



SACRAMENTO STATE

Department of Communication Sciences and Disorders
Maryjane Rees Language, Speech and Hearing Center

NEURO SERVICE ALLIANCE RESOURCE HANDBOOK



Preface

This handbook has been designed to serve as a resource to individuals in need of more information in regard to caregiving. It should serve as a resource during the various stages that a caregiver goes through while caring for a loved one.

The resources that involve a need to go to a location are all in the Sacramento area. All of the other resources in this handbook are applicable to any caregiver that is in need of resources in order to aid whatever needs they may have.

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Support Groups

All Communication Disorders

- **Maryjane Rees Speech, Language and Hearing Center**
 - The Speech, Language, and Hearing Center at California State University, Sacramento offers individuals with acquired communication disorders traditional, one-on-one therapy, and is customized to meet each client's individual communication needs. Therapy is focused on providing impairment-focused intervention, functional goals, compensatory strategies and/or augmentative alternative communication (AAC) tools.
 - <http://www.csus.edu/hhs/csad/>
 - For more information contact: (916) 278-6601

TBI

- **Head Trauma Caregivers/Families Support Group**

- Thursday's 6:30-8:30 PM
- Caregivers and survivors meets in separate rooms.
Contact: (916) 568-6660

Easter Seals
3205 Hurley Way
Sacramento, CA
95864

- **TBI Survivors & Caregivers**

- Second Tuesday of each month: 6-7:30 PM
- Survivors and caregivers meet in separate rooms at the same time.
- <http://ucdmc.ucdavis.edu/cancer/>
- Contact: Holly Bleasdale (Speech Therapist): (916) 734-3467

UC Davis Cancer Center Auditorium (Next to main hospital)
4501 X Street
Sacramento, CA
95817
(916) 734-5959

- **Head Trauma Support Project**

- <http://www.headtraumasacramento.org/>

- **Second Chances:**

- www.sacstrokesupport.org
- Contact: Gary and June Crumrine – (916) 897-2276 or jgcrumrinea@yahoo.com

Sutter Medical Foundation – Elk Grove

8170 Laguna Boulevard: Building 2 – Classroom 1

Elk Grove, CA

95758

- **Sutter Sacramento**

- Contact: Gary Kneppel – (916) 607-7712 or gkvideo@pacbell.net

2800 J Street

Sacramento, CA

95819

- **UC Davis Medical Center (UCDMC)**

- Contact: Kevin Wheeler L.C.S.W – (916) 734-3467

Stroke Support Groups

Auburn:

- **Sutter Auburn Faith Hospital Stroke Survivors & Caregivers Support Group**

- Third Thursday of the month from 11-12 noon.
Contact: (530) 889-6088

Sutter Auburn Faith Hospital, Conference Rooms A, B, C

11815 Education St.

Auburn, CA

95603

Carmichael:

- **El Camino Stroke Support Group – Carmichael**

- Every Wednesday from 11:30-12:30.

Atria El Camino Gardens

1641 Mission Avenue

Carmichael, CA

95608

- **Dignity Health's Stroke Support Group**

- Second and Fourth Wednesday of the month from 1-2 PM.
- The group is facilitated by a registered nurse.
- Contact: (916) 537-5177

Mercy San Juan Medical Center

Summit Orthopedics Building, Suite 200

6403 Coyle Avenue

Carmichael, CA

95608

Fair Oaks:

- **Men's Caregiver Support Group – Caring for a Loved One**
 - For men who are caring for their wives: Third Tuesday of the month from 2-3:30.
 - For men whose wives are in facilities: Third Thursday of the month from 2-3:30.

Senior Care Solutions
8910 Sunset Avenue, Suite B
Fair Oaks, CA
95628

Grass Valley:

- **Sierra Nevada Hospital Stroke Support Group**
 - Second Wednesday of the month from 12-1 PM.

Sierra Nevada Hospital: Outpatient Conference Room 120
155 Glasson Way
Grass Valley, CA
95945

Placerville:

- **Marshall Hospital Stroke Support Group**
 - Second Wednesday of the month from 12-1 PM.

681 Main Street: Room 208
Placerville, CA
95667

Rancho Cordova

- **Caregiver Support Group**

- Third Wednesday of the month from 9:30-10:30 AM.

Cordova Neighborhood Church

10600 Coloma Road

Rancho Cordova, CA

95670

Roseville

- **Kaiser Roseville Stroke Support Group**

- Fourth Monday of the month from 1-2:15 PM.

1001 Riverside Avenue: Junction Building

Roseville, CA

95678

- **Sutter Roseville Stroke Support Group**

- First Tuesday of the month at 1:30 PM

Sutter Roseville Medical Center

One Medical Plaza Drive: Rehab Department

Roseville, CA

95661

Sacramento

- **Sutter Stroke Support Group – Sacramento**

- First, Third and Fifth Thursdays of the month from 11 – 12:30 PM.
- Contact: Spencer Ellis – (916) 455-4821

Sutter Canter Center: Classrooms 3 and 4 (First Floor)

2800 L Street

Sacramento CA

95816

- **Stroke Club Support Group**

- Third Wednesday of the month at 2 PM.

Kaiser Permanente

6600 Bruceville Road

Sacramento, CA

95823

- **Stroke Survivors & Caregiver Support Group**

- Third Tuesday of the month from 11-12 PM.

Mercy Learning Center

6007 Folsom Boulevard: Suite 2000

Sacramento, CA

95819

- **Kaiser South Sacramento**

- Third Wednesday of the month from 2-4 PM.

