

A GUIDE TO PEACE OF MIND

Kalamazoo Hope

Access, Mobility, and Transportation Booklet

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About the Access, Mobility, and Transportation Booklet

Getting around (along with food and other items) can be a difficult task in general, especially on a continual basis; some psychological conditions can impede one's ability to leave home, be in certain location, or otherwise travel, making such journey overwhelming.

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About Kalamazoo Hope

Kalamazoo Hope's purpose is to provide support to individuals in the area of psychological health. It seeks to do this by acting as an online guide, and showing ways for individuals to better understand mental health, so that individuals can better care for themselves, be there for those close to them, and improve the lives of those in the Kalamazoo County area.

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Disclaimer

Kalamazoo Hope is an online mental health service intended to help individuals begin to understand psychological health and connect with related resources; however, as a disclaimer, it is not meant to be used as a substitute for working with a trained and licensed psychological health professional.

Furthermore, Kalamazoo Hope is not a part of any government body in Kalamazoo County or elsewhere; in addition, the presence of any business, organization, or other party on this website does not mean that it endorses Kalamazoo Hope, or vice-versa, merely that Kalamazoo Hope sees it as providing a service that could assist certain individuals.

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1) Bicycles

If one is physically able to, using a bike can significantly reduce one's travel time, as well as their exposure to the elements.

In addition, the buses used by Kalamazoo County's Metro system have a rack on the front capable of accommodating two bicycles, allowing one to bring their ride along - a very useful option if one needs to have their bicycle repaired and is a distance from a bicycle shop.

[Portage Bicycle Registration Online Form – \(Portage Department of Public Safety\)](#) – physical copies are available at the Portage Department of Public Safety (7810 Shaver Road, Portage, MI 49024).

[Custer Cyclery](#)

[Dick's Sporting Goods](#)

[Kzoo Swift](#)

[Michigan Vehicle Code \(Excerpt\) – Operation of Bicycles, Motorcycles, and Toy Vehicles \(Michigan Legislature\)](#)

[Pedal](#)

[Target](#)

[Village Cyclery](#)

[Zoo City Cycle & Sport](#)

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2) Bus and Shuttle Services

[Metro](#) is Kalamazoo County's primary public transportation service, covering a significant area. In addition, it has a point-to-point shuttle service called [Metro Connect](#), which can take an individual virtually anywhere in the county, as well as the Battle Creek VA Medical Center. [Disability Network Southwest Michigan](#) offers a free [program](#) to help individual learn how to use and become familiar with the services.

Both services can provide discount rates for disabled individuals and senior citizens; various other types of [discounts](#) are available as well. One can also find nearby bus stops and the current location of one's bus with a smart phone using the [myStop app](#), or by checking the [Track My Bus](#) page on the Metro Transit website.

The shuttle service is also capable of rendezvousing with similar services used by other counties; this is further described below. When planning a trip, one may wish to take into account that other individuals may be picked up along the way, making the ride longer than one may expect. Traffic, weather, and other events may also delay one's arrival time (or pickup time).

Through [Metro Connect](#), one can transfer to the following shuttle services or local bus systems:

[Allegan County Transportation Services](#) – This organization can take one to most places in Allegan County, with discounts available for certain individuals. The transfer point for this service is customized to one's individual situation; one possible point is [The Plainwell Pines Nursing & Rehabilitation Facility](#) at 3260 East B Avenue, Plainwell, Michigan 49080. Should any notable difficulties arise, one can contact the Transportation Coordinator.

While using this service, one can reach the [Family Fare](#) at 1185 South Washington Avenue, Holland, Michigan 49423 to connect with the [Macataw Area Express \(MAX\)](#) bus system, which covers Holland and Zeeland; this service offers various [discounts](#), including free rides for individuals with Medicare cards. A point-to-point shuttle service known as [Reserve-A-MAX](#) is also available.

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[Barry County Transit](#) – has flexible protocols, as well as discounts for students, individuals with disabilities, infants, youth, and those 60 years or older. The transfer point for this service is the [McDonald's](#) in Richland, address 8200 N. 32nd Street, Richland, MI 49083.

[Battle Creek Tele-Transit](#) – using Metro Connect, one can transfer to this service at the [Battle Creek VA Medical Center](#) and obtain transportation within Battle Creek. In addition, the Battle Creek's bus system, [Battle Creek Transit](#), is also available (with a stop at the Battle Creek VA Medical Center).

[St. Joseph County Transportation Authority \(SJCTA\)](#) - able to provide one access to most of St. Joseph County; discounts are available for disabled individuals and senior citizens. The transfer point to this service is a [McDonald's restaurant](#) at 710 N. Grand Street, Schoolcraft, Michigan, 49087. More information can be found through its [Michigan Department of Transportation webpage](#). For disability verification, a counselor or therapist is acceptable in place of a doctor.

[Van Buren County Public Transit](#) - connects with Metro Connect at the [Wolf Lake Fish Hatchery](#), 34270 County Road 652, Mattawan, MI 49071. Additional transfer points may be arrangeable; to discuss, please contact.

