

Table of Contents

	Page
Aging & Disability and Disability Resource Center	3
Abuse/Neglect.....	4-5
Adult Day Care.....	5-6
Advocacy Services.....	6-9
Aging & Disability Resource Centers.....	9
Alcohol and Other Drug Abuse Services (AODA).....	9-10
Clinics.....	11-12
Counseling.....	12
Dental Services.....	12-13
Emergency Resources.....	13-14
Employment/Training.....	14-15
Financial Assistance.....	15-16
Hearing Service.....	17
Home Care/Hospice/Respite.....	17-21
Home Improvements.....	21

Housing Alternatives.....	21-23
Housing Listing: HUD and Rural Housing.....	24-25
Legal Services/Resources.....	26
Lifeline (Personal Emergency Response Button-24 hours)...	26-27
Meals/Nutrition.....	27-28
Medical: Supplies/Equipment.....	29
Mental Health.....	30-31
Nursing Homes/Hospitals.....	31
Pharmacies/Prescription Drug Programs.....	31-33
Support Groups.....	33-34
Transitional Planning	35
Transportation Services.....	36
Vision Services	36-37
Volunteer Services.....	37
Trempealeau County Agencies and Extensions	38

What is the Aging and Disability Resource Center (ADRC)?

The Aging and Disability Resource Center (ADRC) of Trempealeau County serves the general public as a source of information, assistance and connections to services for aging and disability resources. Senior Services and the ADRC of Trempealeau County joined together and consolidated all services to consumers on January 1, 2014. The combined units will be known as the ADRC of Trempealeau County. All Senior Services programs will remain the same.

The mission of the Aging and Disability Resource Center of Trempealeau County is to provide useful information, assistance and education about service options while at all times supporting the rights, dignity and preferences of the individual.

We provide **free**:

- confidential, professional consultations
- assistance planning and advocacy
- connections to home care, meals, transportation, respite/caregiver support, housing and much more

To learn more about the following publicly funded, community-based, long-term care programs of Family Care, the Self-Directed Supports Program known as IRIS (Include, Respect, I Self-Direct), the Family Caregiver Support Program (FCSP) and the Alzheimer Family Caregiver Support Program (AFCSP), please contact the ADRC of Trempealeau County by phone at 1-800-273-2001 or 715-538-2001 or by e-mail at resourcecenter@tremplounty.com. You may also visit us online at www.tremplounty.com/adrc. For further information on Aging and Disability Resource Centers please contact us or visit <http://www.dhs.wisconsin.gov/lcicare/adrc/>

Family Care is a long-term care service system with goals to support people's independence, choice and access to services and supports to meet their needs, and improve overall quality of life through a cost-effective long-term care system. In our Western Wisconsin area of Trempealeau, Buffalo, Clark, Jackson, La Crosse, Monroe, Pepin, and Vernon, there are three managed care organizations that operate the Family Care Program, Care Wisconsin, Inclusa and My Choice. IRIS is a long-term care program where people are able to self-direct their publicly funded, community-based, long-term care supports and services. For further information on Care Wisconsin, Inclusa, My Choice and/or IRIS visit them online at www.carewisc.org, www.inclusa.org, www.mychoicefamilycare.com and www.Wisconsin-IRIS.com. The FCSP provides information and assistance to family members and friends who help or care for persons age 60 and older and/or grandparents or relative caregivers age 55 and older who are caring for children under age 19 or who are caring for a relative with a disability. The AFCSP provides information and assistance to family members and friends who help or care for individuals with Alzheimer's disease and related disorders regardless of age.

Our qualified staff can connect you, family and friends to a variety of agencies, programs, resources and information.

Abuse and Neglect

Are you or someone you know...

- being threatened, hit or touched without your permission?
- not receiving adequate food, shelter, clothing, medical or dental care?
- experiencing financial problems because money is being taken without permission?

By reporting cases of abuse, you'll access the assistance of professionals who are sensitive to the needs of people who are elderly, physically or developmentally disabled.

Reporting Abuse

- **By law your identity is kept confidential.**
- **Call the Aging and Disability Resource Center of Trempealeau County Monday through Friday 8:00 am to 4:30 pm at 1-800-273-2001 or 715-538-2001; evenings and weekends call the Trempealeau County Sheriff's Department at 715-538-4351.**
- **A staff member will listen to your concerns.**
- **An Adult Protective Services worker will assess the situation and offer options. If the person accepts help, he or she is linked to services.**
- **Remember, a competent adult has the right to decline assistance.**
- **If alleged abuse is confirmed, appropriate legal action is pursued.**

How You Can Help

Do's

- **Maintain close ties with impaired friends, neighbors and relatives.**
- **Examine closely your ability to provide long-term, in-home care; explore alternative sources of care.**
- **Ask for sources of help and use them.**
- **Recognize that many forms of abuse and mistreatments are crimes.**
- **Contact Adult Protective Services if you suspect adult abuse in your family or community.**

Don'ts

- **Offer personal home care unless you thoroughly understand and can meet the demands, responsibilities and costs involved.**
- **Ignore your limitations and over extend yourself when caring for an impaired adult.**
- **Hamper the impaired adult's independence or intrude unnecessarily on the impaired adult's privacy.**
- **Ignore signs of abuse in the community because you aren't related to the suspected victim.**
- **Neglect reporting suspected abuse for fear of financial or legal responsibility.**

If you or someone you know is living in one of these abusive situations, PLEASE CALL:

- **911** for immediate danger
- **Aging and Disability Resource Center of Trempealeau County**
Office hours: Monday through Friday, 8:00 am to 4:30 pm
1-800-273-2001 or 715-538-2001

Abuse and Neglect – continued

- **Trempealeau County Sheriff’s Department**
715-538-4351 (after hours)
- **New Horizons Outreach Office**
24 Hour Crisis Line, 1-800-706-8586 or 715-538-2810

Abuse Resources

- **National Center on Elder Abuse**
1-855-500-3537 <http://www.ncea.aoa.gov>
- **National Clearinghouse on Abuse in Later Life**
608-255-0539 e-mail: ncall@wcadv.org <http://www.ncall.us>
- **National Domestic Violence Hotline**
Anonymous and confidential help 24 hours a day, seven days a week
1-800-799-SAFE (7233) or 1-800-787-3224 (TTY) <http://www.ndvh.org>
- **Wisconsin Bureau of Aging and Disability Resources**
For information on abuse, 608-266-2536
<https://www.dhs.wisconsin.gov/aps/index.htm>
- **Wisconsin Coalition Against Sexual Assault**
608-257-1516 or TTY 608-257-2537
e-mail: wcasa@wcasa.org <http://www.wcasa.org>

Adult Day Care

- **Bethany St. Joseph Merit Centre**
North: 1020 Windsor Street, La Crosse, 608-784-2700
South: 3900 East Avenue South, La Crosse, 608-788-2900
<http://www.bsjcorp.com>
- **Bluffview Memory Care**
Bluffview Breaks, Thursdays, 9 am - 11am; Reservations due by Tuesday at 5 pm
Holmen, 1-855-526-5864 or e-mail: info@bluffviewmemorycare.com
- **Church Street Community Club**
Adult Day Service Programs
Pigeon Falls, 715-983-2293 ext. 4013 or ext. 4024
- **Coulee Region Adult Day Center**
Onalaska, 608-519-2306
- **Grace Lutheran Foundation Adult Day Care**
<http://www.livegracefully.org>
Altoona, 715-832-8811 or e-mail: bjacobson@graceluthfound.com
Chippewa Falls, 715-738-1925 or e-mail: bpeterson@graceluthfound.com

Adult Day Care - continued

- **Riverfront, Inc.**

Day Services Program, La Crosse, 1-800-949-7380 or 1-888-993-4094 or 608-784-9450
<http://www.riverfrontinc.org>

Advocacy Services

The following agencies can help advocate on behalf of individuals or groups when needed services are not being adequately provided by a service delivery organization.

