

American Stroke AssociationSM

A Division of American
Heart Association



The San Francisco Stroke Resource Guide is brought to you by the American Stroke Association. The American Stroke Association is a division of the American Heart Association that focuses on reducing disability and death from stroke through research, education, fund raising and advocacy.

Reach the Stroke Connection “Warmline”: 1-800-553-6321

Please contact your local office at:

120 Montgomery St., Suite 1650
San Francisco, CA 94104
Phone: (415) 433-2273 (8:30 am – 5:00 pm, M-F)
www.strokeassociation.org



*California Pacific
Medical Center*

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*Stroke is the third leading cause of death in the U.S. and the leading
cause of serious, long-term disability.
Stroke is a medical emergency...call 911.*

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When it comes to treating stroke,

EVERY SECOND COUNTS.

Know the warning signs of stroke.



Sudden numbness or weakness of face, arm or leg, especially on one side of the body.



Sudden confusion, trouble speaking and understanding.



Sudden trouble seeing in one or both eyes.



Sudden trouble walking, dizziness, loss of balance or coordination.



Sudden severe headaches with no known cause.



The moment you recognize one or more of these signs, CALL 9-1-1 immediately !

WHAT IS A STROKE?

Stroke is a brain injury that affects the blood vessels that supply blood to the brain. A stroke is like a heart attack except for the fact that the brain does not send pain signals and so the warning signals of a stroke are the symptoms themselves.

Stroke occurs when oxygen carried in the bloodstream is cut off from nerve cells in the brain. This prevents those parts of the brain from working and may cause parts of the brain to die.

There are two factors that affect the extent of brain damage:

- (1) where in the brain the stroke occurred and;
- (2) how long the blood supply has been interrupted.

The result of a stroke may be weakness, loss of sensation or feeling, paralysis on one side of the body, difficulty with vision, hearing, walking, speaking and understanding (aphasia).

A Transient Ischemic Attack (TIA) is a "mini-stroke" that produces stroke-like symptoms, but does not cause lasting damage to the brain. TIAs are caused by a blood clot that temporarily clogs an artery. Often TIAs serve as a warning stroke because they can sometimes precede a stroke.

WHAT CAUSES A STROKE?

There are three major causes of stroke that disrupt the blood supply to the brain.

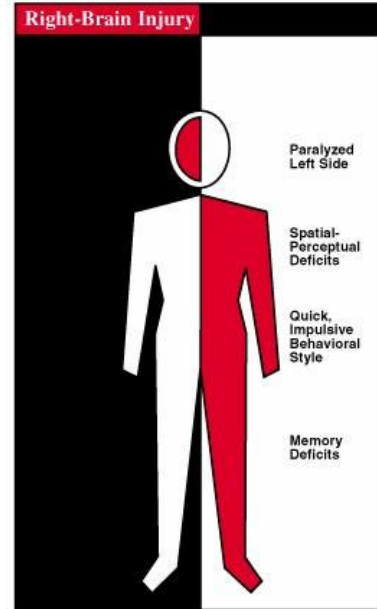
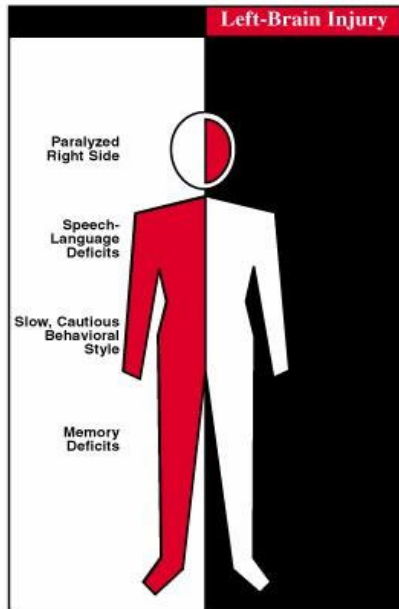
Thrombosis: A blood clot forms within the wall of an artery that supplies blood to the brain. It develops over many years. This is the most common cause of stroke.

Embolus: An embolus is a wandering blood clot that lodges in a small blood vessel in the brain. Blood flow is blocked past that point.

