

**Marin County**  
**Stroke Resource Directory**  
**For Everyone Touched by Stroke**

**By**

**The Stroke Education Council  
of Marin**

[www.strokeinfomarin.org](http://www.strokeinfomarin.org)

**American Heart Association  
and  
American Stroke Association**

**2007**

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## Stroke Education Council of Marin

[www.strokeinfomarin.org](http://www.strokeinfomarin.org)

in conjunction with

## American Heart Association and American Stroke Association

**Dorothy Breiner**

*Caregiver*

**Nancy Boyce**

*Caregiver*

**Suzy Coxhead**

*Caregiver*

**Susan Jensen** (S.E.C.M. Chair)

*Kentfield Rehabilitation & Specialty Hospital*

**Rod McLean**

*Stroke Survivor, ABLEforce*

**Carol Howard-Wooton**

*Stroke Survivor, Keeping Hope Alive*

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for the original 1988 edition of this Directory.

We also appreciate the contributions  
of many others through the years.

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## Introduction

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A STROKE IN THE FAMILY AFFECTS EVERYONE IN THE FAMILY, NOT JUST THE STROKE SURVIVOR. The purpose of this booklet is to make it easier for all those touched by stroke to find the various support services now available and helpful for successful recovery. We strongly encourage you to seek out and use those community services. We understand that asking for help, even needing it, may be new for you, but adaptation to and coping with such a catastrophe usually demands more than can be done alone.

Almost all of the resources included in this booklet have their own Web sites, and we encourage you to visit them, since they contain extensive information about the services they provide.

We also encourage you to visit our Web site, where this directory is maintained online, [www.strokeinfomarin.org](http://www.strokeinfomarin.org), and where you may easily visit all of the Web sites included in this booklet just by clicking on their hyperlinks.

The information and resources listed here are not intended to be an endorsement, nor are the listings all-inclusive. They are information that has proved useful to stroke survivors and their families. While we have tried to check all resources as thoroughly as possible, we apologize in advance for any errors or omissions.

We hope that this Resource Directory will help you avoid the frustration of not knowing where to turn in your time of need, and that you will remember that there IS life after stroke, for both the survivor and the survivor's family.

*"Disability is the one minority  
that anyone can join at any time."*

Daniel Barnes, MCIL

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## When Stroke Happens: An Overview

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### WHAT IS A STROKE?

A stroke occurs when the blood supply to a part of the brain is reduced or cut off. As a result, the nerve cells in that part of the brain cannot function. When this happens, the part of the body controlled by these nerves cannot function normally. The result of a stroke may be weakness, loss of sensation or feeling, paralysis on one side of the body, and difficulty with vision, walking, speaking and understanding. Strokes, cerebrovascular accidents (CVA) or "Brain Attacks" are very individual; rarely are two alike even though the causes may be similar.

### WHAT CAUSES A STROKE?

There are three major medical causes of stroke:

**Thrombotic Stroke:** A clot or thrombus forms inside an artery in the brain or neck. It may be related to atherosclerosis or abnormal thickening of inner arterial walls.

**Embolic Stroke:** A wandering blood clot. It may result from heart damage or be a small piece of a larger clot in the neck. Blood carries the clot to the brain where it blocks a small artery.

**Cerebral Hemorrhage:** A blood vessel in the brain bursts, flooding surrounding tissue with blood. It may be related to high blood pressure and atherosclerosis. It may be caused by a head injury, a bursting aneurysm, or long-standing high blood pressure.

For more complete information, see "*Strokes: A Guide for the Family*," an American Heart Association pamphlet.

## WHAT ARE THE TYPICAL RESULTS OF A STROKE?

The site and extent of the stroke determines the results or deficits. In general, the brain is divided into right and left hemispheres. The brain stem and cerebellum are at the base.

You may see or experience some of the following:

**Right Hemisphere Injury:** Left-side paralysis (hemiplegia or hemiparesis); excessive talking; short attention span; impulsive, quick behavioral style; memory problems; spatial-perceptual problems.

**Left Hemisphere Injury:** Right-side paralysis (hemiplegia or hemiparesis); speech and language deficits (aphasia); slow, cautious behavioral style; memory deficits.

**Brain Stem:** Coma or low level consciousness; unstable vital signs; nausea and vomiting; impaired swallowing; bilateral paralysis.

**Cerebellum:** Coordination and balance problems (ataxia); dizziness, nausea and vomiting; abnormal reflexes of head and trunk.

For more complete information, see: *“How Stroke Affects Behavior,”* *“Caring for a Person with Aphasia,”* *“The One-Handed Way,”* American Heart Association pamphlets.

## WHAT HAPPENS DURING HOSPITALIZATION?

The diagnosis of stroke is made through a variety of procedures: Angiogram, CT Scan, EEG, EKG, and MRI (see GLOSSARY). Appropriate treatment, medication, or surgery may then be administered.

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## **When Stroke Happens: An Overview**

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## HOW LONG WILL REHABILITATION TAKE?

While some recovery of function is spontaneous during the first six months following a “Brain Attack,” most experts now agree that major recovery occurs for two to three years. Many now believe recovery is life-long. Successful recovery depends on the extent of brain damage, the survivor’s attitude, the cooperation of family and friends, and the skill of the rehabilitation team.

The rehabilitation team may consist of a number of specialists: physiatrist, neurologist, neuropsychologist, occupational therapist (OT), physical therapist (PT), speech-language pathologist (ST or SP), case manager, and recreational therapist (RT). In addition, your regular doctor, sometimes referred to as a PCP or primary care provider, may coordinate overall care. Refer to the Glossary at the end of this directory for further information about these specialists.

## HOW DO I KNOW THE EXTENT OF BRAIN DAMAGE?

Multidisciplinary evaluations by a rehabilitation team will help determine the extent of neurological injury and help plan strategies for recovery. Physical Therapy (PT), Occupational Therapy (OT), Speech-Language-Swallowing Therapy (SP or ST), and neuropsychological assessments will help you understand specific strengths and limitations in the areas of mobility, self-care, speech, language, cognition, behavior and mood. An initial or baseline evaluation can be useful in setting realistic goals and tracking progress over time. Re-evaluation may be appropriate as recovery progresses over a number of years.

## **HOW DO I ARRANGE FOR AN ASSESSMENT?**

Most stroke survivors go through an initial period of rehabilitation following discharge from the acute hospital, either in an acute rehab hospital, a skilled nursing facility with an active rehab team, a home health agency, or an outpatient clinic. Multidisciplinary evaluation and family training in post-stroke issues are generally part of this rehabilitation. If you require an evaluation, your primary physician can generally make a referral, either to a specific practitioner or to a rehabilitation team. Going through your primary physician for a referral also maximizes the possibility that the cost of the evaluation will be covered by insurance.

## **NEUROPSYCHOLOGICAL EVALUATION**

A neuropsychologist is a licensed clinical psychologist with special expertise in brain function. Neuropsychological assessment can provide more in-depth evaluation of a variety of cognitive skills such as memory (verbal and visual), sequencing, and reasoning (both verbal and visuo-spatial). Neuropsychological assessment also looks at the behavioral, emotional and social consequences of brain injury. This in-depth look at verbal and non-verbal thinking skills can be of particular value in setting realistic goals and assessing employment potential if one is considering returning to work. Neuropsychological assessment may not routinely be a part of a multidisciplinary evaluation, but most rehabilitation facilities have staff neuropsychologists or can recommend one. Your primary physician may also be able to make a referral. The California Employment Development Department (Department of Vocational Rehabilitation) may provide some neuropsychological assessment at no cost if the stroke survivor is a client.

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## **When Stroke Happens: An Overview**

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### **WHAT AFFECTS THE SURVIVOR'S ATTITUDE?**

This is complex. Some of the factors include life stage, gender, previous medical history, pre-stroke personality and attitude, quality of family and social relationships.

Altered brain function may initially result in frequent tearfulness or laughter that is not always appropriate to the situation. Family members who understand the origin of changed behavior will be able to learn how best to respond in order to maintain the stroke survivor's motivation.

The survivor has sustained numerous losses — mobility, income, speech, thinking ability, independent functioning, and social role --- in a very short time. The sense of who one is in the world and the sense one has made of the world may no longer hold true. The experience of being a patient may be frustrating or frightening for someone used to managing his/her own life. At this time of crisis, an essential aspect of the self may clearly reveal itself. Whatever comes forward must be met with interest, curiosity and care to convey belief that a whole person still exists amidst all the wounds.

### **WHAT HELPS FAMILIES COOPERATE?**

Initially, the primary caregiver will be the person most involved in making the necessary medical decisions. Clear, honest communication between family members is usually helpful. Hospital social workers may be able to facilitate communication between family members or between family and medical staff if there are areas of conflict. The rehabilitation team should include and educate family and extended family about progress made and discharge planning.

## WHAT ARE SOME COMMON PROBLEMS FAMILIES AND CAREGIVERS ENCOUNTER?

During the acute phase, typically family and friends rally. The primary caregiver is often completely focused on the patient, forgetting about himself or herself. The caregiver needs as much support and acknowledgment as the stroke survivor. The transition from hospital to home may be an especially difficult time for everyone. Anxiety, depression and social isolation are common. Colleagues, friends, and even some family often stop calling or visiting in the months to come because of their own discomfort. Caregivers may need to establish new support networks to maintain their own mental, physical and spiritual well-being. Even if it feels uncomfortable, caregivers should be willing to ask for and accept help from family and friends.

## WHAT MAY HELP COMMUNICATION?

Communication will be a challenge for families if speech and language processing are affected by the stroke. The person who has had a stroke may have difficulty speaking, or use inaccurate or inappropriate words to communicate, without being aware that he or she is doing so. It is important to be as patient and honest as possible. If the caregiver doesn't understand what is being said, it is important to let the person know. Look for alternative ways for the stroke survivor to express himself or herself, such as pointing or gesturing. Try to ask questions that permit a yes/no or headshake answer. The caregiver may also want to encourage the person to speak more slowly, or take a deep breath to reduce stress and frustration.

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## When Stroke Happens: An Overview

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## WHAT SUPPORTS MOBILIZATION?

Motivation is essential for mobilization. The more the stroke survivor is involved in deciding important goals in collaboration with the rehab team, the more likely he or she is to be motivated to persist in the hard work of recovery. Support groups offer members praise, encouragement, understanding, and often reinforce behavioral change. They provide new social connections during a period that is often lonely.

## ARE THERE PREDICTABLE STAGES OF RECOVERY?

Everyone touched by stroke is grieving the loss of the pre-stroke person, while the survivor is simultaneously regaining function and rebuilding a sense of self. Recovery involves both letting go of the old identity and reconstructing a new one which may include some diminished capacities.

