

# La Crosse County Resource Guide



The ADRC is your source for reliable and objective information about the broad range of programs and services available in La Crosse County.

Our goal is to empower you to make informed choices and to help you access the right services and supports to meet your needs.

We can help you understand and evaluate the various options available to you. Our services are free and available to older adults, adults with disabilities, their families, friends, and caregivers. **Please contact us for more information.**



**608-785-5700**  
**1-800-500-3910**  
**Mon-Fri**  
**8am-4:30pm**



**[adrc@lacrossecounty.org](mailto:adrc@lacrossecounty.org)**  
**[www.lacrossecounty.org/adrc](http://www.lacrossecounty.org/adrc)**



**300 4<sup>th</sup> St. N**  
**La Crosse, WI 54601**  
**Walk-In Hours**  
**M, Tu, Th, F**  
**8:30am-3:30pm**  
**Wed 10:30am-3:30pm**

This guide has been developed by the Aging and Disability Resource Center (ADRC) of La Crosse County. It is intended to help you find resources in the community. It is not a complete list of services and is not meant to be an endorsement or recommendation of specific businesses or agencies. Please call the desired resource for the most up-to-date information. Updated 02/2025



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## HOME HEALTH/PERSONAL/SUPPORTIVE HOME CARE

MA = Medicaid MC = Medicare VA = Veterans PI = Private Insurance

**Almost Family 608-779-0900** Accepts MA, MC, PI

[www.lhcgroup.com/locations/almost-family-home-health-care-of-lacrosse/](http://www.lhcgroup.com/locations/almost-family-home-health-care-of-lacrosse/)

1052 Oak Forest Dr. Ste 150, Onalaska

**Aptiv Community Supportive Living 608-784-9450**

[www.aptiv.org/services-we-offer/adults/learn/adult-day-service](http://www.aptiv.org/services-we-offer/adults/learn/adult-day-service)

3000 South Ave., La Crosse

**Aveanna Home Health 608-406-3140** Accepts MC

[www.aveanna.com/locations/328/la-crosse-wisconsin-54601/](http://www.aveanna.com/locations/328/la-crosse-wisconsin-54601/)

2600 State Rd, La Crosse

**BrightStar Care 608-519-4324** Accepts PI, VA

[www.brightstarcare.com/locations/lacrosse/](http://www.brightstarcare.com/locations/lacrosse/)

1062 Oak Forest Drive, Ste 500, Onalaska

**Christian Servants Home Care 920-851-8100**

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

**Comfort Keepers 608-784-3357** Accepts VA

[www.comfortkeepers.com/offices/wisconsin/la-crosse/](http://www.comfortkeepers.com/offices/wisconsin/la-crosse/)

2951 S. 21<sup>st</sup> Place, La Crosse

**Commonheart Home Health and Hospice 844-206-4930**

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

1045 Hill Street, Watertown, WI

**Cornerstone Caregiving 608-200-3236**

W6851 Industrial Blvd, Onalaska

Ebobbb@cornerstonecaregiving.com

**Grace Community Supported Living Services 608-963-4357**

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

1501 St Andrew St, Ste B201, La Crosse

**Hallmark Homecare 608-315-8530**

[www.hallmarkhomecare.com/140](http://www.hallmarkhomecare.com/140)

**International Quality Home & Personal Care Services 800-345-0669** Accepts MA, MC, PI

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

1501 St Andrew St, Ste C202, La Crosse

**La Crosse Home Care, LLC. 608-519-2914** Accepts MA, MC

1702 George St., La Crosse, WI

**La Crosse VA Clinic - Home Care Services 608-784-3886** Accepts VA

[www.va.gov/geriatrics/pages/Homemaker and Home Health Aide Care.asp](http://www.va.gov/geriatrics/pages/Homemaker%20and%20Home%20Health%20Aide%20Care.asp)

4000 State Rd 16 (Valley View Mall), La Crosse

**Lee Quality Home Care 608-519-3124** Accepts MA, PI

1511 George St., La Crosse, WI

**Lori Knapp Companies 608-781-4594** Accepts MA, MC, VA, PI

[www.loriknappcares.com/](http://www.loriknappcares.com/) 938 Green Bay St. Onalaska

**MCFI Home Care 1-888-381-5696 or 414-290-0050** *Accepts MA*

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

**Riverview Home Health Care, Inc 608-519-8080** *Accepts MA*

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

3908 Circle Drive Ste. 100, Holmen

**Veterans Affairs Home Based Primary Care 1-800-872-8662 ext. 67734** *Accepts VA*

[www.va.gov/geriatrics/pages/Home\\_Based\\_Primary\\_Care.asp](http://www.va.gov/geriatrics/pages/Home_Based_Primary_Care.asp)

**Village Caregiving 715-492-0191** *Accepts PI, VA, LTC insurance, MA*

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

## **HOSPICE**

**Gundersen Health System Hospice 608-775-8435**

[www.gundersenhealth.org/services/hospice-for-end-of-life-care](http://www.gundersenhealth.org/services/hospice-for-end-of-life-care)

1900 South Ave., La Crosse

**Mayo Clinic Health System Franciscan Healthcare Hospice 608-392-9790, Option 1**

[www.mayoclinichealthsystem.org/locations/la-crosse/services-and-treatments/hospice](http://www.mayoclinichealthsystem.org/locations/la-crosse/services-and-treatments/hospice)

700 West Ave. South, La Crosse

**Moments Hospice 608-399-6019**

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

4425 Mormon Coulee Rd., La Crosse

**St. Croix Hospice 608-433-9704**

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

1540 Heritage Blvd Ste 201A, West Salem

## **CHORES/ERRANDS/REPAIRS**

**Causeway Interfaith Volunteer Caregivers 608-775-9999**

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

**Coulee Region Retired Senior Volunteer Program (RVSP) Handyman 608-785-0500 or 1-888-822-1295**

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

**Coulecap Weatherization Program 1-866-904-4508 or 608-352-9717**

[www.coulecap.org/home-weatherization.html](http://www.coulecap.org/home-weatherization.html)

## **ADULT DAY SERVICES**

### **Aptiv Day Services Program 608-784-9450**

[www.aptiv.org/services-we-offer/adults/learn/adult-day-service](http://www.aptiv.org/services-we-offer/adults/learn/adult-day-service)

3000 South Ave., La Crosse

### **Bethany St. Joseph Merit Centre North 608-784-2700**

<https://www.bsjcorp.com/adult-day-center/>

1020 Windsor St., La Crosse

### **Bethany St. Joseph Merit Centre South 608-788-2900**

<https://www.bsjcorp.com/adult-day-center/>

3900 East Ave. So., La Crosse

### **Catholic Charities Adult Day Services Program 608-782-0710**

[www.cclse.org/support-specialist-la-crosse/](http://www.cclse.org/support-specialist-la-crosse/)

