



University of Missouri  
Department of Occupational Therapy  
and Occupational Science

425 Lewis Hall  
Columbia, MO 65211  
Phone: (573) 882-3988  
[muot@health.missouri.edu](mailto:muot@health.missouri.edu)

# Services for Adults

---

## TO IMPROVE AWARENESS AND ACCESSIBILITY OF COMMUNITY RESOURCES AND PROGRAMS FOR ADULTS WITH DISABILITIES IN BOONE COUNTY.

### Categories included:

**Social support:** Meetings or groups of people with similar challenges that provide encouragement, education, and opportunities for friendship in a confidential environment.

**Leisure activities:** Facilities and organizations offering programs that support physical and mental health through hobbies, recreational activities and special interests.

**Physical health:** Engaging the body in activities and providing education to encourage a healthy lifestyle.

**Independent living services:** Products and services that can be purchased to support independent living services.

### Boonville

#### **Physical Health**

##### YMCA

757 3rd Street

Boonville, MO 65233-1670

Phone: (660) 882-8500

Offers health & fitness program consultants & trainers, health clubs & gymnasiums, youth organizations centers & clubs

#### **Independent Living Services**

##### Community Medical Equipment

475 Colonel Sanders Lane

Boonville, MO 65233-2793

Phone: (660) 882-9270

Offers medical & hospital equipment

Medical Arts Pharmacy

800 Main Street

Boonville, MO 65233-1658

Phone: (660) 882-5208

Offers hospital equipment renting & leasing, medical & hospital equipment, pharmacies & drug stores

**Centralia**

**Independent Living Services**

Kinkead Pharmacy

119 North Allen Street

Centralia, MO 65240-1301

Phone: (573) 682-2155

Offers Pharmacy & Drug Store

**Columbia**

**Physical Health**

Alternative Health Therapies

2804 Forum Boulevard Suite 1A

Columbia, MO 65203-6322

Phone: (573) 446-4938

Services: Acupressure & Acupuncture, Chiropractor, Massage Therapy

ARC Activity & Recreation Center

Location: 1701 W. Ash

Columbia, MO 65201

Phone: (573) 874-7700

Services: Aquatics classes, indoor pool, group fitness classes, fitness equipment

Boone Hospital Center Wellaware

1600 E. Broadway Lower Level

Columbia, MO 65201

Phone: (573)815-8000

Columbia Yoga Center

101 Corporate Lake Dr Ste C1

Columbia, MO 65203

(573) 441-8566

Services: Individual or group yoga classes

Females in Training

Location: 2900 Forum Blvd Columbia, MO

Phone: (573) 449-2606

Services: Fitness and aquatics classes, fitness equipment, hot tub, & heated indoor pool.

Moondance Yoga

1505 Chapel Hill RD  
Columbia, MO 65203  
(573) 445-0526

Services: Individual or group yoga classes

Pilates For Every Body

2011 Chapel Plaza Court Suite 107  
Columbia, MO 65203  
Phone: (573) 447-0212

Services: Individual and group Pilates classes.

Pilates of Columbia

11 North College Avenue Apartment 101  
Columbia, MO 65201  
Phone: (573) 443-2062

Services: Individual and group Pilates classes.

Riversong Salon and Spa

Location: 2100 Forum Blvd  
Columbia, MO 65203  
Contact: 447-1772

Services: Massage, Reiki, Reflexology, & others

Wilson's Total Fitness in Columbia

Locations: 2902 Forum Blvd & 203 E Leslie Ln. Columbia, MO  
Phone: (573) 446-3232

Services: Fitness equipment, sauna and hot tub, group fitness classes

Forum location only: heated indoor pool, aquatics classes, Pilates, & massage

**Independent Living Services**

Central Brace Company

404 Portland Street Stop 2  
Columbia, MO 65201-6506  
Phone: (573) 874-0321

Artificial limbs & braces, orthopedic & prosthetic appliances & shoes, orthopedic appliances, orthotics prosthetics

Central Missouri Regional office for the Developmentally Disabled

1500 Vandiver Dr Suite 100  
Columbia, MO  
(573) 882-9835

Provides eligibility determination, family-directed support, crisis intervention, case management, residential support and employment support

Disability Media Inc

503 North Brookline Drive  
Columbia, MO 65203-5605  
Phone: (573) 446-0441

Offers disabled persons assistive services, disease & disability organizations & groups

DW Auto

1208 N.Garth Ave  
Columbia, MO  
(573) 449-3859  
(573) 449-4187 [Fax]

Offers wheel chair lifts & scooters, truck and van conversions

Home Care Equipment

1118 Wilkes Blvd.  
Columbia,MO  
(573) 474-0560

Offers durable medical equipment, patient lifts, walking aids, 24 hour emergency service