The [Universal Reduced Fare Transportation Card](#) is part of a state program allowing individuals with disabilities to obtain discounts from various transportation programs in Michigan without having to apply for each separately; to enroll, one can inquire at the Metro Transportation station.

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3) Cancellations and Weather

[AccuWeather](#)

[Cancellations, Delays, & School Closings \(WKZO\)](#)

[Closings \(WWMT\)](#) – one can request to receive text or e-mail messages in the event of certain activities being cancelled (or request that one's facility be listed as closed).

[Closings and Cancellations \(FOX 17 West Michigan\)](#)

[National Weather Service – National Oceanic and Atmospheric Administration - \(NOAA\)](#)

[The Weather Channel](#)

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4) Computers

Computers with Internet access can allow individual who are unable to or cannot easily or often leave their home attend school, work, research benefits, shop, and socialize, among other activities. While some of this may seem obvious, Kalamazoo Hope has tried to keep in mind that some individuals have little or no computer experience.

[Ability Online](#) - a monitored online community for children with disabilities.

[Amazon Smart Speakers](#)

[AT&T](#)

[Best Buy](#) – sells various computer products, and provides [computer services](#).

[Computer Ergonomics – \(UC Berkley - University Health Services\)](#) – provides information on how to comfortably use a computer, as well as avoid injury from use.

[The Computer Guild](#)

[Computers for the Blind](#)

[EveryOne On](#) – a nonprofit organization which helps various individuals (such as those utilizing food benefits, living in subsidized housing, and/or on SSI) obtain low-cost Internet access and computers.

[Facebook](#) – an established online website which provides opportunities to connect with friends, family, and individuals from one’s past.

[Google Smart Speakers](#)

[I Live with a Disability](#) – a social website designed specifically for individuals with disabilities.

[Screen Readers – AFB \(American Foundation for the Blind\)](#)

[Skype](#) – a program which allows one to interact with other individuals over the internet via video and other means.

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[Spectrum](#)

[Tips - United States Computer Emergency Readiness Team \(US-CERT\)](#)

[Twitter](#) – a well-known social media website that allows people to stay in contact through short messages.

5) GPS Devices and Maps

[Garmin](#)

[Google Maps](#)

[Magellan](#)

[TomTom](#)

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6) Home Food Delivery

[Amazon Prime Pantry](#)

[The Ample Pantry](#)

[Erbert and Gerbert's Sandwich Shop](#)

[Food For All \(Senior Services, Inc.\)](#)

[Hunan Gardens](#)

[Instacart](#)

[Jimmy John's Gourmet Sandwiches](#)

[Meals on Wheels \(Senior Services, Inc.\)](#)

[Shipt](#)

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7) Local Services

[Lyft](#) – provides on-demand transportation.

[Metro Ridesharing](#) - a carpooling program operated through Metro and part of a larger Michigan program; the service can aid individuals in reaching location both inside and outside of Kalamazoo County.

[Pride Care](#) – the organization provides transportation for both emergency and non-emergency (medical) purposes, as well as assistance to individuals in wheelchairs; travel for non-medical purposes may be possible, depending on availability.

[Road to Recovery \(American Cancer Society\)](#) – provides free transportation to services related to an individual's cancer treatment.

[Senior Services Transportation Program](#) – offers assistance to individuals 55 years of age or older; there is no fare.

[Shepherd's Center of Kalamazoo](#) – provides medical and leisure-focused transportation for individuals 60 years and older.

[Uber](#) – an on-call ride service.

[Western Michigan University Safe Ride](#) – provides transportation to students and others associated with Western Michigan University.

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8) Long-Distance Services

[Amtrak](#) - providing train services from downtown Kalamazoo; the [station](#) is located at the [Metro](#) station; various [discounts](#) are available.

[Bureau of Consular Affairs \(Department of State\)](#) – offers a wide array of information related to international travel.

[Disabilities and Medical Conditions \(Transportation Security Administration - TSA\)](#)

[Find Overseas Travel Alerts \(Department of Homeland Security\)](#)

[Greyhound](#) - a bus service providing cross-country travel, as well as services to more local locations such as Battle Creek or Grand Rapids; [located](#) at the [Metro](#) station.

[Kalamazoo/Battle Creek International Airport](#)

[Michigan Enhanced Driver's License](#) – along with acting as a driver's license, this license allows an individual to return from certain countries without additional documents (these licenses are also a form of REAL-ID).

[Michigan REAL-ID](#) – a type of Michigan state ID or driver's license currently being introduced; a REAL-ID will be needed to enter some federal locations or travel by air within the United States starting October 1st, 2020.

[Transportation Security Administration \(TSA\)](#)

[U.S. Citizens Traveling Abroad \(usa.gov\)](#)

[U.S. Passports \(U.S. Department of State\)](#)

[Wings of Mercy](#) - provides free air transportation to individuals in need of serious medical treatment.

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9) Mobility and Prosthetics

[Amputee Coalition](#)

[CareLinc](#) - accepts Medicare and Medicaid.

[Hanger Clinic](#) – with locations in Kalamazoo and Battle Creek.