Wyndham Medical Office Building
7300 Wyndham Drive: Second Floor Conference Room
Sacramento, CA
95823

- **Stroke Survivors Support Group**

- Tuesday's from 2-3
- Contact: Kevin Wheeler L.C.S.W – (916) 734-3467

UC Davis Medical Center – Room 3015 – A
Lawrence J. Ellison Ambulatory Care Center
4860 Y Street
Sacramento, CA
95817

- **Easter Seals Support Group Sacramento**

- Every Wednesday at 7 PM
- Contact: Terrie Makin – (916) 485-6711 or terriem@myeasterseals.org

Easter Seals
3205 Hurley Way
Sacramento, CA
95864

Woodland:

- **Woodland – Stroke Survivor Support Group**
 - Third Monday of the month from 1-2 PM.

Woodland Community & Senior Center
2001 East St.
Woodland, CA
95695

Other Support Groups

- **Elk Grove – Sutter’s Stroke Support Group**
 - The second and fourth Thursday of each month from 10:30-12:00.

Sutter Medical Foundation
8170 Laguna Blvd.
Elk Grove, CA
95758

- **Folsom – Stroke Club**
 - The fourth Wednesday of every month at 11 am.
 - Contact: (916) 747-2392

1301 East Bidwell Street No. 210
Folsom, CA
95630

- **Stanford University – Stroke Support Group**

- Stanford works with the Pacific Stroke Association in order to provide support for stroke patients and families
- <https://stanfordhealthcare.org/events/stroke-support-group.html>
- Contact: (650) 723-6469 for event details

Stroke Center
213 Quarry Road
Palo Alto, CA
94304

Online Support Groups

- **Family Caregiver Alliance (FCA)**
 - This program is an online subscription service where caregivers who are in need of support are able to use email to discuss various topics with other caregivers who are also in need of support.
 - The service is available 24 hours a day and 7 days a week.
 - http://lists.caregiver.org/mailman/listinfo/caregiver-online_lists.caregiver.org

Aphasia Support Groups

- **Sutter Aphasia Support Group**

- Contact: Arleen and Spencer – (916) 455-4821
- Contact: Gary and Pat – (916) 714-0350

2800 L Street
Sacramento, CA
95816

- **UC Davis Medical Center**

- Friday's 12:30-2:00 PM
- Contact: Kyle Renke – (916) 734-6718 or Kyle.Renke@ucdmc.ucdavis.edu

Lawrence J. Ellison Ambulatory Care Center
4860 Y Street
Sacramento, CA
95817

Tips and Informative Resources

Advocating for the Patient

It is the responsibility of the family to advocate for their loved ones. They are the individuals who care the most about the patient and best understand their needs. If any issues or concerns arise that need to be addressed, go directly to the head supervisor as often as necessary in order to solve issue. In the case that the patient is in the VA system, call or write your congressman or senator.

Time and Energy Savers

Online Grocery Delivery Services

- **Walmart**
 - With this service you order your groceries online and select a pick-up day and time. When it's time to pick up you park in the designated pick up spots and they bring your groceries to your car.
 - There is no service charge or tipping.
 - <https://grocery.walmart.com>

- **Safeway**
 - With this service you order your groceries online and have the option for store pickup or delivery to your home.
 - The first delivery is free.
 - Available in Sacramento, West Sacramento, Woodland, Davis and Dixon.
 - <http://grocery-delivery.safeway.com/ca/sacramento.html>

- **Amazon**
 - Amazon offers grocery delivery services from Safeway and Sprouts

- **Instacart**
 - This service allows you to shop online at various stores. When you have placed an order, a personal shopper picks up your selections and delivers them to you the same day.
 - The first delivery is free.
 - <https://www.instacart.com/grocery-delivery/sacramento-ca>

Meal Preparation Kits

The following are both services that send you recipes as well as all of the ingredients needed to make them in the correct proportions needed for the recipe. You can select how many meals you need as well as how many and how often you would like to receive them.

- Hello Fresh
 - www.hellofresh.com
- Blue Apron
 - www.blueapron.com

Pre-Made Meals

- Fit Eats
 - This service delivers pre-made meals that are microwave ready.
 - www.fiteats.com

Delivery from Restaurants

The following services all deliver from various restaurants. You can go on their website or their apps and select what restaurants they deliver from. They then can show you the price, the delivery time and what food they can deliver. All of the fees for delivery, tip and the cost of food are paid for through the website or app using a credit card.

- Door Dash
 - <https://www.doordash.com/food-delivery/sacramento-ca-restaurants/>
- GrubHub
 - www.grubhub.com
- Uber Eats
 - www.ubereats.com

- **Food Jets**

- This service doesn't come to your door step. When they arrive, they send you a text and you meet them at the curb to get your order.
- www.foodjets.com

- **Postmates**

- This service delivers food as well anything else you may need such as groceries, alcohol, office supplies, etc.
- <https://postmates.com/>

Housekeeping

- **Robot Vacuum Cleaners**

- These vacuum cleaners operate on their own, can clean various surfaces and can save a lot of time.

Transportation

- **ParaTransit**
 - This is a local agency that provides transportation to various individuals with disabilities or the elderly.
 - More information: <http://www.paratransit.org/>
 - How to apply: <http://www.paratransit.org/registration/>

- **Lyft**
 - Lyft has vans that are wheelchair accessible.
 - The following link gives instructions on how to get this service from the app.
 - <https://help.lyft.com/hc/en-us/articles/115013081668-Accessible-vehicle-dispatch>

- **Sacramento Regional Transit District**
 - More popularly known as 'Regional Transit' or 'RT' and they are the major transit provider in the Sacramento area.
 - They provide both bus and light rail services
 - Contact: (916) 321-2877

- **Elk Grove e-Tran**
 - The city of Elk Grove's bus system.
 - Contact: (916) 683-8726

- **Folsom Transit**
 - Folsom Stage Line bus service and dial-a-ride transportation
 - Contact: (916) 355-8347

- **Isleton/Rio Vista – Delta Breeze**
 - Bus services 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
 - Contact: (707) 374-2878

- **South County Transit/Link**
 - South County Transit/Link offers bus to services to, from and within the City of Galt.
 - Contact: (209) 745-3052 or (800) 338-8676

