



# LGBTQIA+ SENIORS RESOURCE GUIDE

UPDATED JUNE 2025



## PROGRAMS & SERVICES TO SUPPORT ALL

The Area Agency on Aging of Western Michigan values diversity, equity, and inclusion (DEI); which is why we welcome individuals from all walks of life to work, partner, or participate with us. We strive to provide an environment where all involved feel valued, celebrated, and heard. By committing to DEI, we foster growth and innovation while fulfilling our mission. With this commitment, we've created a resource guide to assist LGBTQIA+ seniors and their caregivers in locating services that are safe and affirming.

### TABLE OF CONTENTS

#### AGING IN PLACE

01-02

Services that help older adults remain independent in their homes through personal care, daytime programs, and household support.

#### HEALTHCARE, WELLNESS, & MENTAL HEALTH

03-04

Access to physical and mental health services, wellness programs, and care tailored to support healthy aging.

#### COMMUNITY

05-06

Resources, education, and affirming community connections for LGBTQIA+ older adults.

#### INFORMATION & ADVOCACY

07

Trusted sources of information, legal aid, and financial guidance.

#### MEALS & NUTRITION

08

Meal delivery, education, and nutrition services that support dietary needs and overall wellness.

We are deeply grateful to our community partners for their ongoing commitment to affirming, inclusive care. These organizations play a vital role in ensuring LGBTQIA+ older adults and their caregivers can access the resources, support, and dignity they deserve.



# AGING IN PLACE



## HOME MAINTENANCE & SAFETY

Help with repairs, modifications, or accessibility improvements to make aging in place safer and easier.

- **All-Weather Seal of West Michigan** | 877-732-5711 | [www.allweathersealinc.com](http://www.allweathersealinc.com)
- **Alto Fencing Services** | 616-891-5990 | [www.altofencingservices.com](http://www.altofencingservices.com)



## HOUSING & REAL ESTATE

Resources that help with activities of daily life such as bathing, personal care, medication management and laundry.

- **Fair Housing Center of West Michigan** | 616-451-2980 | [www.fhcwm.org](http://www.fhcwm.org)
- **Cheryl Grant Team** | 616-822-3206 | [www.grandrapidsrealestatebycherylgrant.com](http://www.grandrapidsrealestatebycherylgrant.com)
- **Michael Kooistra - Realtor** | 616-575-1152 | [www.michaelkooistra.com](http://www.michaelkooistra.com)
- **Sue Hayes - REMAX United** | 616-893-2768 | [www.SueHayesRealtor.com](http://www.SueHayesRealtor.com)
- **R&R Space at Mel Trotter** | 616-454-8249 | [www.meltrotter.org](http://www.meltrotter.org)



## IN HOME SUPPORT

Resources that help with activities of daily life such as bathing, personal care, medication management and laundry.

- **Ionia County Commission on Aging** | 616-527-5365 | <https://ioniacounty.org/health/commission-on-aging>
- **Area Agency on Aging of Western Michigan** | 616-456-5664 | [www.aaawm.org](http://www.aaawm.org)
- **Elders' Helpers** | 616-454-8305 | [www.eldershelpers.com](http://www.eldershelpers.com)



## MOBILITY & ASSISTIVE EQUIPMENT

Devices that aid in movement or daily activities such as walkers, wheelchairs, vision, or hearing aids.

- **Deaf and Hard of Hearing Services** | 616-732-7358 | [www.deafhhs.org](http://www.deafhhs.org)
- **Association for the Blind and Visually Impaired** | 616-458-1187 | [www.abvimichigan.org](http://www.abvimichigan.org)



## TRANSPORTATION

Promotes access to the community through transportation and vehicle repairs.

- **Wyoming Senior Center** | 616-530-3190 | [www.wyomingmi.gov/living-in-wyoming/wyoming-senior-center](http://www.wyomingmi.gov/living-in-wyoming/wyoming-senior-center)
- **Chuck's Auto Repair** | 616-454-8330 | [www.chucksautogr.com](http://www.chucksautogr.com)



**7 OUT OF 10 LGBTQIA+ OLDER ADULTS LIVE ALONE COMPARED TO**



**3 OUT OF 10 HETEROSEXUAL OLDER ADULTS.**



# HEALTHCARE, WELLNESS, & MENTAL HEALTH



## PRIMARY & SPECIALITY MEDICAL CARE

Includes family doctors, endocrinologists, and other specialists. Listed providers are LGBTQIA-affirming.