Cerebral Hemorrhage: When a blood vessel in the brain bursts, the surrounding brain tissue is compressed and injured by the blood flooding out of the artery. A hemorrhage may occur because of an external head injury, a bursting aneurysm, or from long-standing high blood pressure.

WHAT ARE THE TYPICAL RESULTS OF A STROKE?

The brain is divided into right and left hemispheres. The brain stem and cerebellum are at the base. Depending on the location of the stroke, you may see or experience some of the following:



Right Hemisphere Injury:

- left-side paralysis (hemiplegia or hemiparesis)
- excessive talking
- dysarthria
- short attention span
- impulsive quick behavioral style
- memory problems;
- spatial-perceptual problems
- neglect on the left side of the body or to objects to the left of the person.

Left Hemisphere Injury:

- right-side paralysis (hemiplegia or hemiparesis)
- speech and language problems (dysarthria, aphasia)
- slow, cautious behavioral style
- memory problems.

Brain Stem Injury:

- coma or low-level consciousness
- unstable vital signs
- nausea and vomiting
- impaired swallowing
- bilateral paralysis.

Cerebellum Injury:

- coordination and balance problems (ataxia)
- dizziness, nausea and vomiting

- abnormal reflexes of head and trunk.

For more complete information, see the following American Stroke Association Pamphlets: *How Stroke Affects Behavior*, *Caring for a Person with Aphasia*, *The One-Handed Way*. See “*Suggested Reading*” section under “*Additional Resources*” section.

WILL IT HAPPEN AGAIN?

This is a very real concern. Unfortunately, there is no simple answer. It depends on why you had the stroke. In most cases, if you have already had a stroke, your risk of having another stroke is increased. Therefore, it is important to be vigilant and to do everything possible to reduce the risk of stroke.

For the best answer on whether a stroke will happen again, ask your health professional.

HOW CAN I PREVENT A FUTURE STROKE?

Many of those who have had a stroke are at a greater risk of having another. Some risk factors that can be modified include high blood pressure, history of CVA (cerebrovascular accidents), diabetes, obesity, and excessive alcohol use and drug abuse. Some risk factors are beyond one’s control, such as heart irregularities, aneurysms and blood vessel abnormalities present at birth.

Here are some ways to reduce your risk of stroke:

- Maintain a regular schedule of medical check-ups.
- Monitor your blood pressure by an accurate method.
- Take medications regularly as prescribed by your physician. Do not stop taking your medication without consulting your physician.
- Maintain proper weight as determined by your medical provider.
- Exercise on a regular basis as recommended by the rehabilitation team.
- Stop smoking.
- If you are diabetic, monitor blood glucose and acetone levels.
- Monitor blood cholesterol and lipids (fats).
- Learn and practice stress reduction techniques.
- Learn about nutrition and modify your diet as recommended by your physician and dietitian.

WHAT ARE SOME COMMON AFFECTS OF A STROKE?

Aphasia/Apraxia

Aphasia is a total or partial loss of the ability to use words. It affects a person’s ability to talk, listen, read, and write. Aphasia is most often caused by a stroke that damages the brain’s language center. Some people quickly and completely recover from aphasia after a stroke. Others may have permanent speech and language problems.

- Speech problems can range from trouble finding words to being unable to speak.
- Some people have problems understanding what others are saying or have trouble with reading, writing or math.
- In other cases, someone with aphasia may have trouble talking, but can understand what others say.

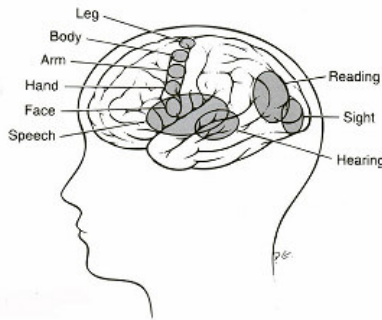
Each person's speech and language problem is unique. A speech and language therapist can help set up a treatment plan.

Dysarthria

A related problem is that a stroke can affect muscles used in talking (those in the tongue, palate and lips). Speech can be slowed, slurred or distorted. It can be hard to understand someone who has had a stroke. It may require the help of a speech expert.

Dysphagia

You may have trouble with chewing and swallowing food. This occurs when muscles on one side of the mouth are weak. One or both sides of the mouth can also lack feeling, which increases the risk of choking.



