

***Does someone depend on you for assistance?  
You are a caregiver!***

**CAREGIVER RESOURCES AVAILABLE IN KENT COUNTY**

*Information provided is only a partial listing of resources, and is subject to change without notice. Check the Community Calendar for current and ongoing events.*

**Care Options and Respite Services**

*Programs that offer temporary, substitute living arrangements for dependent adults in order to provide a brief period of relief or rest for the caregiver. Also included are programs that offer respite services within the individual's own home.*

**Amyotrophic Lateral Sclerosis (ALS)**

**Association, Western Michigan Chapter**

Provides reimbursement for in-home respite for families of an ALS patient.

Phone: (616) 459-1900; 1-800-387-7121

**Area Agency on Aging of Western Michigan**

A limited number of "Caregiver Respite Certificates" are available to help caregivers purchase respite services. For information about participating providers call.

Phone: (616) 456-5664.

**Gerontology Network/CareTree Adult Day Services**

Provides respite, 9:00 AM to 3:00 PM on 2<sup>nd</sup> & 4th Saturdays & M-F, based on need.

Phone: (616) 464-3665

**Gerontology Network/Senior Companions Program**

Specially trained Senior Companions provide in-home respite for caregivers of an older adult loved one.

Phone: (616) 771-9748

**HHS, Health Options / Caregiver Support Program**

Provides in-home assessment of caregiver and adult dependant needs, develops personal plan of care to meet those needs, coordinates services, and provides on-going support and monitoring of changing needs.

Phone: 616-285-2590

**Hope Network Behavioral Health Service/Side By Side Overnight Respite Program**

Provides an overnight respite program that is available 365 days per year.

Phone: (616) 235-2910

**Visiting Nurse Association of Western Michigan**

Provides friendly visiting/respite with in-home volunteers, as well as in-home supportive services

Phone: (616) 774-2702 or 1-800-774-2702

## **Adult Day Services**

*Programs that provide care and supervision in a protective setting for dependent adults living in the community during some portion of a twenty-four hour day. Services may include social and recreational activities, training that is essential for sustaining activities of daily living and more.*

### **Gerontology Network/Friendship Place**

516 Cherry Street SE  
Grand Rapids, MI 49503  
Phone: (616) 456-6135

### **Gerontology Network/CareTree Adult Day Services**

4065 Saladin Drive SE  
Grand Rapids, MI 49546  
Phone: (616) 464-3665

### **Hope Network Behavioral Health Service/Side By Side Adult Day Care Program**

1256 Walker NW  
Grand Rapids, MI 49504  
Phone: (616) 235-2910

### **Saint Ann's Home – Adult Day Care**

2161 Leonard Street NW  
Grand Rapids, MI 49504  
Phone: (616) 453-7715 ext. 33

## **Support Groups**

*Give caregivers a safe place to socialize with others, vent feelings, share/receive information, and get away from providing care for a few hours.*

### **ALS West Michigan Chapter**

Group meetings for PALS and CALS.  
Speakers, discussion and sharing.  
2<sup>nd</sup> Sunday, 2:00 – 4:00 PM at 1<sup>st</sup>  
Evangelical Covenant Church, 1933  
Tremont Blvd., NW, Grand Rapids.  
Phone: (616) 459-1900; 1-800-387-7121

### **Alzheimer's Association – West Michigan Chapter**

Hosts a number of support groups for caregivers of individuals with Alzheimer's disease or related disorders.  
Phone: (616) 459-4558 or 1-800-337-3827

### **CareTree Adult Day Services**

Support group for caregivers of Alzheimer's patients with special emphasis/education for the main caregiver. Respite care provided.  
1<sup>st</sup> & 3<sup>rd</sup> Tuesday, 12:30 – 2:30 PM.  
Phone: (616) 464-3665

### **Gerontology Network**

Provides Helping Helpers, an education and support group held in area churches. Also, Get-Away Days provide fun-filled days away for caregivers.  
4065 Saladin Drive SE  
Grand Rapids, MI 49546  
Phone: (616) 464-3665

### **Gerontology Network**

Hosts a monthly support group for male caregivers of individuals with dementia.  
Phone: (616) 456-6135

### **Hope Network Behavioral Health Service/Side By Side Caregivers Support Group**

2<sup>nd</sup> Tuesday, 11:30AM – 1:00PM  
1256 Walker NW  
Grand Rapids, MI 49504  
Phone: (616) 235-2910

### **National Multiple Sclerosis Society**

Provides an on-going monthly support group.  
Phone: (616) 942-5505

### **Support Group For Families And Friends of Aging Adults**

Provides education through speakers with expertise in Aging and an opportunity for sharing for those who are responsible for or concerned about older persons who live in their own homes, with a relative or in a residential facility.  
Contact: Julie Griffin (616) 243-8116 or Ron Rozema (616) 235-5029