3710 East Ave. So., La Crosse

### **Coulee Region Adult Day Center 608-519-2306**

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

565 Braund St., Onalaska

### **Creative Community Living Services Day Services 608-779-4118**

[www.cclswi.org/services.html](http://www.cclswi.org/services.html)

704 Sand Lake Rd., Onalaska

## **MEDICAL SUPPLIES & ADAPTIVE EQUIPMENT**

### **A&J Mobility 715-874-6630**

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

### **Access Elevator Inc. 608-784-9980**

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

65 Copeland Ave., La Crosse

### **Access Mobility Products 608-782-1069**

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

1542 Rose St., La Crosse

### **All Star Mobility 608-519-9292**

[www.allstarmobilityllc.com/locations/la-crosse/](http://www.allstarmobilityllc.com/locations/la-crosse/)

66 Copeland Ave, La Crosse

### **American Cancer Society 1-800-227-2345**

[www.cancer.org/about-us/local/wisconsin.html](http://www.cancer.org/about-us/local/wisconsin.html)

### **Apria Healthcare 715-834-7517**

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

1316 N. Hastings Way Ste. B, Eau Claire

4871 19th St. NW Ste. 100, Rochester **507-285-9959**

### **Cass St. Pharmacy Gundersen Health System 608-784-9922**

[www.gundersenhealth.org/locations/gundersen-pharmacy-cass-street](http://www.gundersenhealth.org/locations/gundersen-pharmacy-cass-street)

528 Cass St., La Crosse

**Dan's Shoe Repair 608-782-3775**

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

112 5<sup>th</sup> Ave. No., La Crosse

**Family Medical Supply and CPAP Store 608-791-1100 or 1-855-791-1549**

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

624 King St., La Crosse

**Hanger Clinic: Prosthetics and Orthotics 608-782-5070 or 1-866-241-0606**

[www.hangerclinic.com/clinics/WI/la-crosse/losey-boulevard-s/](http://www.hangerclinic.com/clinics/WI/la-crosse/losey-boulevard-s/)

3440 Losey Blvd. S., La Crosse

**Home Safety Innovations 920-379-4439 or 608-738-4219**

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

**Hilton Medical Supply 608-785-0390**

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

500 3<sup>rd</sup> St. So., La Crosse

**Independent Living Resources (ILR) 608-787-1111 or 1-888-474-5745**

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

4439 Mormon Coulee Rd.

**Limb Lab 608-782-1855**

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

1919 State Rd., La Crosse

**Mayo Clinic Store 608-392-9797**

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

700 West Ave. S, La Crosse

**Next Day Access 866-403-0090**

[www.nextdayaccess.com/minneapolis-mn](http://www.nextdayaccess.com/minneapolis-mn)

**Wisconsin Council of the Blind and Visually Impaired 608-255-1166 or 1-800-783-5213**

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

**PERSONAL EMERGENCY RESPONSE SYSTEMS**

**Alert 1 1-855-594-6175**

[www.alert-1.com/](http://www.alert-1.com/)

**Comfort Keepers Health Watch Personal Response System 608-455-6853**

[www.comfortkeepers.com/care-services/in-home-care/safety-care/personal-emergency-response-system/](http://www.comfortkeepers.com/care-services/in-home-care/safety-care/personal-emergency-response-system/)

**Family First Medical Alert 304-813-7878 or 801-738-0005**

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

**Lively 1-866-490-9012**

[www.lively.com](http://www.lively.com) or at Best Buy or Walgreens

**Liberty Honor Alert 1-888-581-4440 \*for Veterans**

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

**LifeFone Medical Alert System 1-800-331-9198**

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

**Next Day Access 1-763-325-0738 press 1**

Twin Cities, MN

**VRI 1-800-860-4230**

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

**Wear Tech**

[www.wear-tech.com/contact-us/](http://www.wear-tech.com/contact-us/)

## **HEARING & VISION LOSS SERVICES**

**Hamilton Relay 800-618-4781**

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

**Independent Living Resources (ILR) 608-787-1111 or 1-888-474-5745**

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

**Medicare 1-844-258-3676**

*\* Call to request accessible communications for persons with vision loss*

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

**Office for the Blind and Visually Impaired (Central Office) 1-888-879-0017**

[www.dhs.wisconsin.gov/obvi/index.htm](http://www.dhs.wisconsin.gov/obvi/index.htm)

**Office for the Deaf and Hard of Hearing 855-359-5252**

[www.dhs.wisconsin.gov/odhh/index.htm](http://www.dhs.wisconsin.gov/odhh/index.htm)

**Telecommunications Equipment Purchase Program (TEPP) 608-231-3305**

[www.psc.wi.gov/Pages/ForConsumers/TEPP.aspx](http://www.psc.wi.gov/Pages/ForConsumers/TEPP.aspx)

**Vision Forward 1-414-615-0100**

[www.vision-forward.org/](http://www.vision-forward.org/)

**Wisconsin Council of the Blind and Visually Impaired 1-800-783-5213 or 608-255-1166**

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

**WI Lions Foundation Hearing Project 715-677-4969 or 1-877-463-6953**

[www.wlf.info/hearing-program/](http://www.wlf.info/hearing-program/)

**Wisconsin Telecommunications Relay Systems (TRS) Dial 7-1-1**

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

TDD English **1-800-947-6644** TDD Spanish **1-800-833-7813**

Customer Service TDD **1-800-283-9877**



## **DEMENTIA CARE & SUPPORT**

**ADRC Dementia Care Programs 608-785-5700 or 1-800-500-3910**

**Alzheimer's Association 1-800-272-3900 (24-hour helpline)**

[www.alz.org/wi](http://www.alz.org/wi)

**Association for Frontotemporal Degeneration (24-hour helpline) 1-866-507-7222**

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

**Lewy Body Dementia Association 1-800-539-9767**

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

**WI Parkinson Association 414-312-6990**

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

## **CAREGIVER SUPPORT**

**ADRC Caregiver Support Programs 608-785-5700**

[www.lacrossecounty.org/adrc/caregiver.asp](http://www.lacrossecounty.org/adrc/caregiver.asp)

**Causeway Caregivers-Peer Caregiver Support Program 608-775-9999**

[www.causewaycaregivers.org/peer-caregiver-support/](http://www.causewaycaregivers.org/peer-caregiver-support/)

**RSVP Friendly Caller Program 608-785-0500**

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

**Tualta Online Learning for Caregivers** Call the ADRC 608-785-5700 or visit their website at:

[www.wisconsin caregiver.tualta.com](http://www.wisconsin caregiver.tualta.com)

**Veterans Affairs Caregiver Support Line 1-855-260-3274**

[www.caregiver.va.gov/](http://www.caregiver.va.gov/)

**Wisconsin Family Caregiver Support Programs**

[www.wisconsin caregiver.org](http://www.wisconsin caregiver.org)

## **RESPIRE CARE**

*See supportive home care section for possible in-home respite providers & see nursing homes section for possible out of home respite.*

