

# OAKLAND COUNTY SENIOR RESOURCE DIRECTORY

## Disease and Wellness Information and Support Groups

### Disease Information (May also offer support groups)

		Southfield	Flint
<b>Alzheimer Association</b>			
<a href="http://www.alz.org/gmc">www.alz.org/gmc</a> or <a href="http://www.alz.org">www.alz.org</a>	800-272-3900	248-351-0280	810-780-4163
<b>Alzheimer Association Safe Return Program</b>			
<a href="http://www.medicalert.org/safereturn">www.medicalert.org/safereturn</a>	800-432-5378		
<b>American Cancer Society-Michigan</b>			
<a href="http://www.cancer.org">www.cancer.org</a>	800-227-2345	248-663-3400	
<b>American Diabetes Association</b>			
<a href="http://www.diabetes.org">www.diabetes.org</a>	800-342-2383	248-433-3830	
<b>American Lung Association</b>			
<a href="http://www.lungusa.org">www.lungusa.org</a>	800-586-4872	248-784-2000	<a href="mailto:michigan@ccfa.org">michigan@ccfa.org</a>
<b>Crohns &amp; Colitis Foundation</b>			
<a href="http://www.ccfa.org/chapters/michigan">www.ccfa.org/chapters/michigan</a>		248-737-0900	
<b>Epilepsy Foundation of Michigan</b>			
<a href="http://www.epilepsymichigan.org">www.epilepsymichigan.org</a>	800-377-6226	248-351-7979	
<b>Karmanos Cancer Institute</b>			
<a href="http://www.karmanos.org">www.karmanos.org</a>	800-527-6266		
<b>Leukemia and Lymphoma Society</b>			
<a href="http://www.leukemia-lymphoma.org">www.leukemia-lymphoma.org</a>	800-955-4572	248-581-3900	
<b>Mesothelioma Center</b>			
<a href="http://www.asbestos.com">www.asbestos.com</a>	844-359-1709		

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### **Michigan Parkinsons Foundation**

[www.parkinsonsmi.org](http://www.parkinsonsmi.org)

800-852-9781

248-433-1011

### **National Institutes of Health**

[www.nihseniorhealth.gov](http://www.nihseniorhealth.gov)

### **National Multiple Sclerosis Society-Michigan**

[www.nationalmssociety.org](http://www.nationalmssociety.org)

800-344-4867

248-351-2190

### **American Heart/ American Stroke Association**

[www.americanheart.org](http://www.americanheart.org)

800-242-8721

248-936-5800

[www.strokeassociation.org](http://www.strokeassociation.org)

888-478-7653

### **Wellness Information**

#### **Oakland County Health Division**

[www.oakgov.com/health](http://www.oakgov.com/health)

248-858-1406

#### **Centers for Disease Control and Prevention**

[www.cdc.gov/aging](http://www.cdc.gov/aging)

800-232-4636

TTY 888-232-6348

#### **Michigan Protection and Advocacy Services**

[www.mpas.org](http://www.mpas.org)

800-288-5923

517-487-1755 Assists the disabled

#### **Council of Citizens with Low Vision International**

[www.cclvi.org](http://www.cclvi.org)

800-733-2258

#### **Alcoholics Anonymous**

[www.aa-semi.org](http://www.aa-semi.org)

Hotline: 877-337-0611

or 248-332-3521

#### **Narcotics Anonymous**

[www.michigan-na.org/oakland/](http://www.michigan-na.org/oakland/)

Hotline: 877-338-1188

or 248-543-7200

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### Michigan Gamblers Helpline

<http://1.usa.gov/1SHee51>

800-270-7117

### Smoking Cessation (State Quitline)

[www.michigan.gov/tobacco](http://www.michigan.gov/tobacco)

800-784-8669

### Smokefree.gov

[www.smokefree.gov](http://www.smokefree.gov)

An online step-by-step cessation guide with printable information

### Stop Smoking (Freshstart)

[www.cancer.org](http://www.cancer.org)

800-227-2345

## Support Groups

### Alzheimers Association

[www.alz.org/gmc](http://www.alz.org/gmc) or [www.alz.org](http://www.alz.org)

800-272-3900

248-351-0280

### Dial-in Alzheimers Support Group

[alzdialin@seniorhelpers.com](mailto:alzdialin@seniorhelpers.com)

Call 312-757-3121, access code 294847693

Group call for caregivers who can't get out to a meeting every 4<sup>th</sup> Wednesday from 6:00-7:00 p.m.

### American Liver Foundation

[www.liverfoundation.org](http://www.liverfoundation.org)

800-465-4837

248-672-7561 for Hepatitis C support

### Arthritis Foundation-Michigan

[www.arthritis.org/michigan](http://www.arthritis.org/michigan)

855-529-2728

248-649-2891

### Association for Macular Diseases, Inc.

[www.macula.org](http://www.macula.org)

212-605-3719

### American Council of the Blind

[www.acb.org](http://www.acb.org)

National

800-424-8666

202-467-5081

Michigan

586-781-3646

## **Blinded Veterans Association**

[www.bva.org](http://www.bva.org)

800-669-7079

## **Grandparents Raising Grandchildren**

[www.raisingyourgrandchildren.com](http://www.raisingyourgrandchildren.com)

## **Hearing Loss Association of America (Michigan Chapter)**

[www.hearingloss.org](http://www.hearingloss.org)

Call DEAF C.A.N.

248-332-3331

## **Caregiver Action Network**

[www.caregiveraction.org](http://www.caregiveraction.org)

202-454-3970

## **Family Caregiver Alliance**

<https://www.caregiver.org/>

800-445-8106

Caregiver support groups may be offered at senior living locations or by senior centers. Check the facilities in your area for resources.

## **Bereavement and Coping with Loss**

**Check with your local senior center, funeral home or Hospice to find support after the loss of a loved one.**

## **Common Ground (for referrals)**

[www.commongroundhelps.org](http://www.commongroundhelps.org)

800-231-1127