- **Aging & Disability Resource Center of Trempealeau County**

1-800-273-2001 or 715-538-2001 or e-mail: resourcecenter@trempecounty.com

- **AIDS Resource Center of Wisconsin**

AIDS/HIV education, prevention, and access to services

505 King Street, Suite 200, La Crosse, 1-800-947-3353 or 608-785-9866

- **Alcoholics Anonymous**

1-800-471-9876

La Crosse Area, 608-784-7560

Eau Claire Area, 715-835-5543

- **ALS Association - Wisconsin Chapter**

414-763-2220

www.alsawi.org

- **Alzheimer's Association**

Chippewa Valley Region, 715-720-7611; Helpline, 1-800-272-3900

Helpline, 1-800-272-3900 or <http://www.alz.org>

CareFinder, <http://www.alz.org/carefinder>

Navigator, <http://www.alzheimersnavigator.org>

- **American Cancer Society**

1-800-227-2345

La Crosse Area, 608-783-5000

Eau Claire Area, 715-832-0181

- **ARC La Crosse, Inc.**

Promotes quality of life for people with developmental and related disabilities

1035 Green Bay Street #4, La Crosse, 608-782-4799

- **Benefit Specialist**

Aging and Disability Resource Center of Trempealeau County

Disability Benefit Specialist (**Ages 18-59**) 1-800-273-2001 or 715-538-2001

Elder Benefit Specialist (**Ages 60 and older**) 1-800-273-2001 or 715-538-2001

- **Better Business Bureau**

414-847-6000, <http://wisconsin.bbb.org>

- **Brain Injury Resource Center of Wisconsin, Inc.**

Advocacy Services - continued

- **Citizen Advocacy**
Inviting community members to individually protect the rights, promote interests, and support the lives of people with disabilities
1035 Green Bay Street #4, La Crosse
608-782-4760 <http://www.citizenadvocacylacrosse.org>
- **Coalition of Wisconsin Aging Groups (CWAG)**
Provides advocacy and education on issues affecting elders
1-800-488-2596 or 608-224-0606
e-mail: cwag@cwag.org <http://www.cwag.org>
- **Diabetes Local**
<http://www.diabeteslocal.org>
- **Disability Rights Wisconsin**
State protection and advocacy agency for people with disabilities
1-800-928-8778 or 608-267-0214, Madison Office
1-800-708-3034 or 414-773-4646, Milwaukee Office or TTY 1-888-758-6049
- **Disability Voice**
<http://www.DisabilityVoice.us>
e-mail: tcarey@disabilityvoice.us
- **Domestic Violence & Victim Witness Coordinator**
1-877-538-2311 ext. 278 or 715-538-2311 ext. 278
- **Hmong Mutual Assistance Association**
La Crosse, 608-781-5744
www.lacrossehmaa.org
- **Independent Living Resources**
Advocates for people with physical or developmental disabilities
1-888-474-5745 or 608-787-1111
e-mail: advocacy@ilresources.org <http://www.ilresources.org>
- **Legislative Hotline**
Call to advocate for support or change in legislation
1-800-362-9472
- **Medicaid/Medical Assistance (MA) Medical Transportation**
Medical Transportation Management, Inc. (MTM)
To schedule a ride, call 1-866-907-1493
Complaint line "We Care," 1-866-436-0457
If ride is late, call 1-866-907-1494
<http://www.mtm-inc.net/wisconsin-website/wisconsin-home/>
Report Fraud, 1-877-865-3432 <http://reportfraud.wisconsin.gov/>

Advocacy Services - continued

- **National Alliance for the Mentally Ill (NAMI)**
NAMI Trempealeau County, 608-484-2723 e-mail: namitremplecounty@yahoo.com
NAMI Helpline, 1-800-950-6264
<http://www.nami.org> (National) <http://www.namiwisconsin.org> (State)
- **National Federation of the Blind of Wisconsin**
La Crosse Chapter, 608-758-4800 <http://www.nfbwis.org>
- **National Multiple Sclerosis Society**
1-800-344-4867
<http://www.nationalmssociety.org>
- **Office of the Commissioner of Insurance**
Will take complaints concerning an insurance company or a specific insurance agent
1-800-236-8517 <http://www.oci.wi.gov>
Hearing and Speech Impaired number only, 608-266-3586
- **U.S. Department of Justice**
Americans with Disabilities Act (ADA) Information Line
Provides information about the ADA or information about filing a complaint;
Spanish language service also available
1-800-514-0301 TTY 1-800-514-0383 <http://www.ada.gov>
- **Wisconsin Alzheimer's Institute**
1-800-272-3900 or 608-829-3300
- **Wisconsin Board on Aging and Long Term Care Ombudsman Program**
Advocates and investigates complaints about services for people who age 60 and over with
home care, nursing homes and/or other long term care institutions
1-800-815-0015
MediGap, 1-800-242-1060
- **Wisconsin Board for People with Developmental Disabilities**
Dedicated to improving the independence, productivity and integration of people with
developmental disabilities
1-888-332-1677
e-mail: bpddhelp@wi-bpdd.org
- **Wisconsin Council on Mental Health**
608-266-2717
e-mail: WCMH@wisconsin.gov
- **Wisconsin Department of Agriculture, Trade and Consumer Protection**
Assists with concerns regarding products, services and consumer complaints
1-800-422-7128 <http://datcp.wi.gov>
- **Wisconsin's Family Care and IRIS Ombudsman Program**
Disability Rights Wisconsin
Madison, 1-800-928-8778 or 608-267-0214

Advocacy Services - continued

- **Wisconsin Guardianship Support Center**

Answers questions about the law in Wisconsin relating to guardianships, protective placements, conservatorships, Power of Attorneys for Health Care and Finances, Living Wills, and Do Not Resuscitate orders; does not provide legal representation, legal advice, or finds/provides guardians

1-855-409-9410 e-mail: guardian@cwag.org <http://www.cwagwisconsin.org>

Aging and Disability Resource Centers (ADRC)

- **Aging and Disability Resource Center of Buffalo, Clark and Pepin Counties**

1-866-578-2372

Buffalo County satellite office, 715-743-8600

Clark County satellite office, 715-743-5166

Pepin County satellite office, 715-672-8945

e-mail: ADRC-BCP@buffalocounty.com <http://adrc-bcp.com>

- **Aging and Disability Resource Center of Eau Claire County**

1-888-338-4636 or 715-839-4735 e-mail: adrc@co.eau-claire.wi.us

http://www.co.eau-claire.wi.us/Aging_and_DisabilityResourceCenter/index.htm

- **Aging and Disability Resource Center of Trempealeau County**

1-800-273-2001 or 715-538-2001

e-mail: resourcecenter@tremplocounty.com <http://www.tremplocounty.com/adrc>

- **Aging and Disability Resource Center of Jackson County**

1-844-493-4245 or 715-284-3978

- **Aging and Disability Resource Center of La Crosse County**

1-800-500-3910 or 608-785-5700

- **Find an Aging and Disability Resource Center**

<http://www.dhs.wisconsin.gov/adrc/customer/adrccontactlist.pdf>

- **Eldercare Locator**

1-800-677-1116 <http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx>

Alcohol & Other Drug Abuse (AODA) Services

- **Gundersen Health System - Behavioral Health**

La Crosse and Whitehall, 1-800-362-9567 ext. 52287 or 608-775-2287

<http://www.gundersenhealth.org/behavioral-health>

Alcohol & Other Drug Abuse (AODA) Services - continued

- **Gundersen Health System - Behavioral Health Residential Treatment Centers**
Unity House for Men, 1-800-362-9567 ext. 54753 or 608-775-4753
Unity House for Women, 1-800-362-9567 ext. 54718 or 608-775-4718
<http://www.gundersenhealth.org/behavioral-health/residential-treatment-centers>
- **Mayo Clinic Health System - Behavioral Health**
Arcadia, 608-323-7775
Holmen, 608-526-3351
Eau Claire, 715-838-3311
La Crosse, 1-800-362-5454 or 608-392-9555
- **Northwest Connections**
24 hour Mental Health and AODA Crisis Line, 1-888-552-6642
- **West Central Wisconsin Behavioral Health**
Independence, 1-888-805-0304 or 715-985-3452

Addiction Related Resources

- **Coulee Council on Addictions**
921 West Avenue South, La Crosse, 608-784-4177
e-mail: CCA@couleecouncil.org
<http://www.couleecouncil.org>
- **Wisconsin Council on Problem Gambling**
1-800-426-2535
<http://www.wi-problemgamblers.org>

Support Groups – Addictions

There are a number of support groups in the area offering support to people with addiction issues and those who care about them. Call the number listed below for further information.