Ability To Think Clearly

Parts of the brain allow us to form long-term and short-term memories. Short-term memories help us remember why we got up and walked into the next room. Long-term memory stores information that includes the names of family and friends and things that you did together or conversations that you might have had. With injury to these areas, it may be hard to plan and carry out even simple activities. It may be hard to know how to start a task, you may confuse the sequence of logical steps in tasks, or forget how to do tasks you have done many times before (such as driving or typing a letter).

Emotional Lability & Depression

Some areas of the brain produce emotions, just as other parts produce movement or allow us to see, hear, smell or taste. If these areas are injured by a stroke, you may for no reason cry easily or have sudden mood swings. Laughing uncontrollably also may occur but is not as common as crying. As you recover and come to terms with any impairment that does not fully go away, depression is common. Symptoms of depression include difficulty sleeping and eating,

feeling tired and having little energy, sadness, a pessimistic outlook and loss of interest in how one looks. If you are feeling depressed, it is important to deal with your feelings and seek treatment through counseling sessions with a therapist and/or medication.

WHAT HAPPENS DURING HOSPITALIZATION AFTER STROKE?

The diagnosis of stroke is made by the clinical signs and symptoms as well as by a variety of procedures:

- **Angiogram** – by injecting dye into blood vessels and taking an X-ray, doctors can look at the blood flow through the blood vessels. This test is valuable in diagnosing aneurysms and malformed blood vessels.
- **CT (“CAT”) Scan** – radiation is used to create an image of the brain. This test provides valuable information about the cause of the stroke, the location of the stroke, and the extent of the brain damage.
- **EEG (electroencephalogram)**—small metal discs (electrodes) are placed on a person's scalp to pick up electrical impulses. These electrical signals are printed out as brain waves.
- **MRI (Magnetic Resonance Imaging)**- a magnetic field is used to produce an image of the brain. This image is sharper and more detailed than that produced by the CT Scan and so is used to detect deeper and smaller areas of brain damage.
- **Evoked Response Test** – this test measures how the brain handles different sensory information. Electrodes record electrical impulses related to hearing, body sensation or vision.

Appropriate treatment, medication, or surgery may be indicated.

A new medication, TPA or “clot buster,” is sometimes used for specific circumstances to treat certain strokes due to blood vessel blockages and blood clots. It must be administered within three (3) hours of the onset of symptoms so it is very important to get to the emergency room as soon as possible.

HOW DO I KNOW THE EXTENT OF BRAIN DAMAGE?

After someone is suspected of having a stroke or a TIA (Transient Ischemic Attack), the doctor will need to gather information in order to make a diagnosis and to determine the extent of the brain damage. Information will be gathered through the person’s medical history, laboratory tests, physical and neurological examinations, and through a variety of diagnostic tests.

Diagnostic Tests

Diagnostic tests examine how the brain looks, works, and gets its blood supply. This information is used to determine the injured brain area. Most tests are safe and painless.

A CT scan (Computed Tomography) or CAT scan is one of the first tests generally given to someone after they are suspected to have had a

stroke. It is an imaging test that uses radiation to create a picture of the brain to know the location of the stroke, the cause of the stroke, and the extent of the brain damage.

CT scans of the brain are generally taken five to ten days after a stroke and will usually show the area of brain damage much more clearly than a CT scan taken at the start of symptoms. Due to the anatomy of the brain, sometimes a very small-sized infarct can create severe disability, whereas a relatively large area of infarction may create only minor symptoms.

An MRI is sometimes also useful in determining the location of the stroke and the extent of the brain injury. The image produced by an MRI is much sharper and more detailed than a CT scan and so is often used to diagnose small, deep injuries.

Physical therapy, occupational therapy, speech-language-swallowing therapy, and neurological evaluations can help you to understand your specific strengths and limitations after a brain injury. A baseline evaluation can help you and your rehabilitation team in setting realistic goals and tracking your progress. Re-evaluation may be appropriate as recovery progresses.

WHAT IS STROKE REHABILITATION?

Rehabilitation is a team effort with doctors, nurses and other specialists working with you to help you be as independent and productive as possible.