- **SHOCK**, the first stage of recovery, may be accompanied by numbness, fear and helplessness.
- **DENIAL** is the second stage. Refusal to face the effects of the stroke may protect the survivor and the family from feeling overwhelmed and provides time for adjustment to new realities.
- **ANGER/DEPRESSION**, both of which are typical responses to loss, may be complicated by damage to the brain. If these persist, clinical intervention and even antidepressant medication may be beneficial. Participation in a stroke support group may also help.
- **MOBILIZATION**, the fourth stage, brings an interest in setting and accomplishing goals.
- **COPING** is the final stage. This involves adaptation to a life with new limitations, priorities, and interests.

## WHAT CAN I HOPE FOR?

Unfortunately, 25% of stroke patients do not survive the first year, and many who do survive are unable to return to work. A small percentage of stroke survivors, particularly those who are young (one third of all stroke survivors are under age 65), may fully recover. Even with some degree of disability, many survivors do resume active and meaningful lives. Resilience, resources and newly discovered skills may enable survivors and families to adapt and meet the challenge of multiple losses and changed expectations, to recreate meaning and purpose in their lives.

♥ *Recovery requires persistent hard work.*

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## Stroke Prevention

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### WILL IT HAPPEN AGAIN?

This is a major concern, because the risk of stroke for someone who has already had one is much greater than for someone who has not. Therefore, it is important for the stroke survivor, family members, and friends to recognize the symptoms of stroke and Transient Ischemic Attack (TIA).

### WHAT ARE THE SYMPTOMS OF STROKE AND TIA (Transient Ischemic Attack)?

If the symptoms come and go, or fade rapidly (in minutes to hours), then a TIA may have occurred. Both stroke and TIA may begin with these symptoms:

- ◆ Sudden weakness or numbness of the face, arm and/or leg.
- ◆ Sudden double-vision or loss of vision or blurred vision in one or both eyes.
- ◆ Sudden, severe headache.
- ◆ Trouble speaking or understanding.
- ◆ Sudden difficulty swallowing.
- ◆ Unexplained dizziness, unsteadiness or sudden falls, especially along with any of the above.

### QUICK TEST FOR A STROKE – SAS

- ◆ Smile – note facial paralysis
- ◆ Arms raised overhead – note weakness of one side
- ◆ Say a sentence – note speech or language problems

### WHAT SHOULD YOU DO?

**CALL 911 AND HAVE SOMEONE CALL YOUR DOCTOR IMMEDIATELY. DO NOT IGNORE THE SYMPTOMS.** New, available medications may minimize the damage from a stroke.

♥ **REMEMBER: Time is Brain!**

## WHAT CAN YOU DO TO REDUCE RISK OF STROKE?

- ◆ Maintain a regular schedule of medical check-ups, especially if you have heart disease, abnormal heart rhythms, hypertension, take oral contraceptives, smoke or are diabetic.
- ◆ Monitor your blood pressure, eat a healthy diet, maintain the proper weight, exercise and, if necessary, take medication.
- ◆ Stop smoking! Your risk of stroke from smoking can be eliminated in one year.
- ◆ Monitor blood or urine glucose and acetone levels if you are diabetic.
- ◆ Get frequent medical monitoring if you take oral contraceptives and smoke.
- ◆ Regular aerobic exercise maintains a healthy cardiovascular system. Walking and swimming are good ways to keep fit. Consistency and enjoyment are important aspects of any exercise program.
- ◆ Learn and practice stress reduction techniques.
- ◆ Monitor blood cholesterol and lipids. Learn about nutrition and your health; modify diet as recommended by your physician or nutritionist.
- ◆ Learn about your body, what it likes and what creates feelings of well-being, such as music, dance, and fresh air.



*“It is part of the cure to wish to be cured.”*

Seneca (3 B.C. – A.D. 65)

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## Health Care: Levels of Care

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There is a range of treatment options and long-term care choices for stroke survivors and their families.

**Acute Care:** This is the early hospitalization stage where medical needs are primary. Initial rehabilitation may begin at this time.

**In-Patient Rehabilitation:** In either an acute care rehabilitation hospital or a skilled nursing facility, the stroke survivor receives early and relatively intensive therapy. An acute rehabilitation facility is specifically licensed and provides more physician management than a sub-acute rehabilitation or skilled nursing facility, which may also provide in-patient rehabilitation.

**Home Health Care:** Licensed home health agencies provide skilled nursing care and rehabilitation in the home. (See HOME HEALTH CARE and listings in the Yellow Pages under *Nurses and Nurses Registries*.)

**Out-Patient Rehabilitation:** Rehabilitation therapy provided by licensed professionals, speech therapy, occupational therapy and physical therapy. (See REHABILITATION in this Resource Directory.)

**Skilled Nursing Facilities (SNF):** Skilled nursing facilities or convalescent hospitals provide custodial care for stroke survivors who require assistance and supervision in their daily activities. In-patient rehabilitation may also be available in a SNF. (See REHABILITATION in this Resource Directory and listings in the Yellow Pages under *Nursing Homes*.)

**Residential Care:** Many different facilities offer a range of group living situations and some custodial care for stroke survivors. (See listings in the Yellow Pages under *Retirement Homes and Rest Homes*.)

**Adult Day Health Services:** These centers provide maintenance therapies, activities and custodial care.

**Home Care:** Private agencies provide contract home health aide and attendant care for in-home custodial care needs. (See HOME HEALTH CARE in this Resource Directory.)

**Community:** Programs such as the College of Marin Disabled Students Services provide direct services and information on continued rehabilitation and maintenance options.



*“The healing system is the way the body mobilizes all its resources to combat disease. The belief system is often the activator of the healing system.”*

Norman Cousins

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## Rehabilitation Services

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The goal of medical rehabilitation is to assist the stroke survivor to improve in day-to-day functional activities, including mobility, self-care, communication and socialization. Returning to community activities and routines outside the home are also goals.

Hospitals typically have physical therapy, occupational therapy, and speech-language pathology services. These services may be available to inpatients and outpatients with a physician's prescription and authorization by the insurance company.

### ACUTE REHABILITATION HOSPITALS

#### **Kaiser Foundation Rehabilitation Center**

975 Sereno Drive  
Vallejo, CA 94589

Admissions Office: . . . . . (707) 651-2313

[www.kaiserpermanente.org](http://www.kaiserpermanente.org)

- Referrals to the rehabilitation center are made through a Kaiser physician or clinician.

#### **Kentfield Rehabilitation & Specialty Hospital**

1125 Sir Francis Drake Boulevard

Kentfield, CA 94904 . . . . . (415) 456-9680

[www.kentfieldrehab.com](http://www.kentfieldrehab.com)

#### **Santa Rosa Memorial Hospital – Fulton Campus**

1287 Fulton Road

Santa Rosa, CA 95401 . . . . . (707) 543-2400

[www.stjosephhealth.org/santarosa/fulton\\_campus.htm](http://www.stjosephhealth.org/santarosa/fulton_campus.htm)

**SKILLED NURSING FACILITY/SUBACUTE REHABILITATION**

See listings in Yellow Pages under *Nursing Homes* in Marin and Sonoma Counties.

**IN MARIN:**

**Greenbrae Care Center**

1220 S. Eliseo  
Greenbrae, CA 94904 ..... (415) 461-9700  
[www.ocadian.com/home.html](http://www.ocadian.com/home.html)

**Marin Convalescent and Rehabilitation Hospital**

30 Hacienda Drive  
Tiburon, CA 94920 ..... (415) 435-4554  
[www.marinconvalescent.com](http://www.marinconvalescent.com)

**The Rafael**

234 N. San Pedro Road  
San Rafael, CA 94903 ..... (415) 479-3450  
[www.therafael.com](http://www.therafael.com)

**Smith Ranch Care Center**

1550 Silveira Parkway  
San Rafael, CA 94903 ..... (415) 499-1000  
[www.smithranchhomes.com/health.htm](http://www.smithranchhomes.com/health.htm)

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**Rehabilitation Services**

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**SKILLED NURSING FACILITY/SUBACUTE REHABILITATION**

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**IN SONOMA:**

**Evergreen Health and Rehabilitation of Petaluma**

300 Douglas St.  
Petaluma, CA 94952 ..... (707) 763-6887

**Northcoast Health Care Center**

(A Division of Santa Rosa Memorial Hospital)  
151 Sotoyome Street  
Santa Rosa, CA 95405-4869 ..... (707) 542-2771  
[www.stjosephhealth.org/patientinformation/northcoast.htm](http://www.stjosephhealth.org/patientinformation/northcoast.htm)

**Petaluma Care and Rehabilitation**

1115 B St.  
Petaluma, CA 94952 ..... (707) 765-3030

**Sonoma Healthcare**

1250 Broadway  
Sonoma, CA 95476 ..... (707) 938-8406  
[www.sonomahealthcare.com](http://www.sonomahealthcare.com)

**Sunbridge Care and Rehabilitation**

1715 Washington St.  
Calistoga, CA 94515 ..... (707) 942-6253  
[www.sunh.com](http://www.sunh.com)

## OUT-PATIENT REHABILITATION

### **Aphasia Center of California**

3996 Lyman Road  
Oakland, CA 94602 ..... (510) 336-0112  
[www.aphasiacenter.org](http://www.aphasiacenter.org)

### **Kentfield Rehabilitation & Specialty Hospital Outpatient Center**

1125 Sir Francis Drake Boulevard  
Kentfield, CA 94904 ..... (415) 485-3541  
[www.kentfieldrehab.com/outpatient](http://www.kentfieldrehab.com/outpatient)

### **Marin General Hospital**

**Outpatient**      Speech, Hearing & OT: (415) 925-7220  
Greenbrae, CA 94904 ..... PT: (415) 925-7299  
[www.maringeneral.org](http://www.maringeneral.org)

### **Smith Ranch Care Center**

1550 Silveira Parkway  
San Rafael, CA 94903 ..... (415) 499-1000  
[www.smithranchhomes.com/health.htm](http://www.smithranchhomes.com/health.htm)

See Yellow Pages for additional resources under *Physical Therapists, Speech and Language Pathologists, and Occupational Therapists.*

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## **Rehabilitation Services**

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### **HOME HEALTH CARE**

For services provided in the home by a licensed health care professional (occupational or physical therapist, speech pathologist, registered nurse, licensed vocational nurse, licensed medical social worker, or certified home health aide) a referral and a prescription from a physician are required.

