Resources for people who have suffered a Neurological Disorder, Disease, or Injury: Gathered by Talore Marie Spencer

Resources in the Greater Sacramento, California for persons with a disability and family members

WHAT A STROKE LOOKS LIKE: SIGNS AND SYMPTOMS
The words BE FAST can help you recognize stroke signs:

Balance: Sudden loss of balance.
Eyes: Sudden loss of vision in one or both eyes.
Face: Noticeable unevenness or droopiness in the face.
Arm: Weakness or numbness in one arm. One arm may drift downwards.
Speech: Slurred speech.
Time: Every second counts. Call 911 at any sign of stroke.

[link to symptoms page]

Video: https://youtu.be/X4u6py4uyys

SUPPORT GROUPS

https://www.heart.org/idc/groups/heart-public/@wcm/@wsa/documents/downloadable/ucm_431221.pdf

AMERICAN STROKE ASSOCIATION’S LIST:

1. Easter Seals Support Group, Sacramento
   - What: primary support for survivors and caregivers
     - Caregivers will discuss needs with a social worker
   - When: Every Wednesday at 7:00 pm
   - Where: Easter Seals, 3205 Hurley Way, Sacramento, CA 95864
   - Contact: Terrie Makin, P: (916) 485-6711, E: terriem@myeasterseals.org

2. Sutter’s Stroke Support Group, Sacramento
   **Bi-Annual Meeting Schedule at: http://sactrokesupport.org/
   - What: Therapeutic, rehabilitation for survivors, caregivers and professionals
- **When**: 1st, 3rd, 5th, Thursday Each Month: 11:00am to 12:30pm  
  - **Caregiver** breakout group meets the 3rd Thursday of each month during Stroke meeting.
- **Where**: Sutter Cancer Center, 2800 L Street, Sacramento, CA, First Floor, Classroom 3 & 4  
  - Room TBD- See Website for updated room locations
- **Contact**: Spencer Ellis, (916) 455-4821

3. **Sutter’s** Stroke Support Group, **Elk Grove**
   See current meetings at:  
   [http://sacstrokesupport.org/calendar/elk-grove-dates](http://sacstrokesupport.org/calendar/elk-grove-dates)
- **What**: 2nd Chances
- **When**: 2nd & 4th Thursday of each month: 10:30 a.m. to 12 noon
- **Where**: Sutter Medical Foundation, 8170 Laguna Blvd., Elk Grove, CA 95758  
  - MOB II – Classroom 1  
  - First floor right next to Family Medicine – Suite 11

4. **Sutter’s** Stroke Support Group, **Greenhaven**
   See current meetings at:  
   [http://sacstrokesupport.org/calendar/greenhaven-dates](http://sacstrokesupport.org/calendar/greenhaven-dates)
- **What**: Stroke support lunch
- **When**: 3rd Monday of the month (except holidays), 11:30 a.m.
- **Where**: 960 Florin Road, Sacramento, CA 95831  
  - Shari’s Restaurant, Lakecrest shopping Center  
  - (everyone pays their own lunch)
- **Contact**: Please RSVP to Gerry or Peggy P: (916) 392-5614, E: user117515@aol.com

5. **Stroke Survivor Support Group – Woodland Healthcare**
   - **What**: social and education support for survivors, caregivers, and professionals
   - **When**: 3rd Monday of every month, 1-2 pm
   - **Where**: Woodland Community & Senior Center, 2001 East Street, Woodland CA 95695

6. **Stroke Club**
   - **What**: supportive social for survivors and caregivers
   - **When**: 4th Wednesday of each month at 11am
   - **Where**: 1301 East Bidwell Street No. 210, Folsom, CA 95630
• **Contact:** Kristi Stewart, P: (916) 747-2392

7. Stroke Survivors Support Group – **UC Davic Med Center**
   • **What:** supportive social for survivors, caregivers and professionals
   • **When:** every Tuesday from 2-3pm
   • **Where:** UC Davis Med Center (Main Hospital, Davis Tower) Room 3701,  
     o 2315 Stockton Boulevard, Sacramento, CA 95817
   • **Contact:** Holly Bleasdale, (916) 734-3467

8. **Kaiser** Support Group – **South Sacramento**
   • **What:** educational and supportive social for survivors
   • **When:** every Wednesday from 2-4pm
   • **Where:** 7300 Wyndham Dr., Sacramento 95823  
     o 2nd conference room
   • **Contact:** Robert Delgado (916) 688-2674  
     o Mary Thomatos (916) 455-3191

9. **Marshal Hospital** Stroke Support Group - **Placerville**
   • **What:** educational and supportive social for survivors and caregivers
   • **When:** 2nd Wednesday from 12-1pm
   • **Where:** 681 Main Street, Placerville, 95667  
     o 2nd floor Apple Pear Room
   • **Contact:** Janice Curtin, P: (530) 626-2633 ext. 6002, E: jcurtin@marshallmedical.org

10. **Dignity Health’s** Stroke Support Group – **Carmichael**
    • **What:** supportive social for survivors, caregivers and professionals
    • **When:** 2nd and 4th Wednesdays of the month, from 1-2pm
    • **Where:** 6403 Coyle Avenue, Carmichael, 95608  
      o Mercy San Juan Med Cen Summit Ortho Bldg Ste 200
    • **Contact:** Tom Hoag, P: (916) 537-5177

**OUTPATIENT REHABILITATION SERVICES**

California Brain Injury Programs and Services  
CNS – CENTER FOR NEURO SKILLS-San Francisco  
2200 Powell Street Ste. 120
Since 1980, Centre for Neuro Skills (CNS) has delivered postacute medical treatment, therapeutic rehabilitation and disease management services with specially-trained staff for individuals from across the nation recovering from acquired brain injury (e.g. traumatic brain injury, stroke, etc.).

