

Stroke Resources



You do not have to recover from your stroke alone. Your network, from caregivers and support groups, can help rehabilitate your mind and body. Listed below, you will find many resources to help you and your support person(s) move forward with your recovery and help address any barriers you may face during your recovery.

Resources for Patients and Caregivers

- Michigan Medicine Stroke Support Group
 - See flyer located at the end of this chapter for additional information
 - Contact: UMstrokesupportgroup@med.umich.edu
- Michigan Medicine Aneurysm Support Group
 - Contact: Meghan Wind, LMSW
 - Email: mlwind@med.umich.edu
 - Phone: (734) 803-1262
- Young Adult Stroke Survivors Support Group
 - Contact: Susan Emery
 - Email: susan@circleofrights.org
 - For more information: <https://www.stroke.org/en/stroke-groups/young-stroke-group>

- Area Agency on Aging- Support for adults ages 60+ and their caregivers
 - For more information: <https://www.osapartner.net/miseniors/Default.aspx>
- Michigan Medicine Living with Low Vision Support Group
 - Contact: Gale Oren
 - Phone: (734)763-9468
 - Email: goren@med.umich.edu
 - For more information: <https://www.umkelloggeye.org/patient-resources/support-groups/living-with-low-vision-group>
- University of Michigan Aphasia Program (UMAP)
 - Phone: (734) 764-8440
 - For more information: <https://mari.umich.edu/ucll/umap>
- Applying for Social Security Disability Benefits After a Stroke
 - For more information: <https://www.stroke.org/en/life-after-stroke/recovery/managing-your-stroke/finances-insurance-and-assistance/social-security-disability-benefits-after-a-stroke>

For additional resources, please visit

<https://careguides.med.umich.edu/browse-by-medical-service/stroke> or ask your healthcare team for one of the below dedicated handouts:

- ☐ Finances After Stroke Guide
- ☐ The Stroke Family Caregiver
- ☐ How Can I Support My Loved One?
- ☐ How Should I Communicate with Heart and Stroke Patients?
- ☐ What is Caregiver Burnout
- ☐ 7 Practical Tips for Self-Care

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