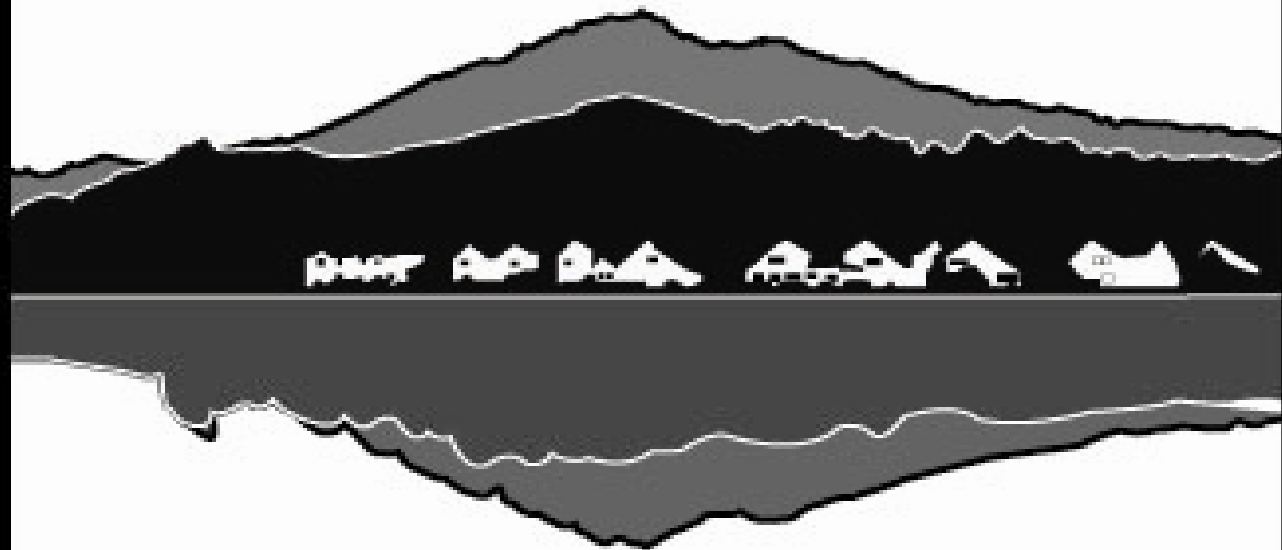


MARIN COUNTY
STROKE RESOURCE DIRECTORY
2010



WWW.STROKEINFOMARIN.ORG



MARIN COUNTY STROKE RESOURCE DIRECTORY

For Everyone Touched by Stroke

www.strokeinfomarin.org

A Project of MarinLink

Ninth Edition, 2010

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Keeping Hope Alive

Kentfield Rehabilitation & Specialty Hospital

Marin Community Foundation

Marin General Hospital – Novato Community Hospital

Marin Healthcare District Board

Introduction

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, 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. The directory includes 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

When Stroke Happens: An Overview

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, cerebral vascular 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.

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: psychiatrist, neurologist, neuropsychologist, occupational therapist (OT), physical therapist (PT), speech-language pathologist (SLP or ST), 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 (ST), and neuro-psychological 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.

WHAT IS A 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 visual-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.

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 THAT FAMILIES AND CAREGIVERS ENCOUNTER?

Typically, during the acute phase, family and friends rally. The primary caregiver is often completely focused on the patient, forgetting about him 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.

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.*

Stroke Prevention

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)

Health Care: Levels of Care

There are 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 post-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

Multi – Service Resources

The agencies listed below provide a wide range of services for the elderly and disabled, including medical information and community services. They can be considered a “one stop shop”. These leading agencies are a good place to initiate your quest for information and services.

2-1-1/ United Way of the Bay Area

2-1-1 is a free, confidential, 24-hour, multilingual person-to-person help line for anyone in need. The database of over 4,500 health and human service agencies throughout the Bay Area is also offered online.

www.211BayArea.org

- For direct person to person assistance call 2-1-1
- English: (415) 808-HELP/ (800) 273-6222
- Spanish (415) 772-4444
- Chinese: (415) 808-7339

California Department of Aging

Senior Information Line: (800) 510-2020

www.aging.ca.gov

Family Caregiver Alliance

180 Montgomery Street, Suite 1100

San Francisco, CA 94104

(415) 434-3388

www.caregiver.org

Jewish Family and Children's Services

600 5th Avenue

San Rafael, CA 94901

(415) 507-0564

www.jfcs.org

Margaret Todd Senior Center

1560 Hill Road

Novato, California 94947

(415) 899-8290

<http://www.cityofnovato.org/Index.aspx?page=560>

Marin Center for Independent Living

710 Fourth Street

San Rafael, CA 9490

(415) 459-6245

www.marinCIL.org

Marin County Department of Health and Human Services

Information and Referral

20 N. San Pedro Rd, #2028

San Rafael, CA 9490

(415) 499-7175

<http://www.co.marin.ca.us/depts/HH/Main/index.cfm>

Marin County Department of Health and Human Services

NetWork of Care

<http://marin.NetworkOfCare.org>

(415) 458-5900

- Extensive on-line database provides resources and information on a wide range of services for the elderly and disabled persons.