- **SACOG Rideshare Program**
 - (800) 266-6883

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

- **Amtrak Capitol Corridor**
 - <http://www.capitolcorridor.org/>
 - Contact: (877) 974-3322

- **El Dorado Transit**
 - Provides 11 morning trips from El Dorado county to downtown Sacramento with 11 return trips every weekday afternoon.
 - <http://eldoradotransit.com/>
 - Contact: (530) 642-5383

- **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
 - <https://www.placer.ca.gov/Departments/Works/Transit/PCT.aspx>
 - Contact: (530) 885-BUSS or (916) 784-6177

- **Roseville Transit**
 - Express routers to and from downtown Sacramento, Monday-Friday, during peak commute hours
 - <https://www.roseville.ca.us/cms/One.aspx?portalId=7964922&pageId=8756328>
 - Contact: (916) 745-7560

- **Unitrans**
 - Unitrans connects with several transit systems and Amtrak/Capitol Corridor trains. YoloBus connects with Unitrans at the Memorial Union and many stops in Davis
 - Contact: (530) 752-2877

- **Yolo Bus**
 - YoloBus provides service to Sacramento, Woodland, the Sacramento Airport, as well as within Davis and throughout Yolo County.
 - <http://www.yolobus.com/>
 - Contact: (530) 661-0816

- **Yuba-Sutter Transit**

- Sacramento Commuter Express offers commute-hour service between Marysville/Yuba City and key stops in Downtown Sacramento.
- <https://www.yubasuttertransit.com/>
- Contact: (530) 742-2877

- **Altamont Commuter Express – ACE**

- Altamont Commuter Express (ACE Rail) is a commuter train that runs between Stockton and San Jose, California.
- <http://www.acerail.com/>
- Contact: 1 (800) 411-RAIL

- **Velocab**

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

Vanpool Services

- **Enterprise Rideshare**

- Full service commuter vanpool leasing company. Assistance forming a vanpool or finding an existing vanpool.
- <https://www.enterpriserideshare.com/vanpool/en.html>
- Contact: (916) 480-4961

Commuter Resources

- **Mobility Training**

- Mobility training provides assistance to people learning how to ride regional transit buses and light rail.
- Contact: (916) 429-2009 (ext. 7720 or 7719)

- **Sacramento Region Travel Info**

- The following site provides information regarding traffic conditions, bus and light rail information from more than 20 travel agencies.
- Operators speak both Spanish and English
- <http://www.sacregion511.org/>
- Contact: 511 (Area Code 916)

- **Sacramento Commuter Club**

- Create an account to find a carpool/vanpool and download a voucher for an emergency ride.
- <https://sacregioncommuterclub.org/>
- Contact: (916) 737-1513

Travel

Air Travel

- **TSA Cares**
 - The following number allows you to call TSA 72 hours in advance to ask about security screening procedure for disabled passengers.
 - Contact: 1 (855) 787-2227

- **TSA Pre Check**
 - With TSA Pre Check you go in a separate line that does not require you to remove your shoes, belts, jackets or laptops. This process is much quicker.
 - The fee for this is \$85 dollars and lasts for 5 years.
 - <https://www.tsa.gov/precheck>

- **Airline Disability Desks**
 - You can contact the following numbers to ask about the layout of the plane, storage of the wheelchair on board and other various questions.
 - United: 1 (800) 228-2744
 - American and US Airways: 1 (800) 428-4322

- **Disabled World Travel Tips**
 - The following website has various travel tips and information about multiple airlines.
 - <https://www.disabled-world.com/travel/airlines/airlines.php>

Hotels

- When booking a hotel accessible room is it important to consider the following things:
 - Is there a step to get into the shower?
 - How high is the bed?
 - On which side of the toilet is the grab bar?
 - Is there a frame or drop-down arm rests around the toilet to prevent guests from falling off?
- When inquiring about the previous information you need to contact the head of housekeeping.

Caregiver Self Care

It's necessary that caregivers consider their own well-being even though they are taking care of a loved one.

- **Comedy vs Drama:** As an individual, you have the choice of how you want to respond to any situation that arises in your life. It's important to try to focus on happiness, humor and positive thoughts.

- **Invest in Self Care**
 - Get plenty of sleep and rest
 - Eat healthy
 - Laugh

- Take time to do things that you enjoy

Informative Resources

Hospital and Physician Finder

- **Directory of “find a...” Listings from Medicine Plus**
 - Provides links to directories to help you find health professionals, services and facilities
 - Includes: Doctors/Dentists, Hospital/Clinics, Other Health Care Providers
 - <https://medlineplus.gov/directories.html>

- **DoctorFind 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
 - <https://apps.ama-assn.org/doctorfinder/>

- **Joint Commission on Accreditation of Health Organizations (JCAHO)**
 - The joint commission accredits and certifies health care organizations that they find meet their standards of care.
 - <https://www.jointcommission.org/>
 - Contact: Toll Free: (800) 994-6610

- **Special Focus Facility SFF Initiative**
 - Through the Centers for Medicare & Medicaid Services (CMS) this listing contains information on the worse rated nursing homes.
 - <https://www.cms.gov/Medicare/Provider-Enrollment-and-Certification/CertificationandCompliance/downloads/SFFList.pdf>

- **U.S. Hospital Finder**
 - <http://www.ushospitalfinder.com/>

- **U.S. News and World Report – Listing of Best Hospitals**
 - Includes the top 15 rehabilitation hospitals.
 - <https://health.usnews.com/best-hospitals>

Brain/Head Injury

- **Brain Injury Association of America (BIAA)**
 - National Brain Injury Information Center: (800) 444-6443
 - <https://www.biausa.org/>
 - State Affiliate: <https://www.biausa.org/find-bia>
 - Contact: (703) 761-0750 or braininjuryinfo@biausa.org
- **Brain Injury Resource Center**
 - <http://www.headinjury.com/>
 - Contact: (206) 621-8558 or brain@headinjury.com
- **Center for Neuro Skills: TBI Resource Guide**
 - <https://www.neuroskills.com/>
 - Contact: (800) 992-4994 or cns@neuroskills.com
- **International Brain Injury Association (IBAA)**
 - <http://www.internationalbrain.org/>
 - Contact: (703) 960-0027
- **National Resource Center for Traumatic Brain Injury**
 - <http://www.tbinrc.com/>