Our cost-effective, patient-centered programs maximize treatment effect, learning generalization and stability of recovery in real-world settings. The goal: to facilitate skill acquisition and help each patient resume a normal rhythm of living.

SUTTER ROSEVILLE MEDICAL CENTER
1 Medical Plaza Dr.
Roseville, CA 95661
(916) 781-1117
Outpatient Rehab
http://www.sutterroseville.org/services/outpatientrehab.html

About Us
At Sutter, we understand how important your recovery is to you and those who care about you. Through our Outpatient Rehabilitation program you will have a team of occupational, physical and speech therapists combining their expertise to coordinate the best possible care for you.
Our team of neurological rehabilitation specialists provides assistance to patients recovering from illnesses and injuries such as stroke, traumatic brain injury, general weakness and various other neurological disorders in an outpatient setting.

**Common Diagnoses Treated**
- Stroke
- Traumatic Brain Injury (TBI)
- Spinal Cord Injury
- Parkinson’s Disease
- Multiple Sclerosis
- ALS (Lou Gehrig’s Disease)
- Guillain Barre Syndrome
- Vestibular deficits
- Balance Disorders
- Swallowing problems
- Speech and language problems
- Other neurological diagnoses

**Services**
Restoring your health is a team effort that centers on you. Together with your doctor, our professional therapy team designs a personal treatment program that will help you regain as much function and independence as possible. Our hands-on, individual approach includes:
- Providing consistency so that you get to know and feel comfortable with your therapy team
- Working closely with you, your doctor(s) and family or other caregivers and staying in touch to answer questions and provide progress reports
- Supporting your recovery efforts by providing educational material and creating long-term home exercise and therapy programs

**Specialty Services**
- Aquatic Therapy
- Home Evaluations
- Activities of Daily Living Retraining
- Vestibular Rehab
- Vision Rehab
- Cognitive Retraining
• Aphasia Treatment
• Orthotic and Prosthetic Training
• Patient and Family Education and Training
• Return to Work
• Voice Retraining

State Of The Art Technology
• Vital Stim for Swallowing Difficulty
• Modified Barium Swallow Studies
• Visipitch for Voice Rehab
• SaeboFlex for Arm Strengthening and Coordination
• DynaVox and Lingraphica for Augmented Communication
• Lite Gait Unweighted Gait Training
• WalkAide for Foot Drop
• Moto Med
• Post-Botox / Baclofen Muscle Reeducation

SUTTER ROSEVILLE MEDICAL THERAPIES

Physical Therapy
Our physical therapists are trained to understand how various body parts interact and to provide training, education and exercises that increase your ability to move as comfortably and independently as possible. Beginning with a thorough evaluation of your strengths and weaknesses, your physical therapist will work with you to restore movement, balance and coordination. Depending on your individual needs, physical therapy may address walking, getting in and out of a bed or a chair, and other necessary functions. In addition to working with you directly, our physical therapists typically provide home exercise and strengthening programs. Our physical therapists help you regain independence with focus on:
• Trunk and leg strengthening
• Transfer training
• Balance reeducation
• Gait training
• Pain relief
• Maximizing functional independence

Occupational Therapy
Our occupational therapists help you regain independence by providing training for daily activities such as dressing, bathing, writing or cooking. Occupational therapy focuses on:

- Increasing safety and independence with Activities of Daily Living (ADL’s)
- Providing recommendations and training for adaptive equipment
- Strengthening and improving function of your arms, forearms and hands
- Improving fine motor control
- Increasing activity tolerance for ADL’s
- Providing training for family and caregivers

**Speech Therapy**

Our speech pathologist helps restore cognitive, language, speech and swallowing abilities that may have been impaired by a stroke, traumatic brain injury or other neurological disorder. Whether you need to regain everyday verbal skills to get your needs met or to improve cognitive skills so that you can return to work or school, our experienced speech pathologist can help you achieve your goals for more effective communication. Our speech-language pathologists help you regain independence with focus on:

- Cognition
- Speech and language
- Swallowing abilities
- Voice

**Getting Started**

A referral from your doctor is all that is needed to initiate your care. Our team will complete a comprehensive evaluation and work with you to create an individualized treatment plan. The initial treatment plan along with ongoing updates will be shared with your doctor to ensure they are up to date on your progress.

**DIGNITY HEALTH - Stroke Rehabilitation**

The primary goal of Dignity Health’s care program is to lessen the chance of disability for every stroke patient; that's why we provide comprehensive stroke rehabilitation services to patients who have suffered a stroke.

**THE MERCY STROKE CENTER**

The Mercy Stroke Center offers an individualized stroke rehabilitation program designed to help patients re-enter the community at a functional level that is realistic for their condition.
The rehab team provides an integrated approach, reinforcing techniques and training. Progress is monitored, and short- and long-term goals are developed through patient, team and family conferences. By following a plan based on the best treatment for stroke rehabilitation, we have improved outcomes for thousands of patients.

Inpatient & Outpatient Stroke Rehabilitation at Dignity Health
Stroke rehabilitation services are available in both inpatient and outpatient settings. Our stroke rehabilitation program accepts patients in various stages of recovery and helps them learn to function as fully as possible. Support groups for patients and families are also available.

For more information about Dignity Health's stroke rehabilitation program in Sacramento, call 800.330.4566.