West Marin Senior Services

P.O. Box 791

Point Reyes Station,

CA 94956-0791

(415) 663-8148

www.wmss.org

Whistlestop – Information and Referral Office

930 Tamalpais Avenue

San Rafael, CA 9490

(415) 459-6700

www.TheWhistlestop.org

"Healing is what we bring to the situation, curing is what is done to us."

Rachel Naomi Remen, M.D.

Rehabilitation Services

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

California Pacific Regional Rehabilitation and Neuroscience Center - Davies Campus

Castro & Duboce Streets

San Francisco, CA 94114 (415) 600-0200

<http://www.cpmc.org/services/rehab/index.html>

Care Meridian

2390 Sir Francis Drake Blvd.

Fairfax, CA 94930 (415) 256-8007

www.CareMeridian.com

Kaiser Foundation Rehabilitation Center

975 Sereno Drive

Vallejo, CA 94589

Admissions Office:

(707) 449-3712

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

Santa Rosa Memorial Hospital Acute Rehabilitation Unit

1165 Montgomery

Santa Rosa, CA 95405

(707) 525-5209

www.SantaRosaMemorial.org

SKILLED NURSING FACILITY/POST-ACUTE REHABILITATION

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

In Marin:

Fifth Avenue Health Care Center

1601 – 5th Ave

San Rafael, CA 94901

(415) 456-7170

www.FifthAvenueHcc.com

Greenbrae Care Center

1220 S. Eliseo

Greenbrae, CA 94904

(415) 461-9700

www.GreenbraeCareCtr.com

Marin Convalescent and Rehabilitation Hospital

30 Hacienda Drive

Tiburon, CA 94920

(415) 435-4554

www.MarinConvalescent.com

Northgate Care Center

40 Professional Center Parkway

San Rafael, CA. 94903

(415) 479-1230

Pine Ridge Care Center

45 Professional Center Parkway

San Rafael, CA 94903 (415) 479-3610

Smith Ranch Care Center

1550 Silveira Parkway

San Rafael, CA 94903

(415) 499-1000

www.SmithRanchCareCtr.com

The Rafael

234 N. San Pedro Road

San Rafael, CA 94903.

(415) 479-3450

www.TheRafael.net

In Sonoma:

Calistoga Gardens Nursing Center

1715 Washington St.

Calistoga, CA 94515

(707) 942-6253

Evergreen Health and Rehabilitation of Petaluma

300 Douglas St.

Petaluma, CA 94952

(707) 763-6887

www.EvergreenHealthCare.com

Petaluma Care and Rehabilitation

1115 B St.

Petaluma, CA 94952

(707) 765-3030

www.PetalumaRehab.com

Sonoma Healthcare

1250 Broadway

Sonoma, CA 95476

(707) 938-8406

www.SonomaHealthcare.com

OUT-PATIENT REHABILITATION

Aphasia Center of California

3996 Lyman Road

Oakland, CA 94602

(510) 336-0112

www.AphasiaCenter.org

California Pacific Medical Center Outpatient Rehabilitation Services

<http://www.cpmc.org/services/rehab/index.htm>

- ***Davies Campus***

Castro at Duboce, A Level

San Francisco, CA 94114

(415) 600-3395

- ***Pacific Campus***

2360 Clay St. at Webster

San Francisco, CA 94115

(415) 600-3395

Kentfield Rehabilitation & Specialty Hospital

Outpatient Center

1125 Sir Francis Drake Boulevard

Kentfield, CA 94904

(415) 485-3541

www.KentfieldRehab.com

Marin General Hospital – Outpatient Services

www.MarinGeneral.org

- ***Physical Therapy***

1350 S. Eliseo Dr., Suite 250

Greenbrae, CA 94904

(415) 925-7299

- ***Hearing and Speech Therapy***

250 Bon Air Road

Greenbrae, CA 94904

(415) 925-7220

Santa Rosa Memorial Hospital – Neurological Rehabilitation Outpatient Clinic

1165 Montgomery Drive

Santa Rosa, CA 95405

(707) 525-5388

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

Santa Rosa Memorial Hospital – Outpatient Orthopedic Physical & Occupational Therapy

1170 Montgomery Drive

Santa Rosa, CA 95405

(707) 542-4704

www.SantaRosaMemorial.org

Smith Ranch Care Center

1550 Silveira Parkway

San Rafael, CA 94903

(415) 499-1000

www.SmithRanchCareCtr.com

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

HOME HEALTH CARE

Professional Services in the home are provided 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

Heart of Humanity Health Services

1400 Grant Avenue, #203

Novato, CA 94945

(415) 898-4278

www.HeartOfHumanity.com

Sutter VNA (Visiting Nurses Association)

4000 Civic Center Drive, Suite 190

San Rafael, CA 94903

(415) 492-4600

www.SutterVNAandHospice.org

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.

The Marin County Department of Health and Human Services, Division of Aging and Adult Services, offers a brochure entitled "Marin Home Care Collective" listing private in-home support service providers.

Also see provider listings in the Yellow Pages under Caregivers, and Home Health Services.

Catholic Charities

One St. Vincent Drive

San Rafael, CA 94903 (415) 507-4244

www.cccyo.org (see "programs", "aging services")

Family Caregiver Alliance

180 Montgomery Street, Suite 1100

San Francisco, CA 94104

(415) 434-3388

www.Caregiver.org

- Respite Care, In-Home Support Personnel

Marin Center for Independent Living

710 Fourth Street

San Rafael, CA 94901

(415) 459-6245

www.MarinCil.org

- Attendant referral, housing access modification, benefits counselors, job developer, legal advocate, housing counselor.