**Oasis Respite Care 608-780-0471**

*\*for people with dementia*

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

123 Mason St., Onalaska

**Respite Care WI (RCAW) 608-222-2033**

*\*Respite and caregiver resources, online trainings, and toolkits*

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

## **SUPPORT GROUP INFORMATION**

**Call Great Rivers 2-1-1 or visit:**

[www.211wisconsin.communityos.org/](http://www.211wisconsin.communityos.org/)

**Call the ADRC 608-785-5700 for local dementia support and caregiver support groups.**

## **HOUSING & HOMELESS RESOURCES**

**City of La Crosse Housing Rehabilitation Program 608-789-7512**

[www.cityoflacrosse.org/your-government/departments/community-development-and-housing/housing-rehabilitation](http://www.cityoflacrosse.org/your-government/departments/community-development-and-housing/housing-rehabilitation)

**Couleecap 1-866-904-4508 or 608-782-4877**

*Homeowners Help/Rehabilitation, Weatherization program*

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

**REACH Services and Resource Center 608-781-2783, ext. 200**

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

212 11th St. S. La Crosse

**The Exchange - La Crosse Area Furniture Bank 608-301-5345**

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

1009 4th St. S., La Crosse \* *Caseworker needed to access.*

## **TEMPORARY/EMERGENCY HOUSING**

**Catholic Charities Warming Center 608-782-0710**

[www.cclse.org/la-crosse-warming-center/](http://www.cclse.org/la-crosse-warming-center/)

413 3<sup>rd</sup> St. S, La Crosse, *November 1<sup>st</sup> – April 30<sup>th</sup> 7pm – 8am*

**New Horizons Domestic Abuse Shelter 608-791-2610 or 1-888-631-0066 (crisis line)**

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

**Salvation Army 608-782-6126**

[www.centralusa.salvationarmy.org/lacrosse/](http://www.centralusa.salvationarmy.org/lacrosse/)

223 N. 8th St., La Crosse

**Veterans Assistance Foundation Fort McCoy: 608-372-8387 • Wis Vets Hotline: 1-800-947-8387**

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

**Veterans Homeless Hotline 1-877-4AID-VET (1-877-424-3838)**

[www.va.gov/homeless/nationalcallcenter.asp](http://www.va.gov/homeless/nationalcallcenter.asp)

## **DROP IN CENTERS**

**RAVE Recovery Avenue 608-785-9615 or 608-787-1111**

[www.ilresources.org/home-1](http://www.ilresources.org/home-1)

1806 State St, La Crosse

**RHYMES Drop-in services at the REACH Center 608-406-2992**

*for 17-24 age group; also provides housing financial assistance.*

[www.blacklax.org/rhymes/](http://www.blacklax.org/rhymes/)

212 11th St S, La Crosse

**The Center: 7 Rivers LGBTQ Connection 608-784-0452**

[www.7riverslgbtq.org/](http://www.7riverslgbtq.org/)

230 6th St S, La Crosse

## INDEPENDENT HOUSING

*\*Eligibility requirements such as age, disability and/or income limits may apply*

**Al Baldus Manor (Impact Seven) 608-799-1898 or 1-800-685-9353**

[www.impactseven.org/apartments/al-baldus-manor/](http://www.impactseven.org/apartments/al-baldus-manor/)

1320 Pinecrest Lane, Onalaska *\*Chronic mental illness*

**Bethany St. Joseph Corporation (62+ or 55+ with a disability)**

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

Mill St. Manor 840 Mill St., West Salem **608-786-2440**

OnaMain 920 Main St., Onalaska **608-781-7730**

OnaTerrace 1126 Main St., Onalaska **608-783-1516**

Prairie Home 620 Malin Ct., Holmen **608-526-4850**

Salem Terrace 104 Lewis St., West Salem **608-786-2440**

Welcome Home Apartments 3600 28th St. S., La Crosse **608-788-0254**

Windsor Place 1020 Windsor St., La Crosse **608-785-2271**

**Carroll Heights Apartments 608-785-5500 ext. 1**

[www.lacrossecounty.org/hillview/carroll-heights](http://www.lacrossecounty.org/hillview/carroll-heights)

3505 Park Lane Drive, La Crosse *\*55+ or with disability*

**Cedar Court Apartments 608-786-4101**

321 Wagon Drive, West Salem *\*Income limits*

**Christopherson House (Allegiant Properties) 608-784-1381**

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

2121 Sims Place, La Crosse *\*Income limits, physical disabilities*

**Coulee View Apartments 608-637-6355**

[www.bethelhome.org/couleeview-apartments](http://www.bethelhome.org/couleeview-apartments)

98 Hiawatha St, Coon Valley, WI

**Eagle Crest Communities (55+)**

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

Heights Town Homes 102 Juniper Lane, Holmen **608-791-2709**

Eagle Crest North Independent Living 351 Mason St., Onalaska **608-779-1700**

Eagle Crest South Independent Living 622 Bennora Lee Ct., La Crosse **608-791-2700**

**Fox Hollow Senior Apartments 608-526-4000**

990-1000 Linden Dr., Holmen *\*55+ or income limits*

**Greendale Apartments 608-784-1381**

321 13<sup>th</sup> Ave. S., Onalaska *\*Low-income adults with physical disabilities*

**Havenwood of Onalaska 608-615-4700**

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

3770 Emerald Dr. E., Onalaska

**Hidden Glen Apartments 608-792-3051 or 800-944-4866 ext. 1120**

[www.accmanagementgroup.com/properties/property.php?propertyid=349](http://www.accmanagementgroup.com/properties/property.php?propertyid=349)

100 Holmen Dr. S., Holmen *\*Income limits*

**Heritage Haven (Allegiant Properties) 608-784-1381**

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

800 St. James St., La Crosse *\*62+ or disability income limits apply.*

**Housing Authority of the City of La Crosse 608-782-2264**

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

1307 Badger St., La Crosse

**La Crosse County Housing Authority 608-781-5365 TTY 1-800-283-9877**

[www.lcha.net/](http://www.lcha.net/)

615 Plainview Rd., La Crosse

**Leo Fishman Manor (Impact Seven) 608-799-1898 or 1-800-685-9353**

[www.impactseven.org/apartments/leo-fishman-manor/](http://www.impactseven.org/apartments/leo-fishman-manor/)

1106 Wilson St., Onalaska *\*Chronic mental illness*

**Pinedale Apartments (Allegiant Properties) 608-784-1381**

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

501 13<sup>th</sup> Ave. S., Onalaska *\*62+ or disability*

**Ponderosa Apartments 608-786-4101**

1719 Viking Ave, Holmen *\*Income limits*

**Redwood Terrace Apartments 608-783-6229**

812 Redwood St., Onalaska *\*62+ or with disability; income limits*

**River Oaks Apartments 608-787-0200**

[www.accmanagementgroup.com/properties/property.php?propertyid=350](http://www.accmanagementgroup.com/properties/property.php?propertyid=350)