**Inpatient acute care services**
[http://www.dignityhealth.org/sacramento/services/rehabilitation-services/acute-physical-rehabilitation](http://www.dignityhealth.org/sacramento/services/rehabilitation-services/acute-physical-rehabilitation)

**Subacute Rehabilitation Services**
[http://www.dignityhealth.org/sacramento/services/rehabilitation-services/subacute-rehabilitation](http://www.dignityhealth.org/sacramento/services/rehabilitation-services/subacute-rehabilitation)

**Outpatient Services**
[http://www.dignityhealth.org/sacramento/services/rehabilitation-services/outpatient-rehabilitation-center](http://www.dignityhealth.org/sacramento/services/rehabilitation-services/outpatient-rehabilitation-center)

**TBI Services**

**Neuropsychologist**
[http://www.dignityhealth.org/sacramento/services/rehabilitation-services/neuropsychology](http://www.dignityhealth.org/sacramento/services/rehabilitation-services/neuropsychology)
Our neuropsychologists offer special expertise in how changes in brain structures and systems impact cognitive, emotional and behavioral function. We regularly use neuropsychology in the diagnosis and treatment of many neurological disorders.
Stroke Center
213 Quarry Road
Palo Alto, CA 94304
Phone: 650-723-6469

The Stanford Stroke Center offers you the most advanced stroke treatments and leads the advancement of stroke care for patients nationwide. Our center is a designated comprehensive stroke center and provides rapid access to care that can help save your life or the life of a loved one.

Treatment Services
https://stanfordhealthcare.org/medical-conditions/brain-and-nerves/stroke/treatments.html

Rehabilitation Services

Diagnosis

Strokes in Young People

EDUCATIONAL SUPPORT
Stroke Types and Overview
https://stanfordhealthcare.org/medical-conditions/brain-and-nerves/stroke.html

Signs and Symptoms

COMMUTER SERVICES
Commuter Resource Guide
Sacramento Region Travel Info
Traffic conditions, bus and light rail information for more than 20 transit agencies and information on bicycle commuting. Telephone service is in English and Spanish.
Phone: 511
(Area code 916)
www.sacregion511.org

Commuter Club
Join and log in to find a carpool or vanpool, keep a Trip Diary, win prizes, and download a Voucher for an Emergency Ride.
916-737-1513
sacregioncommuterclub.org

Park & ride lots
Map of Park & Ride lots in El Dorado, Yuba, Yolo, Placer, Sacramento and Sutter counties.
Phone: 511
www.sacregion511.org/rideshare/parkandride/

Commuter Check
Employers can save up to 10% in payroll tax savings. IRS tax code section 132 (f) allows employees to use tax-free dollars (subject to monthly limits) to save up to 40% of their commuting costs.
(800) 531-2828
www.commuterbenefits.com

TRANSPORTATION
PARATRANSPORT

- http://www.paratransit.org/
- Directions:
  - 2501 Florin Road
  - Sacramento, CA 95822
  - Phone: (916) 429-2009
  - Paratransit, Inc. is located on the corner of Florin Road and Woodbine Avenue, about 8 miles south of downtown Sacramento.
  - From Interstate 5, go east on Florin Road.
  - From Highway 99, go west on Florin Road.

SACRAMENTO TRANSPORATION AUTHORITY
• (916) 323-0080
• Sacramento Area Transit Opportunities
  o **Local Bus and Light Rail Transit Services**
    ▪ Thank you for visiting the Sacramento Transportation Authority's website. However, the STA is not a transit provider. Please do not contact the STA for bus or light rail information.
    ▪ For information related to local bus, light rail or other transportation services, please contact the appropriate agencies listed below
  o **Sacramento Regional Transit District**
    ▪ SRTD (or, popularly known as 'Regional Transit' or simply, 'RT') is the major transit provider in the Sacramento area, providing both bus and light rail service. RT's telephone information line number is (916) 321-2877.
  o **Elk Grove e-tran**
    ▪ The City of Elk Grove's e-tran is their own bus system serving Elk Grove and coordinated with Regional Transit and SCT/Link services. e-trans' customer service phone number is (916) 683-8726.
  o **Folsom Transit**
    ▪ Folsom Stage Line bus service and dial-a-ride transportation in Folsom. Their phone number is (916) 355-8347.
  o **Isleton/Rio Vista - Delta Breeze**
    ▪ Delta Breeze offers bus service to, from, and within the City of Isleton to Rio Vista, Fairfield, Suisun City, Antioch and Pittsburg/Bay Point BART Station with connections to SCT/Link for travel to Galt and Lodi. Their phone number is (707) 374-2878.
  o **South County Transit/Link**
    ▪ SCT/Link offers bus service to, from, and within the City of Galt. Their phone number is (209) 745-3052 or (800) 338-8676.
  o **Paratransit, Inc.**
    ▪ Transportation services to individuals with disabilities and the elderly throughout the Sacramento County area. Paratransit's reservation line phone number is (916) 429-2744 or (800) 956-6776.
  o **SACOG Rideshare Program**
    ▪ (800) COMMUTE [266-6883]

**TRANSIT PROVIDERS**
http://www.ridequest.org/index.php?q=node/16#Bus1
Regional Transit's bus and Light rail schedules, fares, Online Trip Planner, Real-time Bus Tracker
(916) 321-BUSS (2877)
www.sacrt.com

Amador Transit
Amador Transit Sacramento Express travels Monday-Friday to downtown Sacramento. All buses have lifts and bike racks.
(209) 267-9395
www.amadortransit.com
info@amadortransit.com

Amtrak Capitol Corridor
Schedules, fares, trip-planning and train status. Stops, stations, route maps and connections.
(877) 974-3322
www.capitolcorridor.org/

E-tran
Elk Grove commuter bus. Routes are coordinated with RT buses and light rail and South County Transit/Link (SCT/LINK). Main transfer points are at the Cosumnes River College, Meadowview Light Rail Station and Laguna Town Hall.
(916) 68E-TRAN
or 683-8726
www.e-tran.org/