- **Alcoholic Anonymous**
1-800-471-9876
- **Great Rivers 211**
Dial 211 or 1-800-362-8255

Clinics

- **Buffalo River Clinic**
Osseo, 715-597-6767
- **Mayo Clinic Health System**
Arcadia, 608-323-3373
Eau Claire, 715-838-3311
Holmen, 608-526-3351
La Crosse, 608-785-0940
Mondovi, 715-926-4858
Onalaska, 608-392-5000
Osseo, 715-597-3121
- **Geriatric Clinic - VA Medical (Veterans Only)**
Tomah, 1-800-872-8662 ext. 66313
- **Gundersen Health System**
Galesville, 608-582-2025
La Crosse, 1-800-362-9567 or 608-782-7300
Onalaska, 608-775-8100
- **Gundersen Tri-County Hospital and Clinics**
Blair, 608-989-2505
Independence, 715-985-2351
Whitehall, 715-538-4355 (clinic) or 715-538-4361 (hospital) or 1-888-775-0516
- **Krohn Clinic**
Black River Falls, 715-284-4311
- **Prevea Health - Arcadia**
1-855-717-4900 or 608-323-1500
- **Scenic Bluffs Community Health Care Center**
Norwalk, 608-823-7853 (has sliding fee scale)
- **Winona Health**
Winona, MN, 507-454-3650

Medical – Free Clinics

- **Chippewa Valley Free Clinic**
Eau Claire, open Tuesday 5:00 p.m., 715-839-8477
- **Nurses Hotline**
Menomonie, 1-800-858-1050
- **St. Clare Health Mission**
La Crosse, open Tuesday and Thursday from 5:00 to 8:00 p.m., 608-392-9546
- **Options Clinic, Whitehall**
1-800-657-5177

Counseling

- **Coulee Council on Addictions**
608-784-4177
- **Great Rivers 211**
Dial 211 or 1-800-362-8255
TTY 1-866-884-3620 <http://www.greatrivers211.org>
- **Gundersen Health System - Behavioral Health**
La Crosse and Whitehall, 1-800-362-9567, ext. 52287 or 608-775-2287
<http://www.gundersenhealth.org/behavioral-health>
- **Mayo Clinic Health System Behavioral Health Services**
Arcadia, 608-323-7775
Eau Claire, 715-838-5369 (for appointments only) or 1-888-838-4777
La Crosse, 1-800-362-5454 or 608-791-9730
- **Trempealeau County Department of Human Services**
1-715-538-1768
- **West Central Wisconsin Behavioral Health**
Independence, 1-866-805-0304 or 715-985-3452
- **Wisconsin Vet Centers**
La Crosse, 1-877-927-8387 or 608-782-4403

Dental Services

Find a Dentist

- **Affordable Dentures**
Eau Claire, 715-388-7477
- **Black River Falls Dental Center**
715-670-0400
- **Wisconsin Dental Association**
414-276-4520 www.wda.org

Medical Assistance (MA) Dental Providers

- **Chippewa Falls Dental Center – Marshfield Clinic**
Chippewa Falls, 1-800-782-8581 ext. 92000 or 715-738-2000
- **Chippewa Valley Technical College**
Eau Claire, 1-800-547-2882 ext. 6271 or 715-833-6271
- **Scenic Bluffs Community**
(sliding fee schedule)
Cashton, 608-654-5100

Dental Services - continued

- **Neillsville Dental Center**
Neillsville, 715-743-1900
- **Western Technical College**
La Crosse, 608-782-2840

Emergency Resources

Immediate Danger - Call 911

- **Great Rivers 211** (service available 24 hours, 7 days a week)
Dial 211 or 1-800-362-8255
TTY 1-866-884-3620 <http://www.greatrivers211.org>
- **Northwest Connections**
1-888-552-6642
- **Road Conditions**
Dial 511
- **Suicide Hot Line**
1-800-362-8255

Clothing

- **Holy Family Catholic Church Mission**
Arcadia, 608-323-7116
- **Mondovi Area Thrift Shop,**
Mondovi, 715-926-5268
- **Thrift Shop – Cents & Sensibility**
23741 Washington Street, Independence, 715-985-3301
e-mail: thriftstore@westerndairyland.org

Housing – Homeless and Domestic Violence

- **American Red Cross (Disaster Related)**
1-877-618-6628 or 715-834-4182
- **Beacon House Family Shelter**
309 E. Lake Street, Eau Claire, WI
715-834-4357
- **Bolton Refuge House (Domestic Abuse)**
Eau Claire, 1-800-252-4357 or 715-834-0628

Emergency Resources - continued

- **Hope Gospel Mission**
Eau Claire, 715-552-5566
- **New Horizons Domestic Abuse Shelter**
Whitehall, 1-800-706-8586 (24 hour crisis line) or 715-538-2810
- **Ruth House**
Eau Claire, 715-834-4000
- **Salvation Army**
223 North 8th Street, La Crosse, WI 54601
608-782-6126 or Eau Claire 715-834-1224
- **Salvation Army, Trempealeau County**
Lori Peterson, 608-989-9921
- **Western Dairyland EOC, Inc.**
Independence, Haven homeless shelters *for families only*
1-800-782-1063 or 715-985-2391
e-mail: HomelessServices@WesternDairyland.org

Employment and Training

The following agencies offer vocational services and support:

- **Division of Vocational Rehabilitation,**
La Crosse, 1-800-523-2139 or 608-785-9500, TTY 1-866-392-3090
- **Experience Works**
La Crosse, 1-866-976-5939 or 608-789-5623
For people age 55 and over with low incomes who are seeking employment or training opportunities
- **Independent Living Resources**
La Crosse, Work Incentive Benefit Specialist
1-888-474-5745 or 608-787-1111, TTY 1-888-378-2198
- **ORC Industries**
Arcadia, 608-323-2101
La Crosse, 608-781-7727
- **Riverfront, Inc.**
La Crosse – Work Incentive Benefit Specialist
1-800-949-7380 or 608-784-9450
- **Western Dairyland Employment Services**
Independence, 1-800-782-1063
- **Western Technical College (GED)**
Independence, 715-985-3392

Employment and Training - continued

- **Winona ORC**
Winona, 1-877-807-0980 or 507-452-1855
- **Wisconsin Job Center**
Independence, 715-985-2118
La Crosse, 608-789-5627
- **Workforce Connections – Connecting People, Work & Training**
Independence, 608-433-2777

**For funding options, contact the Aging & Disability Resource Center at
1-800-273-2001 or 715-538-2001*

Financial Assistance

- **Benefit Specialists of Trempealeau County**
 - Disability Benefit Specialist (Ages 18-59)
1-800-273-2001 or 715-538-2001
 - Elder Benefit Specialist (Age 60 and older)
1-800-273-2001 or 715-538-2001
- **Benefits Checkup**
www.benefitscheckup.org
- **Safelink Wireless**
Free Cell Phone and Minutes Program www.safelinkwireless.com
1-800-723-3546 for Enrollment and Plan Changes Support
1-800-378-1684 for Technical Support ONLY
- **Social Security**
Eau Claire Office, 1-866-815-2924 or 1-800-772-1213
- **Western Dairyland for Energy Assistance**
715-985-2391 or 1-800-782-1063
- **Veterans Service Office, Trempealeau County**
1-877-538-2311 ext. 217 or 715-583-2311 ext. 217
Western Region for Economic Assistance Consortium, 1-888-627-0430
Monday, Tuesday, Thursday, Friday: 8:30 a.m., to 4:00 p.m.
Wednesday: 9:30 a.m., to 4:00 p.m.
Fax applications and/or proof/verification: 1-855-293-1822