Stroke

- **American Stroke Association (ASA)**
 - <http://www.strokeassociation.org/STROKEORG/>
- **Internet Stroke Center**
 - <http://www.strokecenter.org/>
 - Contact: (214) 648-3111 or info@strokecenter.org
- **National Aphasia Association (NAA)**
 - <https://www.aphasia.org/>
 - Contact: (800) 922-4622 or naa@aphasia.org
- **University of Michigan Aphasia Program**
 - <http://www.aphasiahelp.com/>
 - Contact: (734) 764-8440
- **National Institute of Neurological Disorders and Stroke (NINDS)**
 - <https://www.ninds.nih.gov/>
 - Contact: Tolle Free: (800) 352-9424
- **National Stroke Association (NSA)**
 - <http://www.stroke.org/>
 - Contact: Tolle Free: (800) 787-6537
- **Pediatric Stroke Network (PSN)**
 - <http://www.pediatricstrokenetwork.com/>

Elderly

- American Association of Retired Persons (AARP) – Aging and Elderly
 - <https://www.aarp.org/>

Pain Management

- American Academy of Pain Medicine Foundation (AAPM)
 - Main Website: <http://aapmfoundation.org/>
 - Patient Website: <http://www.painmed.org/patientcenter/>
 - Contact: (847) 375-4731 or info@painmed.org
- American Chronic Pain Association (ACPA)
 - <https://www.theacpa.org/>
 - Contact: Toll Free: (800) 533-3231 or ACPA@theacpa.org
- National Center for Complementary and Integrative Health (NCCIH)
 - <https://nccih.nih.gov/health/pain>
 - Contact: Toll Free: (888) 644-6226

Career Resources

- 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
 - <https://www.careeronestop.org/>
 - Contact: (877) 872-5627 or info@careeronestop.org
- Job Accommodation Network (JAN)
 - <https://askjan.org/>
 - Contact: (800) 526-7234

Communication

- Communication Strategies found at: <https://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."
 - 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 "non" questions.
 - Praise all attempts to speak and downplay any errors. Avoid insisting that each word be produced perfectly.
 - Engage in normal activities whenever possible. Do not shield people from family or ignore them in conversation. Rather, try to involve them in family decision makings 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 video at: <https://www.youtube.com/watch?v=aPTTjRTmgq0&feature=youtu.be>

Resources for the Caregiver

Grief

The need for grief counseling for caregivers and family members is something that is common. Whether you have lost your family member or have lost the person that they used to be, both situations leave impacts on the lives of those that are close to them. The following is a list of support groups that help individuals to cope with the new situations that they have found themselves in.

- **Sutter Bereavement & Grief Support: Sacramento**
 - Sutter's programs are open to the public and provide support for adults, young adults, teens and children who have experienced loss.
 - There are no fees as the program is funded by community donations.
 - www.suttercareathome.org/griefsupport/sacramento.html

- **Bereavement Support Group Finder**
 - The following website allows you to search for a support group in your particular area to find one that best suits your needs.
 - [Support Groups – Bereavement Support Groups | 211 Sacramento](#)

- **Bereavement Network Resources of Sacramento**
 - The purpose of the network is to refer bereaved members to an appropriate support group that will support their needs.
 - <http://griefhelpsacramento.com/>

P.O. Box 660365
Sacramento, CA 95866-0365
1 (916) 557-5882

Planning for the Future

A major concern for many caregivers is who would take over their responsibilities if something were to happen to them. For this reason, it is extremely important for caregivers to designate another individual as a potential, future caregiver. To do so, a caregiver has to give the future caregiver legal authority to take on their role, make clear plans with them and give them precise instructions. The following is a list of specific information that could be helpful to provide to the future caregiver.

- Letters to loved ones
 - Instructions
 - Biographical Information
 - Children
 - Others Who Depend on Me
 - Pets and Livestock
 - Employment
 - Business Interests
 - Memberships and Communities
 - Where to get Supplies
 - Service Providers
 - Health Care
 - Power of Attorney for Finances
 - Organ Donation
 - Burial or Cremation
 - Funeral Services
 - Obituary
 - Will and Trust
 - Insurance
 - Bank and Brokerage Accounts
 - Retirement Plans and Pensions
 - Government Benefits
 - Taxes
 - Credit Cards and Debt
 - Secured Places
 - Passwords
 - Real Estate
 - Vehicles
 - Other Income and Personal Property
 - Medication List
 - Habits
 - Daily Routine
- **Get It Together: Organize Your Records So Your Family Won't Have To**
 - Author: Melanie Cullen
 - The above book is a step by step guide for collecting and organizing your information for yourself and your family.
 - Available on Amazon.

Power of Attorney

After a stroke or TBI the next-of-kin should obtain both durable power of attorney and medical power of attorney as soon as possible. It is also suggested that there be a second individual to assume responsibility in the event that the primary person with power of attorney becomes incapacitated.

The following is a list of resources that are intended to assist in the power of attorney process.

- **Durable Power of Attorney**
 - This gives the agent power to manage, sell and dispose of real and personal property.
 - Durable power of attorney must be dated and must be acknowledged before a notary public or signed by two witnesses.
 - Form: <http://www.bayareaseniorcare.com/files/DPOA.pdf>

- **Durable Power of Attorney for Health Care or the Medical Power of Attorney**
 - This allows an individual to handle someone else's health care decisions only in the event that he or she may not be able to think for themselves.
 - Amazon is a great resource for various books and CD's that contain information regarding forms and other topics related to the topic.