Marin County Department of Health and Human Services

In Home Supportive Services (IHSS)

10 N. San Pedro Rd., Ste. 1016

San Rafael, CA 94903

(415) 499-1024

www.co.marin.ca.us/depts/HH/main/ss/adult.cfm

(see "adult services")

- Qualified persons may receive financial assistance.
- The county publishes "Marin Home Care Collective", a brochure which lists additional in home care resources.

Marin County Department of Health and Human Services

Project Independence

10 N. San Pedro Rd., Ste. 1016

San Rafael, CA 94903

(415) 473-2836

<http://www.co.marin.ca.us/depts/hh/main/ag/pi.cfm>

- A program of trained volunteers who, under the supervision of a public health nurse case manager, serve as caring partners to build a bridge of advocacy and support for persons who are transitioning from hospital discharge to independence at home.

Seniors At Home – A Program of

Jewish Family and Children's Services

600 5th Avenue

San Rafael, CA 94901

(415) 507-0564

www.SeniorsAtHome.org

West Marin Senior Services

P.O. Box 791

Point Reyes Station, CA 94956 (415) 663-8148

www.wmss.org

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

ADULT DAY HEALTH SERVICES

Marin Adult Day Health Center

1905 Novato Blvd.

Novato, CA 94947

(415) 897-6884

<http://www.lifelongmedical.org>

Senior Access

70 Skyview Terrace

San Rafael, Ca 94903

(415) 491-2500, Ext 13

www.SeniorAccess.org

- Senior Access operates Adult Day Health Centers in San Rafael and Pt. Reyes. They offer structured day programs for older adults with physical and mental impairments.

Additional Resources and Services

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.

Family Caregiver Alliance

180 Montgomery Street, Suite 1100

San Francisco, CA 94104..... (415) 434-3388

www.Caregiver.org

Seniors At Home – A Program of Jewish Family and

Children's Services

600 5th Avenue

San Rafael, CA 94901

(415) 449-3777

www.SeniorsAtHome.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 are eligible for Medi-Cal.

COGNITIVE RETRAINING

College of Marin - Disabled Students Programs & Services (DSPS)

Kentfield, CA 94904.....

(415) 485-9406

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.

Kentfield Rehabilitation & Specialty Hospital Outpatient Center

1125 Sir Francis Drake Boulevard

Kentfield, CA 94904.....

(415) 485-3541

www.KentfieldRehab.com

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

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:

American Association of Senior Peer Counseling

250 Bon Air Rd.

Greenbrae, CA 94904.....

(415) 499-6802

www.aaspc.com (see "locations")

California Association of Marriage and Family Therapists

Marin County Chapter.....

(415) 459-3484

www.marincamft.org

Catholic Charities

One St. Vincent Dr.

San Rafael, CA 94903.....

(415) 507-4262

www.cccyo.org (see "Marin Behavioral Health")

Community Institute for Psychotherapy

1330 Lincoln Avenue, Suite 201

San Rafael, CA 94901.....

(415) 459-5999

www.CounselingCIP.org

Family Caregiver Alliance

180 Montgomery Street, Suite 1100

San Francisco, CA 94104...

(415) 434-3388

www.Caregiver.org

Family Service Agency of Marin

555 Northgate Drive

San Rafael, CA 94903-3680

(415) 491-5700

www.fsamarin.org

- Counseling Services – Individual and group psychotherapy. MediCal is accepted. The Age Song program is offered for adults 65 +. Scholarships available.
- Marin Suicide Prevention, 24/7 help line. (415) 499-1100

Institute for Health & Healing Clinic

5 Bon Air Road, Suite 121

Larkspur, Ca 94939

(415) 925-7624

www.MyHealthAndHealing.org

Jewish Family and Children's Services

600 5th Avenue

San Rafael, CA 94901

(415) 491-7960

www.jfcs.org (see "adult services")

Keeping Hope Alive

P. O. Box 448

Fairfax, CA 94978

(415) 455-8600

- Individual, couple, family and group counseling for stroke survivors and their families. Fee for service/ sliding scale.

Kentfield Rehabilitation & Specialty Hospital Outpatient Center

1125 Sir Francis Drake Boulevard

Kentfield, CA 94904

(415) 485-3541

www.KentfieldRehab.com

Marin County Psychological Association

(415) 453-8567

www.MarinCountyPsych.org

DIETARY COUNSELING

Most hospitals have a dietary counseling service. See the Yellow Pages for Nutritionists and Dietitians.

American Diabetes Association

(415) 777-4499

www.Diabetes.org

American Dietetic Association

www.EatRight.org

(800) 877-1600

- Lists registered dietitians by city, region, and specialty.

American Heart Association- North Bay Division

1400 N. Dutton Ave., Suite 20

Santa Rosa, Ca. 95401...(415) 456-9222,

(707) 512-1922

www.AmericanHeart.org

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

California Dietetic Association, Bay Area District

477 15th Street

Oakland, CA 94612

(510) 433-9688

www.Dietitian.org/bada_learn.htm

- Nutrition counseling referrals and lecturers.