El Dorado Transit
El Dorado Transit’s Commuter Service provides 11 morning trips from El Dorado County to downtown Sacramento with 11 return trips every weekday afternoon.
(530) 642-5383
www.eldoradotransit.com

Paratransit
Provides transportation to individuals with disabilities, the elderly, and related agencies in Sacramento County.
(916) 429-2009
www.paratransit.org

Placer Commuter Express
Placer Commuter Express (PCE) is a weekday commuter bus service that transports riders from stops along the I-80 corridor (Colfax, Clipper Gap, Auburn, Penryn, Loomis, Rocklin, and Roseville) to downtown Sacramento.
(530) 885-BUSS
or (916) 784-6177
www.placer.ca.gov/transit
pct@placer.ca.gov

Roseville Transit
Express routes to and from downtown Sacramento, Monday - Friday, during peak commute hours.
(916) or (530) 745-7560
TDD: (888) 745-7885
www.roseville.ca.us/
transportation@roseville.ca.us

Unitrans
Connects with several transit systems and Amtrak/Capitol Corridor trains. YoloBus connects with Unitrans at the Memorial Union and many stops in Davis.
(530) 752 - BUSS [2877]
www.unitrans.com/
unitrans@ucdavis.edu

Yolo Bus
YoloBus provides service to Sacramento, Woodland, the Sacramento Airport, as well as within Davis and throughout Yolo County.
(530) 661-0816
www.yolobus.com/
custserv@yctd.org

Yuba-Sutter Transit
Sacramento Commuter Express offers commute-hour service between Marysville/Yuba City and key stops in Downtown Sacramento.
(530) 742-BUSS (2877)
TTY 634-6889
www.yubasuttertransit.com

Altamont Commuter Express - ACE
Altamont Commuter Express (ACE Rail) is a commuter train that runs between Stockton and San Jose, California.
1-800-411-RAIL
www.acerail.com
andrea@acerail.com

Velocab
Operate downtown/midtown Mon - Fri, 10:00am - 6:00pm around the Capitol, Convention Center, Cathedral and Old Sacramento. (916) 498-9980
www.ridevelocab.com/

VANPOOL SERVICES

Enterprise Rideshare
Full service commuter vanpool leasing company. Assistance forming a vanpool or finding an existing vanpool. 800-VAN-4WORK
or (916) 480-4961
www.vanpool.com

VRide Formerly VPSI, commuter vanpool leasing company helps form a vanpool or find an existing vanpool.
800-VAN-RIDE
(800-826-7433)
www.vride.com/

CalVans
CalVans does not serve Sacramento County. It currently serves Fresno, Kern, Kings, Madera, Merced, Monterey, Napa, San Benito, Santa Barbara, Santa Cruz, Tulare, and Ventura Counties.
(866) 655-5444
www.calvans.org/
calvans@co.kings.ca.us

BICYCLING

Bike maps
American River Bike Trail, Davis, City of Elk Grove, City of Folsom, City of Roseville, Sacramento County, Yuba City, and more.
www.sacregion511.org
Bike trip planner
Local agencies and bicyclists provide up-to-date bicycle maps and route conditions. Trips can be planned to be most direct or most bike friendly.
www.sacregion511.org

Bike Commute Guide
sacregion511.org/bicycling/bike-commute-guide/

Smart Cycling classes
In the Urban Cycling Skills class, you'll ride on the street with traffic, learning where to ride safely, how to be visible and predictable to motorists and where to position yourself at intersections. Off street, you'll practice Hazard Avoidance Drills and in the classroom, you'll watch a video, put it all together, learn the rules of the road and basic maintenance.
www.smart-cycling.org/

California Bicycle Coalition
The California Bicycle Coalition is a statewide nonprofit advocacy and education group of individuals, organizations, clubs and businesses advocating for safer, healthier, more livable communities through bicycling.
http://www.calbike.org/

(SABA) Sacramento Area Bicycle Advocates
SABA works to maintain, improve and expand bikeways, improve bicycle access, increase cycling safety through education, enforcement and hazard removal, get lockers and showers and workplaces and bike parking everywhere it is needed and to create a regional network of bike trails.
http://sacbike.org/

League of American Bicyclists
With a current membership of 300,000 affiliated cyclists, including 25,000 individuals and 700 affiliated organizations, the League works through advocacy and education to promote bicycling for fun, fitness and transportation.
www.bikeleague.org/

AIR QUALITY
Spare the Air
Sacramento current air quality conditions, Air Quality Index, Health effects, Things to do to help improve the air quality.
www.sparetheair.com/

Sacramento Metropolitan Air Quality Management District
The District website provides information, newsletters, publications, rules, regulations and plans for improving regional air quality.
www.airquality.org/

Sign up for Air Alert - Air Alert is a free service notifying you via email or text message with the Sacramento region’s daily air quality forecast for ground-level ozone from May – October and for particulate matter from November – April.
sparetheair.com/airalert.cfm

Breathe California of Sacramento Emigrant Trails
Breathe California of Sacramento – Emigrant Trails is dedicated to healthy air and preventing lung and other air-pollution related diseases by partnering with youth, advocating public policy, supporting air pollution research, and educating the public.
www.sacbreathe.org/

MOBILITY TRAINING
http://www.ridequest.org/?q=training/main
Mobility Training provides assistance to people learning how to ride Regional Transit (RT) buses and light rail.