Rehabilitation services usually begin when the doctor determines that the stroke survivor is medically stable. Services are provided in different locations: acute-care and rehabilitation hospitals, long-term care facilities, at home through home health agencies and at outpatient facilities.

Under the physiatrist's (physicians who specialize in rehabilitation) direction, the rehabilitation specialists design a treatment program, which meets your specific needs. Services may include:

- Dietitian/ Nutritionist
- Psychiatry/ Psychology/ Neurologist
- Rehabilitation Nursing
- Occupational Therapy
- Recreational Therapy
- Patient/ Family Education
- Social Work
- Physical Therapy
- Speech-Language Therapy

- Primary Care Physician
- Vocational Rehabilitation

A typical treatment program may include:

- Self-care skills such as feeding, grooming, bathing, dressing, and toileting.
- Mobility skills such as transferring, walking, or self-propelling a wheelchair.
- Communication skills in speech and language.
- Cognitive skills such as memory or problem solving.
- Socialization skills in interacting with other people.

HOW LONG WILL REHABILITATION TAKE?

Most experts agree that recovery after a stroke is life-long. Some recovery of function is spontaneous during the first six months following a stroke and most recovery occurs in the next two to three years. Because you can continue to improve function over many years, rehabilitation is very important.

Successful recovery depends on (1) the extent of the brain damage, (2) your attitude, (3) the cooperation of family and friends, and (4) the skill of the rehabilitation team.

Rehabilitation is a team effort. As a part of that team, your positive outlook and determination are very important.

HOW DO I GET A NEUROPSYCHOLOGICAL EVALUATION?

A neuropsychological evaluation (NPE) is an in-depth look at your verbal and non-verbal thinking skills: memory, sequencing, and reasoning. It also looks at behavioral, emotional, and social consequences of brain injury.

Getting an NPE is important to developing a treatment plan. It helps to set realistic goals and to determine employment potential if you are considering returning to work.

Most rehabilitation facilities have staff neuropsychologists or can recommend one. Your primary care 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 you are a client.

HOW WILL I KNOW IF I CAN DRIVE?

Driving is often a major concern after a stroke. It's normal for you to want to drive because being able to get around after a stroke is important. A stroke may change how you do things. Before you drive again, *think carefully about how these changes may affect your safety and that of your family and others.*

Talk to your doctor or occupational therapist.

He or she can tell you about your stroke and whether it might change your driving. Your doctor can determine if and when it is safe for you to drive. Remember, it is dangerous and may be illegal to drive against your doctor's advice. If your doctor has advised you not to drive, it may be their legal responsibility to notify your state Department of Motor Vehicles.

Contact your State Department of Motor Vehicles in your area.

Ask for the Office of Driver Safety. Ask what requirements for driving apply to people who've had a stroke. If your driver's license has been taken away after having a stroke, you must get medical clearance from your doctor and submit it to the Office of Driver Safety in your county before you can legally drive again. The Office of Driver Safety in San Francisco County can be reached at (415) 557-1170.

Get a Driver Medical Evaluation form from the DMV.

Before you can have your driving evaluated, your doctor must first fill out a Driver Medical Evaluation form from the DMV.

Have your driving tested.

This is the best way to make sure you are able to drive safely. You will get a behind-the-wheel evaluation and be tested for vision perception, functional ability, reaction time, judgment and cognitive abilities (thinking and problem solving). Call community rehabilitation centers or your local Department of Motor Vehicles Office of Driver Safety.

Enroll in a Driver's Training Program.

For a fee, you may receive driving assessment, classroom instruction and suggestions for modifying your vehicle (if necessary). These programs are often available through rehabilitation centers.

DMV offers alternative methods for completing the driver license *written* examination. The examination may be conducted:

- In a foreign language.
- In American Sign Language.
- By listening to a cassette tape rather than reading the material.
- By having an examiner ask the questions (Oral Examination).

See "Driving" under the "Resources for the Long Term" section.

WHAT IS THE RISK OF HAVING A POST-STROKE SEIZURE?

After having a stroke, some patients run the risk of having seizures. It is important that you and your family talk about seizures and what action to take if one occurs. For information on post-stroke seizures, talk to your doctor or your rehab specialist.

If you witness a seizure, it is important to take note of how long it lasted, how the person acted before and after the seizure, and the body movements that were involved so that a doctor can make a good diagnosis.