3464 East Ave. S., La Crosse *\*Income limits*

**Salzer Square I 608-785-7775 or 608-784-2935**

1205 7<sup>th</sup> St. So., La Crosse *\*55+*

**Salzer Square II 608-782-0585**

1224 8<sup>th</sup> St. S., La Crosse *\*55+ and income limits*

**Schumann Apartments (Allegiant Properties) 608-784-1381**

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

617 Bennora Lee Ct., La Crosse *\*Chronic mental illness and income limits*

**Stonefield Manor 608-779-4906**

1264 County Rd. PH, Onalaska *\*55+*

**The Gardens at Kristy 608-498-4498**

[www.3amigosapartments.com/property/the-gardens-at-kristy](http://www.3amigosapartments.com/property/the-gardens-at-kristy)

1077 Kristy Lane, Onalaska *\*55+*

## ASSISTED LIVING

There are different types of assisted living facilities as described below:

**Residential Care Apartment Complex (RCAC):** Residence for adults that consists of independent apartments. Each apartment has own lockable entrance, kitchen with stove, private bathroom, sleeping and living areas. Can provide an individual with up to 28 hours of assistance per week.

**Community Based Residential Facilities (CBRF):** Residence for 5 or more adults. CBRF's may provide either private or semi-private rooms that do not have a kitchen. They may or may not have a private bathroom in each room. CBRFs provide more care than RCACs.

**Adult Family Home (AFH):** Residence for 1 to 4 adults. May provide private or semi-private rooms that do not have a kitchen. May or may not have a private bathroom in each room. Provides similar services as CBRF.

## ADULT FAMILY HOMES (AFH)

**ADRC of La Crosse County 608-785-5700 or 1-800-500-3910**

Choosing an Adult Family Home: [www.dhs.wisconsin.gov/guide/afh.htm](http://www.dhs.wisconsin.gov/guide/afh.htm)

## RESIDENTIAL CARE APARTMENT COMPLEXES (RCAC)

**\*\*Registered** RCAC facilities that only accept private funds. Others are *certified* and can accept public funds.

**\*\*Benedictine Living Community 608-788-9870 (62+)**

[www.benedictineliving.org/la-crosse-wi/](http://www.benedictineliving.org/la-crosse-wi/)

2902 East Ave. S., La Crosse

**Bethany St. Joseph Corporation (55+ disability or 62+)**

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

**\*\*Laurel Manor 608-783-1815**

108 17<sup>th</sup> Ave. S., Onalaska

**Mill St. Manor 608-786-2440**

840 Mill St., West Salem

**Prairie Home 608-526-4850**

620 Malin Ct., Holmen

**Salem Terrace 608-786-2440**

104 Lewis St., West Salem

**Shelby Terrace 608-788-4477**

2525 Shelby Rd., La Crosse

**Brookdale Senior Living – 608-788-7730 (60+)**

[www.brookdale.com/en/communities/brookdale-lacrosse-al.html](http://www.brookdale.com/en/communities/brookdale-lacrosse-al.html)

3141 East Ave. S., La Crosse

**Caretta Senior Living 608-394-4058**

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

2120 Staphorst Lane, Holmen

## **Eagle Crest Communities**

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

### **The Heights Assisted Living (55+) 608-526-2635**

112 Juniper Lane, Holmen

### **Cass St. (55+) 608-784-6656 or 608-796-1091**

1315 Cass St., La Crosse

### **Eagle Crest North (62+) 608-779-1700**

351 Mason St., Onalaska

### **Eagle Crest South (62+) 608-791-2700**

622 Bennora Lee Ct, La Crosse

### **The Willows (55+) 608-406-3980**

2555 7<sup>th</sup> St. S., La Crosse

### **Havenwood of Onalaska 608-615-4700**

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

3770 Emerald Dr. E., Onalaska

### **Hillview Terrace 608-785-5500**

[www.lacrossecounty.org/hillview/hillview-terrace](http://www.lacrossecounty.org/hillview/hillview-terrace)

3503 Park Lane Drive, La Crosse

### **Springbrook Community Assisted Living 608-783-2292**

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

861 Critter Ct., Onalaska

1384 County Rd. 25, La Crescent, MN **507-551-2034**

## **COMMUNITY BASED RESIDENTIAL FACILITIES (CBRF)**

### **Brookdale Senior Living La Crosse (60+) 608-788-7730**

[www.brookdale.com/en/communities/brookdale-lacrosse-al.html](http://www.brookdale.com/en/communities/brookdale-lacrosse-al.html)

3141 East Ave. S., La Crosse

### **Brookdale Senior Living Onalaska (60+) 608-783-4955**

[www.brookdale.com/en/communities/brookdale-onalaska.html](http://www.brookdale.com/en/communities/brookdale-onalaska.html)

949 10<sup>th</sup> Ave. N., Onalaska

### **Caretta Senior Living 608-394-4058**

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

2120 Staphorst Lane, Holmen

### **Eagle Crest South 608-791-2700 *High acuity assisted living.***

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

622 Bennora Lee Ct, La Crosse

### **Maplewood 608-786-1436 *servicing adults in mental health and substance use recovery.***

[www.lacrossecounty.org/lakeview/assisted-living/maplewood](http://www.lacrossecounty.org/lakeview/assisted-living/maplewood)

994 Garland St East, West Salem

**Monarch Manor 608-612-0441**

[www.lacrossecounty.org/lakeview/assisted-living/monarch-manor](http://www.lacrossecounty.org/lakeview/assisted-living/monarch-manor)

848 Garland St E., West Salem

**Neshonoc Manor 608-612-0661**

[www.lacrossecounty.org/lakeview/assisted-living/neshonoc-manor](http://www.lacrossecounty.org/lakeview/assisted-living/neshonoc-manor)

998 Garland St E., West Salem

**RBI– The Caring Hearts 608-486-4800** *accepts persons with mild dementia.*

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

1612 Henry Johns Blvd., Bangor

**Springbrook 608-783-2292**

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

861 Critter Ct., Onalaska

1384 County Rd. 25, La Crescent, MN **507-551-2034**

**Tellurian Behavioral Health – La Crosse Care Center 608-519-3080** serving adults in mental health and substance use recovery.