Professional services in the home when medically necessary are sometimes covered by Medicare, Medi-Cal or private insurance. Also see listings in the Yellow Pages under *Nurses and Nurses Registries.*

### **Arcadia Health Care**

4340 Redwood Highway, #F-123  
San Rafael, CA 94903 ..... (415) 472-2273  
[www.arcadiacare.com](http://www.arcadiacare.com)

### **Heart of Humanity Health Services**

1400 Grant Avenue, #203  
Novato, CA 94945 ..... (415) 898-4278

### **Sutter VNA**

4000 Civic Center Drive, Suite 190  
San Rafael, CA 94903 ..... (415) 492-4600  
[www.suttervnaandhospice.org](http://www.suttervnaandhospice.org)



*“Healing is what we bring to the situation,  
curing is what is done to us.”*

Rachel Naomi Remen, M.D.

## **IN-HOME SUPPORT SERVICES**

For **non-medical** services in the home, such as housekeeping, assistance in bathing, eating, dressing, meal preparation, supervision, companionship, etc., some nursing services also employ health aides. These services are termed “custodial” and are seldom covered by insurance and must be paid for privately.

### **Arcadia Health Care**

4340 Redwood highway, #F-123  
San Rafael, CA 94903 ..... (415) 472-2273  
[www.arcadiacare.com](http://www.arcadiacare.com)

### **Catholic Charities**

One St. Vincent Drive  
San Rafael, CA 94903 ..... (415) 507-4262  
[www.cccyo.org](http://www.cccyo.org)

### **Family Caregiver Alliance**

180 Montgomery Street, Suite 1100  
San Francisco, CA 94104 ..... (415) 434-3388  
[www.caregiver.org](http://www.caregiver.org)  
• Respite Care, In-Home Support Personnel

### **Gentle Care Agency**

4340 Redwood Highway, Ste. 155  
San Rafael, CA 94903 ..... (415) 479-7141  
[www.gentle-care.com](http://www.gentle-care.com)

### **Heart of Humanity Health Services**

1400 Grant Avenue, #203  
Novato, CA 94945 ..... (415) 898-4278

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## **Rehabilitation Services**

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## **IN-HOME SUPPORT SERVICES**

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### **In Home Supportive Services (IHSS)**

Marin Department of Health and Human Services  
10 N. San Pedro Rd., Ste. 1002  
San Rafael, CA 94903 ..... (415) 499-7118  
[www.co.marin.ca.us/depts/HH/main/ss/adult.cfm](http://www.co.marin.ca.us/depts/HH/main/ss/adult.cfm)

- Qualified persons may receive financial assistance.

### **Jewish Family and Children's Services**

600 5<sup>th</sup> Avenue  
San Rafael, CA 94901 ..... (415) 507-0564  
[www.jfcs.org](http://www.jfcs.org)

### **Marin Center for Independent Living**

710 Fourth Street  
San Rafael, CA 94901 ..... (415) 459-6245  
[www.marincil.org](http://www.marincil.org)

- Attendant Referral, Housing Access Modification, Benefits Counselors, Job Developer, Legal Advocate, Housing Counselor

### **West Marin Senior Services**

P.O. Box 791  
Point Reyes Station, CA 94956 ..... (415) 663-8148  
[www.wmss.org](http://www.wmss.org)

- Support services for persons over 60 in West Marin and the San Geronimo Valley.

## ADDITIONAL IN-HOME SUPPORT SERVICES

**Accent Care** ..... (415) 472-1111  
[www.accentcare.com](http://www.accentcare.com)

**Caregivers Network** ..... (415) 492-1840

**Hired Hands, Inc.** ..... (415) 884-4343  
[www.hiredhands.net](http://www.hiredhands.net)

**Home Instead Senior Care** ..... (415) 883-6260  
[www.homeinstead.com](http://www.homeinstead.com)

**Marin Nurses Network** ..... (415) 419-3537

## ADULT DAY HEALTH SERVICES

**Senior Access**  
1905 Novato Boulevard  
Novato, CA 94947 ..... (415) 897-6884  
[www.senioraccess.org](http://www.senioraccess.org)

- Senior Access operates Adult Day Health Centers in Novato
- They offer structured day programs for older adults with healthcare needs.

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## **Additional Resources and Services**

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### CASE MANAGEMENT SERVICES

Private, public and not-for-profit case management services offer consultation with the family members, caregivers and individuals about care and resources needed. A home visit will assess the client's needs. Ongoing care is provided.

#### **Catholic Charities**

One St. Vincent Dr.  
San Rafael, CA 94903 ..... (415) 507-4262  
[www.cccyo.org](http://www.cccyo.org)

#### **Family Caregiver Alliance**

180 Montgomery Street, Suite 1100  
San Francisco, CA 94104 ..... (415) 434-3388  
[www.caregiver.org](http://www.caregiver.org)

#### **Jewish Family and Children's Services**

600 5<sup>th</sup> Avenue  
San Rafael, CA 94901 ..... (415) 491-7960  
[www.jfcs.org](http://www.jfcs.org)

- *MSSP*: Multipurpose Senior Service Program – A no-fee case management program for individuals 65 years or older, who are at risk of placement in a skilled nursing facility, and eligible for Medi-Cal.
- *Linkages*: A state funded case management program for Marin residents 18 years and older, who have a disability that is threatening their independent living. Voluntary contributions accepted, but no eligible individuals will be denied service due to an inability to contribute. There may be a waiting list.

## **COGNITIVE RETRAINING**

### **College of Marin**

#### **Disabled Students Programs & Services (DSPS)**

Kentfield, CA 94904 ..... (415) 485-9406

[www.marin.cc.ca.us/disabled](http://www.marin.cc.ca.us/disabled)

- Computer-assisted cognitive remediation is available through the High Tech Center where a self-paced curriculum is developed to meet student's individualized needs. Areas addressed include thinking and problem-solving, memory improvement, mathematics and language arts.
- The DSPS provides a comprehensive Adaptive PE program for ongoing physical rehabilitation and socialization. (See entry under EXERCISE AND FITNESS.)

### **Kentfield Rehabilitation & Specialty Hospital**

Outpatient Center

1125 Sir Francis Drake Boulevard

Kentfield, CA 94904 ..... (415) 485-3541

[www.kentfieldrehab.com/outpatient](http://www.kentfieldrehab.com/outpatient)

- Individual neuropsychological assessment and cognitive retraining, including computer-assisted instruction.

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## **Additional Resources and Services**

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## **COUNSELING AND PSYCHOTHERAPY**

The need for counsel and psychotherapy is normal when life is affected by any catastrophic illness. Because the onset of stroke is sudden and acute, a great deal of disruption occurs in the lives of everyone involved.

Counseling can be of enormous help in making the needed adjustments and decisions in the lives of stroke survivors, their families and caregivers as they deal with the changes in physical, emotional, behavioral, social and family role status.

Mental health and social service professionals can assist stroke survivors and their families in understanding and resolving the psychological and social stresses of the stroke experience.

You should look for a licensed professional familiar with the area of stroke. The following organizations can provide referrals:

### **California Association of Marriage and Family Therapists**

Marin County Chapter ..... (415) 459-3484

[www.camft.org](http://www.camft.org)

### **Catholic Charities**

One St. Vincent Drive

San Rafael, CA 94903 ..... (415) 507-4262

[www.cccyo.org](http://www.cccyo.org)

### **Community Institute for Psychotherapy**

1330 Lincoln Avenue, Suite 201

San Rafael, CA 94901 ..... (415) 459-5999

[www.counselingcip.org](http://www.counselingcip.org)

### **Older Adult Services**

Senior Peer Counseling Program  
250 Bon Air Rd.  
Greenbrae, CA 94904 ..... (415) 499-6802  
[www.aaspc.com](http://www.aaspc.com)

### **Family Caregiver Alliance**

180 Montgomery Street, Suite 1100  
San Francisco, CA 94104 ..... (415) 434-3388  
[www.caregiver.org](http://www.caregiver.org)

### **Family Service Agency of Marin**

555 Northgate Drive  
San Rafael, CA 94903-3680 ..... (415) 456-3853  
[www.fsamarin.org](http://www.fsamarin.org)

### **Jewish Family and Children's Services**

600 5<sup>th</sup> Avenue  
San Rafael, CA 94901 ..... (415) 507-0564  
[www.jfcs.org](http://www.jfcs.org)

### **Kentfield Rehabilitation & Specialty Hospital**

Outpatient Center  
1125 Sir Francis Drake Boulevard  
Kentfield, CA 94904 ..... (415) 485-3541  
[www.kentfieldrehab.com/outpatient](http://www.kentfieldrehab.com/outpatient)

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## **Additional Resources and Services**

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### **COUNSELING AND PSYCHOTHERAPY**

*(continued)*

#### **Keeping Hope Alive**

P. O. Box 448  
Fairfax, CA 94978 ..... (415) 455-8600  
[www.keepinghopealive.org](http://www.keepinghopealive.org)

- Individual, couple, family and group counseling for stroke survivors and their families.

**Marin County Psychological Assn.** ..... (415) 456-4026

[www.marin.calpsy.net](http://www.marin.calpsy.net)

**Marin Suicide Prevention** ..... 24 hours (415) 499-1100

[www.fsamarin.org](http://www.fsamarin.org)

### **DIETARY COUNSELING**

**Most hospitals have a dietary counseling service**

**American Diabetes Association** (in Emeryville) (415) 777-4499

[www.diabetes.org](http://www.diabetes.org)

#### **American Heart Association**

120 Montgomery Street, #1650  
San Francisco, CA 94104 ..... (415) 433-2273  
[www.americanheart.org](http://www.americanheart.org)

- Personal nutrition counseling is available at reasonable cost. A registered dietitian will tailor a diet to fit your needs and lifestyle.

**American Dietetic Association**

[www.eatright.org](http://www.eatright.org) ..... (800) 877-1600

- Lists registered dietitians by city, region and specialty.

**California Dietetic Association, Bay Area District**

477 15th Street

Oakland, CA 94612 ..... (510) 433-9688

[www.dietitian.org](http://www.dietitian.org)

- Nutrition counseling referrals and lecturers.

**For Diabetes Information:**

[www.diabetes.org](http://www.diabetes.org)

See the Yellow Pages for *Nutritionists and Dietitians*.



*“The power of people doing things for themselves is very strong medicine.”*

Kate Lorig, Nurse

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**Additional Resources and Services**

*(continued)*

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**EDUCATION AND VOCATIONAL RETRAINING**

**ADA Helpline at the Equal Employment**

**Opportunity Commission** ..... (800) 669-3362

[www.eeoc.gov](http://www.eeoc.gov)

- For people with disabilities looking for details on training programs and/or vocational rehabilitation.