If you are with someone when they have a seizure, it is important to protect the person from hurting themselves. You can do this by moving furniture out of the way and by keeping them from falling. It is also important to not try to hold the person down or to force anything in their mouth—you could injure them and you could get injured as well. If the person vomits, be sure to turn them on their side to allow fluids to drain.

WHAT IS THE CONNECTION BETWEEN DIABETES AND STROKE?

Diabetes mellitus is a disease that means your body does not make or respond properly to the hormone, *insulin*. If you have diabetes, your blood glucose (“blood sugar”) levels are too high.

Having diabetes significantly raises your risk for heart attack and stroke.

Untreated diabetes can lead to serious medical problems such as blood vessel disease.

Here are some things you can do now to lower your risk for diabetes:

- Keep your weight in control
- Stay active most days of the week
- Eat low fat meals that are high in fruits, vegetables, and whole grain foods.

WHAT AFFECTS THE SURVIVOR’S ATTITUDE?

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

As a stroke survivor, you may have sustained numerous losses, for example, mobility, speech, thinking ability, independent functioning, social role, and loss of income within a very short period of time. The sense of which you are in the world and the sense you have made of the world may no longer hold true. The experience of being a patient itself may be frustrating or frightening for someone used to managing his/her own life. Depression is very common. It should be discussed with a health care specialist, because it is generally treatable.

Changes in brain function may initially result in frequent tearfulness or laughter that is not always appropriate to the situation. It is important for you and others

to understand why there is a change in behavior so that others can learn how best to respond.

Recovery progresses by stages; the time required to accomplish each stage will vary for each person. Different emotions may include:

- **Shock** - may be felt by you and your family as numbness, fear and helplessness.
- **Denial** - refusing to face the effects of the stroke.
- **Anger and/or Depression** - both are responses to the loss of previous healthy status and abilities. These may be responses to the illness or from the direct effect of the stroke on the brain.
- **Mobilization** - an awareness of the ability to decide goals for the future. This includes working with the rehabilitation specialists to achieve the optimal physical state in order to accomplish these goals.
- **Coping or Acceptance** - living life with new interest, priorities and acceptance of limitations.

WHAT IS THE IMPORTANCE OF SUPPORT GROUPS?

Support groups are a very important way of helping you and family members to establish new connections with people in similar situations.

There are over 2,000 stroke support groups that are registered with the American Stroke Association. To find a stroke support group in your area, call 1-888-4-STROKE (478-7653) and ask for the Stroke Family Support Network. www.strokeassociation.org/strokegroup also has a registry of stroke support groups available.

Support Groups for Stroke Survivors

Support groups may provide encouragement and allow an opportunity to express feelings, ask questions and share information with others. Through support groups, you can find comfort in talking with other people who can understand what you are experiencing. In addition, support groups can provide technical information that you can use to figure out how to continue life with your new limitations.

Support Groups for Caregivers

If the stroke survivor is dependent, caregivers often require support groups as well. Caregiving can often take an emotional and physical toll on the caregiver and support groups can offer compassion and support as well as connections to technical experts. (For more information on caregiving, see **Caregiving** below)

The American Stroke Association's Common Thread PenFriends service offers a way to communicate with other stroke families. Stroke recovery is an ongoing process. Only someone in a similar position can truly understand the day-to-day challenges, frustrations, and accomplishments of a stroke survivor or caregiver. So, talking with others who have experienced stroke can be extremely helpful. Common Threads is a penpal network exclusively for stroke families.

For more information on how to register for Common Threads and to receive a list of other stroke family members in your area, complete the register form located on the American Stroke Association website at www.strokeassociation.org or call (888) 4STROKE.

Support through literature and e-mail

Literature on stroke can also be helpful for you, your family, and caregivers. *Stroke Connection* magazine offers practical tips on daily living, inspirational stories, news about treatments, and other stroke-related information. There are 6 issues published annually. The magazine is free and you can subscribe online at <http://www.strokeassociation.org> or call the American Stroke Association at (916) 446-6505 or (888) 4STROKE.

Stroke – A Journal of the American Heart Association offers the latest developments in stroke research. Abstracts of the studies found in recent issues are available online at <http://strokeassociation.org>.

