

INFORMATION GUIDE

Also called: Cerebrovascular accident

Related terms: Transient Ischemic Attack, TIA

The purpose of this guide is to help patients and families find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be obtained at the Mardigian Wellness Resource Center located off the Atrium on Floor 2 of the Cardiovascular Center. Visit our website at

<http://www.umcvc.org/mardigian-wellness-resource-center>

and online Information guides at <http://infoguides.med.umich.edu/home>

The **Mardigian Wellness Resource Center** is a full-service library with a comprehensive collection of resources on all aspects of cardiovascular health and wellness in patient-friendly language. Topics include: diseases and conditions, treatment methods, healthy lifestyle, stress reduction, and heart disease prevention. Free brochures are available as well as books and DVDs to check out (a prepaid mailer is given to make it easy to return items). Medical models are on display to help illustrate the heart and several cardiovascular conditions. Staff is available to help and answer any questions. There are also computers available to use and print from as well as a copy machine for copying and faxing.

Stroke Prevention

- American Heart Association & American Stroke Association
 - **Controlling Your Risk Factors: Our Guide to Reducing Your Risk of Heart Attack and Stroke**

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- **Understanding Stroke: Are You at Risk?**
- **Warning Signs of Stroke**

- **American Stroke Association**
Printable Fact Sheets available online at: <https://www.stroke.org/en/help-and-support/resource-library/lets-talk-about-stroke>
 - **Let's Talk About... Series**
Topics include: Anticoagulants and Antiplatelet Agents, Hemorrhagic Strokes and Their Causes, High Blood Pressure and Stroke, Ischemic Strokes and Their Causes, Lifestyle Changes to Prevent Stroke, Risk Factors for Stroke, Stroke, TIA and Warning Signs

- **National Institute of Neurological Disorders and Stroke**
Access publications online at:
<https://stroke.nih.gov/materials/brochure.htm>
 - **What You Need to Know About Stroke**
 - **Know Stroke. Know the Signs. Act in Time**
 - **High Blood Pressure: It May Be Riskier Than You Think**
 - **Brain Basics: Preventing Stroke**
 - **Stroke Risk Factors and Symptoms**
 - **Stroke: Challenges, Progress, and Promise**

Stroke Brochures & Fact Sheets

- **American Stroke Association**

- **Caregiver Guide to Stroke.** Available online at:
[For Family Caregivers | American Stroke Association](#)
- **Changes in Behavior and Emotions after Stroke**
- **Communication Challenges after Stroke**
- **Stroke Connection: Caregivers Guide for Stroke Survivors**
- **Sex After Stroke**
- **Overcoming Physical Limitations after Stroke**
- **Let's Talk About... Series**

Topics include: changes caused by stroke, complications after stroke, driving after stroke, emotional changes, living at home after stroke, aphasia, and rehabilitation. Printable fact sheets are available at:

<https://www.stroke.org/en/help-and-support/resource-library/lets-talk-about-stroke>

- National Institute of Neurological Disorders and Stroke
 - **Stroke: Hope Through Research**
 - **What You Need to Know About Stroke**
 - **Stroke: Challenges, Progress, and Promise**
 - **Post-Stroke Rehabilitation**