[www.tellurian.org/locations/lacrosse-carecenter](http://www.tellurian.org/locations/lacrosse-carecenter)

4647 Mormon Coulee Road, La Crosse

## **COMMUNITY BASED RESIDENTIAL FACILITIES (CBRF) WITH DEMENTIA CARE**

**Bluffview Memory Care 608-526-5864**

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

2101 Bluffview Ct., Holmen

**Brookdale Senior Living (60+) 608-788-7730**

[www.brookdale.com/en/communities/brookdale-lacrosse-al.html](http://www.brookdale.com/en/communities/brookdale-lacrosse-al.html)

3141 East Ave. So., La Crosse

**Caretta Senior Living 608-394-4058**

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

2120 Staphorst Lane, Holmen

**Eagle Crest Communities**

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

**Eagle Crest North Memory Care 608-779-1700**

351 Mason St. NW, Onalaska

**Eagle Crest South Memory Care 608-791-2700**

622 Bennora Lee Ct., La Crosse

**Hearten House I 608-784-4521**

2573 7<sup>th</sup> St. S., La Crosse

**Hearten House II 608-784-4523**

2571 7<sup>th</sup> St. S., La Crosse

**Hearten House III 608-526-6796**

101 Juniper Lane, Holmen

**Hope Stay Memory Care 608-790-9080**

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

3908 Circle Drive, Holmen

**RBI Caring Hearts 608-486-4801** *accepts persons with mild dementia.*

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

1612 Henry Johns Blvd., Bangor

**The Meadows at Springbrook 608-783-2292**

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

861 Critter Ct., Onalaska

## **NURSING HOMES**

*\*\*has Dementia/Alzheimer's care unit*

**Benedictine Manor Rehabilitation Center 608-788-9870**

[www.benedictineliving.org/la-crosse-wi/](http://www.benedictineliving.org/la-crosse-wi/)

2902 East Ave. So., La Crosse

**\*\*Bethany St. Joseph Care Center 608-788-5700**

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

2501 Shelby Rd., La Crosse

**\*\*Hillview Health Care Center and The Oaks (Short-Term Behavioral Health Facility) 608-789-4800**

[www.lacrossecounty.org/hillview/hillview-health-care-center](http://www.lacrossecounty.org/hillview/hillview-health-care-center)

3501 Park Lane Dr., La Crosse

**\*\*Lakeview Health Center 608-786-1400**

[www.lacrossecounty.org/lakeview/](http://www.lacrossecounty.org/lakeview/)

962 East Garland St., West Salem

**Mulder Healthcare Facility 608-786-1600**

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

713 N. Leonard St., West Salem

**Onalaska Care Center 608-783-4681**

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

1600 Main St., Onalaska

**\*\*Riverside Transitional Care 608-406-3900**

[www.eaglecrestlife.org/community/riverside-transitional-care/](http://www.eaglecrestlife.org/community/riverside-transitional-care/)

2575 7<sup>th</sup> St. S., La Crosse



## **REDUCED COST/FREE MEDICAL**

**Community Care Clinics Bronston Chiropractic 608-781-2225**

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

1202 County Rd PH, Onalaska

**Family Health Center of Marshfield, Inc 1-800-782-8581 or 715-670-0400**

N6571 Lumberjack Guy Rd, Black River Falls

**La Crosse County Health Department 608-785-9872**

[www.lacrossecounty.org/health](http://www.lacrossecounty.org/health)

Wisconsin Well Woman Program 300 4<sup>th</sup> St. N., La Crosse

**Neighborhood Family Clinic**

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

1526 Rose St., La Crosse **608-781-9880**

1580 Heritage Blvd, West Salem **608-518-3410**

N5560 CTH ZM, Onalaska **608-779-5323**

**Planned Parenthood 1-844-493-1052**

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

1201 Caledonia St., La Crosse

**St. Clare Health Mission 608-519-4620**

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

916 Ferry St., La Crosse

**Scenic Bluffs Community Health Center**

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

Cashton Office 238 Front St., Cashton **608-654-5100**

Norwalk Office 200 West North St., Norwalk **608-823-7853**

## **REDUCED COST/FREE DENTAL**

**Affordable Dentures**

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

Madison **608-820-0539**

4850 Keystone Crossing, Eau Claire **715-855-8760**

3434 55th St NW #100, Rochester **507-516-5371**

**Black River Falls Dental Center 1-715-670-0400**

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

N6571 Lumberjack Guy Rd, Black River Falls

**Dental Pain Clinic (La Crosse County Health Dept) 608-785-9723**

*\*Must have dental pain and difficulty finding dental care*

**Scenic Bluffs Community Health Center**

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

La Crosse Office 2030 7th St. S. (lower level of Smile Care Center), La Crosse **608-654-5100**

Cashton Office 238 Front St., Cashton **608-654-5100**

**Wisconsin Dental Association, Inc. Donated Dental Services 1-866-812-9840 [www.wda.org/](http://www.wda.org/)**

## **HOSPITALS**

### **Gundersen Health System 608-782-7300**

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

1900 South Ave., La Crosse

### **Mayo Clinic Health System 608-785-0940**

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

700 West Ave. South, La Crosse

### **Tomah Veterans Affairs Medical Center 1-608-372-3971**

[www.va.gov/tomah-health-care/](http://www.va.gov/tomah-health-care/)

500 East Veterans St., Tomah

## **CLINICS**

### **Gundersen Health System Express Care**

[www.gundersenhealth.org/services/expresscare-clinic](http://www.gundersenhealth.org/services/expresscare-clinic)

La Crosse Festival Foods, 2500 State Rd., 33, La Crosse **608-775-5858**

Onalaska Festival Foods, 1260 Crossing Meadows Dr., Onalaska **608-775-5858**

### **Gundersen Health System**

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

1900 South Ave., La Crosse **608-782-7300**

3111 Gundersen Dr., Onalaska **608-775-8100**

### **Ho-Chunk Nation Public Health House of Wellness Clinic 1-888-560-4616 Ext. 5506**

[www.health.ho-chunk.com/MSH.html](http://www.health.ho-chunk.com/MSH.html)

S2845 White Eagle Rd., Baraboo

### **La Crosse VA Clinic 608-784-3886**

4000 State Rd. 16, La Crosse (Valley View Mall)

### **Mayo Clinic Health System**

[www.mayoclinichealthsystem.org/locations/la-crosse](http://www.mayoclinichealthsystem.org/locations/la-crosse)

700 West Ave. S., La Crosse **608-785-0940**

1303 Main St., Holmen **608-526-3351**

191 Theater Rd., Onalaska **608-392-5000**

### **ViaroCare Primary Clinic 608-668-2103**

230 Pine St., La Crosse

### **Vivent Health – focus on HIV care/mental health 608-785-9866**

811 Rose Street, La Crosse

## **MENTAL HEALTH SERVICES**

**Great Rivers 2-1-1 Dial 2-1-1 or 1-800-362-8255**

[www.greatrivers211.org/](http://www.greatrivers211.org/)

**Gundersen Health System 608-775-2287**

[www.gundersenhealth.org/services/behavioral-health](http://www.gundersenhealth.org/services/behavioral-health)

**Ho-Chunk Nation Behavioral Health 608-784-3083**

[www.ho-chunknation.com/](http://www.ho-chunknation.com/)

724 Main St., La Crosse

**Independent Living Resources 608-787-1111 or 1-888-378-2198**

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

4439 Mormon Coulee Rd, La Crosse

**La Crosse County Integrated Support and Recovery Services 608-784-4357 (HELP)**

[www.lacrossecounty.org/humanservices/](http://www.lacrossecounty.org/humanservices/)