[Manual Wheelchairs & Power Mobility Devices \(Medicare\)](#)

[Medical Center Orthotics and Prosthetics \(MCOP\)](#) - has [notable experience](#) working with the United States military and providing help to those who wish to remain active within the service.

[Medicare Supplier Directory \(Medicare\)](#) - allows one to search their area for various providers of Medicare-covered products.

[Orthotics, artificial limbs, & eyes - Medicare](#)

[Prosthetic Orthotic Service \(Walter Reed National Military Medical Center\)](#)

[Ottobock](#)

[Physical Therapy One](#)

[Prosthetic Devices and Supplies - TRICARE](#)

[Rehabilitation and Prosthetic Services \(U.S. Department of Veterans Affairs\)](#)

[Welcome to the Amputee Service - Military Advanced Training Center \(MATC\) - Walter Reed National Military Medical Center](#)

[Wright & Filippis](#) – provides service in Portage and Battle Creek.

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10) Motor Vehicles

Locating, acquiring, and affording a vehicle can involve much effort, as can various other nuances of vehicle ownership; hopefully the following information will reduce the difficulties involved.

[AutoCheck](#) – offers data concerning a specific vehicle’s history.

[CARFAX](#) – provides background information on used vehicles, such accident history and repairs.

[Cyclechex](#)

[Gresham Driving Aids](#) – with a Kalamazoo location, this business provides various means of assisting individuals with mobility and other restrictions, both in terms of travelling in and operating a vehicle.

[Insurance Requirements \(Michigan Secretary of State\)](#)

[Kelley Blue Book](#)

[Michigan Department of Transportation \(MDOT\) \(Michigan Secretary of State\)](#)

[Michigan Disability Plates \(Michigan Secretary of State\)](#)

[Michigan Secretary of State](#)

[Michigan Vehicle Code \(Excerpt\) Act 300 of 1949 – Operation of Bicycles, Motorcycles, and Toy Vehicles \(Michigan Legislature\)](#)

[Mopeds \(Secretary of State\)](#)

[NADA Guides \(National Automotive Dealer Association\)](#)

[National Highway Traffic Safety Administration \(NHTSA\)](#)

[National Motor Vehicle Title Information System \(NMVTIS\)](#)

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[Obtaining a Driver's License \(Michigan Secretary of State\)](#)

[What Every Driver Must Know \(Michigan Department of State\)](#)

[WWMT Gas Tracker](#)

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11) Psychiatric Service Dogs (PSDs)

Service dogs can provide notable assistance to individuals with a psychological condition; along with companionship, there are various tasks they can perform which can assist an individual in their everyday life. Examples of this can include interrupting an individual when they begin engaging in certain unhealthy tasks, leading a person to an exit if the individual becomes nervous, and repeatedly encourage an individual to take medicine until such is done.

A service dog is NOT the same as a therapy dog; a therapy dog provides comfort and reassurance – a service dog has been special trained to provide specific types of assistance to an individual. Therapy dogs also do NOT have the protections given to service dogs under the [Americans with Disabilities Act \(ADA\)](#).

To note is that the price of a dog with the proper temperament to be a service animal, plus training, can be thousands of dollars; in addition, there may be a waiting list of several years.

[ADA Requirements – Service Animals \(Department of Justice – Civil Right Division\)](#)

[Frequently Asked Questions about Service Animals and the ADA \(Department of Justice – Civil Rights Division\)](#) – discusses aspects of psychiatric service dogs (PSD's).

[Medical Mutts](#) – located in Indiana, this organization can provide a service dog, teach an individual's current dog, or provide classes that help a person teach their own dog. In addition, if distance is a hindrance, certain aspects can be carried out via [Skype](#).

[Michigan Codified Law \(MCL\) 750.502c – Public accommodation; requirements; violation as a misdemeanor; definitions.](#)

[Paws with a Cause](#) – located in Michigan, this organization provides psychiatric service dogs to assist children with autism.

[Psychiatric Service Dogs \(Medical Mutts\)](#)

[Service Animals - Michigan Department of Civil Rights \(MDCR\)](#)

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12) Visual Limits

Additional resources can be found in the Computers and Psychiatric Service Dogs (PSDs) sections.

[Bureau of Services for Blind Persons Training Center](#) – located in Kalamazoo.

[Disabilities and Medical Conditions – Blind & Low Vision \(Transportation Security Administration\)](#)

[Disability Network Southwest Michigan \(DNSWM\)](#) – offers a free [Travel Training Program](#) that helps an individual become acclimated to using a Metro bus or shuttle on their own; large print and Braille material is available as well.

[Enchrome](#) – glasses designed to provide a greater spectrum of color to those with certain conditions affecting color perception.

[Eone](#) – a watch which can be read by touch.

[eSight](#) – a wearable visor designed to improve the perception of individuals with low vision.

[Find Services for People Who are Blind or Visually Impaired \(American Foundation for the Blind\)](#)

[Free White Cane Program \(National Federation of the Blind\)](#)

[OrCam](#) – a miniature, wearable camera that uses recognition software to aid individuals with [various tasks](#), such as reading and identifying individuals.

[Time Optics](#) – carries talking and large-numbered watches.