Financial Assistance - continued

- **Economic Assistance Consortium**
Mail in applications: CDPU
PO Box 5234
Janesville, WI 53547-5234
Apply on line through: **ACCESS** - Access to Eligibility Support Services for
Health and Nutrition <http://access.wisconsin.gov>

Representative Payee Companies

- **Beneficial Representative Payee Services, Inc.**
715-831-9349
- **Catholic Charities**
1-888-212-4357 or 608-782-0710
- **House Calls of Menomonie**
715-232-6475 <http://www.housecallsinc.org>
- **Mississippi Valley Guardians**
715-273-6628
- **Payee Services, Inc.**
1-866-755-0203 or 715-233-0203
- **RP Services of WI**
715-285-5020

Financial Counseling/Education

- **Family Financial Management Program (UW-Extension Office)**
1-877-538-2311 ext. 209 or 715-583-2311 ext. 209
- **Lutheran Social Services**
1-888-607-6775 or 715-394-2054 <http://www.conqueryourdebt.org>

Financial Resources for Housing

- **Movin' Out, Inc - Housing Solutions for People with Disabilities**
1-877-861-6746 ext. 7 or 608-251-4446 ext. 7
e-mail: info@movin-out.org <http://www.movin-out.org>
- **Refinance & Mortgage Guide for People with Disabilities**
<http://refinancemortgagerates.org/mortgage-guide-for-people-with-disabilities>
- **Rural Housing**
1-888-400-5974 or <http://www.wisconsinruralhousing.org>

Hearing Services

- **Division of Vocational Rehabilitation (Employment Only)**
La Crosse, 1-800-523-2139 or 608-785-9500
- **Independent Living Resources**
La Crosse, 1-888-474-5745 or 608-787-1114
- **Office for the Deaf and Hard of Hearing**
Madison (central office), 1-855-359-5252
Northwest Region, 715-203-1580
e-mail: DHSODHH@wisconsin.gov <http://dhs.wisconsin.gov/odhh>
- **Services for Deaf/Hard of Hearing**
Eau Claire, 715-502-9355
<http://www.dhs.wisconsin.gov/odhh>
- **Telecommunications Equipment Purchase Program**
608-231-3305 or TTY 1-800-251-8345
- **711 Wisconsin Relay Connector**
Dial 711 or 1-800-947-6644
<http://www.wisconsinrelay.com>

Home Care/Hospice/Respite

Supportive Home Care

In-home services such as laundry, housekeeping, meal preparation and more.

- **Almost Family**
2523 West Folsom Street, Ste. B
Eau Claire, 715-831-0631
1425-B State Road 16
La Crosse, 608-779-0900
- **Always There Home Care of Western Wisconsin, LLC**
Mondovi, 715-530-3076
www.alwaystherehomecarewi.com
- **Home Helpers**
(Serves Trempealeau County)
715-720-4946
<http://homehelpershomecare.com>
- **Home Instead Senior Care**
La Crosse, 1-800-640-3914 or 608-782-4000
<http://www.homeinstead.com>

Home Care/Hospice/Respite - continued

- **International Quality Homecare**
(Serves all Trempealeau County communities)
1-800-687-9480
- **Mayo Clinic Health Systems Home Care and Hospice**
Eau Claire, 1-800-236-8408
- **Moore Genuine Care, LLC**
(Serves all Trempealeau County communities)
Augusta, 715-286-2734
- **My Innovative Services, Inc.**
Onalaska, 608-519-3388
- **Recover Health of Wisconsin, Inc.**
(Serves all Trempealeau County communities)
La Crosse, 608-406-3140
Eau Claire, 715-598-5600
<http://www.recoverhealth.org>
- **Safe at Home**
Eau Claire, 715-598-7233

Nursing Assistance/Personal Care

Skilled licensed nursing services.

- **Almost Family**
2523 West Folsom Street, Ste. B
Eau Claire, 715-831-0631
1425-B State Road 16
La Crosse, 608-779-0900
- **BrightStar Lifecare**
(Serves all Trempealeau County communities)
Onalaska, 608-519-4324
<http://www.brightstarcare.com/lacrosse>
- **Home Instead Senior Care**
La Crosse, 1-800-640-3914 or 608-782-4000
<http://www.homeinstead.com>
- **International Quality Homecare**
(Serves all Trempealeau County communities)
1-800-687-9480 or 715-955-4299
La Crescent, MN, 507-895-2570

Home Care/Hospice/Respite - continued

- **Mayo Clinic Health System Franciscan Healthcare Home Care**
(Serves communities of Ettrick, Galesville and Trempealeau)
La Crosse, 1-800-362-5454 ext. 29790 or 608-392-9790
<http://mayoclinichealthsystem.org/locations/la-crosse/medical-services/home-care>
- **Mayo Clinic Health System Home Health and Hospice**
(Serves communities of Eleva, Strum and Osseo)
Chippewa Falls, 1-800-236-8408 or 715-831-0100
<http://mayoclinichealthsystem.org/locations/eau-claire/medical-services>
- **Moore Genuine Care, LLC**
(Serves all Trempealeau County communities)
Augusta, 715-286-2734
- **My Innovative Services, Inc.**
Onalaska, 608-519-3388
- **Recover Health of Wisconsin, Inc.**
(Serves all Trempealeau County communities)
La Crosse, 608-406-3140
Eau Claire, 715-598-5600
<http://www.recoverhealth.org>
- **St. Joseph's Home Health Care**
(Serves communities of Eleva, Strum and Osseo)
Chippewa Falls, 1-800-726-3485 or 715-726-3485

Hospice Care

Provides nursing, social work, home health aides, pastoral care, and volunteer services for people who are terminally ill.

- **Black River Memorial Hospice**
(Serves communities of Arcadia, Blair, Ettrick, Galesville, Independence, Osseo, Strum and Trempealeau)
Black River Falls, 715-284-1343
<http://www.brmh.net/services/hospice>
- **Gundersen Health System - Hospice**
(Serves communities within 45 miles of La Crosse)
1-800-848-5443 or 608-775-8435
<http://www.gundersenhealth.org/hospice>
- **Heartland Hospice**
Serves Eau Claire County and surrounding areas
1-888-633-6522
www.heartlandhospice.com

Home Care/Hospice/Respite - continued

- **Mayo Clinic Health System Franciscan Healthcare Hospice**
(Serves communities of Ettrick, Galesville and Trempealeau)
La Crosse, 1-800-362-5454 ext. 29790 or 608-392-9790
<http://mayoclinichealthsystem.org/locations/la-crosse/medical-services/hospice>
- **Mayo Clinic Health System Home Care and Hospice**
(Serves communities of Eleva, Strum and Osseo)
Chippewa Falls – 1-800-236-8408 or 715-831-0100
<http://northwestwisconsinhomecare.org>
- **St. Croix Hospice**
Eau Claire, 715-598-2635
- **St Joseph's Home Health - Hospice**
(Serves communities of Eleva, Strum and Osseo)
Chippewa Falls, 1-800-725-3485 or 715-726-3485
- **Winona Area Hospice**
(Serves communities within 25 miles of Winona, MN)
Winona, MN - 507-457-4468 <http://www.winonahealth.org>

Respite Care

(Provides care in the home as well as certain hospitals/nursing homes)