Institute for Health & Healing Clinic

5 Bon Air Road, Suite 121

Larkspur, Ca 94939

(415) 925-7624

www.MyHealthAndHealing.org

EDUCATION AND VOCATIONAL RETRAINING

California State Department of Rehabilitation

120 N. Redwood Drive

San Rafael, CA 94903

(415) 507-1483

www.dor.ca.gov

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

College of Marin Disabled Students Programs and Services

College Avenue

Kentfield, CA 94904

(415) 485-9406

www.marin.cc.ca.us/disabled

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

Equal Employment Opportunity Commission

ADA Help line (800) 669-4000

www.eeoc.gov (see "EEOC Training Institute")

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

Higher Education and Training for People with Handicaps

(HEATH (202) 973-0904

www.heath.gwu.edu

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

Marin Center for Independent Living (MCIL)

710 4th Street

San Rafael, CA 94901 (415) 459-6245

www.MarinCIL.org

- Provides job development and placement.

"The power of people doing things for themselves is very strong medicine."

- *Kate Lorig, Nurse*

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 and rent useful equipment or devices.

AdaptAbilityCa.com

3069 Wiljan Court

(707) 575-5997

San Rosa, CA. 95407

www.AdaptAbilityCa.com

- Accessible vans, lifts, driving controls, contact mir@adaptabilityca.com

Apria Healthcare

9 Pamaron Way #A

Novato, CA 94949

(415) 506-0450

www.Apria.com

- Offers a range of home respiratory therapy, diabetic supplies, medications and equipment, home infusion therapy and home medical equipment services.

California Telephone Access Program (CTAP)

(800) 806-1191, TTY

(800) 806-4474

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. Also provides services in Spanish, Hmong, Cantonese, and Mandarin.

Driving Specialties, Ltd.

215 Commercial Street

Vallejo, CA 94589

(888) 375-4543

www.DrivingSpecialties.com

- Installs accessible transportation products
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

Oakland, CA 94612

(415) 897-2664

Marin message line

(415) 388-8198

Sonoma (707) 695-0861

www.HomeCares.org

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

LightHouse of Marin

930 Tamalpais

San Rafael, CA 94901

(415) 258-8496

<http://www.LightHouse-sf.org/services/locations.php#LHOM>

- 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 4th Street

San Rafael, CA 94901

(415) 459-6245

www.MarinCIL.org

- Provides home and vehicle modifications and used equipment.

Marin County Department of Health and Human Services

Network of Care – Assistive Devices

<http://marin.NetworkOfCare.org/aging/assistive/index.cfm>

- Extensive on-line information

Mobility Systems

1010 Carleton Street

Berkeley, CA 94710...

(800) 94-FREEDOM or (510) 540-0295

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.

Catalogs

Catalogs, such as these, offer a variety of products for special needs.

- "Active and Able" (877) 229-9993

www.ActiveAndAble.com

- "Enrichments" (800) 323-5547

www.SammonsPreston.com

- "Functional Solutions" (800) 821-9319

www.ncmedical.com

- "Gold Violin"

www.GoldViolin.com (877) 648-8400

Wheelchair Purchase and Repair

Grandmar

15079 Wicks Blvd.

San Leandro, CA 94577

(510) 895-0441

<http://dsp.berkeley.edu/wheelchairrepair.html>

Ron Andrews Medical Co. Inc.

117 Carlos Drive

San Rafael, CA 94903

(415) 492-1770

www.RonAndrewsMedical.com

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

Wheelchairs of Berkeley

2911 Shattuck Avenue

Berkeley, CA 94705

(510) 549-8727

www.wobwob.com

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

EXERCISE AND FITNESS

Check with your local Recreation and Park Department for a selection of fitness and exercise classes.

College of Marin Disabled Students Program and Services, Adaptive PE

(415) 485-9654

www.marin.cc.ca.us/disabled

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

Disabled Sports USA Far West

6060 Sunrise Vista Dr. #2540

Citrus Heights, CA 95610

(916) 722-6447

www.dsusafw.org - (see "programs")

- Provides adaptive sports and recreation programs for people with disabilities. Both winter and summer activities are offered.
- The Tahoe Adaptive Ski School (TASS) is located at Alpine Meadows, Lake Tahoe. (530) 581-4161

Marin County Department of Health and Human Services, Marin on the Move...

(415) 457-4636

899 Northgate Drive, #425

San Rafael, CA 94903

(415) 499-7396

www.MarinOnTheMove.org

- An on-line directory of activities. A project of Marin County Health and Human Services/Physical Activity, Nutrition Wellness Collaborative.

Marin Jewish Community Center

200 North San Pedro Road

San Rafael, CA 94903

(415) 479-2000

www.MarinJCC.org

- Comprehensive physical fitness programs, including strength training, and therapeutic pool swimming/ and exercise.
- Aquatic therapy offered at facility through Aquatic Therapy Associates:

(415) 507-9800

www.AquaticTherapy.org

Marin YMCA

1500 Los Gamos Road

San Rafael, CA 94903

(415) 492-9622

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.

Whistlestop – Active Aging Center

930 Tamalpais Ave.

San Rafael, CA 94901 (415) 456-9062

www.TheWhistlestop.org

- Classes, activities and support groups, which help older adults and people with disabilities live active, independent lives.

