



Adult Day & Senior Services
Resource List

Helios Psychiatry and Counseling Resource List

Adult Day & Senior Services

Directories of Service

Alternatives for Seniors (resource list)

Primary Services: Services for senior citizens

Phone: (800) 904-1990

Website: <https://www.alternativesforseniors.com/adult-day-care/michigan/>

Caring.com

Primary Services: Resource directory for memory care, assisted living, other adult services

Phone: (800) 973-1540

Location: State wide

Website: <https://www.caring.com/senior-living/adult-day-care/michigan>

SeniorCare Resource Directory

Primary Services: Resource directory for assisted living, home care, nursing homes, adult day care

Phone: (866) 333-6002

Location: State wide

Website: <https://www.seniorcare.com>

Senior Resources

Primary Services: Senior services**Location: Troy and surrounding areas****Website:** [https://rec.troymi.gov/programs_events/seniors/senior_resources.p
hp](https://rec.troymi.gov/programs_events/seniors/senior_resources.php)

Macomb County

Hope Network Clubhouse**Primary Services:** Psychosocial Rehabilitation, Work-Ordered Day program, transitional employment**Phone:** (586) 465-4780**Locations:** Harrison Township, Macomb County**Website:** <https://hopenetwork.org/mental-health/clubhouse>**Macomb County CMH Crossroads Clubhouse****Primary Services:** Support services to adults with mental illness (food, clothes, socialization, housing assistance, mental health treatment.**Phone:** (586) 759-9100**Locations:** Warren, Macomb County**Website:** <https://mhweb.org/macomb/maccmh2.htm>

Oakland County

Helping Hands**Primary Services: Adult DayCare service****Phone:** (248) 260-7020**Location: Rochester Hills, Bloomfield Hills****Website:** <https://www.helpinghandsadultdaycare.com>**The Quality of Life Center**

Primary Services: Adult day health services (medical, nutritional, physical, educational and psychological services.

Phone: (248) 364-4064

Location: Auburn Hills

Website: <http://www.qualityoflifecenter.net/contact.html>

Older Persons Commission (OPC)

Primary Services: Meals on Wheels, transportation, adult day services, activities

Phone: (248) 656-1403

Location: Rochester

Website: <https://www.opcseniorcenter.org/>

This is a non-exhaustive list of resources we have compiled. Helios Psychiatry and Counseling is not affiliated with nor does it endorse any particular institution.