- Through our Mobility Training program, you'll learn how to:
  - Travel independently
  - Gain a better understanding of the RT system
  - Maneuver your mobility aids on the RT system

- Call for more information: (916) 429-2009 (ext. 7720 or 7719).
- To Request Training, please call the number above or email your request to JD@paratransit.org or KevinW@paratransit.org

CTSA PARTNERS
http://www.ridequest.org/?q=node/19
Since 1981, Paratransit, Inc. has served as the Consolidated Transportation Services Agency (CTSA) for the Sacramento area and is recognized as a national leader in coordinated transportation programs.

The current CTSA Partners include:

Asian Community Center
7375 Park City Drive
Sacramento -- 95831
(916) 393-9026

United Cerebral Palsy of Greater Sacramento
191 Lathrop Way, Suite N
Sacramento -- 95815
(916) 393-3602

Easter Seals of Superior CA
3205 Hurley Way
Sacramento -- 95864
(916) 485-6711

Robertson Adult Day Health Care
34000 Elvas Avenue
Sacramento, California 95818-1913
(916) 452-2529

Health For All
2730 Florin Road
Sacramento -- 95822
(916) 391-5591

Sutter Senior Care
1234 U Street
Sacramento -- 95818
(916) 446-3100

Developmental Disabilities Service Organization
1250 Sutterville Road, Suite 200
Sacramento 95831
(916) 456-5166
The information specialists at NARIC use these resources every day to help our patrons find agencies, organizations, and online resources for treatment, benefits, and services. These pages are organized by subject. Please note: Inclusion in the NARIC Ready Reference does not constitute endorsement of any product or service listed on the websites we link to. This resource is provided as a courtesy to our patrons.

- Aging
- Assistive Technology (AT)
- Education
- Employment
- Families
- Financial Aid, Benefits, and Grants
- General Disability Resources
- General Health Resources
- General Reference Resources
- Government Resources
- Independent Living and Community Participation
- Intellectual and Developmental Disabilities Resources
- Legal and Advocacy Resources
- Medical and Vocational Rehabilitation
- Mental Health
- Military and Veteran Resources
- Other Resources
- Resources for Specific Disabilities
- Spanish Language Resources
- Statistical Resources

INDEPENDENT LIVING

http://www.naric.com/?q=en/node/50

ABILITY House
Ability House provides affordable, accessible housing for low-income families where one or more members have a disability; make decent shelter that is accessible and visitable a matter of public conscience and highlight the skills, volunteering potential and mentoring capabilities of people with disabilities.


**Independent Living Research Utilization (ILRU)**
The ILRU program is a national center for information, training, research, and technical assistance in independent living.
Phone: 713/520-0232 (V/TTY)

**COMMUNITY PARTICIPATION**
http://www.naric.com/?q=en/node/50

**Institute on Community Integration (ICI)**
ICI Main Phone: 612/624-6300
ici.umn.edu.

**National Council on Independent Living (NCIL)**
Toll Free: 877/525-3400 (V/TTY), 703/525-3406 (V), 703/525-4153 (TTY)
www.ncil.org.

**Statewide Independent Living Councils (SILCs)**

**SERVICE ANIMALS**

**4 Paws for Ability**
Phone: 937/374-0385
Email: Info@4PawsForAbility.org.
4pawsforability.org.

**Bergin University of Canine Studies home of the Assistance Dog Institute (ADI)**
Phone: 707/545-3647
Email: info@berginu.edu.
Canine Companions for Independence (CCI)
CCI provides assistance dogs to people with developmental or physical disabilities who can demonstrate that a Canine Companion will enhance their independence or quality of life.
Toll Free: 800/572-2275, 866/224-3647 (National Headquarters)
Locate a Regional Office:
www.caninecompanions.org.

Guide Dog Foundation For The Blind, Inc.
Toll Free: 800/548-4337, 631/930-9000
Email: info@guidedog.org.

Guide Dogs of America
Toll Free: 800/459-4843, 818/362-5834
Email: mail@guidedogsofamerica.org.
www.guidedogsofamerica.org.

International Hearing Dog, Inc. (IHDI)
Phone: 303/287-3277 (V/TTD)
Email: info@hearingdog.org.
www.ihdi.org.

Leader Dogs for the Blind
Toll Free: 888/777-5332, 248/651-9011 (V), 248/651-3713 (TTY); Monday through Friday 8:30 a.m. until 5:00 p.m. EST
Email: leaderdog@leaderdog.org.
www.leaderdog.org.

National Education for Assistance Dogs Services (NEADS)
Phone: 978/422-9064 (V/TTD)
Email: info@neads.org.

Pet Partners – Animal-Assisted Interactions
Phone: 425/679-5500
Contact: petpartners.org/about-us/contact-us.
VOLUNTEERISM
http://www.naric.com/?q=en/node/173

Hands On Connect
The Hands On Connect is service of the Points of Light Foundation & Volunteer Center National Network — a nonprofit, nonpartisan organization dedicated to engaging more people and resources more effectively in volunteer service to help solve serious social problems.

International Volunteer Programs Association (IVPA) c/o Foundation of Sustainable Development
Email: info@volunteerinternational.org.
www.volunteerinternational.org.

Volunteer.gov
Volunteer.gov is a partnership among various U.S. government agencies aimed at providing a single, easy-to-use web portal with information about volunteer opportunities. The site allows users to search for volunteer opportunities by keyword, state, activity, partner, and/or date range.
Contact List: www.volunteer.gov/contact.cfm.
www.volunteer.gov.

VolunteerMatch
VolunteerMatch is dedicated to helping everyone find a great place to volunteer; and offers a variety of online services to support a community of nonprofit, volunteer and business leaders committed to civic engagement.
Phone: 415/241-6868
Contact:  www.volunteermatch.org/about/contact.
www.volunteermatch.org.