**California State Department of Rehabilitation**

120 N. Redwood Drive

San Rafael, CA 94903 ..... (415) 507-1483

[www.rehab.cahwnet.gov](http://www.rehab.cahwnet.gov)

- Assists people with disabilities to prepare for and to obtain employment.

**College of Marin Disabled Students Programs and Services**

Kentfield Campus

College Avenue

Kentfield, CA 94904 ..... (415) 485-9406

[www.marin.cc.ca.us/disabled](http://www.marin.cc.ca.us/disabled)

- Offers many educational programs for stroke survivors, caregivers and family members.

**Higher Education and Training for**

**People with Handicaps** ..... (800) 544-3284

[www.heath.gwu.edu](http://www.heath.gwu.edu)

- A national clearinghouse on post-secondary education (through George Washington University).

**Marin Center for Independent Living (MCIL)**

710 4<sup>th</sup> Street

San Rafael, CA 94901 ..... (415) 459-6245

[www.marincil.org](http://www.marincil.org)

- Provides job development and placement.

**EQUIPMENT AND DEVICES**

See Yellow Pages for *Orthopedic Appliance, Orthotists, Prosthetics, Wheelchairs, Scooters, Lifts, Ramps*, etc., rental and retail. Some pharmacies and hardware stores may stock useful equipment or devices.

**Orthotics:** Orthotics are braces made or fitted especially for you that will assist in your mobility. The most common are AFOs (Ankle-Foot Orthosis) and KFOs (Knee-Ankle-Foot Orthoses). They require a prescription from your physician to order. Your Physical Therapist together with the Orthotist can assist in recommending the best orthotic for you. Medicare and Medi-Cal cover orthotics in most cases. Private insurance companies give approval on a case-by-case basis.

**California Telephone Access**

**Program (CTAP)** ..... (800) 806-1191

[www.ddtp.org/EquipmentAndServices/CTELP/CTELP.htm](http://www.ddtp.org/EquipmentAndServices/CTELP/CTELP.htm)

- This program provides products and services to assist with telephone use free of charge (e.g., speaker phones, large dial pads, etc.). Even if not available through CTAP, phones with the speaker in the handset do exist and are very convenient.

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**Additional Resources and Services**

*(continued)*

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**EQUIPMENT AND DEVICES**

*(continued)*

**CATALOGS**

- These catalogs offer a great variety of products for special needs.

*“Enrichments”* ..... (800) 235-7054  
[www.sammonspreston.com](http://www.sammonspreston.com)

*“Functional Solutions”* ..... (800) 235-7025  
[www.beabletodo.com](http://www.beabletodo.com)

**Driving Specialties, Ltd.**

215 Commercial Street

Fax: (707) 553-1504

Vallejo, CA 94589 ..... (707) 553-1515

[www.drivingspecialties.com](http://www.drivingspecialties.com)

- Installs accessible transportation products from various vendors into cars and vans.

**Easter Seals of Northern California**

20 Pimental Court, Suite A1

Novato, CA 94947 ..... (415) 382-7450

<http://noca.easterseals.com>

- Will rent medical equipment such as canes, walkers, crutches, wheelchairs, transfer benches for tub or shower and bedside commodes. Fees may be waived for those unable to pay.

### Home CARES Equipment Recyclers

2619 Broadway (415) 388-2622  
Oakland, CA 94612 (415) 897-2664

[www.homecares.org](http://www.homecares.org)

- Collection and Redistribution of Equipment and Supplies (CARES). Marin location to pick up or donate health care equipment is 3100 Kerner Blvd., San Rafael CA. for appointment.

### LightHouse of Marin

1137 4<sup>th</sup> Street  
San Rafael, CA 94901 (415) 258-8496

[www.lighthouse-sf.org/skills/lhmarin.htm](http://www.lighthouse-sf.org/skills/lhmarin.htm)

- Offers items that talk (watches, calculators, etc.), programs and classes.  
Store: 10 am – 4 pm, Monday through Thursday  
Office: 8:30 am – 5 pm, Monday through Thursday

### Marin Center for Independent Living (MCIL)

710 4<sup>th</sup> Street  
San Rafael, CA 94901 (415) 459-6245

[www.marincil.org](http://www.marincil.org)

- Provides home and vehicle modifications and used equipment.
- Used equipment website [www.atexchange.org](http://www.atexchange.org)

### Mobility Systems

1010 Carleton Street  
Berkeley, CA 94710 . . . 800.94.FREEDOM or (510) 540-0295

[www.mobilitysystems.com](http://www.mobilitysystems.com)

- Scooter and wheelchair vans, service and sales; used conversions available; broad spectrum of accessible products, including swivel seats, hand controls, lifts, dash modifications, etc.

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## Additional Resources and Services

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### EQUIPMENT AND DEVICES

*(continued)*

#### WHEELCHAIR PURCHASE AND REPAIR

##### **Grandmar**

6287 Doyle Street  
Emeryville, CA (510) 428-0441

##### **Ron Andrews Medical Co. Inc.**

117 Carlos Drive  
San Rafael, CA 94903 (415) 492-1770  
[www.ronandrewsmedical.com](http://www.ronandrewsmedical.com)

- Performs repairs only on wheelchairs purchased or rented through their company.

##### **Wheelchairs of Berkeley**

2911 Shattuck Avenue  
Berkeley, CA (415) 284-9424

- A second branch is located at 590 Howard St. in San Francisco. The above number is good for both locations.

## **EXERCISE AND FITNESS**

### **College of Marin, Adaptive PE**

Disabled Students Program and Services . . . (415) 485-9654

[www.marin.cc.ca.us/disabled](http://www.marin.cc.ca.us/disabled)

- This is a credit fitness program based on exercising, stretching, yoga, body work and weight lifting, developed for each student in accordance with his or her physician's recommendations.

### **Larkspur Walking Club**

Larkspur Recreation Department

Piper Park

250 Doherty Drive

Larkspur, CA 94939 . . . . . (415) 927-6746

[www.ci.larkspur.ca.us/3043.html](http://www.ci.larkspur.ca.us/3043.html)

### **Marin County Health and Human Services**

899 Northgate Drive, #425

San Rafael, CA 94903 . . . . . (415) 473-2940

[www.co.marin.ca.s/depts/hh/main/hs/prevention.cfm](http://www.co.marin.ca.s/depts/hh/main/hs/prevention.cfm)

[www.marinonthemove.org](http://www.marinonthemove.org)

- Nutrition Wellness/Physical Activity Education

### **Marin Jewish Community Center**

200 North San Pedro Road

San Rafael, CA 94903 . . . . . (415) 479-2000

[www.marinjcc.org](http://www.marinjcc.org)

- Comprehensive physical fitness programs including strength training in warm pool. Individualized exercise five days a week. Programs include: neuromuscular training to engage motor pathways, aerobic exercise, and Feldenkrais.

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## **Additional Resources and Services**

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## **EXERCISE AND FITNESS**

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### **Marin YMCA**

1500 Los Gamos Road

San Rafael, CA 94903 . . . . . (415) 492-9622

[www.ymcasf.org/Marin](http://www.ymcasf.org/Marin)

- Adaptive fitness program provides individualized exercises in the pool and in exercise areas. Call (415) 446-2105 for information on adaptive fitness.

## **FINANCIAL ASSISTANCE**

Eligibility for financial assistance depends upon many factors, such as: age, income, disability, circumstances under which the disability was incurred, veterans status, immigration status, and many others. The requirements vary widely from program to program, and application procedures may be complex. A social worker, eligibility worker, or claims counselor employed by an agency will assist you in applying for benefits.

### **California State Property Tax Postponement**

**and Tax Assistance** . . . . . (800) 338-0505

[www.ftb.ca.gov](http://www.ftb.ca.gov)

### **Franchise Tax Board, California State**

Rent Assistance, Tax Assistance

P.O. Box 1588

Sacramento, CA 95818 . . . . . (800) 338-0505

[www.ftb.ca.gov](http://www.ftb.ca.gov)

**IRS-Internal Revenue Service** . . . . . (800) 829-1040

[www.irs.gov](http://www.irs.gov)

- Call number to find out when and where in your community there will be a booth set up where you can get FREE tax information and advice from an IRS agent each spring.

### **Jewish Family and Children's Services**

Senior Services

600 5<sup>th</sup> Avenue

San Rafael, CA 94901 . . . . . (415) 507-0564

[www.jfcs.org](http://www.jfcs.org)

- Provides emergency, one-time-only financial assistance to qualifying individuals.

**Marin Center for Independent Living** . . . . . (415) 459-6245

[www.marincil.org](http://www.marincil.org)

- Offers benefits counseling and legal advocacy.

### **Marin County Health and Human Services**

120 N. Redwood Drive

San Rafael, CA 94903

Public Assistance & General Information . (415) 473-3400

Medi-Cal Information . . . . . (415) 473-3460

Food Stamp Information . . . . . (415) 473-3460

[www.co.marin.ca.us/depts/HH/main/ss/public.cfm](http://www.co.marin.ca.us/depts/HH/main/ss/public.cfm)

### **In Home Supportive Services Attendant Care**

10 No. San Pedro Rd.

San Rafael, CA 94903 . . . . . (415) 499-7118

[www.co.marin.ca.us/depts/HH/main/ss/adult.cfm](http://www.co.marin.ca.us/depts/HH/main/ss/adult.cfm)

- Federal/State-funded assistance given to qualifying low-income persons and families.

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## **Additional Resources and Services**

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### **FINANCIAL ASSISTANCE**

*(continued)*

#### **Division of Aging**

10 North San Pedro Road, Room 1012

San Rafael, CA 94903 . . . . . (415) 499-7396

[www.co.marin.ca.us/depts/HH/main/ag/index.cfm](http://www.co.marin.ca.us/depts/HH/main/ag/index.cfm)

- Assists individuals and families in locating services.

#### **Support Services for Elders**

1005 A Street, Flr. 2

San Rafael, CA 94901 . . . . . (415) 456-8692

[www.ioaging.org/osubs/contact.html](http://www.ioaging.org/osubs/contact.html)

- MSSE is a program of the Institute of Aging providing money management and personal care services to seniors. Sliding fee scale is available.

#### **U.S. Government Department of Health & Human Services**

Federal Disability Claims

Social Security Administration

1001 Loutens Place

San Rafael, CA 94901 . . . . . (800) 772-1213

[www.ssa.gov](http://www.ssa.gov)

#### **Veterans Service Office**

10 North San Pedro Road, Room 1010

San Rafael, CA 94903 . . . . . (415) 499-6193

[www.co.marin.ca.us/depts/HH/main/ss/adult.cfm](http://www.co.marin.ca.us/depts/HH/main/ss/adult.cfm)

- Assists veterans or dependents to obtain Federal and State benefits and tuition waivers.