WHAT IF I AM A CAREGIVER?

Caregiving can be a very satisfying experience. It is very rewarding to know that you are helping someone to live as independently as possible and helping them to have a high quality of life. However, there is no denying this can sometimes be very strenuous and stressful to the caregiver.

When caring for someone who has had a stroke, it often has a great emotional and physical toll on the caregiver. In order to be able to care for a family member who has suffered a stroke, caregivers must remember to care for themselves as well. If you've taken on the role of a caregiver, you've also accepted a special responsibility to take care of yourself. That means taking care of yourself physically, emotionally, mentally, spiritually, interpersonally and financially.

See "Caregiving" under "Resources for the Long Term."

SEXUALITY AFTER STROKE

For many stroke survivors and their partners, sex after stroke is sensitive subject. It is natural for a stroke survivor as well as his/her partner to have concerns about resuming sex after stroke. This may include discomfort with body changes brought about by a stroke, fear of intimacy, and even loss of interest in sex. The best way to deal with these concerns is for stroke survivors and their partners to communicate openly about any apprehensions they have about sex.

Remember that professional help is always available also, including doctors, nurses, psychologists and social workers. These professionals are often able to help you take measures that can improve your sex life, such as identifying medications or lifestyle habits that may have an effect on your sex life.

Many stroke survivors are able to have satisfying sexual relations, even if they have a permanent disability as the result of their stroke.

For more information, you can request the American Stroke Association publication "Sex After Stroke" for stroke survivors and their partners.

Living Options

Living at Home

Living Facilities

Choosing an Appropriate Facility

Hiring Help at Home

Adult Day Health Centers

Assisted living Facilities

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Home Health Care

Nursing Home Searches

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RESOURCES FOR LIVING

ADULT DAY HEALTH CENTERS

These centers provide therapy and social activities for individuals who have chronic illnesses or disabilities and who would benefit from ongoing therapy and medical services provided in a group setting. San Francisco has a city-wide network of adult day health care centers. Fees are on a sliding scale or Medi-Cal reimbursable. Services include: rehabilitation service – physical, occupational, and speech therapies; social services; nursing services; hot noon meals; and transportation to and from the center. Contact individual centers for information about services provided.

For those stroke survivors who also suffer from dementia or Alzheimer's Disease, there are three adult day health centers that provide specialized programs. Call the Family Caregiver Alliance at (415) 434-3388 or the San Francisco Adult Day Services Network (415) 808-7371 for information on these programs.

BAYVIEW-HUNTERS POINT ADULT DAY HEALTH CENTER

1250 LaSalle Ave.
San Francisco, CA 94124
(415) 826-4774
Fax: (415) 826-0178

CALIFORNIA PACIFIC REGIONAL REHABILITATION CENTER— DAVIES CAMPUS

Day Treatment Program
Castro & Duboce Sts.
San Francisco, CA 94114
(415) 600-6130

CONTINUUM HIV DAY SERVICES

255 Golden Gate Ave.
San Francisco, CA 94102
(415) 437-2900
Fax: (415) 437-2550

INSTITUTE ON AGING ADHC CENTER & ALZHEIMER'S DAY CENTER

3600 Geary Blvd.
San Francisco, CA 94118
(415) 750-5330
Fax: (415) 750-5325

JEWISH HOME—FANNIE L. MORRIS ADULT DAY CENTER

302 Silver Ave.
San Francisco, CA 94112
(415) 469-2252
Fax: (415) 334-4375

KIMOCHI HOME—DAY CARE

1531 Sutter St.
San Francisco, CA 94109
(415) 922-9972

LAGUNA HONDA HOSPITAL ADULT DAY HEALTH CENTER

375 Laguna Honda Blvd.
San Francisco, CA 94116
(415) 759-3360
Fax: (415) 759-3372

NORTH & SOUTH OF MARKET ADULT DAY HEALTH CENTER

55 Mabini St.
San Francisco, CA 94107
(415) 882-7301
Fax: (415) 882-7390

On Lok Senior Health Center

1333 Bush St.
San Francisco, CA 94109
(415) 292-8888

1441 Powell St.
San Francisco, CA 94109
(415) 292-8650

1000 Montgomery
San Francisco, CA 94133

(415) 292-8600
225 30th St.
San Francisco, CA 94133
(415) 550-2230
1426 Fillmore St.
San Francisco, CA 94115
(415) 447-1000
2700 Geary Blvd.
San Francisco, CA 94118
(415) 447-8900