The following is a list of sources that are available at the Sacramento Public Library

- **Living Wills & Powers of Attorney for California: 5th Edition** by Irving Shae
 - Topics include: medical directives, durable power of attorney for property and finances, mental capacity requirement, do not resuscitate (DNR) and POLST forms, etc.
 - It is also available as an electronic resource through Sacramento Public Library.

- **Quicken WillMaker Plus 2014: Book and Software Kit**
 - Provides Information and forms to create legal documents.
 - This includes: wills, living trusts, financial power of attorney, healthcare directives, final arrangements, executor documents, promissory notes and legal forms for daily use.
 - If you need more help than a will it also assist with durable power of attorney for finances, health care directives and final arrangements.

- **101 Law Forms for Personal Use**
 - 101 legally enforceable forms with step by step instructions.
 - Topics include: basic estate planning, handling personal finances, delegating authority to care for children, pets and property, things to do after a death, documents for executors, hiring child care, elder care of household help.
 - Available on Amazon.

Books and Other Publications

Books

- **My Stroke of Insight: A Braine Scientist's Personal Journey** Author: Taylor, Jill Bolte
 - <http://drjilltaylor.com/book.html>
 - Available in regular print, large print and audio at the Sacramento Public Library
 - Available for purchase through Amazon and Barnes & Noble
- **Letters from Madelyn: Chronicles of a Caregiver** Author: Elaine K. Sanchez
 - <http://elaineksanchez.com/letters-from-madelyn/>
 - Not currently available at the Sacramento Public Library
 - Available for purchase through Amazon and Barnes & Noble
- **Traumatic Brain Injury Survival Guide** Author: Dr. Glen Johnson, Clinical Neuropsychologist
 - <http://www.tbiguide.com/>
- **My Stroke of Luck** Author: Kirk Douglas
- **Momma Just Shake It** Author: Rachel Eagly
- **Brain Attack: My Journey of Recovery from Stroke and Aphasia** Author: David Dow
- **The Power of I Believe: A Book of Motivation, Encouragement and Inspirational Thoughts After a Stroke** Author: Robert Lee Fields
- **Without Utterance: Tales from the Other Side of Language** Author: Ruth Codier Resch

Other Publications

- **Senior Resource Directory** by The Sacramento Bee:
 - An annually published guide to resources & services in and around Sacramento.
 - Topics include: caregiving, libraries, veteran’s services, health services, disability services, in-home health care, medical equipment, skilled nursing facilities, transportation (including transportation for disabled persons), hospitals and clinics.
 - Available at all libraries and most nursing homes
 - Also available online: <http://www.sacbee.com/site-services/marketing/senior-resources/>

- **Stroke Smart**
 - A free magazine published by:

The National Stroke Assn.

9707 E. Easter Lane, Suite B

Centennial, CO 80112

1-800-STROKES

www.strokesmart.org

Websites

- **Aphasia:** www.asha.org/public/speech/disorders/aphasia.htm
- **Acquired Apraxia of Speech:** www.asha.org/public/speech/disorders/ApraxiaAdults/
- **Dysarthria:** www.asha.org/public/speech/disorders/dysarthria/
- **National Institute on Deafness and Other Communication Disorders:** www.nidcd.nih.gov
- **Traumatic Brain Injury:** www.asha.org/public/speech/disorders/TBI/

Resources for the Patient

Apps

Receptive and Expressive Language

- Talking Ben: <https://outfit7.com/apps/talking-ben-dog/>
- Talking Tom: <https://talkingtomandfriends.com/apps/>
- Shapes (Shape Identification): <https://shapeapp.io/>
- Pop Words: <https://itunes.apple.com/us/app/popwords/id472853634?mt=8>
- CategoryLite: <https://tactustherapy.com/app/category/>
- Naming Therapy: <http://tactustherapy.com/app/naming/>
- Fun with Directions: <http://www.hamaguchiapps.com/fun-with-directions.html>
- ABA – Which One Belongs? <https://itunes.apple.com/us/app/aba-problem-solving-what-does-not-belong/id450990906?mt=8>
- Bitsboard <http://bitsboard.com/>
- Word to Word Association: <https://itunes.apple.com/us/app/word-association/id716759372?mt=8>
- WordLink <https://itunes.apple.com/us/app/word-link-free/id657439178?mt=8>
- Conversation Therapy <https://tactustherapy.com/app/conversation/>
- Comprehension Therapy <https://tactustherapy.com/app/comprehension/>
- Magical Concepts https://www.virtualspeechcenter.com/app/magical_concepts_app
- ABC 123 <https://itunes.apple.com/us/app/abc-123-reading-writing-practice-hd/id459434624?mt=8>

Reading

- Reading Therapy <https://tactustherapy.com/app/reading/>
- Category Lite <https://tactustherapy.com/app/category/>
- LangLite <https://itunes.apple.com/us/app/language-therapy-lite/id527100035?mt=8>

Writing

- White Board <https://itunes.apple.com/us/app/showme-interactive-whiteboard/id445066279?mt=8>
- Writing Therapy <https://tactustherapy.com/app/writing/>

Memory

- Repeat <https://itunes.apple.com/us/app/repeat-a-memory-game/id1227323626?mt=8>
- Simon Says <https://itunes.apple.com/us/app/isays-free-simon-says-classic-color-memory-game/id398411576?mt=8>
- MemMatches <https://itunes.apple.com/us/app/memory-matches/id380007120?mt=8>
- Matchy <http://matchymatchysets.com/matchy-matchy-app/>
- Memory <https://itunes.apple.com/us/app/memory/id467939841?mt=8>
- Spaced Retrieval App <https://tactustherapy.com/app/srt/>
- Monster Hunt <https://itunes.apple.com/us/app/monster-hunt-fun-logic-game-to-improve-your-memory/id510490133?mt=8>