- **Grand Rapids LGBTQ+ Healthcare Consortium** | [www.grlgbtqhealthcareconsortium.org](http://www.grlgbtqhealthcareconsortium.org)
- **Red Project** | 616-456-9063 | [www.redproject.org](http://www.redproject.org)



## MENTAL HEALTH COUNSELING

Confidential support from trained therapists or counselors, addressing issues like grief, isolation, identity, or depression.

- **Arbor Circle** | 616-456-6571 | [www.arborcircle.org](http://www.arborcircle.org)
- **River City Psychological** | 616-259-7207 | [www.rivercitypsychological.com](http://www.rivercitypsychological.com)
- **Compassionate Therapy Collective** | 616-776-9617 | [www.compassionatetherapycollective.com](http://www.compassionatetherapycollective.com)
- **inMotion Healing** | 616-330-2330 | [www.inclusivetherapists.com/michigan/grand-rapids](http://www.inclusivetherapists.com/michigan/grand-rapids)



## FITNESS CLASSES

Classes or services such as yoga, massage, or healthy aging programs to support physical and emotional wellness.

- **Engaging Wellness** | 616-588- 2580 | [www.aaawm.org/ew](http://www.aaawm.org/ew)
- **Simply Natural Massage GR** | 616-259-7131 | [www.simplynaturalmassagegr.com](http://www.simplynaturalmassagegr.com)



For a deeper dive into transgender-specific health and wellness resources, please refer to our partners' resource guides, the LGBTQ+ Healthcare Consortium & the Trans Resource Guide. These companion publications include affirming providers, transition support services, and identity-specific care options.

- **Grand Rapids LGBTQ+ Healthcare Consortium Guide** | [www.grlgbtqhealthcareconsortium.org/healthcare-directory-index](http://www.grlgbtqhealthcareconsortium.org/healthcare-directory-index)
- **GR Trans Foundation** | [www.grtransfoundation.org](http://www.grtransfoundation.org)

## COMMUNITY



## CAREGIVER SUPPORT

From support groups to in-home services, a number of resources give caregivers the chance to fill gaps in care.

- **Caregiver Resource Network** | 616-222-7032 | [www.caregiverresource.net](http://www.caregiverresource.net)
- **Gilda's Club** | 616-453-8300 | [www.gildasclubgr.org](http://www.gildasclubgr.org)



## HOTLINES TO KNOW

Phone support for individuals who are experiencing a mental health crisis.

- **National Suicide Prevention Lifeline** | 988 |
- **Transgender Michigan Helpline** | 855-345-8464 |





## LGBTQ+ COMMUNITY CENTERS & SOCIAL GROUPS

Spaces to connect with others, find affirming events, or join support and activity groups

- **Grand Rapids Pride Center** | 616-458- 3511 | [www.grpride.org](http://www.grpride.org)
- **GR Trans Foundation** | 616-719-1623 | [www.grtransfoundation.org](http://www.grtransfoundation.org)
- **Affirmations** | 248-398-7105 | [www.goaffirmations.org](http://www.goaffirmations.org)
- **Grand Rapids Chamber of Commerce – Out Pro** | 616-771-0310 | [www.grandrapids.org/talent-development/resources/outpro](http://www.grandrapids.org/talent-development/resources/outpro)
- **Fountain Street Church** | 616-459-8386 | [www.fountainstreet.org](http://www.fountainstreet.org)
- **Gays in Faith Together (GIFT)** | 616-774-0446 | [www.giftgr.org](http://www.giftgr.org)
- **Grand Rapids Public Library** | 616-988-5400 | [www.grpl.org](http://www.grpl.org)
- **Grand River Squares** | [grsquares.org](http://grsquares.org)
- **Prime Timers Grand Rapids** | 616-466-4180 | [www.primetimersgr.org](http://www.primetimersgr.org)
- **West Michigan Gay Men’s Chorus** | [www.wmgaymenschorus.org](http://www.wmgaymenschorus.org)

**LGBTQIA+ OLDER ADULTS ARE 4 TIMES LESS LIKELY THAN THEIR STRAIGHT PEERS TO HAVE CHILDREN CARE FOR THEM.**

## INFORMATION & ADVOCACY



### ADVOCACY SERVICES

Organizations that work on behalf of seniors and LGBTQIA+ individuals to improve policies and ensure equal treatment.