Integration Plus

2600 W. Broadway  
Columbia,MO 65203  
(573) 445-2770

Offers services of personal assistance to complete activities of daily living, and in home behavior therapy

Kilgore's Respiratory Center

3103 West Broadway Suite 115  
Columbia, MO 65203-0498  
Phone: (573) 442-8338

Offers medical & hospital equipment, oxygen & respiratory equipment & supplies

Missouri Stairway Lift Corporation

601 North College Avenue  
Columbia, MO 65201-4791  
Phone: (573) 442-4814

Offers builders & contractors of elevators, hospital equipment & supplies, medical & hospital equipment, wheel chair lifts & scooters

Option Care

1410 Heriford Rd.  
Columbia,MO 65202  
800-456-0417

Offers Home Medical Equipment

Show-Me Tech

1301 Vandiver Dr #Q  
Columbia, MO 65202  
(573) 874-3558

United Access

618 Jackson Street  
Columbia, MO 65203-2445  
Phone: (573) 874-2214

Offers accessibility & disability equipment, medical & hospital equipment, van & truck conversions & accessories, wheel chair lifts & scooters

United Seating & Mobility

313 East Ash Street  
Columbia, MO 65201-4427  
Phone: (573) 443-2212

Offers hospital equipment & supplies, medical & hospital equipment, wheel chair lifts & scooters

**Leisure Activities**

Access Arts

1724 McAlester Street  
Columbia, Missouri 65201  
Phone: (573) 875-0275

Offers adaptive classes that include pottery, mixed media, weaving, jewelry making, and photography

Adaptive Dances

ARC, (573) 874 7700  
Program leader- Jody Cook

Offers dances for individuals of all age groups with disabilities

Adaptive Recreation

Sarah Bowman, (573) 874-7473

Offers different activities that include Wii games, social outings, movie nights, restaurant trips, ceramics, and much more

Cedar Creek Therapeutic Riding:

4895 Hwy 163 East  
Columbia, MO 65201  
Phone: (573) 875-8556

Provides horseback riding therapy to people with disabilities

### Power Soccer

Mark Ohrenberg,

(573) 874-1646 ext 216

Power soccer allows individuals in power wheelchairs to attend practice and participate in competitive soccer games.

*(Power chair required)*

### Social Interaction/Recreational Group

Bryon Seboldt,

(573) 874-1646 ext. 223

This program is designed for social interaction between males/females where they participate in various activities like fishing and bowling.

## **Social Support**

### Brain Injury Support Group

Meets the 2nd Thursday of the month at Rusk Rehab Center at 7 p.m. For more information, call Dr. Eric Hart at (573) 882-8776

### Fibromyalgia, Chronic Fatigue & Immune Dysfunction Syndrome (CFIDS), Gulf War Syndrome (GWS) & Multiple Chemical Sensitivity (MCS) Support Group

Meets on the 2nd Wednesday of each month at SIL from 2:00 to 4:00 p.m. and 4th Thursday of each month from 6:30 to 8:30pm at Columbia Public Library. For more information call Nancy Kievit (573) 875-5803 or Barbara Hartwig at (573) 449-4842.

### Multiple Sclerosis Support Group

Meets the 3rd Sunday of every month from 1 to 3 p.m., September through May, in the Quarter Deck Building. For more information call Deanna Harper at 882-6767.

### People First of Boone County

Boone County Community & Family Support Center

1209 E. Walnut

Columbia, MO 65202

Self-advocacy organization of people who have developmental disabilities; ran by people and for people. Contact Mark Satterwite at (573) 874-1995 for meeting dates and times.

### Regional Arthritis Center offers

Chronic Disease Self Management Course

Contact: Amber Phelps 573-882-8097

Columbia/Boone County Health Department

Contact: Chris Coffman 573-874-7355

Arthritis/Fibromyalgia Self-Help Course

Contact: Amber Phelps 573-882-8097

Services for Independent Living  
1401 Hathman Place  
Columbia, Missouri 65201  
Voice: 573-874-1646  
Toll-Free: 1-800-766-1968  
TTY: 573-874-4121  
Fax: 573-874-3564  
Email: [sil@silcolumbia.org](mailto:sil@silcolumbia.org)  
Web site: [www.silcolumbia.org](http://www.silcolumbia.org)

***FOR MORE INFORMATION ON ANY OF THE SERVICES LISTED BELOW  
PLEASE CONTACT SIL AT THE CONTACT INFO ABOVE.***

Peer Support and Counseling: This is a core service, which is available to people with disabilities and their family members. Peer support is provided through groups or by matching individual consumers with other consumers that have similar disabilities or experiences. The consumer chooses where to receive services, which is usually at SIL or in the community. Counseling is not provided as we are not licensed counselors.