300 4<sup>th</sup> St. N., La Crosse

**Mayo Clinic Health System Behavioral Health Services 608-392-9555**

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

615 S. 10th St., La Crosse

**Scenic Bluffs Community Health Center 608-654-5100**

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

238 Front St., Cashton

**Veterans Affairs River Valley IHC Mental Health Clinic 608-784-3886**

[www.va.gov/tomah-health-care/locations/la-crosse-va-clinic/](http://www.va.gov/tomah-health-care/locations/la-crosse-va-clinic/)

4000 State Rd., La Crosse (Valley View Mall)

## **MENTAL HEALTH CRISIS INTERVENTION**

**Great Rivers 2-1-1 Dial 2-1-1 or 1-800-362-8255**

[www.greatrivers211.org/](http://www.greatrivers211.org/)

**La Crosse County Mobile Crisis Emergency Services 1-608-784-HELP (4357)**

[www.lacrossecounty.org/humanservices/services/our-services/adult-mental-health](http://www.lacrossecounty.org/humanservices/services/our-services/adult-mental-health)

**Suicide and Crisis Lifeline Dial 9-8-8**

[www.preventsuicidewi.org/county-crisis-lines](http://www.preventsuicidewi.org/county-crisis-lines)

**Veteran's Crisis/Suicide Prevention Hotline 1-800-273-TALK (1-800-273-8255)**

[www.veteranscrisisline.net/](http://www.veteranscrisisline.net/)

## **COUNSELING SERVICES**

**Call Great Rivers 2-1-1 or visit:**

[www.211wisconsin.communityos.org/](http://www.211wisconsin.communityos.org/)

## **ADDICTION TREATMENT CENTERS**

**AMS (Addiction Medical Solutions) of Wisconsin 608-783-0506**

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

9532 East 16 Frontage, Onalaska

**Gundersen Health System 608-775-7991**

[www.gundersenhealth.org/services/behavioral-health](http://www.gundersenhealth.org/services/behavioral-health)

**Mayo Clinic Health System Behavioral Health 608-392-9555**

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

## **ADDICTION-RELATED RESOURCES**

**Coulee Recovery Center 608-784-4177**

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

933 Ferry St., La Crosse

**Great Rivers 2-1-1 Dial 2-1-1 or 1-800-362-8255**

[www.greatrivers211.org/](http://www.greatrivers211.org/)

**La Crosse County Integrated Support and Recovery Services 608-784-4357 (HELP)**

[www.lacrossecounty.org/humanservices/services/](http://www.lacrossecounty.org/humanservices/services/)

300 4<sup>th</sup> St. No., La Crosse

**National Council on Problem Gambling 1-800-426-2537 (1-800-gambler)**

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

**Wisconsin Council on Problem Gambling 1-800-426-2535**

[www.wi-problemgamblers.org/](http://www.wi-problemgamblers.org/)

## **FOOD PANTRIES (call for information and eligibility)**

**A Place of Grace 608-782-6224**

919 Hood St., La Crosse

**Care and Share Food Pantry 608-786-0030**

Our Savior's Lutheran Church, 359 N. Leonard St, West Salem

**Catholic Charities Food Pantry 608-782-0710**

508 5th Ave S, La Crosse

**Coulee Recovery Center 608-784-4177**

933 Ferry St, La Crosse

**First Free Church Food Pantry 608-782-6022**

123 Mason St., Onalaska

**From the Heart Food Pantry 608-782-6200**

1010 Sill St. La Crosse \**Lower-level Trinity Lutheran Church*

**Holmen Area Food Pantry 608-526-4424**

St. Elizabeth Ann Seton Catholic Church, 525 N. Main St, Holmen

**La Crosse Public Library's Little Pantry 608-789-7100**

800 Main St, La Crosse

**Onalaska Emergency Food Basket 608-783-7722**

735 Sand Lake Rd., Onalaska

**Onalaska Schools Food Pantry 608-783-5644 / 608-799-8419**

Irving Pertzsch Elementary School, 524 Main St, Onalaska

**River of Life Legacy Church 608-782-2780 Ext. 1**

1214 County PH, Onalaska

**WAFER Food Pantry 608-782-6003**

1607 George St, La Crosse

**WAFER Food Pantry-Mobile Distribution 608-782-6003**

Anytime Fitness Parking Lot, 1500 WI-16, West Salem

**Vivent Health Food Pantry 608-785-9866**

811 Rose St, La Crosse

**FREE COMMUNITY MEALS (days and times may be subject to change)**

**A Place of Grace 608-782-6224** Meals Thursdays 5pm-6pm

919 Hood St., La Crosse

**New Beginnings Christian Fellowship 608-782-8030** Saturdays 5:30pm

122 5th Ave N, La Crosse

**Onalaska United Methodist Church 783-3380** 2nd Tuesday of each month from 5pm– 6pm

212 4th Ave N., Onalaska

**Our Savior's Lutheran Church Come for Supper 608-782-3468** Tuesdays 4:15 pm- 5:15 pm

612 Division St., La Crosse

**Presbyterian Church of West Salem 608 786-0910** 4<sup>th</sup> Wednesday of the month 5pm – 6pm

625 West Franklin St, West Salem

**RAVE Recovery Avenue 608-785-9615** Monday 9am—11am

4439 Mormon Coulee Rd., La Crosse

**Salvation Army 608-782-6126** Monday - Sunday 11am – 12:30pm *community to-go lunch.*

223 8<sup>th</sup> St. N., La Crosse

**Trinity Lutheran Church 608-782-6200** Monday 5:00pm

1010 Sill St., La Crosse

**SENIOR NOON DINING CENTERS (weekdays)**

*Call the ADRC Senior Nutrition Program 608-785-5700 for eligibility information and to reserve your meal 24 hours in advance.*

**Holmen Community Center 608-317-8104** Meal served 11:30am

600 N Holmen Dr., Holmen

**Onalaska Community Center 608-317-9870** Meal served 11:30am

515 Quincy St., Onalaska

**South Side Neighborhood Center 608-792-6996** Meal served 11:30am

1300 6th St. S., La Crosse

## **HOME DELIVERED MEALS/FOOD PACKAGES**

**ADRC Senior Nutrition Program 608-785-5775**

[www.lacrossecounty.org/adrc/meals.asp](http://www.lacrossecounty.org/adrc/meals.asp)

**Homestyle Direct 1-866-735-0921**

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

**Mobile Meals of La Crosse 608-784-4623**

[www.ugetconnected.org/agency/detail/?agency\\_id=43867](http://www.ugetconnected.org/agency/detail/?agency_id=43867)