Visual Spatial and Attention Skills

- I Spy <https://itunes.apple.com/us/app/i-spy-hidden-object-games/id783473673?mt=8>
- Candy Crush <https://king.com/game/candycrush>
- Yummy Burger <https://itunes.apple.com/kn/app/yummy-burger-mania/id1031481791?mt=8>
- Mysteriez <https://itunes.apple.com/us/app/mysteriez-hidden-numbers/id520013349?mt=8>
- 5Differences <https://itunes.apple.com/us/app/tap-5-differences/id915657877?mt=8>
- Crosswords <https://itunes.apple.com/us/app/crossword-worlds-biggest/id859866568?mt=8>
- Hidden Objects <https://itunes.apple.com/us/app/hidden-object-will-you-find-them-all/id644293656?mt=8>
- FlowFree <https://www.bigduckgames.com/>
- PaperToss <https://itunes.apple.com/us/app/paper-toss/id317917431?mt=8>
- Match Blitz <https://itunes.apple.com/us/app/match-blitz/id584218046?mt=8>
- Bejeweled Blitz <https://itunes.apple.com/us/app/bejeweled-blitz/id469960709?mt=8>
- Gobstoppers <https://itunes.apple.com/us/app/gobstoppers/id555009317?mt=8>
- Find the Ball <https://itunes.apple.com/us/app/find-the-ball/id317239334?mt=8>
- Aerox <https://itunes.apple.com/us/app/aerox/id370532221?mt=8>
- Number Match <https://itunes.apple.com/us/app/number-games-match-game-free-games-for-kids-math/id698019156?mt=8>
- Jigsaw Puzzle <https://www.kristanix.com/jigsawpuzzlepic/>
- Disney Free Fall <http://lol.disney.com/games/frozen-free-fall-app>
- Fruit Catcher <https://itunes.apple.com/us/app/fruit-catcher-free/id489439067?mt=8>
- Four in a Row <https://itunes.apple.com/us/app/four-in-a-row-classic-games/id604921715?mt=8>
- Bingo <https://itunes.apple.com/us/app/bingo/id546871573?mt=8>
- LinkGugl <https://itunes.apple.com/us/app/link-that-gugl-pro/id633956407?mt=8>

- Search60 <http://www.klicktock.com/109/news/super-search-60/>
- iShuffleBowling <https://itunes.apple.com/us/app/ishuffle-bowling-2/id487088645?mt=8>
- Kid's Puzzles <https://itunes.apple.com/us/app/kids-puzzles/id461777211?mt=8>

High Level Problem Solving

- Sporcle-Triva <https://www.sporcle.com/apps/>
- Word Chain <https://wordchain.co.nz/>
- Rebuzzle <https://itunes.apple.com/us/app/rebuzzle-a-rebus-word-puzzle-game/id451903398?mt=8>
- Left vs Right <https://itunes.apple.com/us/app/left-vs-right-brain-games/id576395411?mt=8>
- Rebus Free <https://itunes.apple.com/us/app/rebus-absurd-logic-game/id966536279?mt=8>
- Puzazz <http://www.puzzazz.com/>
- Word Ladder <https://itunes.apple.com/us/app/word-ladder/id431089283?mt=8>

Deductive Reasoning

- Rail Maze <https://itunes.apple.com/us/app/rail-maze-train-puzzler/id445853367?mt=8>
- Unblock Me <https://itunes.apple.com/us/app/unblock-me/id315019111?mt=8>
- 4pics1word <https://itunes.apple.com/us/app/4-pics-1-word/id595558452?mt=8>
- Guess the Person <https://itunes.apple.com/us/app/guess-the-person/id515909521?mt=8>
- Counting Money <https://itunes.apple.com/us/app/monkey-preschool-lunchbox/id328205875?mt=8>
- Crazy Train <https://itunes.apple.com/us/app/crazy-train/id338778972?mt=8>
- Crazy Maze <https://itunes.apple.com/us/app/crazy-maze-traffic-puzzle/id1050608523?mt=8>
- Family Feud <https://itunes.apple.com/us/app/family-feud-live/id1195092555?mt=8>
- Chain of Thought <https://itunes.apple.com/us/app/chain-of-thought-the-word-association-game/id503575375?mt=8>
- Brain Tuner <https://itunes.apple.com/us/app/brain-tuner-x/id287360582?mt=8>

Swallow

- Dysphagia <https://itunes.apple.com/us/app/dysphagia/id494326380?mt=8>

Augmentative Communication

- Aphasia <https://itunes.apple.com/us/app/smalltalk-aphasia-female/id310102858?mt=8>
- Speak It! <http://www.future-apps.net/app/voice-synthesis-for-your-iphone/>
- Speak for Yourself <https://itunes.apple.com/us/app/speak-for-yourself/id482508198?mt=8>
- My Talk Tools <http://www.mytalktools.com/dnn/2/Home.aspx>
- Speech Button http://www.wipitup.com/?page_id=2
- ASL Dictionary Lite <https://itunes.apple.com/ky/app/my-smart-hands-baby-sign-language-dictionary-lite/id366879790?mt=8>
- Speech Trainer <https://itunes.apple.com/us/app/speech-trainer-3d/id418333616?mt=8>
- Scene Speak <https://itunes.apple.com/us/app/scene-speak/id420492342?mt=8>
- Scene & Heard <https://itunes.apple.com/us/app/scene-heard/id423528276?mt=8>
- Talk Rocket <https://myvoiceaac.com/app/talkrocketgo/>
- Proloquo2Go <https://itunes.apple.com/us/app/proloquo2go/id308368164?mt=8>
- TalkTablet <http://www.talktablet.com/>
- Locabulary <http://locabulary.com/>
- PhotoVOCA <https://photovoca.com/>
- Verbally <http://verballyapp.com/>
- iSpeech <https://www.ispeech.org/apps/tts>
- Predictable <https://itunes.apple.com/us/app/predictable/id404445007?mt=8>