Volunteer Solutions through the United Way Connecting people to caring
Volunteer Solutions is a volunteer matching application that helps volunteer centers connect individuals to volunteer opportunities in their community. Volunteer Solutions helps volunteers, nonprofit agencies, corporations, event organizers, and volunteer Centers get connected.
CRITERION SPECIFIC RESOURCES
http://www.naric.com/?q=en/content/resources-specific-disabilities

BRAIN/HEAD INJURY
http://www.naric.com/?q=en/content/resources-specific-disabilities

Brain Injury Association of America (BIAA)
National Brain Injury Information Center: 800/444-6443
Phone: 703/761-0750
Email: braininjuryinfo@biausa.org.
www.biausa.org.

Brain Injury Resource Center
Phone: 206/621-8558
Email: brain@headinjury.com.

Center for Neuro Skills TBI Resource Guide
Toll Free: 800/992-4994
Email: cns@neuroskills.com.

International Brain Injury Association (IBAA)
Phone: 703/960-0027, 713/526-6900
Contact: www.internationalbrain.org/contact.
www.internationalbrain.org.

National Resource Center for Traumatic Brain Injury

Traumatic Brain Injury Resource Directory (TBIRD)
Produced by the Rehabilitation Research Center for TBI and SCI
Email: tbird@tbi-sci.org.
jwright.best.vwh.net/tbird/main.html.
American Heart Association (AHA)  
Toll Free: 800/242-8721  
Locate a Local chapter: www.heart.org/HEARTORG/localization/chooseState.jsp.  
www.heart.org.

American Stroke Association (ASA)  
Toll Free: 888/478-7653  
Locate a Local Chapter: www.heart.org/HEARTORG/localization/chooseState.jsp.  
Pediatric Stroke: tinyurl.com/6exlsv6.  
www.strokeassociation.org.

Internet Stroke Center  
Phone: 214/648-3111  
Email: info@strokecenter.org.  
Stroke Center Directory: www.strokecenter.org/trials/centers.  
www.strokecenter.org.

National Aphasia Association (NAA)  
Toll Free: 800/922-4622  
Email: naa@aphasia.org.  
Locate a Aphasia Community Group by State: www.aphasia.org/naa-network3.  
www.aphasia.org.

University of Michigan Aphasia Program  
Phone: 734/764-8440  

National Institute of Neurological Disorders and Stroke (NINDS)  
Toll Free: 800/352-9424, 301/496-5751 (V)  

National Stroke Association (NSA)  
Toll Free: 800/787-6537  
Email: info@stroke.org.  
Pediatric Stroke Network (PSN)

Stroke Engine through McGill and other partners
Stroke Engine is a Canadian website for individuals who have experienced stroke, their families and health professionals who work in the field of stroke rehabilitation. Focuses on stroke rehabilitation and interventions. Information is derived from quality articles, websites, and systematic reviews. Stroke Engine has been developed with the support of the Canadian Stroke Network to support the use of evidence-based stroke rehabilitation in clinical practice. Partners include Canadian Stroke Network, Heart & Stroke Foundation of Ontario, McGill, REPAR-FRQS, and University of Montreal.
strokengine.ca.

ELDERLY
See also Aging
http://www.naric.com/?q=en/content/resources-specific-disabilities

American Association of Retired Persons (AARP) - Aging and Elderly
Toll Free: 888/687-2277 (English), 877/342-2277 (Spanish), 877/434-7598 (TTY),
Monday through Friday from 7 a.m. until 11 p.m. EST
Email: member@aarp.org.
www.aarp.org.

National Center on Elder Abuse
The NCEA serves as a national resource center dedicated to the prevention of elder mistreatment. First established by the AoA in the 1992 amendments made to Title II of the Older Americans Act.
Toll Free: 800/677-1116 Monday through Friday, 9 a.m. to 8 p.m. excluding federal holidays
Elder abuse helplines and hotlines by state:
www.ncea.aoa.gov.

PAIN MANAGEMENT
http://www.naric.com/?q=en/content/resources-specific-disabilities

American Academy of Pain Medicine Foundation (AAPM)
Phone: 847/375-4731
Email: info@painmed.org.
Patient Center: www.painmed.org/patientcenter.
www.painmed.org.

American Chronic Pain Association (ACPA)
Toll Free: 800/533-3231
Email: ACPA@theacpa.org.
www.theacpa.org.

National Center for Complementary and Integrative Health (NCCIH)
Toll Free: 888/644-6226 (V), 866/464-3615 (TTY)
nccih.nih.gov.

NARIC-
MEDICAL AND VOCATIONAL REHABILITATION
http://www.naric.com/?q=en/node/52

Medical and Vocational Rehabilitation
Please also visit our NARIC's Librarians' Picks for Employment and Self-Employment:
www.naric.com/public/employment.cfm?id=5
Find a hospital/PT/OT/nursing home

American Physical Therapy Association
Phone: 800/999-2782 (V), 703/683-6748 (TDD)
Choosing Your Physical Therapist: tinyurl.com/ouhj2se.
Find a PT: tinyurl.com/4h5zy6p.

American Speech Language Hearing Association
Phone: 800/638-8255, Available Monday through Friday from 8 a.m. until 5 p.m. EST
Find a speech therapist: www.asha.org/proserv.

Commission on Accreditation of Rehabilitation Facilities (CARF)
CARF promotes the quality, value, and optimal outcomes of services through a consultative accreditation process that centers on enhancing the lives of the persons served.
Toll Free: 888/281-6531 (V), 520/495-7077 (TTY)
www.carf.org.
Consumer Guide to Choosing a High Quality Medical Rehabilitation Program
A free, 40-page guide with checklists, questions to ask, and a great glossary of terms to help you find the right rehabilitation facility for your needs.