- **Alzheimer and Family Caregiver Support Program**
Aging and Disability Resource Center of Trempealeau County
1-800-273-2001 or 715-538-2001 or e-mail:
resourcecenter@tremplounty.com
- **Bluffview Memory Care** (Pending bed availability, 7- day
minimum stay)
Holmen, 1-855-526-5864 or e-mail: info@bluffviewmemory.com
- **Gundersen Tri-County Care Center** (In-hospital only, pending bed
availability)
Whitehall, 715-538-2677
- **Mayo Clinic Health System in Osseo** (In-hospital only, pending bed
availability)
Osseo, 715-597-3121
- **Retired Senior Volunteer Program (RSVP) Volunteer Caregivers**
Independence, 715-985-2391 ext. 1205
- **St. Michael's Assisted Living** (Pending bed availability, 7-day minimum
stay)
Fountain City, 608-687-7721
- **Strum Area Health and Rehabilitation** (Pending bed availability)
Strum, 715-695-2611

Home Care/Hospice/Respite - continued

- **Wisconsin Family Caregiver Support Program**

Aging and Disability Resource Center of Trempealeau County

1-800-273-2001 or 715-538-2001 or e-mail: resourcecenter@tremplcounty.com

Home Improvements

- **Rural Development**

Menomonie - home rehabilitation grants and loans to address wiring, plumbing, windows, siding and other needs including ramps and other home accessibility needs

715-232-2614 ext. 4

- **Rural Housing**

Madison, 1-888-400-5974 or 608-238-3448 <http://www.wisconsinruralhousing.org>

- **Tomorrow's Home Foundation**

<http://www.tomorrowshomefoundation.org>

- **Western Dairyland Economic Opportunity Council, Inc.**

Independence, weatherization and home modification

1-800-782-1063 or 715-985-2391 <http://www.westerndairyland.org>

Housing Alternatives

Adult Family Home (AFH)

- Small group living situation (one to four residents)
- Home-like atmosphere
- Private or semi-private bedrooms
- Family style meals

Community Based Residential Facility (CBRF)

- Size of facility varies (five or more residents)
- Can be a remodeled home to a newly built facility
- Private or semi-private bedroom
- Common dining room

Housing Alternatives - continued

Residential Care Apartment Complex (RCAC)

- Separate apartments with a small kitchen
- Central dining room and a meal plan

People receive services to live in their own home whenever possible. Most services can be provided at home for most people. Helping people stay at home is at the heart of community long term care programs such as Family Care and IRIS. Whether you live in a house, apartment, condominium or mobile home, the Aging and Disability Resource Center of Trempealeau County, your Family Care care management team, or IRIS consultant can work with you so that you can remain in your own home. Moving from your home to a care facility to get help is to be considered the “last resort” when your health and safety are at risk, or moving is the cost-effective answer. If you already reside in an assisted living facility or nursing home that is not affordable to you, staff with the Aging and Disability Resource Center of Trempealeau County, your Family Care care management team, or IRIS consultant can help you find and secure the best living situation that meets your needs at a more affordable rate.

These facilities offer a variety of services that may include laundry, meals, and sometimes assistance with bathing or medications.

- **Assisted Living Directories and Facility Profiles – All State Facility Directory**

www.dhs.wisconsin.gov/bqaconsumer/AssistedLiving/AsLivDirs.htm

- **Bluffview Memory Care (CBRF)**

Holmen, 1-855-526-5864

e-mail: info@bluffviewmemory.com

www.bluffviewmemorycare.com

- **Country Ridge Residential Care Apartment Complex (RCAC)**

Pigeon Falls, 715-538-4312 ext. 4024

www.tchcc.com

- **Crystal Lake Terrace (CBRF)**

Strum, 715-695-2911

- **Eden House (meals only)**

Galesville, 608-582-2211

- **Family Circle (CBRF-Males Only)**

Strum, 715-695-3531

- **Lake Hallie Memory Care (CBRF)**

Chippewa Falls, 715-797-6027

e-mail: info@lakehalliememorycare.com

www.lakehalliememorycare.com

- **Mayo Clinic Health System Oakridge Residential Care Apartment Complex (RCAC)** Osseo, 715-597-8657
- **St. Michael's Assisted Living (CBRF)**
Fountain City, 608-687-7721
- **Gundersen Tri-County Senior Living (RCAC)**
Whitehall, 715-538-4361 ext. 3500
- **Trempealeau County Health Care Center – (AFHs and CBRFs)**
Whitehall, 715-538-4312

Housing Resource List

- **Public Housing Authority**
Housing Authority of Trempealeau County, 715-538-2274
- **WIHousingSearch.org**
1-877-428-8844 <http://wihousingsearch.org>
- **WISCAP Network**
Western Dairyland Economic Opportunity Council, Inc.
Independence, 1-800-782-1063 or 715-985-2391 <http://www.westerndairyland.org>
- **Weatherization**
Western Dairyland Economic Opportunity Council, Inc.
Independence, 1-800-782-1063 or 715-985-2391 <http://www.westerndairyland.org>
- **Independent Living Centers**
Independent Living Resources, 1-888-474-5745 or 608-787-1111
<http://www.ilresources.org>

HUD and Rural Development Housing

For Families, Handicapped and/or Disabled and Elderly

<u>Arcadia</u>	Thousand Oaks 1385 East Wilson Avenue Arcadia, WI 54612 608-323-2198	Horizon Management Group Inc. P.O. Box 2829 La Crosse, WI 54602-2829 800-944-4866 608-784-2935 1-800-333-8250 – Voucher Program
	Arcadia Public Housing Sobotta Street Arcadia, WI 54612	Housing Authority of Trempealeau County P.O. Box 295 Whitehall, WI 54773 715-538-2274
<u>Ettrick</u>	Greenview Apartments East Third Street Ettrick, WI 54627 608-582-2206	Horizon Management Group Inc. P.O. Box 2829 La Crosse, WI 54602-2829 800-944-4866 608-784-2935 1-800-333-8250 – Voucher Program
<u>Galesville</u>	Galesville Public Housing 17432 Edgewood Lane Galesville, WI 54630	Housing Authority of Trempealeau County P.O. Box 295 Whitehall, WI 54773 715-538-2274
	Galesville Greens Apts. West Clark Avenue Galesville, WI 54630 608-526-2206	Horizon Management Group Inc. P.O. Box 2829 La Crosse, WI 54602-2829 800-944-4866 608-784-2935 1-800-333-8250 – Voucher Program
<u>Independence</u>	Bugle Apartments 23556 Elm Street Independence, WI 54747	Housing Authority of Trempealeau Co 36358 Main Street Whitehall, WI 54773 715-538-2274
<u>Osseo</u>	Osseo Enterprises-Camelot Rose Street Osseo, WI 54758	Northern Investment Warner Rentals 715-985-3191
<u>Strum</u>	Birchwood Apartments Birch Street Strum, WI 54770 715-695-3671	Kathy Richards Management Co., Inc. P.O. Box 467 Ironwood, MI 49938 888-576-6468 Fax 906-932-5158
<u>Whitehall</u>	Creekside Apartments South Street Whitehall, WI 54773 715-538-4165	Horizon Management Group Inc. P.O. Box 2829 La Crosse, WI 54602-2829 800-944-4866 Fax: 608-784-2935 1-800-333-8250 – Voucher Program
	Whitehall Public Housing Maranatha Place Whitehall, WI 54773	Housing Authority of Trempealeau County P.O. Box 295 Whitehall, WI 54773 715-538-2274