**Whistlestop Senior Coordinating Council, Incorporated**  
930 Tamalpais Avenue  
San Rafael, CA 94901 ..... (415) 456-9062  
[www.thewhistlestop.org/index.html](http://www.thewhistlestop.org/index.html)

- Call for information about free income tax assistance and the availability of other services for those over 55.

## **HEALTH INSURANCE**

Medicare and most private insurance policies will provide coverage for rehabilitation following a stroke. The exact services and time periods covered vary from policy to policy. Skilled nursing care, speech, occupational and physical therapy, and medical social work are services usually covered for inpatient and outpatient rehabilitation and in-home rehabilitation.

Medicare and most insurance policies do not cover custodial care. Custodial care is ongoing personal care and supervision often needed by stroke survivors. A very few insurance policies do cover custodial care in the home or in a skilled nursing facility. Medi-Cal covers custodial care in a skilled nursing facility for low-income individuals. Descriptions of the levels of care available to stroke survivors, on pages 12 through 13, indicate whether the services are considered *rehabilitative* or *custodial*, i.e., whether or not the services are generally covered by Medicare and/or private insurance.

**Health Insurance Counseling and Advocacy Program (HICAP)** ..... (800) 303-4477  
[www.inlandagency.org/html/hicap\\_statelocations.htm](http://www.inlandagency.org/html/hicap_statelocations.htm)

- Provides objective information and assistance to people who need help in understanding Medicare, supplemental (Medigap) insurance, long-term care insurance, senior HMO plans, and assistance with Medicare billing and claims.

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## **Additional Resources and Services**

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### **HEALTH INSURANCE**

*(continued)*

### **GOVERNMENT FUNDED HEALTH INSURANCE**

**Medicare** is a Federal health insurance program administered through the Social Security Administration. It is available to most Americans over the age of 65. However, if you are under age 65 and disabled, you may also be eligible for benefits. Contact Social Security at (800) 772-1213, or:

**Medicare Hotline** ..... (800) MEDICARE  
[www.medicare.gov](http://www.medicare.gov)

**Social Security Administration**  
Marin County Office  
1001 Lootens Place  
San Rafael, CA 94901 ..... (800) 772-1213  
[www.ssa.gov](http://www.ssa.gov)

**Medi-Cal** is a Federally-funded health insurance program administered by the State of California for low-income individuals. In other states the program is known as *Medicaid*. Types of services covered will vary from state to state. For information and eligibility criteria, contact:

**Marin County Health and Human Services Department**  
Public Assistance  
120 North Redwood Drive – West Wing  
San Rafael, CA 94903 ..... (415) 473-3400  
[www.co.marin.ca.us/depts/HH/main/ss/public.cfm](http://www.co.marin.ca.us/depts/HH/main/ss/public.cfm)

**National Insurance Consumer Helpline** . . . (800) 942-4242  
[www.fullcirclecare.org/resources/numbers.htm](http://www.fullcirclecare.org/resources/numbers.htm)

- For information on health insurance issues and free consumer guides.

### **PRIVATE HEALTH INSURANCE**

If you have a private health insurance policy through your employer and/or your spouse's employer, contact the employer's Human Resources Department. Many private insurance companies now have case managers to help you understand your coverage.

The State of California offers a special program for private insurance applicants who are denied individual coverage. Premium is partially subsidized by the State of California. You may qualify to apply for this program if you have been denied coverage from a private health plan. Call for further information on the *Major Risk Medical Insurance Program (MRMIP)* at (800) 289-6574 (administered by Blue Cross).

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## **Additional Resources and Services**

(continued)

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### **INFORMATION, PUBLICATIONS & REFERRAL SERVICES**

#### **ABLEforce**

P.O. Box 2233  
Benecia, CA 94510 . . . . . (415) 215-0577  
[ableforce@sbcglobal.net](mailto:ableforce@sbcglobal.net)

- Founded by a stroke survivor, this private, multi-service business focuses on disability awareness, and consults with stroke survivors, families, and caregivers.

#### **American Heart Association – North Bay**

1400 Dutton Avenue, #20  
Santa Rosa, CA 95401 . . . . . (800) AHA-USA1  
[www.heartsource.org](http://www.heartsource.org)

- Publications:
  - Magazine: *“Stroke Connection”*
  - Pamphlets: *“Strokes: A Guide for the Family”* FREE
  - “How Stroke Affects Behavior”* FREE
  - “Caring for Person with Aphasia”* FREE
  - “The One Handed Way”* FREE
  - “Rebuilding Your Life”* FREE

#### **American Stroke Association**

A Division of American Heart Association  
2007 “O” Street  
Sacramento, CA 95814 . . . . . (916) 446-6505  
[www.strokeassociation.org](http://www.strokeassociation.org)

- Warmline . . . . . (800) 553-6321
- For information on completed and ongoing clinical trials, go to their Web site, click on “*Professional*,” then click on “*Stroke Trials Directory*.”

**Choices for Living**

A Housing Resource Guide for Marin County Seniors  
Marin County Department of Health & Human Services –  
Division of Aging  
10 N. San Pedro Rd., Ste. 1012  
San Rafael, CA 94903 ..... (415) 499-7396  
[www.co.marin.ca.us/depts/HH/main/ag/index.cfm](http://www.co.marin.ca.us/depts/HH/main/ag/index.cfm)

**Directory of Services for Marin County Seniors**

**The Whistlestop**

930 Tamalpais Avenue  
San Rafael, CA 94901 ..... (415) 456-9062  
[www.thewhistlestop.org](http://www.thewhistlestop.org)

- Reservations for Rides ..... (415) 456-0964

**Family Caregiver Alliance**

180 Montgomery Street, Suite 1100 ..... (415) 434-3388  
San Francisco, CA 94104 ..... or (800) 445-8106  
[www.caregiver.org](http://www.caregiver.org)

- Serves as the Bay Area Caregiver Resource Center for brain-impaired adults and as a clearing house of information about brain disorders, care options and services for families and professionals.
- NEWSLETTER: "Update" ..... Quarterly, FREE

**HELPLINK United Way of the Bay Area**

• HELPLINK ..... (415) 808-HELP  
..... (800) 273-6222  
[www.211bayarea.org](http://www.211bayarea.org) Spanish: (415) 808-4444  
[www.nccsf.org](http://www.nccsf.org) TDD: (415) 808-4440  
[www.uwba.org](http://www.uwba.org) Chinese: (415) 808-7339

- A comprehensive database of over 4,500 health and human service agencies in six Bay Area counties.

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**Additional Resources and Services**

(continued)

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**INFORMATION, PUBLICATIONS & REFERRAL SERVICES**

(continued)

**Human Needs Center of Novato**

1907 Novato Boulevard  
Novato, CA 94947 ..... (415) 897-4147  
[www.nhnc.org](http://www.nhnc.org)

**Marin Center for Independent Living (MCIL)**

710 Fourth Street  
San Rafael, CA 94903 ..... (415) 459-6245  
[www.marincil.org](http://www.marincil.org)

- Assists persons with all types of disabling conditions through attendant referral, housing services, access modification (grab bars, ramps, etc.), legal advocacy, education, benefits counseling, peer counseling.
- "The Marin Independent": A FREE quarterly newsletter put out by the Marin Center for Independent Living (MCIL) highlights current issues and information in the area of disabilities.

**MarinLink**

**Connecting Our Community**

The Mall at Northgate / 2620  
San Rafael, CA 94903 ..... (415) 472-0211  
[www.marinlink.org](http://www.marinlink.org)

- Through connection, collaboration and communication, MarinLink is committed to linking the people, services and products of Marin County.

### Marin Senior Coordinating Council (Whistlestop)

930 Tamalpais Avenue  
San Rafael, CA 94901 ..... (415) 456-9062  
[www.thewhistlestop.org](http://www.thewhistlestop.org)

### Medicare:

[www.medicare.gov](http://www.medicare.gov)

**Medline** (from National Library of Medicine at the National Institutes of Health)

[www.nlm.nih.gov](http://www.nlm.nih.gov)

### National Institutes of Health

- **National Institute of Neurological Disorders and Stroke (NINDS)** ..... (800) 352-9424  
[www.ninds.nih.gov](http://www.ninds.nih.gov)
- **Brain Resources and Information Network (BRAIN)**  
P. O. Box 5801  
Bethesda, MD 20824  
[www.ninds.nih.gov/find\\_people/government\\_agencies/volorg738.htm](http://www.ninds.nih.gov/find_people/government_agencies/volorg738.htm)

### National Stroke Association

9707 East Easter Lane  
Englewood, CO 80112 ..... (800) 787-6537  
[www.stroke.org](http://www.stroke.org)

- MAGAZINE: “*Stroke Smart*” ..... Monthly
- HANDBOOKS: ***The Road Ahead***, a detailed guide for family, survivor, and friends. Recovery issues.  
***Adaptive Resources***, guide to products and services.

### West Marin Senior Services

11435 State Route 1  
Point Reyes Station, CA 94950 ..... (415) 663-8148  
[www.wmss.org](http://www.wmss.org)

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## Additional Resources and Services

(continued)

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### INTEGRATIVE THERAPIES

This Directory does not include specific resources for complementary and alternative therapies, but many stroke survivors have found them beneficial. These may include acupuncture, acupressure, massage therapy, aromatherapy, expressive arts therapies, and a variety of movement therapies such as Chi Gung and Feldenkrais. While research is being conducted on the objective efficacy of many of these, anecdotal evidence suggests that they can be valuable to stroke survivors working through the many transformations of post-stroke life. Some of these therapies may simply provide much-needed stress reduction, whether or not they promote more specific healing. Caregivers might also benefit from these therapies.

### LEGAL SERVICES

The following organizations provide information and referral to attorneys regarding such matters as power-of-attorney, conservatorship, wills, estate planning, patient rights, etc.

#### **Disability Rights and Education Defense Fund**

2212 6<sup>th</sup> Street  
Berkeley, CA 94710 ..... (510) 644-2555  
[www.dredf.org](http://www.dredf.org)

- Focuses on disability as a civil rights issue. Local information and referral re: employment, housing, transportation and legal rights issues. Involved with national policy matters in Washington, D.C.

### **Family Caregiver Alliance**

180 Montgomery Street, Suite 1100  
San Francisco, CA 94104 ..... (415) 434-3388  
[www.caregiver.org](http://www.caregiver.org)

- Legal services for estate and financial planning.

### **Legal Aid of Marin**

30 N. San Pedro Road, Ste. #220  
San Rafael, CA 94903 ..... (415) 492-0230  
[www.legalaidmarin.org](http://www.legalaidmarin.org)

- Free legal services to qualified low-income persons in Marin County.

