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, room 2101 in the Cardiovascular Center just off the atrium. Visit our website at http://www.umcvc.org/mardigian-wellness-resource-center

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.

Stroke Prevention

- American Heart Association & American Stroke Association
  - Stroke: Are You at Risk?
  - Controlling Your Risk Factors: Our Guide to Reducing Your Risk of Heart Attack and Stroke
  - Understanding Stroke: Our Guide to Explaining Stroke and How to Reduce Your Risk
  - Warning Signs of Stroke
• American Stroke Association
  Printable Fact Sheets available online at: http://www.strokeassociation.org/
    o 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
    o What You Need to Know About Stroke
    o Know Stroke. Know the Signs. Act in Time
    o Brain Basics: Preventing Stroke
    o Stroke Risk Factors and Symptoms
    o Stroke: Challenges, Progress, and Promise

• National Stroke Association
  Access online at: http://www.stroke.org/
    o Stroke 101 Fact Sheet
    o Stroke: Reducing Risk and Recognizing Symptoms
    o Stroke Risk Scorecard (English and Spanish)
    o Second Stroke Risk
    o High Blood Pressure
    o Cholesterol
    o Atrial Fibrillation (AF)
    o Smoking
Stroke Brochures & Fact Sheets

- American Stroke Association
  - Living with Disability after Stroke
  - Stroke Connection: Caregivers Guide for Stroke Survivors
  - Stroke Connection: Changes in Emotions after Stroke
  - Stroke Connection Communication Challenges
  - Sex After Stroke
  - Let’s Talk About… Series

Topics include: Changes Caused by Stroke, Complications After Stroke, Driving After Stroke, Emotional Changes After Stroke, Feeling Tired After Stroke, Living at Home After Stroke, Stroke and Aphasia, and Stroke and Rehabilitation

Printable Fact Sheets are also available at: http://www.strokeassociation.org/STROKEORG/AboutStroke/Lets-Talk-About-Stroke-Patient-Information-Sheets_UCM_310731_Article.jsp#.V0c5ONInK71

- 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/

- National Stroke Association
  - National Stroke Association's Guide to Choosing a Stroke Rehabilitation Provider
  - Stroke Recovery Scorecard
  - Second Stroke Risk
  - Recovery After Stroke Series

Access publications online at: http://www.stroke.org/

Topics include: Ability to Go Places, Bladder & Bowel Function, Thinking and Cognition, Healthy Eating, Coping with Emotions, Managing Fatigue, Managing Life at Home, Health Insurance, Dealing with Pain, Recurrent Stroke, Redefining Sexuality, Sleep Disorders, and Social Support.
**Stroke Magazines**


**Books on Stroke**


**Audiovisual Resources on Stroke**

- Stroke Rehabilitation - An interactive tutorial on MedlinePlus.gov  
  → Click on “Videos & Tools”  
  → Click on “Health Videos”  
  → Scroll down and select “Stroke”

This slide show 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.
University of Michigan Resources

• University of Michigan Aphasia Program (UMAP)  
  [http://mari.umich.edu/ucll/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 Brain Aneurysm (SAH) Support Group - UMHS Neurosurgery  
  o Meets 5 times/year at East Ann Arbor Health and Geriatric Center  
  o Contact: Meghan Wind, LMSW at 734.615.4000 or Carrie Lint at 734.232.2781

• University of Michigan Care Guides From Your UMHS Clinician: Learn about Stroke  
  [http://careguides.med.umich.edu/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.

• University of Michigan Diabetes Support Group  
  o Type I Meets at 6:15-7:30 PM, 3rd Tuesday of each month  
  o Type II meets at 9:30-11:00 Am, 2nd Saturday of each month  
  o Meets at East Ann Arbor Health and Geriatric Center  
  o Email: mend-diabetes@med.umich.edu  
  o Phone: 734.998.2475

• University of Michigan Frankel Cardiovascular Center Stroke Program  
  → 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.
• **University of Michigan Guest Assistance Program (GAP)**
  

  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.

• **University of Michigan Physical Medicine and Rehabilitation**
  
  For more information access [http://www.med.umich.edu/pmr/](http://www.med.umich.edu/pmr/)
  or call: at 734.936.7175

• **University of Michigan Speech-Language Pathology**
  
  [http://www.med.umich.edu/speechpath/](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 Tobacco Consultation Service**
  
  Group and individual quit-smoking programs.

  For more information access: [http://www.mhealthy.umich.edu/tobacco/](http://www.mhealthy.umich.edu/tobacco/) or call 734.998.6222.

**Patient Support Organizations**

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

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

• **American Stroke Association**
  

  - Stroke Connect Magazine
  - Stroke WarmLine – calls answered by stroke survivors or their family members: 888.478.7653
• **Aphasia Community Friendship Center (a place to thrive):** for adults with communication disorders
  
  
  4833 E. Huron River Drive
  Ann Arbor, MI 48105
  - Email: info@aphasiacentermi.org
  - Phone: 734.429.5679
  - Cell Phone: 734.417.7182

• **Brain Aneurysm Foundation**
  
  This site allows you to search for a support group near you and also provides an online support community.

• **Eastern Michigan University Speech & Hearing Clinic**
  
  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**
  
  This site has online support groups available and lists in-person support groups by state.

• **Living with Low Vision Support Group**
  - Meets: 2:00-4:00pm, 2nd Wednesday of every month
  - Contact: Gale Oren
  - Email: goren@med.umich.edu
  - Phone: 734.763.9468
• **National Aphasia Association**  
  American Speech-Language-Hearing Association website offers information about communication and swallowing disabilities and strategies after stroke.

• **National Stroke Association**  
  Phone: 800.787.6537

• **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](mailto:graykim@trinity-health.org) or call 734.712.2830  
  - Groups are available in Ann Arbor, Ypsilanti, and Chelsea locations.

• **University of Michigan 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

• **University of Michigan 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  
  - Phone: 734.998.2475

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

- **Medicare.gov: Section on Medicaid**
  This site provides Medicare and Medicaid information.

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