FINANCIAL ASSISTANCE

Eligibility for financial assistance depends upon many factors, such as: age, income, disability, circumstances under which the disability was incurred, veteran's 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 - Franchise Tax Board Rent Assistance, Tax Assistance

P.O. Box 1588

Sacramento, CA 95818.....

automated Line (800) 338-0505

www.ftb.ca.gov.....

TTY/TDD (800) 822-6268

GetMoneySmart.info

www.GetMoneySmart.info

- Financial planning website provides a comprehensive database of resources of financial education, trainings, and counseling in Marin County. A project of MarinLink.

Institute on Aging - Support Services for Elders (SSE)

1005 A Street, Suite 207

San Rafael, CA 94901

(415) 456-8692

www.ioaging.org (See "How Can We Help")

- SSE is a program of the Institute of Aging providing money management and personal care services to seniors. Sliding fee scale is available. E-mail: care@ioaging.org

Internal Revenue Service (IRS)

(800) 829-1040

www.irs.gov

- Call number to find out where and when each Spring you can get free tax information and advice from an IRS agent in your community.

Jewish Family and Children's Services

600 5th Avenue

San Rafael, CA 94901.

(415) 449-3777

www.jfcs.org

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

Marin Center for Independent Living (MCIL)

710 Fourth Street

San Rafael, CA 94903

(415) 459-6245

www.MarinCIL.org

- Offers benefits counseling and legal advocacy.

Marin County Department of Health and Human Services County Medical Services Program (CMSP)

120 N. Redwood Drive

San Rafael, CA 94903

www.co.marin.ca.us/depts/HH/main/ss/public.cfm

Public Assistance & General

Information (415) 473-3400

Medi-Cal Information (415) 473-3460

Food Stamp Information (415) 473-3460

In Home Supportive Services

10 No. San Pedro Rd.

San Rafael, CA 94903

(415) 499-7118

www.co.marin.ca.us/depts/HH/main/ss/adult.cfm

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

Division of Aging and Adult Services

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

- Assists individuals and families in locating services.

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

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

U.S. Government Department of Health & Human Services

Social Security Administration - Federal Disability Claims

1001 Lootens Place

San Rafael, CA 9490.....

(800) 772-1213 or (415) 459-9850

www.ssa.gov

Whistlestop – Information and Referral Office

930 Tamalpais Avenue

San Rafael, CA 9490

(415) 459-6700

www.TheWhistlestop.org

- 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) 434-0222

Senior Advocacy Services

3262 Airway Drive, Suite C

Santa Rosa, CA. 95403

<http://www.CaHealthAdvocates.org>

- 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.

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.

(800) 633-4227, (800) MEDICARE

www.Medicare.gov

Social Security Administration

Marin County Office

1001 Lootens Place

San Rafael, CA 94901.....

(800) 772-1213, (415) 459-9850

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 Department of Health and Human Services

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

National Insurance Consumer Help line

(800) 942-4242

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 Managed Risk Medical Insurance Board (MRMIB) at (800) 289-6574 (administered by Blue Cross).

www.mrmib.ca.gov

INFORMATION, PUBLICATIONS & REFERRAL SERVICES

2-1-1/ United Way of the Bay Area

2-1-1 is a free, confidential, 24hour, multilingual person-to-person help line for anyone in need. The database of over 4,500 health and human service agencies throughout the Bay Area is also offered online.

www.211BayArea.org

- For direct person-to-person assistance call..... 2-1-1
- English.....(415) 808-HELP/ (800) 273-6222
- Spanish.....(415) 772-4444
- Chinese.....(415) 808-7339

American Heart Association – North Bay

1400 Dutton Avenue, #20

Santa Rosa, CA 95401. (415) 456-9222 or (800) AHA-USA1

www.AmericanHeart.org (800) 242-8721

- 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

1400 Dutton Avenue, #20

Santa Rosa, CA 94501...

(415) 456-9222 or (707) 542-1992

www.StrokeAssociation.org

- Warmline (800) 553-6321
- For information on completed and ongoing clinical trials, go to their Web site, click on “For healthcare professionals”, then click on “Research”.

Equal Employment Opportunity Commission

Publication distribution Center

(800) 669-3362

www.eeoc.gov

Family Caregiver Alliance

180 Montgomery Street, Suite 1100

San Francisco, CA 94104...

(415) 434-3388 or (800) 445-8106

www.Caregiver.org

- Serves as the Bay Area Caregiver Resource Center for brain-impaired adults and as a clearinghouse of information about brain disorders, care options and services for families and professionals.
- Newsletter: “Update”, free quarterly.

Marin Center for Independent Living (MCIL)

710 Fourth Street

San Rafael, CA 94903

(415) 459-6245

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 highlights current issues and information in the area of disabilities.

Marin County Department of Health & Human Services

Division of Aging and Adult Services

10 N. San Pedro Rd., Ste. 1012

San Rafael, CA94903

(415) 457-7396

<http://www.co.marin.ca.us/depts/HH/main/ag/index.cfm>

See (" publications").

Publications include:

- "Choices for Living - A Housing Resource Guide for Marin County Seniors"
- "Making it Work" - Guidelines on Hiring a Caregiver
- "Marin Home Care Collective" - In-home support service providers.
- "Watch Your Step" - Fall Prevention

Marin County Department of Health and Human Services

NetWork of Care

Information line

(415) 457-4636

<http://marin.NetworkOfCare.org>

- Extensive on-line database provides resources and information on a wide range of services for elderly and disabled persons.