Recreational Opportunities

- **Stroke Camp**

- Sponsored By: Sutter Stroke Center
- For Who: Stroke survivors and their caregivers
- When: Late September
- Indoor activities include: stroke education, games, therapy, and time for relaxation and visiting.
- Outdoor activities include: swimming, tennis, horseshoes, volleyball, basketball and hiking.
- **For more information or to register:** Please call the Sutter Stroke Center (888) 287-2270

- **Saving Strokes Golf Program**

- Sponsored by: American Heart Association
- When: Annually in April
- For more Information contact:

American Heart Association
2700 O Street
Sacramento, CA
95811
(916) 446-6505

- **Ride to Walk**

- This program aims to create a therapeutic activity for children and young adults who suffer from neurological disabilities by using innovative horseback riding techniques.
- <http://www.ridetowalk.org/>
Contact: (916) 791-2747

1630 Hwy 193
Lincoln, CA
95648

- **Wheelchair Accessible and Easy Walking Trails**

- http://www.accessiblenature.info/?page_id=152
- <https://www.traillink.com/activity/wheelchair-accessible-trails/>

Service Dogs

- **Canine Companions for Independence**
 - This association is a nonprofit group that trains and gives out service dogs to those who needs them, free of cost.
 - The “Gold Rush” Chapter is located in the Sacramento area.
 - <http://www.cci.org/>
 - The following link is to the contact page specifically for the Gold Rush Chapter
 - <http://www.cci.org/locations/northwest/gold-rush-chapter/contact.html>

- **Freedom Service Dogs of America**
 - This association is another nonprofit group that trains and provides individuals in need with a service dog, free of cost.
 - <https://freedom servicedogs.org/>
Freedom Service Dogs Inc.
7193 S Dillion Ct
Englewood, CO
80112
(303) 922-6231
Email: info@freedom servicedogs.org

- **Superdog ‘The Behavioral Trainers’**
 - This site provides more information as to what the differences are between service and therapy dogs and general information about both.
 - It also provides a list of various other service dog schools in California.
 - <https://superdog.com/service-animals-sacramento>
 - List of other Service Dog Schools: <https://superdog.com/service-dog-school/>

- **Roseville California Joys**
 - This site provides a list of various programs, local and national, for service dogs, therapy dogs and horse therapy.
 - <http://www.rosevillocaliforniajoys.com/service-dog-therapy-animals/>

- **4 Paws for Ability**
 - <https://4pawsforability.org/>
 - Contact: (937) 374-0385 or Info@4PawsForAbility.org

- **Bergin University of Canine Studies: Home of the Assistance Dog Institute (ADI)**
 - Contact: (707) 545-3647 or info@berginu.edu

- **Guide Dog Foundation for the Blind, Inc.**
 - www.guidedog.org
 - Contact: Toll Free: (800) 548-4337 or info@guidedog.org

- **Guide Dogs of America**
 - <https://www.guidedogsofamerica.org/>
 - Contact: Toll Free: (800) 459-4843 or mail@guidedogsofamerica.org

- **International Hearing Dog, Inc. (IHDI)**
 - <http://www.ihdi.org/>
 - Contact: (303) 287-3277 or info@hearingdog.org

- **Leader Dogs for the Blind**
 - <http://www.leaderdog.org/contact>
 - Contact: (248) 651-9011 or leaderdog@leaderdog.org

- **National Education for Assistance Dogs Services (NEADS)**
 - <https://neads.org/>
 - Contact: (978) 422-9064

- **Pet Partners – Animal Assisted Interactions**
 - <https://petpartners.org/about-us/contact-us/>
 - Contact: (425) 679-5500

Equipment and Other Resources

Free Equipment

- **FREED**

- <http://www.freed.org/>
- Contact: (530) 477-3333

2059 Nevada City Hwy, Suite 102
Grass Valley, CA 95945

BRANCH OFFICE

508 J Street
Marysville, CA 95901
(530) 742-4474

- **PIRS (Placer Independent Resource Services)**

- www.rehab.cahwnet.gov/ILS/ILCS-PIRS.html
- Contact: (530) 885-6100

Serves Alpine, El Dorado & Placer Counties.
11768 Atwood Road, Suite 29
Auburn, CA 95603

- **Easter Seals Superior California Equipment Loan Closet**

- www.myeasterseals.org
- Contact: (916) 485-6711

3205 Hurley Way
Sacramento, CA
95864

- **American Cancer Society – Sacramento**
 - Contact: (916) 446-7933

- **California Telephone Access Program (CTAP)**
 - <http://www.californiaphones.org/>

Sacramento CTAP Center
1300 Ethan Way, Suite 105
Sacramento, CA
95825

- **California Telephone Access Program**
 - For individuals with hearing, speech, cognitive, mobility or vision disabilities
 - www.ddtp.org
 - Contact: (800) 806-1191

- **Churches**
 - Various churches have equipment loan closets

Equipment Sales

- **Numotion**
 - <https://www.numotion.com/locations/sacramento>

1650 Tribute Rd
Sacramento, CA
95815

- **CapTel Captioned Telephone**
 - <http://www.captel.com/>
 - Contact: 1 (800) 233-9130

- **Lingraphica**
 - www.aphasia.com
 - Contact: 1 (888) 274-2742

Independent Living

- **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 to a matter of public conscience and highlight the skills, volunteering potential and mentoring capabilities of people with disabilities
 - <https://abilitymagazine.com/abilityhouse.html>

- **Mortgage and Home Loan Help**
 - The following link provides tutorials for people with disabilities looking for more help of housing and mortgages.
 - <https://www.mortgageloan.com/disabilities>

- **Independent Living Research Utilization (ILRU)**
 - The ILRU program is a national center for information, training, research, and technical assistance in independent living.
 - <http://www.ilru.org/>
 - Contact: (713) 520-0232

- **National Council on Independent Living (NCIL)**
 - <http://www.ncil.org/>
 - Contact Toll Free: (877) 525-3400