Access online at: <https://stroke.nih.gov/>

Stroke Magazines

- National Stroke Association. **Stroke Smart Magazine.**

Free subscriptions at: <http://www.stroke.org/>

- American Stroke Association. **Stroke Connection.**

Free subscriptions at: <http://www.strokeassociation.org/>

Books on Stroke

- Bale, Bradley. **Beat the Heart Attack Gene: A Revolutionary Plan to Prevent Heart Disease, Stroke and Diabetes.** Hoboken, NJ: Wiley Publishing, 2014.
- Burkman, Kip. **The Stroke Recovery Book: A Guide for Patients and Families.** Omaha, NB: Addicus Books, 2011.
- Caplan, Louis R. **Navigating the Complexities of Stroke.** New York, NY: Oxford University Press, 2013.
- Hreib, Kinan K. **100 Questions and Answers about Stroke: A Lahey Clinic Guide.** Sudbury, Mass: Jones and Bartlett Publishers, 2009.
- Hutton, Cleo. **After a Stroke: 300 Tips for Making Life Easier.** New York, NY: Demos Medical Publishing, 2005.
- Levine, Peter, G. **Stronger After Stroke: Your Roadmap to Recovery.** New York: Demos Health, 2008.
- Mant, Jonathan. **ABC of Stroke.** Hoboken, NJ: Wiley Publishing, 2011.

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- Meyer, Maria M. **The Comfort of Home for Stroke: A Guide for Caregivers.** Portland, OR: CareTrust Publications, 2007.
- Palmer, Sara, and Palmer, Jeffrey B. **When Your Spouse Has a Stroke: Caring for Your Partner, Yourself, and Your Relationship.** Baltimore, MD: Johns Hopkins University Press, 2011.
- Stein, Joel, M.D. Silver, J.K. and Frates Elizabeth Pegg. **Life After Stroke : the Guide to Recovering Your Health and Preventing Another Stroke.** Baltimore, MD: Johns Hopkins University Press, 2006.
- Senelick, Richard Charles. **Living with Stroke: a Guide for Patients and Families.** Birmingham, AL: HealthSouth Press, 2010.
- Tanner, Dennis C. **The Family Guide to Surviving Stroke and Communication Disorders.** 2nd ed. Sudbury, MA: Jones and Bartlett Publishers, 2008.
- Turner, Glenn O., and Mark Bruce Rosin. **Recognizing and Surviving Heart Attacks and Strokes: Lifesaving Advice You Need Now.** Columbia, MO: University of Missouri Press, 2008.

Audiovisual Resources on Stroke

- **Stroke Rehabilitation - An interactive tutorial on MedlinePlus.gov**
<https://www.nlm.nih.gov/medlineplus/>
 - Click on “Videos & Tools”
 - Click on “Health Videos”

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→ Scroll down and select “Stroke”

This slide shows with voice over and graphics provides an overview of stroke and describes how speech, physical and occupational therapies can help people regain function and abilities after a stroke.

Web Resources on Stroke

- **American Stroke Association**

<http://www.strokeassociation.org/>

This website explains the different types of stroke and also gives diagnosis and treatment information. Other information provided includes warning signs, healthy living after stroke, caregiving and support resources.

- **Caregiver Online Support**

<https://supportnetwork.heart.org/s/>

- **Stroke Family Warmline** - the Warmline team has firsthand experience with stroke and are there to offer support or to just listen.

<https://www.stroke.org/en/help-and-support/for-family-caregivers/stroke-family-warmline>

Phone 1-888-478-7653. Hours 8-5 Monday-Friday

Michigan Medicine Resources

- **Michigan Medicine Brain Aneurysm (SAH) Support Group - UMHS**

Neurosurgery

- Meets 5 times/year at East Ann Arbor Health and Geriatric Center

- Contact: Meghan Wind, LMSW at 734-615-4000 or Carrie Lint at 734-232-2781

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- **Michigan Medicine Care Guides from Your UMHS Clinician: Learn about Stroke**

<https://careguides.med.umich.edu/browse-by-medical-service/stroke>

Provides lots of information on stroke including risk factors, therapies, and changes after stroke. There is also information available in other languages.

- **Michigan Medicine Diabetes Support Group**

- Type I meets at 6:15-7:30 PM, 3rd Tuesday of each month
- Type II meets at 9:30-11:00 Am, 2nd Saturday of each month
- Meets at East Ann Arbor Health and Geriatric Center
- Email: mend-diabetes@med.umich.edu
- Phone: 734-998-2475

- **Michigan Medicine Frankel Cardiovascular Center Stroke Program**

<http://www.umcvc.org/conditions-treatments/stroke-treatment-frankel-cardiovascular-center>

Our nationally known program offers emergency and follow-up care for ischemic (blockage) and hemorrhagic (bleeding) strokes, as well as mini-strokes.