HUD and Rural Development Housing

For Handicapped, Disabled and Elderly

Location	Building	On Site Office	Who to Contact
Arcadia	Arcadia Elderly Public Housing - Willow Street Arcadia Housing-Central Manor - Gillespie Street		Housing Authority of Trempealeau County 36358 Main Street, P.O. Box 295 Whitehall, WI 54773 715-538-2274
	Partridge Run Apartments		Allegiant Property Mgmt 412 South 3rd Street La Crescent, MN 55947 1-888-393-3282 608-784-1381 FAX 507-551-2068
Blair	Blair Apartments		Grandview Care Center P.O. Box 27 Blair, WI 54616 608-989-2511
Dodge	Hillside Apartments	608-539-4511 Fax 539-2066	
Eleva	Eleva Housing Inc.		Landmark Co. PO Box 720 Eau Claire, WI 54701 715-834-3411
	Eleva Lutheran Housing		Landmark Co. PO Box 720 Eau Claire, WI 54701 715-834-3411
Ettrick	North Pine Apartments Ettrick Housing		Horizon Management Group, Inc. Karen Sampson P.O. Box 2829 La Crosse, WI 54602-2829 608-784-2935 800-944-4866
Galesville	Galesville Elderly Public Housing West Ridge Avenue		Housing Authority of Trempealeau County 36358 Main Street, P.O. Box 295 Whitehall, WI 54773 715-538-2274
	Galesville Housing, Inc. Lakeview Courts	608-582-2722	Horizon Management Group, Inc. Karen Sampson P.O. Box 2829 La Crosse, WI 54602-2829 608-784-2935 800-944-4866
Independence	Bugle Apartments, Inc. Elm Street		Housing Authority of Trempealeau County 36358 Main Street, P.O. Box 295 Whitehall, WI 54773 715-538-2274
	Parkview Apartments, Inc.	715-985-2124 or 608-784-1318	Allegiant Property Mgmt 412 South 3rd Street La Crescent, MN 55947 1-888-393-3282 608-784-1381 FAX 507-551-2068
Osseo	Osseo Housing, Inc.		Gwen Skoyen P.O. Box 643 Osseo, WI 54758 715-533-1016
Pigeon Falls	Pigeon Falls Apartments Winsand Drive and Church Street		Housing Authority of Trempealeau County 36358 Main Street, P.O. Box 295 Whitehall, WI 54773 715-538-2274
Trempealeau	Riverview Apartments, Inc.	Office 608-534-7410	
Strum	Strum Apartments, Inc.		Sherry Severson W21751 Erlie Road Strum, WI 54770 715-695-3751
Whitehall	Brookside, Parkside, Hillside Independent Units & RCAC Units/Services Provided		Housing Authority of Trempealeau County 36358 Main Street, P.O. Box 295 Whitehall, WI 54773 715-538-2274

Legal Services/Resources

- **Better Business Bureau of Wisconsin**
1-800-273-1002 or 414-847-6000 <http://wisconsin.bbb.org>
- **Coalition of Wisconsin Aging Groups Elder Law Center**
1-800-488-2596 <http://www.cwagwisconsin.org>
- **Free Legal Clinic – Eau Claire**
L. E. Phillips Public Library, 400 Eau Claire Street, Eau Claire
3rd Wednesday of each month: 6:30 p.m. to 8:00 p.m.
<http://www.eauclaire.countybar.com>
- **Guardianship Hotline**
1-855-409-9410
- **Lawyer Information and Referral Service of State Bar of Wisconsin**
1-800-362-9082 <http://www.wisbar.org>
- **Legal Action of Wisconsin**
La Crosse, 1-800-873-0927 or 608-785-2809 <http://www.legalaction.org>
Tuesday and Thursday: 8:30 a.m. to 11:30 a.m.
- **State Bar of Wisconsin**
<http://www.wisbar.org>
- **Tenant Resource Center**
1-877-238-7368 http://www.tenantresourcecenter.org/rights_in_wisconsin
- **Trempealeau County District Attorney**
1-877-538-2311 ext. 421 or 715-538-2311 ext. 421
- **Wisconsin Guardianship Support Center**
1-855-409-9410 or E-mail: Guardian@gwaar.org

**Also see Attorney listing in the telephone book yellow pages*

Lifeline: Personal Emergency Response System *(24-hour emergency response system)*

A “button” is worn to push in case of an emergency situation. The system works through the telephone line. Suppliers of the emergency call system include:

- **Clark Electric Appliance & Satellite, Inc.**
1-866-279-6544 or 715-267-6544
- **Degen Berglund** (plus support services)
1-800-678-1862 or 608-775-8500
- **Mayo Clinic Health System - Help Link**
1-800-362-5454 ext. 29797 or 608-392-6300

Lifeline: Personal Emergency Response System - continued

- **Phillips Lifeline**
1-800-543-3546 ext. 3050
- **SafeLink Wireless**
Free Cell Phone and Minutes Program www.safelinkwireless.com
1-800-723-3546 for Enrollment and Plan Changes Support
1-800-378-1684 for Technical Support ONLY
- **Verizon - SureResponse**
1-855-299-9327

Meals/Nutrition

Home-Delivered Meals

- **Aging and Disability Resource Center of Trempealeau County (including Senior Services)** 1-800-273-2001 or 715-538-2001 (also have frozen meals)
- **Mom's Meals**, 1-866-204-6111
www.momsmeals.com

Meal Sites

- **Free Meal/Donations Accepted**
Ettrick, Living Hope Parish, 5:00 to 6:30 p.m. every third Sunday
- **Meal Sites** – Aging and Disability Resource Center of Trempealeau County (including Senior Services) 1-800-273-2001 or 715-538-2001

Blair – Rainbow Restaurant, 608-989-2003

Monday through Friday, 11:30 am to 12:30 pm

Eleva – Pammy K's, 715-287-3226

Monday through Thursday, 11:00 am to 12:00 pm
and, every Thursday, 5:00 pm

Galesville – Boon Docks Locker Room, 608-582-4401

Tuesday, Wednesday, Thursday, 11:00 am to 12:00 pm, reservations required

Pine Creek/Dodge – Sacred Heart Church, 608-539-3704

Tuesday and Thursday, 12:00 pm

Whitehall – Brookside Apartments, 1-800-273-2001 or 715-538-2001

Tuesday, Wednesday, Thursday, 11:30 am to 12:30 pm, reservations required

Meals/Nutrition - continued

Nutritional

- **Liquid Supplements**
Aging and Disability Resource Center of Trempealeau County
1-800-273-2001 or 715-538-2001
- **Senior Farmers Market Nutrition Program** (June-October)
Aging and Disability Resource Center of Trempealeau County 1-800-273-2001 or 715-538-2001

Grocery Stores that will Delivery

- **Gordy's**
Galesville, 608-582-2208; \$5.00 delivery charge
- **Robbe's IGA**
Strum, 715-695-3765

Food Pantries

- **Blair**
608-989-2818
- **Galesville**
608-582-2991
- **Independence**
715-985-3055
- **OLPH Mission/Thrift Store (Arcadia)**
608-323-7116
- **Osseo**
715-597-3213
- **Ruby's Pantry - Osseo**
715-597-2485
- **Reaching Out Ministries**
715-896-0604 or 608-863-9423
- **Strum**
715-695-3511
- **Whitehall**
715-538-4353

Medical Supplies/Equipment

The following is a list of suppliers of specialized equipment such as hospital beds, commodes, walkers, wheelchairs, oxygen, lift chairs and more. Items are available on a loan, rental or purchase basis depending on the supplier.

- **A & J Mobility** (vans)
1-877-833-9830 or 715-874-6630
- **ActivStyle** (incontinent supplies) 1-800-651-6223
- **American Home Patient**
Eau Claire, 1-800-950-2383 or Onalaska, 1-800-947-2330
- **Apria Health Care**
Eau Claire, 1-800-289-8700 or 715-834-7517
- **Degen Berglund, Inc.**
La Crosse, 1-800-362-9567 ext. 58500 or 608-775-8500
- **Grace Home Respiratory and Medical Supply**
1-877-230-1622 or 715-832-7377
- **GT Mobility & Services, LLC** (Advantage Vans or Advantage Mobility and Services)
1-800-859-9041 or 715-341-2712 www.gtmobility.com
- **Hilton Medical Supply**
La Crosse, 608-785-0390
- **Home Delivery of Incontinent Supplies**
1-800-269-4663
- **Howard's Home Furnishings** (rents lift-chairs)
Osseo, 715-597-3344 www.shophowards.com
- **J & B Medical Supply**
1-866-674-5850
- **Independence First Mobility Store (Wheelchair Recycling Program)**
Madison, 608-243-1785
Milwaukee Area, 414-988-5333
- **Mayo Clinic Health System-Franciscan Care Home Medical Equipment**
La Crosse, 1-800-362-5454 ext. 9797 or 608-392-9797
- **Mayo Clinic Health System Pharmacy & Home Medical**
Eau Claire, 1-800-236-6807
- **Midwest Off Roads**
La Crosse, 1-800-626-1001 or 608-784-9980
- **NuMotion** (formerly Reliant Rehab)
Eau Claire, 715-552-3711
- **Praxair**
Eau Claire (oxygen only) 1-800-924-3048
- **Veterans Services Office, Trempealeau County**
Whitehall, 1-877-538-2311 ext. 217 or 715-538-2311 ext. 217