Marin Independent Physicians Association

www.MarinIPA.com

(415) 884-1840

- Offers health education classes, including "Cholesterol Management", "Diabetes Education" and chronic illness support groups.
- Newsletter: "Diabetes Control Network"

MarinLink - Connecting Our Community

5800, Northgate Mall, Suite 250 (mezzanine)

San Rafael, CA 94903

(415) 472-0211

www.MarinLink.org

- Links Marin non-profits, government agencies, individuals, and the business community in collaborative projects to address unmet community needs. Acts as a fiscal sponsor to support innovative projects.
- Publishes the "Marin County Stroke Resource Directory" and companion website: www.StrokeInfoMarin.org

MediCare

24 Hour help line(800) MEDICARE

www.MediCare.gov

- Provides numerous free publications about Medicare.

Medline -National Library of Medicine at the National Institutes of Health

<http://www.nlm.nih.gov>

National Institutes of Health

- ***National Institute of Neurological Disorders and Stroke (NINDS)***
(800) 352-9424

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/

[volog738.htm](http://www.ninds.nih.gov/find_people/government_agencies/volog738.htm)

National Stroke Association

9707 East Easter Lane

Englewood, CO 80112

(800) 787-6537

www.Stroke.org (see "Publications").

- Magazine: "Stroke Smart" Monthly
- Handbook: "Hope, The Stroke Recovery Guide, a detailed guide for family, survivor, and friends".

Novato Human Needs Center

1907 Novato Boulevard

Novato, CA 94947

(415) 897-4147

www.nhnc.org

West Marin Senior Services

11435 State Route 1

Point Reyes Station, CA 94950

(415) 663-8148

www.wmss.org

Whistlestop - Information and Referral Office

930 Tamalpais Avenue

San Rafael, CA 94901

(415) 459-6700

www.TheWhistlestop.org

INTEGRATIVE THERAPIES

Many stroke survivors have found complementary and alternative therapies beneficial. These may include acupuncture, acupressure, massage therapy, aromatherapy, expressive arts therapies, and a variety of movement therapies such as Qi 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.

Institute for Health & Healing Clinic

5 Bon Air Road, Suite 121

Larkspur, CA 94939 (415) 925-7624

www.MyHealthAndHealing.org

Kaiser Permanente Medical Center

99 Montecillo Road

San Rafael, CA 94903

(415) 444-2173

www.kp.org

- An extensive health education program provides offerings in complementary and alternative care including Feldenkrais, mindfulness based stress reduction, yoga and Qi Gong.

LEGAL SERVICES

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

Disability Rights and Education Defense Fund (DREDF)

2212 6th Street

Berkeley, CA 94710

(800) 348-4232

www.dredf.org.

(415) 644-2555

- 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

- Legal services for estate and financial planning.

Legal Aid of Marin

30 N. San Pedro Road, Suite 220

San Rafael, CA 94903

(415) 492-0230

www.LegalAidMarin.org

- Free legal services to qualified low-income persons in Marin County. Priority to socially/economically needy, age 60 and over. Donations accepted.

Marin Center for Independent Living (MCIL)

710 Fourth Street

San Rafael, CA 94901

(415) 459-6245

www.MarinCIL.org

- Legal Advocate

Marin County Bar Association

30 N. San Pedro Rd., Ste. 140

San Rafael, CA 94901

(415) 499-1314

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.

Marin Superior Court of California - Legal Self Help Center Of Marin

3501 Civic Center Dr., Room 244

San Rafael, CA 94903

(415) 492-1111

www.MarinCourt.org (see "legal self help")

Whistlestop - Information and Referral Office

930 Tamalpais Avenue

San Rafael, CA 94901

(415) 459-6700

www.TheWhistlestop.org

- Free legal services to qualified low-income older adults in Marin County

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

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

California Pacific Medical Center – Planetree Health

Library Institute

2040 Webster

San Francisco, CA 94115

(415) 923-3680

www.cpmc.org

Kaiser Permanente - Health Education Resource Centers

www.KaiserSanRafael.org/healthedcenter.htm (See "Services", then "Health Education")

- San Rafael (415) 444-2173
- Petaluma (707) 765-3485

Marin County Department of Health and Human Services

Network of Care Library

<http://marin.networkofcare.org/aging/library/index.cfm>

- Extensive on-line data base

Marin County Free Library – Library Beyond Walls

www.MarinLibrary.org (see "services")

(415) 663-8818

- The County Library delivers books to homebound Marin County residents. Call for information and an application or Email: dacarr@co.marin.ca.us

Marin General Hospital - Medical Library

250 Bon Air Road

Greenbrae, CA 9490.....

(415) 925-7000, Ext. 7393

www.MarinGeneral.org/services/libraries.html

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

Marin General Hospital - Cancer Resource & Recovery

Center Library

1350 South Eliseo Drive

Greenbrae, CA 94904

(415) 925-7920

www.MarinGeneral.org/services/libraries.html

MEALS

Marin Community Food Bank

75 Digital Dr.

Novato, CA 94945

(415) 883-1302

www.MarinFoodBank.org

- Provides emergency food for low-income seniors and families. Stocks food pantries throughout the County. Check website or call for locations and hours.