People Advocating for Equality (PAVE): This program provides organized group discussions upon invitation. A group facilitator and a panel of consumers educate business leaders, civic groups, educators, and other interested parties about disability-related topics.

Men's Networking Group: Offers social support for men to engage in activities such as going out to dinner, discussions, etc.

Women's Interaction Group: meets every Monday from 1:30 p.m. to 3:30 p.m. Location varies.

Women's Support: This program is an educational group that meets on a weekly basis. Guest speakers are invited to discuss topics of interest, which the group chooses. Some common topics have been "Staying Healthy in the New Year," "Sexuality," and "Celebrating Hispanic Month."

Youth and Family Connection: Its primary purpose is to assist youth in acquiring leadership skills and independent living skills while pursuing their desire to participate in the community. The youth segment eligibility is age zero to 29. The program consists of 3 modules: youth, parents, and community leaders. In addition, Game Night for College Students is scheduled on a monthly basis. It also includes a College Youth Network.

## **Fayette**

### **Independent Living Services**

#### Endless Options

222 E Davis

Fayette, MO 65248

(660) 248-5233

Offers individualized supportive living services, day habilitation services where clients learn daily living skills and gain access to resources in the community, supportive employment and personal assistance to aide in the completion of daily activities

#### Just What the Doctor Ordered

600 W. Morrison, Suite 18

Fayette, MO 65248

(660) 248-1445

Provides adaptive and assistive equipment for individuals with disabilities

## **Fulton**

### **Independent Living Services**

#### Serve Inc.

4901 County Road 304

Fulton, MO 65251

(573) 642-6388

Offers transportation services

## **Jefferson City**

### **Physical Health**

#### Capital City Neuromuscular

1111 Madison St

Jefferson City, MO 65101

Phone: 573 556 0740

Offers Massage Therapy

#### Community Breast Care Project

712 East Capitol Avenue

Jefferson City, MO 65101-4009

Phone: (573) 634-4673

Business Types: Health & Fitness Program Consultants & Trainers

#### Healthy Designs

1000 Northeast Drive Suite D

Jefferson City, MO 65109-2705

Phone: (573) 636-2911

Offers health & fitness program consultants & trainers, health, diet, herb & vitamin stores, nutritionists & nutrition consultants

Natural Connections Wellness Center & Spa

3928 Wardsville Rd, Jefferson City, MO 65101  
Phone: 573 636 8582  
Offers massage, reflexology, and others

SHOW ME YOGA CENTER

101 W High St  
Jefferson City, MO 65101  
(573) 636-5656  
Offers individual and group yoga sessions

Wilson's Total Fitness Center

3600 Country Club Drive Suite 54  
Jefferson City, MO 65109-1097  
Phone: (573) 634-3036  
Offers health clubs & gymnasiums

YMCA

Ellis  
Jefferson City, MO 65101  
Phone: (573) 761-3225

**Independent Living Services**

American Seating & Mobility

2701 West Edgewood Drive  
Jefferson City, MO 65109-5889  
Phone: (573) 634-8306  
Offers medical instruments & equipment repairing, wheel chair lifts & scooters

Best Buy Homecare

111 Schumate Chapel Road  
Jefferson City, MO 65109-0583  
Phone: (573) 634-6001  
Offers medical & hospital equipment, medical instruments & equipment repairing, wheel chair lifts & scooters

DW Auto & Home Mobility Specialties

2525 Missouri Boulevard Suite A  
Jefferson City, MO 65109-4779  
Phone: (573) 636-2984  
Offers wheel chair lifts & scooters

Hanger Prosthetics & Orthotics

1002 Diamond Ridge Suite 700

Jefferson City, MO 65109-7905

Phone: (573) 761-3115

Offers orthopedic & prosthetic appliances & shoes, orthotics prosthetics

Independent Living Resource Center

3620 West Truman Boulevard Suite D

Jefferson City, MO 65109-6125

Phone: (573) 556-0400

Offers accessibility & disability equipment, disabled persons assistive services, social services & welfare

Walk Easy

2020 South Country Club Drive

Jefferson City, MO 65109-5474

Phone: (573) 636-7382

Offers orthopedic & prosthetic appliances & shoes, orthopedic shoes

**Linn**

**Physical Health**

Osage County Community Center

1811 Highway 50 East

Linn, MO 65051-3271

Phone: (573) 897-4001

Membership Sports & Recreation Clubs

**Mexico**

**Independent Living Services**

Audrain Handicapped Services

308 E. Jackson St

Mexico, MO 65265

(573) 581-8210

Offers durable medical equipment and medical supplies

**Moberly**

**Independent Living Services**

RJD Inc and PCA

PO Box 302

Moberly, MO 65270

(660) 269-8708

Provides individualized supportive living services for individuals with disabilities