(wheelchairs to loan, hospital beds, commodes and walkers)

Mental Health Services

Behavioral Medicine/Counseling/Mental Health Services

- **Aging & Disability Resource Center of Trempealeau County**
1-800-273-2001 or 715-538-2001 e-mail: resourcecenter@trempeleaucounty.com
- **Great Rivers 211** (service available 24 hours, 7 days a week)
Dial 211 or 1-800-362-8255
TTY 1-866-884-3620 <http://www.greatrivers211.org>
- **Gundersen Health System - Behavioral Health**
Whitehall, 715-538-2383
La Crosse, 1-800-362-9567 ext. 52287 or 608-775-2287
<http://www.gundersenhealth.org/behavioral-health>
- **Ho-Chunk Nation Behavioral Health**
La Crosse, 608-784-3083 <http://www.ho-chunknation.com>
- **Mayo Clinic Health System Behavioral Health**
Arcadia, 608-323-7775
Eau Claire, 1-888-838-4777 or 715-838-5369
La Crosse, 1-800-362-5454 or 608-392-9555
- **National Alliance on Mental Health (NAMI)**
1-800-236-2988
La Crosse, 608-779-1554
Eau Claire, 715-450-6484
- **National Alliance on Mental Health (NAMI) - Trempealeau County**
608-484-2723 or e-mail: namitrempeleaucounty@yahoo.com
- **NAMI Family to Family** www.namilacrossecounty.org
- **Northwest Connections**
1-888-552-6642
- **Positive Awareness Drop-In Center**
618 South Barstow Street, Eau Claire, 715-835-3816 (8 am - 3:30 pm, Monday-Friday)
- **RAVE (Recovery Avenue) Drop-In Center**
1806 State Street, La Crosse, Monday - Friday 9:00 am to 5:00 pm
608-785-6264 or Main Office 608-787-1111 e-mail: raveonstate@centurytel.net
- **Sacred Heart Behavioral Health Center**
Eau Claire, 715-717-4272
- **Veteran's Office - Trempealeau County**
1-877-538-2311 ext. 217 or 715-538-2311 ext. 217
- **Veterans Only: Suicide Prevention**
1-800-273-TALK or 715-538-2311 ext. 217
- **West Central Wisconsin Behavioral Health**

Independence, 1-866-805-0304 or 715-985-3452

Mental Health Services continued

- **Wisconsin Vet Centers**
La Crosse, 608-782-4403

Support Groups Related to Specific Mental Health Issues

There are a number of groups in the area offering support to people with mental health issues and those who care about them.

- **Great Rivers 211** (service available 24 hours, 7 days a week)
Dial 211 or 1-800-362-8255
TTY 1-866-884-3620 <http://www.greatrivers211.org>

Nursing Homes and *Hospitals

- **Dove Health Care**
Osseo, 715-597-2493 (Nursing home)
- **Grand View Care Center**
Blair, 608-989-2511
- **Gundersen Tri-County Care Center/Gundersen Tri-County Hospital and Clinics***
Whitehall, 715-538-2677 (nursing home), or 715-538-4361 (hospital)
- **Marinuka Manor**
Galesville, 608-582-2211
- **Mayo Clinic Health System – Oakridge***
Osseo, 715-597-3121 (hospital)
- **Pigeon Falls Health Care Center**
Pigeon Falls, 715-983-2293
- **Strum Area Health and Rehabilitation**
Strum, 715-695-2611
- **Trempealeau County Health Care Center**
Whitehall, 715-538-4312

Pharmacies and Prescription Drug Programs

Pharmacy Services

- **Blair Pharmacy**
Blair, 608-989-2919
Blair, Pigeon Falls and Whitehall (delivery and mail out)
- **Colby Pharmacy**

Whitehall, 715-538-4947 (mail out only)

Pharmacies and Prescription Drug Programs continued

- **Galesville Pharmacy**
Galesville, 608-582-2446
Ettrick, Galesville, Trempealeau (delivery and mail out)
- **Mayo Clinic Health System Pharmacy and Home Medical**
Eau Claire, 1-800-236-6807
Osseo, 715-597-3166 (mail out only)
- **Shopko Pharmacy**
Arcadia, 608-323-8134 (mail out only)
- **Strum Pharmacy**
Strum, 715-695-3417 (mail out only)

***Pharmacies that deliver or mail out prescriptions may charge a fee for the service*

Prescription Drug Programs

- **Benefit Specialist**
Aging and Disability Resource Center of Trempealeau County (including Senior Services)
Disability Benefit Specialist (Ages 18-59) 1-800-273-2001 or 715-538-2001
Elder Benefit Specialist (Ages 60 and older) 1-800-273-2001 or 715-538-2001
- **Benefits Checkup**
www.benefitscheckup.org
- **Board on Aging and Long Term Care**
1-855-677-2783-8211 <http://www.longtermcare.wi.gov>
Medicare Part D and Prescription Drug Hotline (ages 60 and older)
- **Medicare Part D**
1-855-394-9168
<http://www.medicare.gov>
A prescription drug program that provides additional coverage to your current Medicare Plan
- **Medigap Helpline/SHIP**
1-800-242-1060
www.longtermcare.wi.gov
- **Prescription Drug Assistance Programs**
<http://www.dhs.wisconsin.gov>
Prescription drugs area a major expense for many health care consumers and some insurance programs provide no or limited coverage for these drugs. The website listed will provide some places to turn for help and information.
- **Wisconsin Drug Card Program**
<http://www.wisconsindrugcard.com>

Discount prescriptions with no restrictions or eligibility criteria

Prescription Drug Programs - continued

• **Wisconsin SeniorCare**

1-800-657-2038 <http://www.dhs.wisconsin.gov/seniorcare/index.htm>

A prescription drug program for Wisconsin residents who are 65 years of age or older. There is an annual enrollment fee and minimal co-pay for each prescription. A senior's projected annual income will determine whether certain out-of-pocket expenses will also be required.