## **Counseling**

*Provide caregivers with individual, family, and/or group therapy options.*

### **Community Counseling**

540 Cherry St SE  
Grand Rapids, MI 49503  
Contact: Margaret Woltjer, PhD  
Phone: (616) 456-1586

### **Gerontology Network**

516 Cherry Street SE  
Grand Rapids, MI 49503  
Phone: (616) 456-6135

### **Human Resource Associates**

161 Ottawa NW  
Grand Rapids MI 49503  
Contact: Linda Morton, MSW  
Phone: (616) 458-0692

### **Life Guidance Services**

1400 Leonard Street NE  
Grand Rapids, MI 49505  
Phone: (616) 774-0633

### **Pine Rest City Clinic**

300 Lafayette  
Grand Rapids MI 49503  
Contact: Pat Warsen, MSW or  
Nancy Hale, MSW  
Phone: (616) 913-1400

### **Pine Rest - Main Campus**

300 68<sup>th</sup> Street  
Grand Rapids, MI 49501

Contact: Connie deVantier, PhD  
Phone: (616) 831-2602

### **Pine Rest NE Clinic**

1700 East Beltline  
Grand Rapids MI 49525  
Contact: Suzann Ogland-Hand, PhD  
Phone: (616) 364-1500

### **Brady Counseling Services**

4065 Saladin Dr. SE  
Grand Rapids, MI 49546  
Contact: Cathy Brady  
Phone: (616) 560-6467

### **Spectrum Health Elder Consult**

Spectrum Health Continuing Care Group  
4500 Breton Rd. SE  
Grand Rapids, MI 49508  
Phone: (616) 391-5710

### **Cragwall & Associates**

4467 Cascade Rd. SE  
Grand Rapids MI 49546  
Contact: Lori Reineke, PhD  
Phone: (616) 940-3331

### **West Michigan Caregiver's Alliance**

233 E. Fulton Street, Suite 222  
Grand Rapids, MI 49503  
Contact: Hanni Epp  
Phone: (616) 235-8501

## **Education**

*Provide caregivers with educational consultation, resource information, and educational materials on a wide variety of topics related to aging and caregiving.*

### **Alzheimer's Association – West Michigan Chapter**

Provides consultation, information, and educational materials on topics related to Alzheimer's disease and related disorders.

Grand Rapids (616) 459-4558  
500 Cherry Street SE  
Grand Rapids, MI 49503  
Holland (Main office) 1-800-337-3827  
225 W. 30<sup>th</sup>, Holland, MI 49423

### **Citizens for Better Care**

Provides consultation, information, and educational materials on a wide range of topics related to long-term care and residents rights.

700 36<sup>th</sup> Street SE, Suite 104  
Grand Rapids, MI 49548  
Phone: (616) 245-9451

**Gerontology Network**

Provides educational consultation, information, and educational materials on a wide range of topics related to aging and caregiving.

516 Cherry Street SE  
Grand Rapids, MI 49503  
Phone: (616) 456-6135

**Grand Rapids Community College - Older Learner Center**

Provides information, and educational materials on a wide range of topics related to aging and caregiving.

143 Bostwick NE  
Phone: (616) 234-3483

**Holland Home – Speakers’ Bureau**

The Holland Home Speakers’ Bureau offers free professional presentations on a variety of topics, including workplace issues, financial matters, caregiver skills, and issues facing older adults and their loved ones.

Phone: (616) 245-7477

**National Multiple Sclerosis Society**

Provides educational materials, programs, and mailings targeted toward family caregivers.

2020 Raybrook SE  
Grand Rapids, MI 49546  
Phone: (616) 942-5505

**Senior Health Dimensions**

Provides assessment, counseling and education through employers to employed caregivers.

2571 Chatham Woods Dr. SE, Suite 200  
Grand Rapids, MI 49546  
Phone: (616) 957-9420

**Spectrum Health Elder Consult**

Provides information and educational materials regarding healthy aging.

4500 Breton Rd. SE  
Grand Rapids, MI 49508  
Phone: (616) 391-5710

**Caregiver Telephone Support:****Gerontology Network, Caregiver Support Line**

A Registered Nurse provides telephone assessment, education, referral, supportive conversation and coaching. The RN will work with the caregiver over the phone and address concerns/needs related to physical health, emotional, social and educational issues.

Phone: (616) 771-9714 or Toll free 1-800-730-6135 ext. 714.

**Recreational/Occupational Therapy Services**

*Provide caregivers and clients with recreational and occupational therapy and opportunities.*

**City of Wyoming – Stepping Stones**

Provides an in-home recreational therapist with the goal of increased activity within the home and community for the caregiver or client. (Serves all of Kent County)

2380 DeHoop SW  
Wyoming, MI 49509  
Phone: (616) 530-3190

promote independent living skills and improve safety and quality of life.

4065 Saladin Drive SE  
Grand Rapids, MI 49546  
Phone: (616) 942-2081

**Easter Seals Michigan**

Provides in-home occupational therapy services for caregivers and clients to

**Wyoming Senior Centers**

Provides recreational opportunities for caregivers at a community center.

2380 DeHoop SW  
Wyoming, MI 49509  
Phone: (616) 530-3190

This Fact Sheet is provided as a public service of the Caregiver Resource Network. The Caregiver Resource Network is a collaboration of Kent County organizations dedicated to providing for the needs and welfare of family and professional caregivers within the community. Funded by the Area Agency on Aging of Western Michigan with Older American’s Act Title III-E, Family Caregiver Support Funds.

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