-Theatre

313-471-7000

33 Bob Seger Drive, Clarkston

The Players Guild of Dearborn

PlayersGuildOfDearborn.org

313-561-8587

21730 Madison St., Dearborn

The Purple Rose Theatre Company

PurpleRoseTheatre.org

734-433-7673

137 Park St., Chelsea

Stagecrafters at the Baldwin Theatre

StageCrafters.org

248-541-6430

415 S. Lafayette Ave., Royal Oak

The Art Experience - Community arts studio for everyone

TheArtExperience.org

248-706-3304

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

The Bee's Knees Pottery
TheBeesKneesPottery.com
248-347-6718
149 E. Main St., Northville

Tipping Point Theatre
TippingPointTheatre.com
248-347-0003
361 E. Cady St., Northville

Spectator Sports

Comerica Park - Detroit Tigers

MLB.com/Tigers/Ballpark

313-962-4000

2100 Woodward Ave., Detroit

Ford Field - Detroit Lions and more

FordField.com

313-262-2000

2000 Brush St., Detroit

Jimmy John's Field

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

313-471-7000

2645 Woodward Ave., Detroit

USA Hockey Arena

USAHockeyArena.com

734-453-6400

14900 Beck Road, Plymouth

Transportation and Travel

AJ Transportation (Wayne County)

AJTransportation.com

313-457-7770

Alimar Transportation Services (Warren)

AlimarTrans.com

886-720-5438

Checker Transportation (Detroit)

CheckerDetroit.com

313-963-7000

Clock Mobility (Lansing)

ClockMobility.com

517-272-4488

The Creative Mobility Group (Metro Detroit/Flint)

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

313-224-2160

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

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

Tips for travel with a physical disability

The Mobility Resource

TheMobilityResource.com

866-771-7770

Shop/rent modified vehicles

MobilityWorks

MobilityWorks.com

877-275-4907

Buy modified vehicles

SMART Community Transit (North and West Oakland Transport Authority)

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

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

Family Resources

Alternatives for Seniors

AlternativesForSeniors.com/Senior-Living/Assisted-Living/Michigan

Assisted living and Alzheimer's care.

The Color of Autism Foundation

TheColorOfAutism.org

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

Facing Disability

FacingDisability.com

Resource for families facing spinal cord injuries.

Family Caregiver Alliance

Caregiver.org

Resources for those caring for others.

Michigan Resources for Families and Children with Special Needs

Michigan.gov/CSNFund/Resources

Michigan resources for families with children with disabilities.

Michigan Alliance for Families

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

Connects veterans and their families with available resources.

Senior Resource Connect

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/ETBFvskoREv6hgC9>