Support Groups and Contact Agencies

• **Amyotrophic Lateral Sclerosis (ALS, Lou Gehrig's Disease)**

Deb Erickson, 715-271-7257

• **Alcoholics Anonymous/ALANON**

715-538-1768

• **Alzheimer's Association**

Chippewa Falls, 715-720-7611

Helpline, 1-800-272-3900 or <http://www.alz.org>

CareFinder <http://www.alz.org/carefinder>

Navigator <http://www.alzheimersnavigator.org>

• **Alzheimer's Caregiver Support Group**

Sacred Heart Hospital Education Department, Eau Claire, 715-839-4265

Alzheimer's Support Group or Peer Mentoring,

La Crosse, 1-800-797-1656 or 608-784-5011

• **Attention Deficit Hyperactivity Disorder (ADHD) Support Group**

National Alliance on Mental Illness (NAMI) of Trempealeau County

608-484-2723 or e-mail: namitrempeleau@yahoo.com

Gundersen Tri-County Hospital and Clinics – Education Room, Whitehall

3rd Monday of every month (except December), 6:00 pm to 7:00 pm

• **Caregiver Support Group**

Church Street, Pigeon Falls Health Care Center

2nd Thursday every month, 1:30 pm to 2:30 pm

715-983-2293, Ext. 4158

• **Consumer Recovery Support**

RAVE, 1806 State St, La Crosse, 608-785-9615; Wednesday, 5:00pm to 6:30pm

• **Depression/Bipolar Support Alliance**

La Crosse, 608-779-1554

• **Diabetes Local**

<http://www.diabeteslocal.org>

• **Diabetes Support Group**

Whitehall, 1-800-232-3472 or 715-538-4355

Support Groups and Contact Agencies - continued

- **Eau Claire Low Vision Support Group**
715-839-4090
- **Family Support Group Meeting**
608-784-9644 or 608-784-0062
South Side Neighborhood Center, 1300 South 6th St, La Crosse
2nd Monday of the month, 7:00 pm to 8:30 pm
- **Hope's Place**
Peer-run support group
Whitehall Tri-County Memorial Hospital - Education Room
3:30 - 4:30 p.m., every 3rd Monday of the month
- **Great Rivers 211** (service available 24 hours, 7 days a week)
Dial 211 or 1-800-362-8255 or 608-791-4344
TTY 1-866-884-3620 <http://www.greatrivers211.org>
- **Mayo Clinic Health System Behavioral Health Services**
Eau Claire, 715-838-5369
- **Mental Health Coalition of the Greater La Crosse Area,**
www.mentalhealthlacrosse.org
- **Multiple Sclerosis (MS) Support Group**
Gundersen Tri-County Hospital and Clinics – Whitehall
(2nd Tuesday of the month at 6:30 pm) Lisa Niedzielko, 507-450-0382
- **National Alliance for the Mentally Ill (NAMI)**
La Crosse, 608-788-4888
- **National Alliance for the Mentally Ill (NAMI) of Trempealeau County**
608-484-2723 or e-mail: namitrempealeaucounty@yahoo.com
- **Post Polio Support Group**
Betty Marsolek, 715-985-3801 (meets in April and October)
- **Survivors of Suicide Support Group**
Franciscan Spirituality Center, Rose Room 141, 920 Market St, La Crosse;
3rd Wednesday of the month at 8:00 pm to 9:00 pm
- **Visually Impaired Persons of the Greater**
La Crosse Area, 608-782-1534
- **Wisconsin Family Caregiver Support Program**
Aging & Disability Resource Center of Trempealeau County
1-800-273-2001 or 715-538-2001 e-mail: resourcecenter@tremplcounty.com
- **Women to Women Support Group**
Women with a diagnosed serious mental illness, Independent Living Resources
4439 Mormon Coulee Rd, La Crosse, 1-888-474-5745 or 608-787-1111;
Thursday, 1:00pm to 3:00pm
- **Women's Way – Lutheran Social Services**

Transitional Planning

Planning for the Future Prior to Age 17

Information and Assistance

Help finding services and community resources, assessment for funding availability for children with developmental, physical disabilities or severe emotional disturbance.

- **Trempealeau County Department of Human Services, Behavioral Health Unit**
1-877-538-2311 ext. 290 or 715-538-1768

Planning for Adulthood 17 Years of Age and Older

Information and Assistance

Help finding services and community resources, assessment for available funding for adults with developmental and/or physical disabilities.

- **Aging & Disability Resource Center**
1-800-273-2001 or 715-538-2001 e-mail: resourcecenter@tremplocounty.com

Guardianship

If the child is going to need a guardian, please call to begin the process (suggested age is 17 years, 6 months).

- **Dana Conrad, Trempealeau County Dept. of Human Services**
1-877-538-2311 ext. 290 or 715-538-1768
e-mail: conradd@tremplocounty.com

Disability Benefit Specialist

Assistance in applying for Supplemental Security Income (SSI) or Social Security Disability Insurance (SSDI) through Social Security (suggested age to begin is 17 years, 9 months).

- **Carie Prudlick, Disability Benefit Specialist Aging & Disability Resource Center**
1-800-273-2001 or 715-538-2001
e-mail: cariep@tremplocounty.com

Transportation Services

- **Abby Vans**
Neillsville, 1-800-236-8438 or 715-743-3364
- **Access Medical Transit**
La Crosse, 1-800-658-9054 or 608-784-4200
- **Aging and Disability Resources of Trempealeau County (including Senior Services)**
Bus and Van, 1-800-273-2001 or 715-538-2001
Volunteer Driver, 1-800-273-2001 or 715-538-2001
- **Medical Transportation Management, Inc. (MTM)**
1-866-907-1493 single reservation (routine orders)
1-866-907-1494 (“Where’s My Ride”) TTY – 1-800-855-2880
Routine and regularly scheduled <http://mtm-inc.net/wisconsin>
Report Fraud, 1-877-865-3432 <http://www.reportfraud.wisconsin.gov/>
- **Pine Creek Transportation Service**
Taylor, 1-866-627-3923 or 715-662-2028
- **Tender Care Transport**
Eau Claire, 1-800-498-2050 or 715-835-2435
- **Veterans Service Office, Trempealeau County** (medical for veterans only)
1-877-538-2311 ext. 217 or 715-538-2311 ext. 217

Vision: Blind and Visually Impaired Services

(information/assistance)

- **Aging and Disability Resource Center of Trempealeau County**
(audio tapes of local newspapers)
1-800-273-2001 or 715-538-2001
- **Division of Vocational Rehabilitation** (*Employment Only*)
La Crosse, 1-800-523-2139 or 608-785-9500
- **Independent Living Resources**
La Crosse, 1-888-474-5745 or 608-787-1111
- **Low Vision Clinic—Gundersen Health System**
La Crosse, 1-800-362-9567 ext. 52191
- **Office for the Blind and Visually Impaired**
1-888-879-0017 www.dhs.wisconsin.gov/blind
- **Rehab Specialist for the Blind**
Linda Palmer, 608-789-5663

Vision Services - continued

- **Telecommunications Equipment Purchase Program**
608-231-3305 or TTY 1-800-251-8345
TEPP – assists individuals that are hard of hearing, deaf/severely hard of hearing, speech impaired, mobility/motion impaired, deaf with low vision or deaf and blind to obtain equipment for basic phone service
TAP – a program for those who are deaf or severely hard of hearing in a low income household to pay the TEPP co-payment if you qualify
- **Wisconsin Council of the Blind & Visually Impaired**
1-800-783-5213 or 608-255-1166 <http://wcblind.org>
A variety of services including assistive aids, appliances, computer technology, legislative advocacy, and education.

Volunteer Services

- **Retired Senior Volunteer Program (RSVP) Volunteer Caregivers**
Independence, 715-985-2391, ext. 205
- **Aging and Disability Resource Center of Trempealeau County**
Whitehall, 1-800-273-2001 or 715-538-2001

Trempealeau County Government at Your Service

Aging & Disability Resource Center	715-538-2001
ADRC Toll-Free	1-800-273-2001
Government Center:	715-538-2311
Government Center:	Toll-Free 1-877-538-2311
Child Support Agency	Ext. 312
Circuit Court Judge	Ext. 239
City Center	715-538-4353
Clerk of Court	Ext. 240
Community Cable TV	Ext. 308
Coroner	715-538-4351
Corporate Counsel	Ext. 246
County Board Chair	Ext. 200
County Clerk	Ext. 201
Department of Corrections	715-538-4333
District Attorney	Ext. 421
Emergency Management	Ext. 215
Farm Service Agency - PO Box 645-Whitehall, WI	715-538-4396
Forester/DNR	715-538-4480
Health Care Center	715-538-4312
Health Care Center Annex	715-985-2337
Health Department	Ext. 220
Highway Office	715-538-4799
Highway Shop	715-538-2221
Housing Authority	715-538-2274
Human Resources/Asst. Admin. Coordinator	Ext. 245
Human Services	715-538-1768
Land Conservation	Ext. 263
Land Records	Ext. 343
New Horizons, PO Box 518, Whitehall, WI	715-538-2810
Probation & Parole	715-538-4333
Register of Deeds	Ext. 244
Register and Probate	Ext. 238
Sheriff	Ext. 357
Surveyor	Ext. 348
Tax Lister	Ext. 248
Treasurer	Ext. 219
University of WI Extension	Ext. 208
Veterans Services	Ext. 217