- **MiGen** | 313-241-8994 | [www.migenconnect.org](http://www.migenconnect.org)
- **Transgender Michigan** | 855-345-8464 | [www.transgendermichigan.org](http://www.transgendermichigan.org)
- **Equality Michigan** | 313-537-7000 | [www.equalitymi.org](http://www.equalitymi.org)
- **Michigan ACLU** | 313-578-6800 | [www.aclumich.org](http://www.aclumich.org)



### LEGAL & FINANCIAL HELP

Assistance with wills, power of attorney, estate planning, housing rights, and financial planning.

- **Christine A. Yared, PLC Attorney & Counselor at Law** | 616-363-9041 | [www.christineyared.com](http://www.christineyared.com)
- **EHTC- Business Strategy and Certified Public Accounting Firm** | 616-575-3482 | [www.ehtc.com](http://www.ehtc.com)
- **Hungerford Nichols CPAs & Advisors** | 616-949-3200 | [www.hungerfordnichols.com](http://www.hungerfordnichols.com)
- **Rhoades McKee PC** | 616-235-3500 | [www.rhoadesmckee.com](http://www.rhoadesmckee.com)
- **Warner, Norcross + Judd Attorney, Family Law and Estate Planning** | 616-752-2000 | [www.wnj.com](http://www.wnj.com)



### OUTREACH & ASSISTANCE

Support in finding services that match your unique set of needs.

- **YWCA West Central Michigan** | 616-459-4681 | [www.ywcawcmi.org](http://www.ywcawcmi.org)



# MEALS & NUTRITION



## HOME DELIVERED MEALS

Home Delivered Meals are a fit for individuals who are unable to leave their homes, but would still benefit from balanced, nutritious meals.

- **Meals on Wheels Western Michigan** | 616-459-3111 | [www.mealsonwheelswesternmichigan.org](http://www.mealsonwheelswesternmichigan.org)
- **Revive and Thrive Project** | 616-606-3314 | [www.reviveandthriveproject.org](http://www.reviveandthriveproject.org)



## FOOD PANTRIES

For individuals looking to build their own meals from fresh ingredients, local food clubs or food pantries are a perfect spot.

- **Community Food Club** | 616-288-5550 | [www.communityfoodclubgr.org](http://www.communityfoodclubgr.org)

**LGBTQ+ OLDER ADULTS ARE  
3 TIMES MORE LIKELY TO LIVE  
IN POVERTY COMPARED TO  
HETEROSEXUAL ADULTS.**



## GLOSSARY

**LGBTQIA+:** An acronym for Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, Asexual, and others.

**Cisgender:** A person whose gender identity aligns with the sex assigned to them at birth.

**Transgender:** A person whose gender identity differs from the sex they were assigned at birth.

**Asexual:** A person who lacks sexual attraction to others, or low or absent interest.

**Gender Affirming Care:** Medical and/or psychological care that supports a person's gender identity.

**Chosen Family:** Non-biological support systems often found in LGBTQIA+ communities.

### *Want to Be Included?*

*Organizations in this guide have either completed a brief survey through AAAMW or were recommended by the community as LGBTQIA+ affirming. Listings are not formal endorsements and are not fully vetted. Please contact providers directly to ensure they meet your needs.*



### **Area Agency on Aging of Western Michigan**

3215 Eaglecrest Drive NE  
Grand Rapids, MI 49525  
[www.aaawm.org](http://www.aaawm.org)



3215 Eaglecrest Drive NE,  
Grand Rapids, MI 49505



616-456-5664



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

