

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 print and audiovisual 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, DVDs, and CD's 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.

Extra Resources

Stroke Magazines

- National Stroke Association. **Stroke Smart Magazine**.
Free subscriptions available at: <http://www.stroke.org/>
- American Stroke Association. **Stroke Connection**.
Free subscriptions available at: <http://www.strokeassociation.org/>

Books on Stroke

- Always, David. **Stop your Next Stroke: Stroke Prevention for Those Who Have had a Stroke or Stroke-Like Symptoms.** Bloomington, IN: Author House, 2006.
- 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.**
- 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.
- 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.

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**”
 - 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** <http://supportnetwork.heart.org/caregiver-stroke>
 - **Stroke Warmline** - the Warmline team has firsthand experience with stroke and offer support or are just available to listen. Phone 1-888-478-7653. Hours 8-5 Monday-Friday

- **Internet Stroke Center**

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

This comprehensive site on stroke is provided by Washington University in St. Louis and UT Southwestern Medical Center. The Patients & Families section has detailed information on medical treatments and caregiving. The site also includes detailed information about adapting a home after a stroke, aphasia and support groups.

- **National Stroke Association**

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

This site provides extensive information for stroke survivors including a recovery guide, rehabilitation therapy, and life after a stroke.

- **Society for Interventional Radiology - Section on Stroke**

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

→ Click on “Patients”

→ Click on “Stroke & Carotid Artery Disease” on the left hand side of screen

This section describes how strokes occur and diagnostic tests and procedures that may be used to treat strokes and try to prevent second strokes.

Michigan Medicine Resources

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

<http://careguides.med.umich.edu/stroke>

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

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- **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>
 - Click on “**Our Services**”
 - Select “**Stroke Program**” from the list

Our nationally known program offers emergency and follow-up care for ischemic (blockage) and hemorrhagic (bleeding) strokes, as well as mini-strokes.
- **Michigan Medicine Frankel Cardiovascular Center Peer Mentoring Program for Stroke Patients** – be matched with someone who has been on a similar health journey
Contact Leah Brock, LMSW at 734-232-1559 or email at brockl@umich.edu
- **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 Physical Medicine and Rehabilitation**
For more information access <http://www.med.umich.edu/pmr/>
or call: at 734.936.7175

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- **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.

Financial and Legal Organizations

- **American Stroke Association Finances After Stroke Guide**
http://www.strokeassociation.org/idc/groups/stroke-public/@wcm/@hcm/@sta/documents/downloadable/ucm_479232.pdf
- **Medicare.gov: Section on Medicaid**
<https://www.medicare.gov/your-medicare-costs/help-paying-costs/medicaid/medicaid.html>
This site provides Medicare and Medicaid information.

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- **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**

Access at: <http://www.med.umich.edu/pdf/adult/AdvanceDirectiveBooklet.pdf>

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/>

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/whd/fmla/>

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

Access at: <https://www.dol.gov/whd/fmla/employeeguide.pdf>

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

This document contains information and/or instructional materials developed by the Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine 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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