### **Marin Center for Independent Living (MCIL)**

710 Fourth Street  
San Rafael, CA 94901 ..... (415) 459-6245  
[www.marincil.org](http://www.marincil.org)

- Legal Advocate

### **Marin County Bar Association**

30 N. San Pedro Rd., Ste. 140  
San Rafael, CA 94901 ..... (415) 499-1813  
[www.marinbar.org](http://www.marinbar.org)

- Moderate fee for one-half hour advisory consultation. Can make referrals to attorneys who accept qualified seniors, disabled persons, and low-income individuals at reduced fees.

### **Senior Citizens Legal Services (Legal Aid of Marin)**

30 N. San Pedro Road, #220  
San Rafael, CA 94903 ..... (415) 492-0920  
[www.legalaidmarin.org](http://www.legalaidmarin.org)

- Priority to socially/economically needy, age 60 and over. Donations accepted.

### **Senior Information & Referral (Whistlestop)**

930 Tamalpais Avenue  
San Rafael, CA 94901 ..... (415) 456-9062  
[www.thewhistlestop.org](http://www.thewhistlestop.org)

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## **Additional Resources and Services**

*(continued)*

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### **LIBRARIES**

#### **California State Library Braille and Talking Book Library**

900 N. Street  
Sacramento, CA 95814 ..... (800) 952-5666  
[www.library.ca.gov/html/pubser05.cfm](http://www.library.ca.gov/html/pubser05.cfm)

- Home mail delivery of cassette and free loan of player. No fee.

#### **Cancer Resource & Recovery Center**

1350 South Eliseo Drive  
Greenbrae, CA 94904 ..... (415) 925-7920  
[www.maringeneral.org/services/libraries.html](http://www.maringeneral.org/services/libraries.html)

- Free medical computer searches and lending library on any health topic.

#### **Kaiser Permanente**

Health Education Resource Centers

- San Rafael ..... (415) 444-2173
- Novato ..... (415) 899-7538
- Petaluma ..... (707) 765-3485

[www.kaisersanrafael.org/healthcenter.htm](http://www.kaisersanrafael.org/healthcenter.htm)

#### **Marin General Hospital**

Medical Library  
250 Bon Air Road  
Greenbrae, CA 94904 ..... (415) 925-7000, Ext. 7393  
[www.maringeneral.org/services/libraries.html](http://www.maringeneral.org/services/libraries.html)

#### **Novato Community Hospital**

Health Education Resource Center  
180 Rowland Way  
Novato, CA 94945 ..... (415) 209-1498  
[www.novatocommunity.sutterhealth.org/services/herc.html](http://www.novatocommunity.sutterhealth.org/services/herc.html)

**Planetree Health Resource Center Library**

2040 Webster Street Fax: (415) 673-2629  
San Francisco, CA 94115 . . . . . (415) 923-3681  
[www.cpmc.org/services/ihh/hhc/ihhlibrary](http://www.cpmc.org/services/ihh/hhc/ihhlibrary)

**MEALS**

**Marin Senior Coordinating Council (Whistlestop)**

930 Tamalpais Avenue  
San Rafael, CA 94901 . . . . . (415) 456-9062  
[www.thewhistlestop.org](http://www.thewhistlestop.org)

- Nutrition Services Division coordinates group and home delivered meals that are available to older persons in the community on a daily basis.
- Library books can be delivered at the same time as meals, if arranged for in advance.

**MEDICATIONS**

**MedSolutions** . . . . . (866) 822-7905, Option 3  
[www.freemedandsolutions.com](http://www.freemedandsolutions.com)

- Patient assistance programs for free medications.

**PARENTING**

**Through the Looking Glass**

2198 Sixth St., Suite 100 Fax: (510) 848-4445  
Berkeley, CA 94710 . . . . . (510) 848-1112  
<http://lookingglass.org>

- Provides direct services, information and referral to a diverse group of parents, including those with physical and visual disabilities. Includes a toll-free consultation, information and referral center, newsletter *Parenting with a Disability*, and an extensive resource library on parenting with a disability.

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**Additional Resources and Services**

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**PETS**

**Marin Humane Society**

171 Bel Marin Keys Boulevard  
Novato, CA 94949 . . . . . (415) 883-4621, Ext. 355  
[www.marinhumanesociety.org/www\\_SHARE.html](http://www.marinhumanesociety.org/www_SHARE.html)

- SHARE: Special Human and Animal-Related Experiences. "Side-by-Side" is a program of the Marin Humane Society to keep people and their pets together. Offers care and feeding assistance for pets to disabled, elderly, and people with AIDS. Services available are: pet food (home delivery, if necessary), veterinary care, grooming and flea control, dog walks, free spay/neuter and vaccinations, dog licenses and cat I.D. tags, and emergency boarding. No fee, or sliding scale fee when applicable.

**Canine Companions for Independence**

2965 Dutton Avenue  
Santa Rosa, CA 95407 . . . . . (707) 577-1700  
[www.caninecompanions.org](http://www.caninecompanions.org)

- Service Dogs.

**Discovery Dogs**

P. O. Box 6050  
San Rafael, CA 94903 . . . . . (415) 479-9557  
[www.discoverydogs.org](http://www.discoverydogs.org)

- Assistance dog training for people with physical disabilities other than blindness.

## **RECREATION AND TRAVEL**

(Also, see EXERCISE AND FITNESS section)

### **Blue Spruce Lodge**

451 Marten Creek Road

Trout Creek, Montana 59874 ..... (800) 831-4797

or call ..... (406) 827-4762

[www.montanalodge.com](http://www.montanalodge.com)

- Completely built and designed for wheelchair users. Big game and bird hunting, trout fishing, boating, and water sports.

### **California Department of Fish and Game**

Accessible fishing piers in Northern California (707) 944-5500

[www.dfg.ca.gov/coned/disability.access.html](http://www.dfg.ca.gov/coned/disability.access.html)

- This Web site gives info on fish types and accessibility of parking and restrooms.

**California State Parks** ..... (916) 445-8949

[www.parks.ca.gov/default.asp?page\\_id=21944](http://www.parks.ca.gov/default.asp?page_id=21944)

- A disabled discount pass is available.

### **Elderhostel**

11 Avenue de Lafayette

Boston, MA 02111-1746 ..... (877) 426-8056

[www.elderhostel.org](http://www.elderhostel.org)

- Elderhostel is an educational adventure for individuals 60 years and older with health and physical considerations.

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## **Additional Resources and Services**

(continued)

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## **RECREATION AND TRAVEL**

(continued)

### **Environmental Traveling Companions (E.T.C.)**

Ft. Mason Center

Landmark Bldg. C

Fax: (415) 474-3919

San Francisco, CA 94123 ..... (415) 474-7662

[www.etctrips.org](http://www.etctrips.org)

- Making the outdoors accessible to people with special needs: Cross Country Skiing, River Rafting, Kayaking.

### **Horseback Riding: Halleck Creek 4H Riding Club**

P.O. Box 189

Inverness, CA 94937 ..... (415) 662-2488

<http://halleckcreekranch.org>

- Therapeutic and rehabilitative horseback riding every Saturday. Call for times. Free.

### **Marin Municipal Water District**

Mt. Tam Watershed,

Sky Oaks Ranger Station ..... (415) 945-1180

[www.marinwater.org/mttamwatershed.html](http://www.marinwater.org/mttamwatershed.html)

- Fishing access and picnic facilities, call for information.

### **Museums**

- Most major museums are accessible and have wheelchairs available; call for details. Special days for people with disabilities, docent tours, reduced fees for special exhibits may be available.

### **National Park Service**

Golden Gate National Recreation Area (GGNRA)

Visitor Information . . . . . (415) 561-5706

[www.nps.gov/goga/pphtml/accessibility.html](http://www.nps.gov/goga/pphtml/accessibility.html)

- Information available about accessible trails and visitor centers in the local areas, including Pt. Reyes and elsewhere in the GGNRA (Golden Gate National Recreation Area).

### **Sailing: Bay Area Association of Disabled Sailors (BAADS)**

P. O. Box 77212

Pier 40

San Francisco, CA 94107 . . . . . (415) 281-0212

[www.baads.org](http://www.baads.org)

### **Society for Accessible Travel and Hospitality (SATH)**

347 Fifth Avenue, Suite 610

New York, New York 10016 . . . . . (212) 447-7284

[www.sath.org](http://www.sath.org)

- SATH provides a wealth of information on domestic and international travel, especially through its website.

### **Tahoe Adaptive Ski School (TASS) . . . . . (530) 581-4161**

[www.dsusafw.org/winter.html](http://www.dsusafw.org/winter.html)

- A program of Disabled Sports USA located at Alpine Meadows, Lake Tahoe. Provides instruction and adaptive equipment to make skiing possible for anyone with a disability. Call for info and reservations.

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## **Additional Resources and Services**

*(continued)*

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### **RECREATION AND TRAVEL**

*(continued)*

#### **TRAVEL RESOURCES/MISCELLANEOUS**

Travel is becoming easier for persons with disabilities, but one must ask the right questions to find fully accessible lodgings. Ask if the shower is a “roll-in” shower, suitable for a wheelchair, with grab bars and a bench to sit on; some hotels consider a high-sided tub with a grab bar or two as “accessible,” but obviously that won’t meet the needs of many people with impaired mobility.

#### **AAA Resources:**

[www.csaa.com](http://www.csaa.com)

- AAA’s book, *The Disabled Driver’s Mobility Guide*, includes information for finding equipment and services to improve the mobility of disabled drivers (adaptive equipment, driver training, van rentals, etc.). Available at local AAA offices.
- AAA Tour Books, listing hotels and restaurants, specify accessible features and roll-in showers in their listings.
- AAA Barrier-Free Travel is a series of destination travel guides that provides detailed information on accessible features at lodgings, restaurants and points of interest, as well as accessible transportation and medical supply and equipment resources.

**Access Northern California (ANC)** . . . . . (510) 524-2026

[www.accessnca.com](http://www.accessnca.com)

- Produces “*Access San Francisco*,” distributed by the San Francisco Convention & Visitors Bureau. Call (415) 391-2000 for a free copy of the latest issue or visit the Web sites (see Plan Your Trip <sup>Accessibility</sup>).

[www.sfvisitor.org/cgi-bin/webc.exe/st\\_prod.html?p\\_prodid=318](http://www.sfvisitor.org/cgi-bin/webc.exe/st_prod.html?p_prodid=318)

**Access guides for other cities**, if available, should be found through their own Convention & Visitors Bureaus.

### **Barrier-Free Travel**

[www2.xlibris.com/bookstore/bookdisplay.asp?bookid=11107](http://www2.xlibris.com/bookstore/bookdisplay.asp?bookid=11107)

- A book by Candy Harrington, editor of *Emerging Horizons*, contains detailed information about the logistics of planning accessible travel by plane, train, bus, and ship. Filled with worldwide resources, travel tips and updated information about accessible travel options.