Directory of "find a..." Listings from Medline Plus
Provides links to directories to help you find health professionals, services and facilities. Includes: Doctors/Dentists, Hospital/Clinics, Other Health Care Providers.

DoctorFinder through the American Medical Association (AMA)
DoctorFinder provides you with basic professional information on virtually every licensed physician in the United States. This database includes more than 690,000 doctors.
apps.ama-assn.org/doctorfinder.

Hospital Compare: A Disability.gov Quality Health Care Tool
This tool provides information on how well hospitals care for all their adult patients relating to certain conditions or procedures. Information provided assists in comparing the quality of care hospitals provide.
www.hospitalcompare.hhs.gov.

Joint Commission on Accreditation of Health Organizations (JCAHO)
Toll Free: 800/994-6610
Search for an accredited facility: www.qualitycheck.org/consumer/searchQCR.aspx.

Special Focus Facility (SFF) Initiative
Through the Centers for Medicare & Medicaid Services (CMS) this listing contains information on the worse rated nursing homes.

U.S. Hospital Finder™

U.S. News and World Report – Listing of Best Hospitals
Includes the top 15 rehabilitation hospitals
FIND YOUR LOCAL VOCATIONAL REHABILITATION OFFICE OR CAREER ONE-STOP
http://www.naric.com/?q=en/node/52

One-Stop Career Centers
CareerOneStop is a U.S. Department of Labor-sponsored Web site that offers career resources and workforce information to job seekers, students, businesses, and workforce professionals to foster talent development in a global economy.
Toll-free: 877/872-5627 (V), 877/889-5627 (TTY)
Email: info@careeronestop.org.
www.careeronestop.org.

Job Accommodation Network (JAN)
Toll Free:  800-526-7234 (V/TTY)
State Vocational Rehabilitation Agencies: askjan.org/cgi-win/TypeQuery.exe?902. askjan.org.

California Department of Rehabilitation
Information on California rehabilitation services and links to local offices.
Toll Free:  800/952-5544 (V), 916/324-1313
www.rehab.cahwnet.gov.

California Client Assistance Program
Toll Free:  800/776-5746 (V), 800/719-5798 (TTY)
www.rehab.cahwnet.gov/CAP.

RESEARCH CENTERS, PROFESSIONAL ORGANIZATIONS, AGENCY RESOURCES
http://www.naric.com/?q=en/node/52

National Center for Medical Rehabilitation Research (NCMRR) – Part of NICHD
Toll Free:  800/370-2943 (V), 888/320-6942 (TTY)
Email: NICHDInformationResourceCenter@mail.nih.gov.
www.nichd.nih.gov/about/org/ncmrr/Pages/overview.aspx.

National Rehabilitation Association (NRA)
NRA is a member organization whose mission is to promote ethical and excellent practice in rehabilitation.
APHASIA FRIENDLY (AF) APPS

Find more at:

TALKING PHOTO APPS are apps that allow you to take photos of various things and then attach words or phrases. For example, you could take a picture of your dog and add the caption “this is my dog, Spot” to help communicate some basic daily information. Great for common or favorite items. There are many more of these apps than are on this list, ranging in price from free to about $20.


AUGMENTATIVE AND ALTERNATIVE COMMUNICATION (AAC) APPS are apps that have software to help with communication of basic wants and needs. They range in type, using words, pictures or categories, and vary in price. Many of these can be expensive, so it would probably be best if you consult with a speech therapist to see which one may work before spending the money to purchase one.

- Lingraphica Small Talk™ (a family of apps including a basic AAC app and other speechtherapybased apps): http://www.aphasia.com/products/apps
- YesNo HD: http://www.simplifiedtouch.com/yesno-hd.html (free trial; $3.99 full version)
- Scene & Heard: http://www.tboxapps.com/# ($49.99)
• TalkRocket Go: http://myvoiceaac.com/ ($99.00)
• Proloquo2Go: http://www.assistiveware.com/product/proloquo2go ($189.99)
• TalkTablet: http://gusinc.com/2012/TalkTablet.html ($89.99)
• VoisPal: http://www.voispal.com/index.html ($365.00)
• Locabulary: http://locabulary.com/ (free)
• PhotoVOCA: http://www.photovoca.com/ (free)
• AutoVerbal GuyTalk (some built-in phrases and words and the ability to type in phrases for it to speak): http://appshopper.com/social-networking/autoverbal-guytalk ($9.99)
• image2talk (uses real photos and allows you to take and add your own photos): http://image2talkapp.com/ ($24.99)
• Speak Aid: http://iappphone.com/apps/356743683/speak-aid/ ($0.99)
• VocaBeansLite: https://itunes.apple.com/us/app/vocabeanslite/id428839644 (free)

TEXT-TO-SPEECH APPS are apps in which you type a message and then hit a button to speak the message. Many of these are free. Just enter “type to text” in your browser’s search box.

• Verbally (has basic words programmed and the ability to speak a specific message based on typed in words): http://itunes.apple.com/us/app/verbally/id418671377?mt=8 (free)
• Speak It! Text to Speech (text-to-speech app): http://itunes.apple.com/us/app/speak-it-textto-speech/id308629295?mt=8 ($1.99)
• TalkPath News (free news source that reads the daily news to adults with aphasia/and language loss):
  o TalkPath News for Apple products:
  o TalkPath News for Android devices:
**SPEECH PRACTICE APPS** help you practice specific things. There are apps to practice speech sounds for those with apraxia or dysarthria. There are also apps that help with comprehension and expression.