SAN FRANCISCO ADULT DAY SUPPORT

50 Broad St.
San Francisco, CA 94112
(415) 452-3500
Fax: (415) 452-3505

SELF-HELP FOR THE ELDERLY ADULT DAY SERVICES

408 - 22nd Ave.
San Francisco, CA 94121
(415) 666-1888
Fax: (415) 666-1899

ST. MARY'S ADULT DAY HEALTH CENTER

35 Onondaga Ave.
San Francisco, CA 94112
(415) 334-4000
Fax: (415) 334-0819

ASSISTED LIVING FACILITIES

See Yellow Pages for resources under Assisted Living Facilities and/or Retirement. You can also search facilities on the Internet at www.sfgetcare.com.

ATTENDANT CARE: IN-HOME SUPPORT SERVICES

For non-medical services in the home, such as housekeeping, assistance in bathing, dressing, meal preparation, eating, supervision, companionship, etc. Services are provided by attendants or Home Health Aides. These services may not be covered by insurance. *See additional listings under Home Health Services.*

AUNT ANN'S AGENCY

198 Los Banos Ave.
Daly City, CA 94014
(415) 974-3530

Ambulatory only. Certified nurses aides.

CARE RESOURCE

401 Hillside Blvd.
Daly City, CA 94014
(650) 301-3270

COMPASSIONATE COMMUNITY CARE

1426 Fillmore St., Suite 207
San Francisco, CA 94115
(415) 921-5038
Fax: (415) 921-5037

HOME INSTEAD SENIOR CARE

2431 Fillmore St.
San Francisco, CA 94115
(415) 441-6490
Fax: 651-8651
www.homeinstead.com

INDEPENDENT LIVING RESOURCE CENTER

649 Mission St., 3rd Floor
San Francisco, CA 94105
(415) 543-6222
Chinese: (415) 543-6768
Spanish: (415) 543-6743
TTY: (415) 543-6698
Fax (415)-543-6318

IN-HOME SUPPORT SERVICES CONSORTIUM

1453 Mission St., Suite 520
San Francisco, CA 4103
(415) 255-2079

INTERIM HOMESTYLE SERVICES

4630 Geary Blvd., Suite 201
San Francisco, CA 94118
(415) 221-2405
www.homestyleservices.com

SAN FRANCISCO DEPARTMENT OF HUMAN SERVICES

In-Home Support Services Program
1650 Mission St.
San Francisco, CA 94120
(415) 557-5251

SELF-HELP FOR THE ELDERLY

407 Sansome St.
San Francisco, CA 94111
(415) 982-9171
Information & Referral: (415) 438-4800

Languages spoken: Chinese (Cantonese, Mandarin, Taishen), Filipino (Tagalog), French, Vietnamese.

HOME HEALTH CARE

There are a variety of services that can be given in your home including cleaning, shopping and meal preparation. In addition to home care, there are nursing services, physical, occupational and speech language therapy services as well as social services. These rehabilitation services, which must be ordered by a physician, may be covered under Medicare or Medi-Cal. Attendant Care is also available. Call Senior Information and Referral at (415) 626-1033 for listing of agencies that provide additional care services. *See Yellow Pages for resources under Nurses, Nurses Registries or Home Health Services.*

A+ Staffing Agency

www.certifiedhouseholdstaffing.com

For caregivers looking for assistance in cooking, cleaning, or an extra hand in caregiving.

PUBLIC HEALTH NURSING SERVICES

DEPARTMENT OF PUBLIC HEALTH

Call the Health Center nearest your home to get a referral or to obtain information from a public health nurse. This service is provided free of charge.