Marin Meals on Wheels

www.MarinMealsOnWheels.org

(415) 507-4300

- Provides home delivered meals, as well as meals at three locations.

Whistlestop – Jackson Café

930 Tamalpais Avenue

San Rafael, CA 94901

(415) 456-9062

www.TheWhistlestop.org

- Nutritious and low-cost lunchtime meals, Monday – Friday.

PARENTING

Through the Looking Glass

2198 Sixth St., Suite 100

(510) 848-1112

Berkeley, CA 94710

<http://LookingGlass.org>

- Provides direct services, information and referral to a diverse group of parents, including those with physical and visual disabilities. Includes consultations, an information and referral center. Publishes the newsletter, "Parenting with a Disability", and maintains an extensive resource library on parenting with a disability.

PETS

Canine Companions for Independence

2965 Dutton Avenue

Santa Rosa, CA 95407

(800) 572-2275

www.CanineCompanions.org

- Service Dogs.

Discovery Dogs

P. O. Box 6050

San Rafael, CA 94903

(415) 479-9557

www.DiscoveryDogs.org

- Assistance dog training for people with physical disabilities.

Marin Humane Society

171 Bel Marin Keys Boulevard

Novato, CA 94949.....

(415) 883-4621, Ext. 355

www.MarinHumaneSociety.org/programsservices/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.

RECREATION AND TRAVEL

(Also, see EXERCISE AND FITNESS section)

Bay Area Association of Disabled Sailors (BAADS)

P. O. Box 77212

Pier 40

San Francisco, CA 94107

(415) 281-0212

www.baads.org

California State Parks

(916) 445-8949

www.parks.ca.gov/default.asp?page_id=21944

- A disabled discount pass is available.

Environmental Traveling Companions (E.T.C.)

Ft. Mason Center

Landmark Bldg. C

San Francisco, CA 94123

(415) 474-7662

www.ectrips.org

- Making the outdoors accessible to people with special needs: cross country skiing, river rafting, and kayaking.

Exploritas (Elderhostel)

11 Avenue de Lafayette

Boston, MA 02111-1746

(800) 454-5768

www.Elderhostel.org

- Exploritas (Elderhostel) is an educational travel program catering primarily to older adults. Trips are rated by activity level. Scholarships available.

Halleck Creek 4H Riding Club - Horseback Riding

Halleck Creek Ranch Rd

174 Old Rancheria

(415) 662-2488

Nicasio, CA 94946

<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) 945-1181

www.MarinWater.org

- 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 – Presidio (415) 561-4323

Visitor Information – western region (415) 561-4700

www.nps.gov/goga/pphtml/accessibility.html

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

Society for Accessible Travel and Hospitality (SATH)

347 Fifth Avenue, Suite 605

New York, New York 10016

(212) 447-7284

www.sath.org

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

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.

Access Northern California (ANC)

(510) 524-2026

www.AccessNCa.com

- Produces “Access San Francisco,” distributed by the San Francisco Convention & Visitors Bureau. Call (415) 391-2000 for a free copy, or visit their website: www.OnlyInSanFrancisco.com.

Barrier-Free Travels

(209) 599-9409

www.CandyHarrington.com

- 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.

California Coastal Conservancy

Publication: Wheelchair Rider’s Guide - San Francisco Bay And Nearby Shoreline

1330 Broadway, Suite 1100

Oakland, CA 94612

(510) 286-1015

www.CoastalConservancy.ca.gov/Publications/pubs.htm

- A guide for the Los Angeles/Orange County coast areas is also available. Guides can be downloaded in PDF format. Call the Conservancy or write them to receive a free copy.

Travel Resources: Tours/Travel Planning

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

Access–Able Travel Source

www.Access-Able.com

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

Flying Wheels Travel

www.FlyingWheelsTravel.com

Nautilus Tours & Cruises, Ltd

22567 Ventura Blvd

Woodland hills, CA 91364

(818) 591-3159

www.NautilusTours.com

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

RESPIRE CARE

There are ways that a relative can be relieved of care giving 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

Marin Center for Independent Living (MCIL)

710 Fourth Street

San Rafael, CA 94901

(415) 459-6245

www.MarinCIL.org

Senior Access

(415) 491-2500

www.SeniorAccess.org

West Marin Senior Services

(415) 663-8148

www.wmss.org

SAFETY AND PROTECTION

American Red Cross

85 Second Street, 8th Floor

San Francisco, CA 94105

(415) 427-8000

<http://www.RedCrossBayArea.org>

California Telephone Access Program (CTAP)

(800) 806-1191

www.ddtp.org (see "CTAP")

- Provides telephone equipment and service for persons with disabilities.

Federal Emergency Management Agency (FEMA)

500 C Street S.W.

Washington, D.C. 20472

(202) 646-2500

www.fema.gov

- Provides disaster information, planning and assistance.

Get Ready Marin

<http://www.GetReadyMarin.org>

- Disaster Preparedness information

Institute on Aging - Support Services for Elders (SSE)

1005 A Street, #207

San Rafael, CA 94901

(415) 456-8692

www.ioaging.org

Lifeline - Petaluma Health Care District

(800) 949-2434

www.phcd.org/lifeline.html

- Personal Response Service available 24-hours-a-day. Provides all pertinent patient medical information at the push of a waterproof button on a wristband or pendant.