**Mom's Meals 1-877-508-6667**

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

**WAFER Food Pantry Senior Share Program 608-782-6003** *\*Free monthly food package delivery to eligible seniors 60+*

## **FINANCIAL ASSISTANCE FOR FOOD**

**Front Door Ministry 608-782-0322 ext. 2** Mondays 9am – 12pm

[www.cathedralsjworkman.org/parish-life/outreach/](http://www.cathedralsjworkman.org/parish-life/outreach/)

530 Main St., La Crosse *\*Also provides gas & bus tokens: limited assistance for housing/utilities.*

**Western Region Economic Assistance 1-888-627-0430**

[www.dhs.wisconsin.gov/forwardhealth/imagency/western.htm](http://www.dhs.wisconsin.gov/forwardhealth/imagency/western.htm)

## **TELEPHONE & INTERNET ASSISTANCE**

**Lifeline 1-800-234-9473** *\*Phone, cell & internet*

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

**Public Service Commission of WI 608-267-3595**

[www.psc.wi.gov/Pages/ForConsumers/AssistancePrograms.aspx](http://www.psc.wi.gov/Pages/ForConsumers/AssistancePrograms.aspx)

**Telecommunications Equipment Purchase Program (TEPP) 608-231-3305**

[www.psc.wi.gov/Pages/ForConsumers/TEPP.aspx](http://www.psc.wi.gov/Pages/ForConsumers/TEPP.aspx)

**Telecommunications Relay Service (TRS) dial 7-1-1**

TDD English **1-800-947-6644** TDD Spanish **1-800-833-7813**

Customer Service TDD **1-800-283-9877**

[www.fcc.gov/consumers/guides/telecommunications-relay-service-trs](http://www.fcc.gov/consumers/guides/telecommunications-relay-service-trs)

## **FINANCIAL MANAGEMENT**

**Consumer Credit Counseling Service of La Crosse 608-784-8380**

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

505 King St., Ste. 212, La Crosse

## **REPRESENTATIVE PAYEE SERVICES**

**Catholic Charities 608-782-0710**

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

413 3<sup>rd</sup> St. S., La Crosse

**iLife Financial Management Services 1-888-490-3966**

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

6100 North Baker Rd., Glendale WI

**Payee Service, Inc. 715-233-0203**

390 Red Cedar St., Menomonie, WI 54751

## **BENEFIT ASSISTANCE**

**ADRC Benefit Specialist 608-785-5700 or 1-800-500-3910**

*\*Assists with Medicaid, Medicare, SSDI/SSI, prescription drug coverage, private insurance, and more*

**Aptiv 608-784-9450**

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

3000 South Ave., La Crosse *\*Work incentive benefit counseling*

**Couleecap 608-782-4877 or 1-866-904-4508**

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

700 N. 3rd St. Suite 202b, La Crosse *\*SOAR Program*

**Covering Wisconsin 608-261-1455** *\*Marketplace health insurance*

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

**Deaf Disability Benefit Specialist 262-347-3045** (video phone/telephone)

*\*Serves people who are Deaf, hard of hearing, or Deaf-Blind*

[www.dhs.wisconsin.gov/odhh/benefits.htm](http://www.dhs.wisconsin.gov/odhh/benefits.htm)

**Independent Living Resources (ILR) 608-787-1111 or 1-888-474-5745**

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

4439 Mormon Coulee Rd., La Crosse *\*Child/youth disability applications*

**La Crosse County Veterans Service Office 608-785-9719**

[www.lacrossecounty.org/veterans](http://www.lacrossecounty.org/veterans)

**Medicare 1-800-633-4227 · TTY 1-877-486-2048**

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

**Social Security Administration 1-866-770-2345 (La Crosse office) or 1-800-772-1213 · TTY 1-800-325-0778**

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

210 7<sup>th</sup> St S. Ste 100, La Crosse *\*SSDI, SSI, SS Retirement, Survivor benefits*

**State of Wisconsin Medigap Help-line 1-800-242-1060** *\*Medicare plans*

[www.dhs.wisconsin.gov/aging/medigap](http://www.dhs.wisconsin.gov/aging/medigap)

**Tribal Nation Benefit Specialist**

[www.dhs.wisconsin.gov/benefit-specialists/tribes.htm](http://www.dhs.wisconsin.gov/benefit-specialists/tribes.htm)

**Western Region for Economic Assistance (WREA) 1-888-627-0430**

*\*WI Medicaid Programs, Foodshare, Senior Care*

[www.lacrossecounty.org/humanservices/services/](http://www.lacrossecounty.org/humanservices/services/)

**Wisconsin Home Energy Assistance Program (WHEAP) 608-785-5582**

[www.energyandhousing.wi.gov/Pages/AgencyResources/energy-assistance.aspx](http://www.energyandhousing.wi.gov/Pages/AgencyResources/energy-assistance.aspx)

212 6th St. No., La Crosse \*Veterans benefits

## **TRANSPORTATION**

**Providers with wheelchair accessible vehicles available.**

**ADRC/La Crosse County Mini-Bus 608-785-5700 or 1-800-500-3910**

**Bee Cab 608-784-4233**

**DriftLink Public Transit - Onalaska/Holmen/West Salem 608-784-0000**

<https://runninginc.net/RunningIncCity?Name=Onalaska%20/%20Holmen%20/%20West%20Salem>

**Making A Way Transport 608-784-7700**

**MTU – ADA Paratransit – City of La Crosse 608-789-7350**

**Riverview Transport 608-790-9114**

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

**Scenic Mississippi Regional Transit (S.M.R.T.) Bus 1-877-444-6543**

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

**Twilight Medical Transport (TMT) 608-881-9222**

## **TRANSPORTATION (NON-EMERGENCY MEDICAL)**

**Providers with wheelchair accessible vehicles available.**

**ADRC/La Crosse County Mini-Bus 608-785-5700 or 1-800-500-3910**

**Cancer Society Road to Recovery 1-800-227-2345**

[www.cancer.org/involved/volunteer/road-to-recovery.html](http://www.cancer.org/involved/volunteer/road-to-recovery.html)

**Coulee Region RSVP Volunteer Driver 608-785-0500**

[www.rsvplax.org/volunteering](http://www.rsvplax.org/volunteering)

**Disabled American Veterans (Tomah VA) 1-800-872-8662 Ext. 66227**

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

**DriftLink Public Transit - Onalaska/Holmen/West Salem 608-784-0000**

<https://runninginc.net/RunningIncCity?Name=Onalaska%20/%20Holmen%20/%20West%20SalemAmerican>

**Due North Transportation, LLC 608-394-4900**

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

**Making a Way Transport 608-784-7700**

**MTM- Medical Transport Management 1-866-907-1493**

*\*For Medical Assistance recipients only excluding Inclusa and My Choice WI members*

**Riverview Transport 608-790-9114**

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



## LEGAL ASSISTANCE

**Lawyer in the Library 608-789-7122** 3rd Thursday 10am – 2pm \*appointment required.

[www.lacrosselibrary.org/event/lawyer-library-17](http://www.lacrosselibrary.org/event/lawyer-library-17)