- **Michigan Medicine Support Programs for Stroke Patients**

- **Stroke Support Group** –support for patients and families affected by stroke

<https://www.med.umich.edu/1libr/Stroke/StrokeSupportGroupFlyer.pdf>

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- **Peer Mentoring Program for Stroke Patients** – be matched with someone who has been on a similar health journey
<https://www.med.umich.edu/1libr/CVC/PeerMentoringStroke.pdf>

- **Michigan Medicine Guest Assistance Program (GAP)**
<http://www.uofmhealth.org/patient-visitor-guide/guest-assistance-program>
Patients and their families often experience a wide variety of issues and concerns when they are dealing with a health care situation. The Guest Assistance Program (GAP) was created to alleviate many of those issues by assisting with non-medical needs such as costs, insurance, transportation, and more for both adult and pediatric patients.

- **Michigan Medicine Living with Low Vision Support Group**
<https://www.umkelloggeye.org/patient-resources/support-groups/living-with-low-vision-group>
 - Meets: 2:00-4:00pm, 2nd Wednesday of every month
 - Contact: Gale Oren at 734-763-9468 or email at goren@med.umich.edu

- **Michigan Medicine Physical Medicine and Rehabilitation**
<https://www.uofmhealth.org/conditions-treatments/rehabilitation>
or call: 734-936-7175

- **Michigan Medicine Speech-Language Pathology**
<http://www.med.umich.edu/speechpath/>
Speech-Language Pathologists (SLP) at the University of Michigan Health System evaluate and treat children and adults who are experiencing

difficulty with communication (speech, voice, language, resonance, cognitive-communication or social communication) or specific types of swallowing problems. Outpatient therapy also available at Briarwood: MedRehab 734-998-7888 and Canton Health Center 734-844-5400.

- **University of Michigan Aphasia Program (UMAP)**

<http://mari.umich.edu/ucll/umap/>

This clinical service program offers a four-week intensive speech-language therapy session that combines individual, group, and computer/tech lab work with music therapy and recreational activities, exemplifying the Life Participation Approach. Caregivers are encouraged to participate in sessions and social activities, as well as weekly educational seminars and a support group.

Phone: 734-764-8440

- **University of Michigan Tobacco Consultation Service**

Group and individual quit-smoking programs.

For more information access: <http://www.mhealthy.umich.edu/tobacco/> or call 734-998-6222.

Patient Support Organizations

- **A is For Aphasia Support Group**

9615 Newburgh Road

Livonia, MI 48150

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For more information call 734-744-5496 or email

charlotte@homeaidellc.com

- **American Speech-Language-Hearing-Association**

<http://www.asha.org/public/speech/disorders/AdultSandL.htm>

This website offers information about communication and swallowing disabilities after stroke.

- **American Stroke Association**

<http://www.strokeassociation.org/>

- Stroke Connect Magazine
- Stroke WarmLine - calls answered by stroke survivors or their family members: 888.478.7653
- Online Support Network at: <https://supportnetwork.heart.org/s/>

- **Aphasia Community Friendship Center (a place to thrive):** for adults with communication disorders

<http://www.aphasiacentermi.org/>

- Email: info@aphasiacentermi.org
- Phone: 734-429-5679
- Cell Phone: 734-417-7182

- **Brain Aneurysm Foundation**

<http://www.bafound.org/>

This site allows you to search for a support group near you and also provides an online support community.

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- **Eastern Michigan University Speech & Hearing Clinic**

<http://www.emich.edu/coe/clinics/speech-hearing-clinic.php>

The Speech and Hearing Clinic in Ypsilanti, MI offers a full range of diagnostic and therapeutic services. Most services are provided by graduate students in the Speech-Language Pathology Program who are completing course requirements to become fully certified Speech-Language Pathologists. These services are provided under the direct supervision of faculty and staff.