### **Coastal Conservancy Publication: Wheelchair Rider’s Guide — San Francisco Bay and Nearby Shoreline**

[www.coastalconservancy.ca.gov/Publications/pubs.htm](http://www.coastalconservancy.ca.gov/Publications/pubs.htm)

- A new, updated and revised edition is expected to be published in 2005. At that time, write the Conservancy at 1330 Broadway, Suite 1100, Oakland, CA 94612 to receive a FREE copy. Guides for the Los Angeles/Orange County coast areas are currently available.

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## **Additional Resources and Services**

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### **RECREATION AND TRAVEL**

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### **TRAVEL RESOURCES/MISCELLANEOUS**

*(continued)*

At the time of publication, the following organizations were advertising tours or travel planning for the disabled; we have no firsthand experience with them:

#### **Accessible Journeys**

[www.disabilitytravel.com](http://www.disabilitytravel.com)

#### **Disabled Travel Services**

[www.access-able.com](http://www.access-able.com)

- World-wide clearinghouse on accessibility issues for the disabled, including travel.

#### **Flying Wheels Travel**

[www.flyingwheelstravel.com](http://www.flyingwheelstravel.com)

#### **Nautilus Tours**

[www.nautilustours.com](http://www.nautilustours.com)

- Specializing in travel for persons with disabilities and anyone desiring a slower-paced trip.

#### **Travel newsletter with useful tips**

[www.wheelsup.com](http://www.wheelsup.com)

## RESPITE CARE

There are ways that a relative can be relieved of caregiving for a short period of time. Some professionals or volunteers may come to the home. Out-of-home care may also be available through private convalescent hospitals or at local assisted living facilities. Call them directly.

**Family Caregiver Alliance** ..... (415) 434-3388

[www.caregiver.org](http://www.caregiver.org)

**MCIL** ..... (415) 459-6245

[www.marincil.org](http://www.marincil.org)

**Senior Access** ..... (415) 897-6884

[www.senioraccess.org](http://www.senioraccess.org)

**West Marin Senior Services** ..... (415) 663-8148

[www.wmss.org](http://www.wmss.org)

## SAFETY AND PROTECTION

### **Access**

[www.usdoj.gov/crt/ada/adahom1.htm](http://www.usdoj.gov/crt/ada/adahom1.htm)

- The Americans with Disabilities Act entitles disabled persons equal access to all public facilities. Contact the local building inspector for information.

### **California Telephone Access**

**Program (CTAP)** ..... (800) 806-1191

[www.ddtp.org/EquipmentAndServices/CTELP/CTELP.htm](http://www.ddtp.org/EquipmentAndServices/CTELP/CTELP.htm)

- Provides telephone equipment and service for persons with disabilities.

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## **Additional Resources and Services**

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## SAFETY AND PROTECTION

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**Lifeline** ..... (800) 949-2434

[www.phcd.org/lifeline.html](http://www.phcd.org/lifeline.html)

- Personal Response Service available 24-hours-a-day at the push of a waterproof button on a wristband or pendant.

### **Medic Alert**

2323 Colorado Avenue

Turlock, CA 95382 ..... (888) 633-4298

[www.medicalert.org](http://www.medicalert.org)

- Provides bracelets or necklaces with emergency medical information and cautions, and a central number to call which will provide all pertinent patient medical information.

### **Marin Adult Protective Services**

Department of Health and Human Services

10 North San Pedro Road, Suite 1002

San Rafael, CA 94903 ..... (415) 499-7118

24-hour Hot Line ..... (415) 507-2774

[www.co.marin.ca.us/depts/HH/main/ss/adult.cfm](http://www.co.marin.ca.us/depts/HH/main/ss/adult.cfm)

- If you are concerned about the well-being of a friend or neighbor, this agency will send a social worker to make a home visit to evaluate the person's needs and recommend a course of action to meet those needs on an ongoing basis.

**Ombudsman Program (For Long-Term Care)**

Division on Aging and Health and Human Services  
10 N. San Pedro Rd., Suite 1024  
San Rafael, CA 94903 . . . . . (415) 499-7446  
[www.co.marin.ca.us/depts/hh/main/ag/programs.cfm](http://www.co.marin.ca.us/depts/hh/main/ag/programs.cfm)

- Investigation and prevention of abuse in long-term care facilities.

**Police “Check-In” Programs**

- Many local police departments have programs (Are You OK? or You Are Not Alone) that offer daily phone checks to monitor the well-being of live-alone seniors and the medically fragile. Check with your community’s police department.

**Support Services for Elders**

1005 A Street, #207  
San Rafael, CA 94901 . . . . . (415) 456-8692  
[www.ioaging.org](http://www.ioaging.org)

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**Additional Resources and Services**

*(continued)*

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**SUPPORT GROUPS**

**STROKE SUPPORT GROUPS**

**College of Marin**

Disabled Students Program  
Coping with Stroke  
Kentfield, CA 94904 . . . . . (415) 485-9406  
[www.marin.cc.ca.us/disabled](http://www.marin.cc.ca.us/disabled)

- An opportunity for stroke survivors to connect with others, share information, practice communication/ thinking skills, enjoy guest speakers, and learn about resources for continued recovery and health. Family members and caregivers are encouraged to attend.

**Keeping Hope Alive**

P.O. Box 448  
Fairfax, CA 94978 . . . . . (415) 455-8600  
[www.keepinghopealive.org](http://www.keepinghopealive.org)

- Keeping Hope Alive is a nonprofit organization that helps stroke survivors and their families through education and emotional/social support. KHA offers small support groups and workshops for survivors and family members, led by a stroke survivor who is also a marriage and family therapist.

## **CAREGIVER SUPPORT GROUPS**

The following agencies offer caregiver groups when a sufficient number of people are interested. Please contact individual agencies for current information.

### **Family Caregiver Alliance**

180 Montgomery Street, Suite 1100  
San Francisco, CA 94104 . . . . . (415) 434-3388  
[www.caregiver.org](http://www.caregiver.org)

### **Keeping Hope Alive**

P. O. Box 448  
Fairfax, CA 94978 . . . . . (415) 455-8600  
[www.keepinghopealive.org](http://www.keepinghopealive.org)

### **Margaret Todd Senior Center**

1560 Hill Road  
Novato, CA 984947 . . . . . (415) 893-7940  
[www.ci.novato.ca.us/seniors/index.html](http://www.ci.novato.ca.us/seniors/index.html)

### **Senior Access**

1905 Novato Boulevard  
Novato, CA 94947 . . . . . (415) 897-6884  
[www.senioraccess.org](http://www.senioraccess.org)

## **TRANSPORTATION AND DRIVING**

### **American Automobile Association**

#### ***The Disabled Driver's Mobility Guide***

No charge to AAA Members . . . . . (800) 652-1158  
[www.csaa.com](http://www.csaa.com)

- Information about adaptive equipment, driver training, rentals and related services.

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## **Additional Resources and Services**

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## **TRANSPORTATION AND DRIVING**

*(continued)*

### **Department of Motor Vehicles**

75 Tamal Vista Boulevard  
Corte Madera, CA 94925 . . . . . (415) 924-5560

or

936 7th Avenue  
Novato, CA 94945 . . . . . (415) 897-0490

[www.dmv.ca.gov](http://www.dmv.ca.gov)

- Source of handicap placard and/or license plate. To re-test driving skills, ask for *Driver Improvement Section*.

### **Driving Specialties, Ltd.**

215 Commercial Street . . . . . Fax: (707) 553-1504  
Vallejo, CA 94589 . . . . . (707) 553-1515

[www.drivingspecialties.com](http://www.drivingspecialties.com)

- Installs accessible transportation products from various vendors into cars and vans; full van conversions.

### **Golden Gate Bridge**

Toll Plaza Discount . . . . . (415) 921-5858  
[www.goldengate.org](http://www.goldengate.org)

- Can be either disabled driver or disabled passengers. Call after 9:00 a.m. for information regarding picture I.D.

**Golden Gate Transit**

P.O. Box 9000  
Presidio Station  
San Francisco, CA 94129 . . . . . (415) 921-5858  
[www.goldengate.org](http://www.goldengate.org)

- Transit cards which entitle the holder to a discount fare also are issued at Whistlestop for those 65 and over and those certifiably disabled; call: (415) 456-9062.

**Health Express of Novato Community Hospital** . . . . . (415) 457-1392  
[www.mscc.org/Wheels%20Body.htm](http://www.mscc.org/Wheels%20Body.htm)

- Free transportation to medical appointments for Novato residents.

**Human Needs Center of Novato**  
1907 Novato Boulevard  
Novato, CA 94947 . . . . . (415) 897-4147  
[www.nhnc.org](http://www.nhnc.org)

- Transportation for Novato Seniors.

**Mobility Systems**  
1010 Carleton Street  
Berkeley, CA 94710 . . . 800.94.FREEDOM or (510) 540-0295  
[www.mobilitysystems.com](http://www.mobilitysystems.com)

- Scooter and wheelchair vans, service and sales; used conversions available; broad spectrum of accessible products, including swivel seats, hand controls, lifts, dash modifications, etc.

**North Coast Rehabilitation Center**  
151 Sotoyome Street  
Santa Rosa, CA 95404-4869 . . . . . (707) 542-2771  
[www.stjosephhealth.org/patientinformation/northcoast.htm](http://www.stjosephhealth.org/patientinformation/northcoast.htm)

- Drivers training through Out-Patient Department.

For additional resources, see Yellow Pages for listings under *Van Conversions and Accessories* and *Wheelchair Lifts and Ramps*.

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## Additional Resources and Services

(continued)

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### UTILITIES

#### **GAS & ELECTRIC**

**PG&E's Medical Baseline Allowance Program allows electric and gas baseline allowances to be increased with a doctor's confirmation.** PG&E offers information on finding ways to pay utility bills, to weatherize homes, and to find other types of help in the community regarding energy needs. Assistance is provided by PG&E and other community human service agencies.

**PG&E Customer Assistance Program**  
999 Third Street  
San Rafael, CA 94901 . . . . . (800) 743-5000  
[www.pge.com](http://www.pge.com)

#### **TELEPHONE**

**California Telephone Access Program (CTAP)** . . . . . (800) 806-1191  
[www.ddtp.org/EquipmentAndServices/CTELP/CTELP.htm](http://www.ddtp.org/EquipmentAndServices/CTELP/CTELP.htm)

- This program provides products and services to assist with telephone use free of charge (i.e., speaker phones, large dial pads, etc.).