800 Main St., La Crosse

**Legal Action of Wisconsin 608-785-2809 or 1-855-947-2529**

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

700 N. 3<sup>rd</sup> St. Suite 203 La Crosse

**Legal Clinic 608-782-6553** 3rd Wednesday of every month 6pm – 7:30pm

[www.wisbar.org/Directories/LawRelatedOrgs/Pages/LCCBA-Free-Legal-Clinic.aspx](http://www.wisbar.org/Directories/LawRelatedOrgs/Pages/LCCBA-Free-Legal-Clinic.aspx)

First Baptist Church, 1209 Main St. La Crosse

**Wisconsin State Bar Association 1-608-257-3838 or 1-800-728-7788**

[www.wisbar.org/Pages/default.aspx](http://www.wisbar.org/Pages/default.aspx)

**Wisconsin Guardianship Support Center 1-855-409-9410** Email: [guardian@gwaar.org](mailto:guardian@gwaar.org)

## ADVOCACY

**Centro Latino 608-515-9134**

[www.centrolatinolacrosse.org/en/](http://www.centrolatinolacrosse.org/en/)

1209 Main St., La Crosse

**Disability Rights WI Family Care and IRIS Ombudsman 1-800-928-8778**

[www.disabilityrightswi.org/program/family-care-and-iris-ombudsman-program/](http://www.disabilityrightswi.org/program/family-care-and-iris-ombudsman-program/)

**Independent Living Resources (ILR) 608-787-1111 or 1-888-474-5745**

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

4439 Mormon Coulee Rd., La Crosse

**Long-Term Care Ombudsman 1-800-815-0015**

[www.dhs.wisconsin.gov/aging/ltcombud.htm](http://www.dhs.wisconsin.gov/aging/ltcombud.htm)

**The ARC of La Crosse 608-782-4799**

[www.thearc.org/chapter/the-arc-of-la-crosse/](http://www.thearc.org/chapter/the-arc-of-la-crosse/)

1035 Green Bay St. #4, La Crosse

**The Center: 7 Rivers LGBTQ Connection 608-784-0452**

[www.7riverslgbtq.org/](http://www.7riverslgbtq.org/)

230 6th St S, La Crosse

**Veyo Ombudsmen 1-866-907-1493**

[www.wi.ridewithveyo.com/contact-us/](http://www.wi.ridewithveyo.com/contact-us/)

**WI Disability Vote Coalition 1-844-347-8683** Email: [info@disabilityvote.org](mailto:info@disabilityvote.org)

**WI Board for People with Developmental Disabilities 608-266-7826**

[www.wi-BPDD.org](http://www.wi-BPDD.org)

## **EMPLOYMENT ASSISTANCE**

**Aptiv 608-784-9450 or 1-800-949-7380**

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

3000 South Ave., La Crosse

**Aurora Vocational Services 608-785-5090**

[www.auroraservices.com/vocational](http://www.auroraservices.com/vocational)

1501 Saint Andrews St. Ste C202, La Crosse

**Catholic Charities-Disability Services 608-782-0710**

[www.cclse.org/disability-services/](http://www.cclse.org/disability-services/)

3710 East Ave. So., La Crosse

**Couleecap 608-782-4877**

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

700 N. 3rd St., Suite 202B, La Crosse

**Division of Vocational Rehabilitation (DVR) – La Crosse 608-785-9500**

124 6<sup>th</sup> St N, La Crosse

<https://dwd.wisconsin.gov/dvr/>

**Independent Living Resources (ILR) 608-787-1111 or 1-888-474-5745**

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

4439 Mormon Coulee Rd., La Crosse

**Innovative Services Inc. 608-519-5438**

1052 Oak Forest Drive Suite 360, Onalaska

**Older Worker Program/WISE (WI Senior Employment) 608-789-5620**

[www.dhs.wisconsin.gov/wise/index.htm](http://www.dhs.wisconsin.gov/wise/index.htm)

2615 East Ave So., La Crosse

**ORC Industries 608-781-7727**

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

2700 Commerce St., La Crosse

**SER National - Senior Community Service Employment Program (SCSEP) 608-615-1845**

[www.ser-national.org](http://www.ser-national.org)

[www.dol.gov/agencies/eta/seniors](http://www.dol.gov/agencies/eta/seniors)

205 5th Ave. S. Suite 214, La Crosse

**VARC 608-782-7010**

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

3120 South Avenue, La Crosse

**Veterans Assistance Foundation (VAF)**

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

1118 Superior Avenue, Tomah

Fort McCoy: **608-372-8387**

Wis Vets Hotline: **988 press 1**

**Western Wisconsin Workforce Development Board 608-789-4584**

**Workforce Connections 608-789-5620** 2615 East Ave. So., La Crosse [www.westernwdb.org/](http://www.westernwdb.org/)

## **VETERANS SERVICES**

**La Crosse Area Veterans Mentor Program, Inc. 608-785-6420**

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

300 4<sup>th</sup> Street North, La Crosse

**La Crosse County Veteran Service Office 608-785-9719**

[www.lacrossecounty.org/veterans](http://www.lacrossecounty.org/veterans)

300 4<sup>th</sup> Street North, La Crosse

**La Crosse Veterans Center 608-782-4403**

[www.va.gov/la-crosse-vet-center/](http://www.va.gov/la-crosse-vet-center/)

910 2nd Avenue North, Onalaska

## **ADAPTIVE RECREATIONAL OPPORTUNITIES**

**Arts Buddies (Causeway Interfaith Volunteer Caregivers) 608-775-9999**

[www.causewaycaregivers.org/outreach-programs/arts-buddy/](http://www.causewaycaregivers.org/outreach-programs/arts-buddy/)

**Center on Disability Health and Adapted Physical Activity, UW-La Crosse, 608-785-8000**

[www.uwlax.edu/center/cdhapa](http://www.uwlax.edu/center/cdhapa)

**Driftless Recreation**

[www.sites.google.com/driftlessrec.com/lax/home](http://www.sites.google.com/driftlessrec.com/lax/home)

**Flying Horse Stable 608-317-1448**

[www.flyinghorsestable.net/](http://www.flyinghorsestable.net/)

**HorseSense for Special Riders 608-518-5356**

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

**Independent Living Resources (ILR) 608-787-1111 or 1-888-474-5745**

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

**NASA (North American Squirrel Association) 608-567-4582**

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

**Special Olympics, La Crosse Park & Recreation Department 608-789-7596**

[www.cityoflacrosse.org/your-government/departments/parks-recreation-forestry/](http://www.cityoflacrosse.org/your-government/departments/parks-recreation-forestry/)

**STAR Center 608-797-6295**

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

**YMCA Inclusion and Adaptive Programs 608-782-9622**

[www.laxymca.org/inclusion/](http://www.laxymca.org/inclusion/)