Phone: 734.487.4410

- **Joe Niekro Foundation**

<http://www.joeniekrofoundation.com/>

This site has online support groups available and lists in-person support groups by state.

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Neurosurgery

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- Contact: Meghan Wind, LMSW at 734-615-4000 or Carrie Lint at 734-232-2781

- **Michigan Medicine Diabetes Support Group**

- Meets: 9:30-11:00am, 2nd Saturday of each month at East Ann Arbor Health and Geriatric Center
- Email: mend-diabetes@med.umich.edu
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- **Michigan Medicine Support Programs for Stroke Patients**
 - **Stroke Support Group** - support for patients and families affected by stroke
<https://www.med.umich.edu/1libr/Stroke/StrokeSupportGroupFlyer.pdf>
 - **Peer Mentoring Program for Stroke Patients** – be matched with someone who has been on a similar health journey
<https://www.med.umich.edu/1libr/Stroke/StrokeSupportGroupFlyer.pdf>
- **Michigan Medicine Living with Low Vision Support Group**
<https://www.umkelloggeye.org/patient-resources/support-groups/living-with-low-vision-group>
 - Meets: 1:00-3:00pm, 2nd Wednesday of every month
 - Contact: Gale Oren at 734-763-9468 or email at goren@med.umich.edu
- **National Aphasia Association**
<http://www.aphasia.org/>

American Speech-Language-Hearing Association website offers information about communication and swallowing disabilities and strategies after stroke.
- **St. Joseph Mercy Hospital Stroke Survivor & Caregiver Support Groups**
 - Groups are open and free to all
 - Contact Kim Gray to learn more or register at graykim@trinity-health.org or call 734-712-2830
 - Groups are available in Ann Arbor, Ypsilanti, and Chelsea locations.

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- **Wayne State University Speech and Language Center**

<https://clas.wayne.edu/csd/clinics/slc>

The primary goals of the Wayne State University Speech and Language Center in Detroit are to provide the best possible clinical experiences for student training and to also provide outstanding speech-language services to our clients. Individual and group therapy services are offered.

Phone: 313-577-3339

Financial and Legal Organizations

- **American Stroke Association Finances After Stroke Guide**

<https://tinyurl.com/3672pcr8>

- **Medicare.gov: Section on Medicaid**

<https://www.medicare.gov/basics/costs/help/medicaid>

This site provides Medicare and Medicaid information.

- **Michigan Advance Directives: Durable Power of Attorney for Health Care**

<http://www.uofmhealth.org/patient-visitor-guide/advance-directives>

- **Advance Directives Durable Power of Attorney for Health Care Booklet with Forms**

This booklet provides information as well as forms for Durable Power of Attorney for Health Care and Do-Not-Resuscitate (DNR).

- **Patient Advocate Foundation**

<http://www.patientadvocate.org/>

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Patient Advocate Foundation is a national non-profit organization that serves as an active liaison between the patient and their insurer, employer and/or creditors to resolve insurance, job retention and/or debt crisis matters relative to their diagnosis through case managers, doctors and attorneys. Phone: 1-800-532-5274

- **Social Security Administration Disability Benefits**

<https://www.ssa.gov/disabilityssi/apply.html>

This site explains and answers questions about social security disability. An online application is also available.

Phone: 1-800-772-1213

- **United States Department of Labor Wage and Hour Division**

<https://www.dol.gov/agencies/whd/fmla>

- **Need Time? The Employee's Guide to the Family and Medical Leave Act**

<https://www.dol.gov/whd/fmla/employeeeguide.pdf>

This guide includes who can use FMLA, when it can be used, how to request FMLA, the leave process, and additional resources.

Disclaimer: This document contains information and/or instructional materials developed by University of Michigan (U-M) Health for the typical patient with your condition. It may include links to online content that was not created by U-M Health and for which U-M Health does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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