- **Dragon Dictation** (you speak and it translates to a written message. Use to see if what you are saying looks correct, to help with emailing, etc.): [http://itunes.apple.com/us/app/dragondictation/id341446764?mt=8](http://itunes.apple.com/us/app/dragondictation/id341446764?mt=8) (free)
- **VASTtx–Key Words** (to practice specific words for people with aphasia or apraxia): [https://itunes.apple.com/us/app/vasttx-key-words/id477594115](https://itunes.apple.com/us/app/vasttx-key-words/id477594115) ($12.99)
- **Speak Aid**: [http://iappphone.com/apps/356743683/speak-aid/](http://iappphone.com/apps/356743683/speak-aid/) ($0.99)
- **Constant Therapy** (60 cognitive and speech categories and 12,000 exercises customized for you): [https://itunes.apple.com/us/app/constant-therapy/id575764424?mt=8](https://itunes.apple.com/us/app/constant-therapy/id575764424?mt=8) ($19.95)

**OTHER APPS** can use the camera on a phone or iPad to take pictures of items or events to help with discussions later (i.e., take a picture of a menu so you can talk about what you had for lunch).
There are many apps out there for crossword puzzles, word searches and other word games. These are all great for reading, writing and expression.

- **MyScriptMemo** (note-taking app):

- **SpeakText Free** (will read any text or webpage if you are having difficulty with reading)

- **Word Shaker HD Free** (game that can be used to help with reading, scanning and word finding)

- **My Heart&Stroke Health** (helps you track blood pressure, stroke risk, healthy recipes, etc.):

- **My Medications** (stores info on current medications, doctors and medical information):

**PUBLISHED BOOKS** by Stroke Survivors

Find more at: [http://www.aphasia.org/aphasia_resources/books/](http://www.aphasia.org/aphasia_resources/books/)

- “My Stroke of Luck”, by Kirk Douglas
- “My Stroke of Insight”, by Jill Bolte Taylor, Ph.D.
- “Momma Just Shake It” by Rachel Eagly
- “Brain Attack: My journey of recovery from stroke and aphasia”, by David Dow
- “The Evergreen Outside My Window” by Donna Budzenski
- “Merry-Go-Sorry: A Memoir of Joy and Sadness”, by Richard G. Cuddihy
- “The Power of I Believe: A Book of Motivation, Encouragement, and Inspirational Throughs after a Stroke”, by Robert Lee Fields
- “A Mind of My Own: A Memoir of Recovery from Aphasia”, by Harrianne Mills
- “Brain Attack–Danger, Chaos, Opportunity, and Empowerment”, by Paulina Perez
- “By His Side: Life and Love After Stroke”, by Eileen Steets Quann
- “Without Utterance: Tales from the Other Side of Language”, by Ruth Codier Resch
- “Stroke! A Daughter's Story”, by Doris Thurston
- “Aphasia, My World Alone”, by Helen Wulf
- “Aphasia and Related Cognitive-Communicative Disorders”, by G. Albyn Davis
- “Neuropsychology and the Hispanic Patient: A Clinical Handbook”, by Marcel O. Ponton, Jos’ Leon-Carrion, Marcel Ponton, Jose Leon-Carrion
- Aspects of Multilingual Aphasia (Communication Disorders Across Languages), by Martin R. Gitterman, Mira Goral, Loraine K. Obler
- Aphasia Recovery Connection’s Guide to Living with Aphasia
COMMUNICATION STRATEGIES
Found at: http://www.aphasia.org/aphasia-resources/communication-tips/

- Make sure you have the person’s attention before you start.
- Minimize or eliminate background noise (TV, radio, other people).
- Keep your own voice at a normal level, unless the person has indicated otherwise.
- Keep communication simple, but adult. Simplify your own sentence structure and reduce your rate of speech. Emphasize key words. Don’t “talk down” to the person with aphasia.
- Give them time to speak. Resist the urge to finish sentences or offer words.
- Communicate with drawings, gestures, writing and facial expressions in addition to speech.
- Confirm that you are communicating successfully with “yes” and “no” questions.
- Praise all attempts to speak and downplay any errors. Avoid insisting that that each word be produced perfectly.
- Engage in normal activities whenever possible. Do not shield people with aphasia from family or ignore them in a group conversation. Rather, try to involve them in family decision-making as much as possible. Keep them informed of events but avoid burdening them with day to day details.
- Encourage independence and avoid being overprotective.

See a video at: https://youtu.be/aPTTjRTmgq0

TRIANGLE APHASIA PROJECT UNLIMITED - TAP
http://www.aphasiaproject.org/
TAP is a community based nonprofit organization that helps individuals with aphasia, their families and friends, and the community. Individuals with aphasia receive support and programming for as long as they want to, helping them return to the community with improved communicative confidence and full engagement. Programs are available for family/friends to Learn to Speak Aphasia©, as well as to healthcare providers and businesses to increase access to services in their community.

1) TAP clients should have a working/charged phone! They are working on their communication and a cell / smartphone is a great way to encourage independence in this journey.

2) There are emergency ID systems in every type of phone, such as the App: ICE (or In Case of Emergency) http://incaseofemergency.org/ This app allows you to enter medical
conditions, medications, emergency contact info and more in an app that is available without unlocking the person’s phone! Apple products now all come with a Apple HealthApp
http://www.apple.com/ios/health/

3) **Wearable identification** is another way to inform individuals of your medical and communication status.
http://www.medicalert.org/

**Vintage MedicAlert** Ball Chain Necklace
http://www.roadid.com

- These “jewelry” options often are connected to a main switchboard that can get information to your medical providers ASAP.

- I found a great resource called DocuBank when I was collecting this information… the site makes customized Medical ID cards, but also has information on Advanced Directives and a special program for Special Needs Adults.
https://www.docubank.com/

- Stay tuned for a special TAPtalks on Advanced Directives, Power of Attorney, Healthcare Power, etc.