- **Statewide Independent Living Councils (SILCs)**
 - <http://www.ilru.org/projects/silc-net/silc-directory>

Patient Care

Respite Care

- **Del Oro Caregiver Resource Center**
 - Del Oro funds and contracts certain agencies/facilities in order to provide caregivers with a period of relief.
 - The services can be in the home, a day care center or an assisted living facility.
 - <http://www.deloro.org/services/>

8421 Auburn Blvd, Suite 265

Citrus Heights, CA

95610

(916) 728-9313

Email: crc@deloro.org

Therapy

- **Neuro Service Alliance (NSA) - California State University Sacramento**
 - NSA is designed especially for adults who are living with acquired communication disorders such as aphasia, apraxia of speech, and dysarthria often as a result of a stroke, traumatic brain injury or other neurological involvement.
 - Under the guidance of founder and director, Dr. Darla K. Hagge CCC-SLP, undergraduate and graduate speech-language pathology students serve as trained communication partners for group members.
 - <http://www.csus.edu/hhs/csad/research/neuroservice-alliance.html>
 - The programs are as follows:
 - AActive Talkers (AAC)
 - Communication practice for individuals who use dedicated speech generating devices in partnership with Communication Technology Education Center (CTEC)
 - Aphasia Book Club (ABC)
 - A literature-based aphasia book club utilizing a variety of tools and supports to create access to reading.
 - Communicating Through Art (CTA)
 - A unique group art program that allows the art to serve as the vehicle for communication between the member and the trained student communication partners.
 - Communication Recovery Groups – Sacramento (CRG-SAC)
 - A literature-based group conversation program
 - Creating Access Through Technology (CAITT)
 - Individual practice and support using a member’s personally-owned smart phone, tablet, and other devices

- Vocally Devoted (VoD)
 - A choir for adults living with acquired neurogenic communication disorders and their spouses, significant others, and friends.

- **Sutter Roseville Medical Center**
 - <https://www.sutterhealth.org/srmc/services/physical-therapy-rehabilitation>
 - Sutter provides the following therapies at their Roseville location:
 - Physical Therapy
 - Occupational Therapy
 - Speech Therapy
 - Contact: (916) 781-1117

1 Medical Plaza Drive
Roseville, CA
95661

Speech Therapy

- **Aphasia Communication Group at UC Davis**
 - This group meets year-round in a group of 2-10 participants that have varying speech abilities and are joined by a single intern or speech therapist.
 - It meets every Friday from 12:30-2PM.
 - There is a charge of \$10 per session.

Lawrence J. Elision Ambulatory Care Center Room 3016
4860 Y Street
Sacramento, CA
95817

- **Triangle Aphasia Project Unlimited – TAP**

- 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.

- <https://www.aphasiaproject.org/>

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 an 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/>

- <https://www.roadid.com/>

- **American Speech Language Hearing Association**

- Find a Speech Therapist: <http://www.asha.org/proserv>

- **Maryjane Rees Speech, Language and Hearing Center**
 - Provides the community with exceptional speech, language and hearing services with their on-campus clinic at California State University Sacramento.
 - Main Website: <http://www.csus.edu/hhs/csad/clinical-services/maryjane-rees-language-speech-and-hearing-center.html>
 - Brochure: <http://www.csus.edu/hhs/csad/documents/maryjane%20rees%20language%20speech%20and%20hearing%20center%20brochure.pdf>
 - Contact: (916) 278-6601

Physical Therapy

- **Physical Therapy at Sacramento State**
 - Sacramento State students conduct therapy sessions under the supervision of their instructors. There is no fee for the session.
 - They work with stroke and TBI survivors in the Fall semester.
 - You can contact the physical therapy office for appointments or cancellations.
 - Contact: (916) 278-6426

Folsom Hall, Rm 1059

7667 Folsom Blvd.

Sacramento, CA

95826

- **American Physical Therapy Association**
 - Choosing your Physical Therapist: https://www.moveforwardpt.com/Resources/Choose.aspx#.VL_NOS7G-T8
 - Find a Physical Therapist: <http://aptaapps.apta.org/findapt/default.aspx?UniqueKey=>

Rehabilitation Services

- **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
 - <https://search.naric.com/public/choosingquality.pdf>
- **NARIC – National Rehabilitation Information Center**
 - Disability Resources are available from NARIC
 - <https://www.naric.com/?q=en/node/27>
- **California Department of Rehabilitation**
 - Information on California rehabilitation services and links to local offices.
 - <http://www.rehab.cahwnet.gov/>
- **California Client Assistance Program**
 - <http://www.rehab.cahwnet.gov/CAP/>
- **California Brain Injury Programs and Services**
 - About CNS: <http://www.neuroskills.com/>
 - Brochure: http://www.neuroskills.com/files/CNS_SF_Brochure_Web.pdf
 - Directions: <http://www.neuroskills.com/about-us/cns-san-francisco-directions.php>
 - Contact: (510) 318-8600 or spersel@neuroskills.com

CNS – Center for Neuro Skills – San Francisco
2200 Powell Street Ste. 120
Emeryville, CA
94608

- **Sutter Roseville Medical Center**

- Inpatient Acute Rehabilitation Services
- <https://www.sutterhealth.org/srmc/services/physical-therapy-rehabilitation/inpatient-acute-rehabilitation-centers>

6 Medical Plaza Drive

Roseville, CA

95661

- **Dignity Health**

- <https://www.dignityhealth.org/sacramento/services/rehabilitation-services>
- Dignity provides the following rehabilitation services at their Sacramento location:
 - Inpatient Acute Rehabilitation
 - Outpatient Rehabilitation
 - Subacute Rehabilitation
 - Home Health Services
 - Neuropsychology
 - Traumatic Brain Injury

- **Stanford University – Stroke Center**

- <https://stanfordhealthcare.org/medical-clinics/stroke-center.html>
- Contact: (650) 723-6469

Stroke Center

213 Quarry Road

Palo Alto, CA

94304