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Marin County Department of Health and Human Services

Marin Adult Protective 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

- This agency will send a social worker to make a home visit to evaluate a person's needs and recommend a course of action to meet those needs on an ongoing basis.

Marin County Department of Health and Human Services

Ombudsman Program (For Long-Term Care)

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

- Investigation and prevention of abuse in long-term care facilities.
- Provides placement counseling in residential or skilled nursing facilities at no charge.

Medic Alert Foundation International

2323 Colorado Avenue

Turlock, CA 95382

(888) 633-4298

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.

US Department of Justice/ Access Issues

www.usdoj.gov/crt/ada/adahom1.htm

(800) 514-0301

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

SUPPORT GROUPS

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

Keeping Hope Alive

P. O. Box 448

Fairfax, CA 94978

(415) 455-8600

Margaret Todd Senior Center – City of Novato

1560 Hill Road

Novato, CA 984947

(415) 899-8290

<http://ci.novato.ca.us/Index.aspx?page=560>

Senior Access

70 Skyview Terrace

San Rafael, CA 94903.....

(415) 491-2500, Ext 13

www.SeniorAccess.org

Hard of Hearing Support Group

Marin Community Support Group for Hard of Hearing

People

5800 Northgate Mall, Suite 250 (mezzanine)

San Rafael, CA 94903

(415) 258-9058

bob@bdaviesfamily.com or albachelder@yahoo.com

- Free, peer-led meeting offers information, encouragement and support for adults with hearing loss.

Stroke Support Groups

College of Marin - Disabled Students Program and

Services: Coping with Stroke

Kentfield, CA 94904

(415) 485-9406

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

- 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.

Virtual Support Group

Senior Center Without Walls

114 Montecilo Ave.

Oakland, CA 94610

toll free: (877) 797-7299

www.SeniorCenterWithoutWalls.org

- Free group activities by telephone for homebound elders.

TRANSPORTATION AND DRIVING

Department of Motor Vehicles

www.dmv.ca.gov

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

- Corte Madera: 75 Tamal Vista Blvd.

Corte Madera, CA 94925 (800) 777-0133

- Novato: 936 -7th Avenue

Novato, CA 94945 (800) 777-0133

Driving Specialties, Ltd.

215 Commercial Street

(707) 553-1515

Vallejo, CA 94589

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

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

Golden Gate Transit

1011 Anderson Dr

San Rafael, CA 94901

Bus information: (415) 257-4467

Ferry information (415) 925-5565

www.GoldenGate.org

- Transit discount cards for elders and disabled are issued at Whistlestop and the Golden Gate Transit Administration building. Call (415) 456-9062 or (415) 257-4407.

Karen Smith OT and Driving Services

46 Trinity Dr.

Novato, CA 94947

(415) 847-2098

www.SmithOTandDriving.com

- Driving evaluation program, training, and recommended adaptations or equipment needed to provide greater safety.

Marin County Department of Health and Human Services

Project Independence

10 N. San Pedro Rd., Ste. 1016

San Rafael, CA 94903

(415) 473-2836

<http://www.co.marin.ca.us/depts/hh/main/ag/pi.cfm>

- The "Hawkeye" program provides transportation for same day surgery.....(415) 473-6940
- The "Marin Moves" program provides information about transportation resources (415) 473-2836

Marin Transit

750 Lindero St., Suite 200

San Rafael, CA 94901

(415) 226-0855

www.MarinTransit.org

- Marin Transit provides bus schedules, service maps and other rider resources. Funds local bus service, community shuttles, paratransit, and Novato Dial-Ride services by contracting with several providers. Check for senior/disabled rates.

- **Golden Gate Transit –**

Local routes (415) 455-2000 and 511

Whistlestop - Paratransit

Services for people with disabilities. Application required prior to service. ...

(415) 454-0964 or (415) 456-9062

Novato Dial-a-Ride (Health Express).

Free transportation to medical appointments for Novato residents.....

(415) 457-1392.

Mobility Systems

1010 Carleton Street

Berkeley, CA 94710.(800) 94-FREEDOM or (510) 540-0295

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.

National Mobility Equipment Dealers Association (NMEDA)

909 E. Skagway Ave.

Tampa, Florida 33604

(800) 833-0427

www.nmeda.org

Novato Human Needs Center

1907 Novato Boulevard

Novato, CA 94947

(415) 892-7899

www.nhnc.org

- Transportation for Novato seniors.

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

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

750 Lindero St, Suite 160

San Rafael, CA 94901

(800) 743-5000

www.pge.com

- General advice and information to help customers having difficulty paying their utility bills.

Telephone

California Telephone Access

Program (CTAP)

(800) 806-1191

www.ddtp.org/CTAP/

- 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.

Glossary

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.

ADL Activities of Daily Living

AFO Ankle-Foot Orthotic

CVA Cerebral Vascular Accident

CVD Cerebral Vascular Disease

OT Occupational Therapist or Occupational Therapy

PCP Primary Care Provider (your family physician)

PT Physical Therapist or Physical Therapy

ROM Range of Motion

RT Recreational Therapist or Recreational Therapy

ST Speech Therapist or Speech Therapy

SLP Speech Language Pathologist

TIA 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.

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, and 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.

ELECTROENCEPHALOGRAPH (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.

OCCLUSION: 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.

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.

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): Speech-Language Pathologists (SLP)

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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