#### **TELEVISION**

- Some cable companies may offer reduced fees for older adults or disabled persons receiving Social Security Disability Income (SSDI) or Supplemental Social Security Income (SSI). Check with your local cable provider.

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## Glossary

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This glossary of terms is not all-inclusive, but is an attempt to provide some understanding of words heard frequently about the stroke survivor's condition, diagnosis, and tests.

**ABBREVIATIONS:** See definitions under longer names.

<b>ADL</b>	Activities of Daily Living
<b>AFO</b>	Ankle-Foot Orthotic
<b>CVA</b>	Cerebral Vascular Accident
<b>CVD</b>	Cerebral Vascular Disease
<b>OT</b>	Occupational Therapist or Occupational Therapy
<b>PCP</b>	Primary Care Provider (your family physician)
<b>PT</b>	Physical Therapist or Physical Therapy
<b>ROM</b>	Range of Motion
<b>RT</b>	Recreational Therapist or Recreational Therapy
<b>ST or SP</b>	Speech Therapist or Speech Therapy
<b>TIA</b>	Transient Ischemic Attack

**ACTIVITIES OF DAILY LIVING (ADL):** Activities of daily hygiene (washing, brushing teeth, etc.), as well as dressing, grooming, eating and drinking; sometimes locomotion or mobility activities such as standing up, sitting down, walking and calisthenics are included.

**AGNOSIA:** Loss of ability to recognize objects or symbols through a particular sensory channel (vision, hearing, touch, smell, taste). Patient may not, for example, know what to do with a bar of soap, or a pair of glasses.

**AMBULATION:** The act of walking with or without assistive devices or braces.

**ANEURYSM:** The ballooning of the wall of an artery due to either congenital defect or weakness of the wall of the artery. One of the leading causes of stroke in younger people.

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## Glossary

*(continued)*

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**ANGIOGRAM:** An x-ray picture of blood vessels after a dye has been injected which is used by a physician to assess the functioning of the blood vessels.

**ANKLE-FOOT ORTHOTIC (AFO):** Brace used to support weak or paralyzed ankle and foot muscles to simulate normal joint movement, enhance walking ability, and prevent further injury.

**APHASIA:** A loss or impairment in the ability to use and/or understand language. This loss may manifest itself in various ways — speaking, writing, reading and understanding.

**APRAXIA:** Loss of ability to carry out purposeful, voluntary movements without the presence of paralysis, muscular weakness, or an impairment of sensation. Can be found in speech, sensory, oral and motor activities.

**ARTERIOGRAM:** X-ray to determine whether an artery is open or blocked, weak or damaged.

**ARTERIOSCLEROSIS:** "Hardening of the Arteries." Caused by the ongoing process of atherosclerosis.

**ATHEROSCLEROSIS:** Caused by gradual build-up of lipids, cholesterol, proteins and calcium, which together form plaques in arteries. This build-up may eventually result in complete blockage of the artery (occlusion).

**BRAIN DAMAGE:** Injury to the tissue of the brain as a result of illness, trauma, birth defect or disease.

**CAROTID ARTERY:** Principal artery in the neck responsible for carrying blood to the brain.

**CT ANGIOGRAPHY:** A computerized x-ray of the blood vessels of the brain after dye has been injected. A physician uses this to assess the functioning of the cerebral blood vessels.

**CT SCAN:** Computerized X-ray techniques to assess effective functioning of various parts of the body.

**CEREBRAL VASCULAR ACCIDENT (CVA):** Damage to the brain caused by an accident in the vascular system (blood vessels). This vascular damage may be manifested as thrombosis (clot), embolism (blockage), or hemorrhage (bleeding).

**CEREBRAL VASCULAR DISEASE (CVD):** Condition of chronic or progressive restriction of the circulation in the brain, resulting in recurrent TIA's; precursor of stroke or CVA.

**COGNITIVE RETRAINING:** Also referred to as Cognitive Remediation, Cognitive Rehabilitation, Cognitive Therapy. Refers to systematic, individualized retraining in specific thinking skills lost or damaged through brain injury. These specific skills may include memory, thought organization, problem-solving, mathematics, and/or language arts. Computer-assisted learning may be part of a cognitive program. Professionals involved in cognitive retraining may be neuropsychologists, speech-language pathologists, and/or occupational therapists.

**DYSARTHRIA:** Impairment in articulation. Speech will be slurred with distortion, substitution or omission of sounds. May be accompanied by drooling and facial weakness.

**DYSLEXIA:** Impairment in the ability to read and understand the written word.

**DYSPHAGIA:** Impairment in swallowing.

**EDEMA:** Swelling of body parts due to excessive fluid in the tissue spaces.

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## Glossary

(continued)

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**ELECTROENCEPHALOGRAM (EEG):** Recording of energy or activity generated from nerve cells in the brain.

**ELECTROCARDIOGRAM (EKG):** Graphic tracing of electric current produced by heart muscle.

**EMBOLISM:** The sudden blocking of an artery or vein by a clot carried by the blood stream from one part of the body to the point of obstruction; one cause of stroke.

**EMOTIONAL LABILITY:** Emotional response of greater magnitude than situation warrants. Usually manifests as excessive or inappropriate laughing or crying.

**GAIT:** Manner of walking; normal gait cycle has a swing phase and a stance phase for each lower limb. Gait training: specific therapeutic neuromuscular techniques used by a physical therapist on trunk and limbs combined with instructions to the patient for enhancing muscle responses for improved walking pattern.

**HEMIPARESIS:** Weakness on one side of the body; may include head and neck, trunk and limbs.

**HEMIPLEGIA:** Paralysis, or loss of voluntary motion, on one side of the body; may include head and neck, trunk and limbs.

**HYPERTENSION:** High Blood Pressure. A condition in which a person has a higher than normal blood pressure. Hypertension makes people very susceptible to stroke.

**ISCHEMIA:** Lack of oxygen in localized area of body, such as in part of brain in stroke.

**JARGON:** Speech that makes little sense and is difficult to understand. Speech is frequently a combination of real words and made-up vocabulary.

**MFT:** Marriage and Family Therapist. Mental health practitioners educated and trained to help with relationship difficulties, the diagnosis and treatment of mental disorders and the emotional problems of individuals, couples, families and groups.

**MOTOR:** Refers to movement generated by messages from the brain, resulting in smooth interaction of nerves and muscle.

**MRI:** Magnetic Resonance Imaging is computer-facilitated imaging of various parts of the body for diagnostic purposes.

**NEGLECT:** The problem, often seen after a stroke, of ignoring the paralyzed side.

**NEUROPSYCHOLOGY:** Neuropsychology is the study of the behavioral expression of brain injury. A neuropsychologist is a licensed clinical psychologist with special expertise in brain function. He/she evaluates and treats the cognitive, behavioral, emotional and social consequences of brain injury. The neuropsychologist can also help the stroke survivor's family to understand and better cope with associated changes.

**OCCCLUSION:** Blockage or obstruction.

**OCCUPATIONAL THERAPY (OT):** Occupational therapists evaluate and treat the skills needed for independent daily living. These include: grooming and hygiene, eating, upper body strengthening, fine motor coordination, visual perceptual and cognitive skills. In addition, they assist with adaptive homemaking skills, community re-integration and pre-vocational assessment. When indicated, they will conduct home and/or workplace evaluations.

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## Glossary

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**PARESIS:** Weakness of a muscle or group of muscles due to disease or injury to the neuromuscular system.

**PASSIVE EXERCISES:** Movement of a paralyzed limb to keep muscles in good condition and facilitate possible return of movement. Supervised by a physical or occupational therapist.

**PERSEVERATION:** Impairment resulting in continued repetition of a movement or a word which no longer is appropriate for the situation; common problem after stroke.

**PHYSIATRIST:** Physician specialist in physical medicine; member of rehabilitation team who cares for medical complications during rehabilitation.

**PHYSICAL THERAPY (PT):** Physical therapists evaluate physical abilities and treat muscle tone, strength, endurance, balance, coordination, and joint flexibility. They provide posture and gait training, therapeutic exercise, wheelchair and assistive device management.

**RANGE OF MOTION (ROM):** Amount of movement in limbs and joints. Included are active and passive exercises performed under the direction of a physical therapist to stimulate movement.

**RECREATIONAL THERAPY (RT):** The use of recreational or leisure time activities as a therapeutic part of the rehabilitation process.

**SENSORY:** Pertaining to the functioning of the five senses: smell, touch, hearing, vision and taste. Messages are received through the sensory channel.

**SPASTICITY:** A state of increase over normal tension (tone) of a muscle, resulting in continuous resistance to stretching.

**SPEECH THERAPY (ST or SP):** Speech-Language Pathologists evaluate and treat communication and swallowing disorders resulting from stroke. Treatment may address speech production, language comprehension and expression, reading, writing, gestural communication, and cognitive functions such as memory and reasoning.

**SPONTANEOUS RECOVERY:** Refers to the gradual early recovery from the stroke, usually in the absence of professional help. May be the result of the reduction of brain swelling, reabsorption of blood, reduction of inflammation, and influence of environment.

**SUBLUXATION:** Incomplete dislocation, usually of shoulder joint after stroke.

**TRANSFERS:** Movement from one position to another, usually from one seat to another, such as from bed to chair, wheelchair to car, etc.

**t-PA:** Tissue Plasminogen Activator, a “clot-busting” drug that can be used in the treatment of acute ischemic stroke when there is no evidence of intracranial hemorrhage and patients can be treated within three hours of symptom onset. If administered intra-arterially, t-PA can be administered within six hours of symptom onset.

**TRANSIENT ISCHEMIC ATTACK (TIA):** A brief or temporary episode of neurological symptoms (such as blurred vision or speech, numbness or weakness, or loss of balance) which may disappear.

**VISUAL FIELD DEFECT:** Refers to impaired vision affecting outer half of one eye and the inner half of the other. Similar to a “blind spot.”

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# My Contribution

In appreciation, I am enclosing my tax-deductible donation to help the Stroke Education Council of Marin continue to update this useful Stroke Resource Directory and to enhance its Web site, [www.strokeinfomarin.org](http://www.strokeinfomarin.org), for wider distribution within our community.



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Make your check payable to:

American Heart Association /  
Stroke Education Council of Marin  
c/o Kentfield Rehabilitation & Specialty Hospital  
c/o Susan Jensen  
1125 Sir Francis Drake Boulevard  
Kentfield, CA 94904

Please call (415) 485-3530 with any questions.

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