CASTRO-MISSION HEALTH CENTER

3850 17th St.
San Francisco, CA 94114
(415) 487-7550

CHINATOWN PUBLIC HEALTH CENTER

1490 Mason St.
San Francisco, CA 94133
(415) 364-7600

MAXINE HALL HEALTH CENTER

1301 Pierce St.
San Francisco, CA 94115
(415) 292-1300

OCEAN PARK HEALTH CENTER

1351 24th Ave.
San Francisco, CA 94122
(415) 682-1900

SILVER AVENUE FAMILY HEALTH CENTER

1525 Silver Ave.
San Francisco, CA 94134
(415) 715-0300

SELF-HELP FOR THE ELDERLY

407 Sansome St.
San Francisco, CA 94111
(415) 982-9171
Information & Referral: (415) 438-4800

Languages spoken: Chinese (Cantonese, Mandarin, Taishen), Filipino (Tagalog), French, Vietnamese.

UCSF HOME HEALTH CARE

3330 Geary Blvd., 1st Floor
San Francisco, CA 94118
(415) 353-3100

VISITING NURSES AND HOSPICE OF SAN FRANCISCO

1 South Van Ness Ave., 8th Floor
San Francisco, CA 94103
(415) 600-7599

Requires physician's referral

NURSING HOME SEARCHES

California Registry

(800) 777-7575

www.calregistry.com

Referral agency for seniors and their families; offers free housing information, counseling, referrals, and facility evaluations.

Medicare Nursing Home Compare

Phone: (800) 772-1213

Medicare Hotline: (800) MEDICARE (633-4227)

www.medicare.gov/Nhcompare/home.asp

Provides current information about skilled nursing facilities. Also includes the most recent licensing inspection surveys.

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.

ARCH National Resource Center for Respite & Crisis Care Service

800 Eastowne Dr., Suite 105

Chapel Hill, NC 27514

(800) 473-1727

www.chtop.org

ARCH assists in the development of respite and crisis care programs, assists families in locating respite and crisis care programs within their community, serves as a strong voice for respite in all forms through technical and training assistance programs, product development programs and national respite locator

FAMILY CAREGIVER ALLIANCE

180 Montgomery St., Suite 1100
San Francisco, CA 94104
(415) 434-3388
(800) 445-8106
Fax: (415) 434-3508
www.caregiver.org

Provide limited financial assistance and referrals to providers of respite care.

INDEPENDENT LIVING RESOURCE CENTER

649 Mission St., 3rd Floor
San Francisco, CA 94105
(415) 543-6222

Maintains a registry of respite workers who are screened, trained and available to provide supervision, companionship and personal care for disabled and elderly individuals.

LAGUNA HONDA HOSPITAL

375 Laguna Honda Blvd.
San Francisco, CA 94116
(415) 759-2300

Services very limited. Check in advance for eligibility requirements.

SKILLED NURSING FACILITIES/SUB-ACUTE REHABILITATION

See Yellow Pages for additional resources under Nursing Homes.

CALIFORNIA CONVALESCENT HOSPITAL

2704 California St.
San Francisco, CA 94115
(415) 931-7846

***CALIFORNIA PACIFIC MEDICAL CENTER—CALIFORNIA EAST
CAMPUS***

3698 California St.
San Francisco, CA 94118
(415) 600-6000

CALIFORNIA PACIFIC MEDICAL CENTER—DAVIES CAMPUS

Castro & Duboce Sts.
San Francisco, CA 94114
(415) 600-6000

CENTRAL GARDENS CONVALESCENT HOSPITAL

1355 Ellis St.
San Francisco, CA 94115
(415) 567-2967

CONVALESCENT CENTER—MISSION ST., INC

5767 Mission St.
San Francisco, CA 94112
(415) 584-3294

GROVE STREET EXTENDED CARE & LIVING CENTER

1477 Grove St.
San Francisco, CA 94117
(415) 563-0565

JEWISH HOME

302 Silver Ave.
San Francisco, CA 94112
(415) 334-2500

LAGUNA HONDA HOSPITAL

375 Laguna Honda Blvd.
San Francisco, CA 94116
(415) 759-2300

LAUREL HEIGHTS CONVALESCENT HOSPITAL

2740 California St.
San Francisco, CA 94115
(425) 567-3133

LITTLE SISTERS OF THE POOR

300 Lake St.

San Francisco, CA 94118
(415) 751-6510

MISSION BAY CONVALESCENT HOSPITAL

331 Pennsylvania Ave.
San Francisco, CA 94107
(415) 647-3587

SF COMMUNITY CONVALESCENT HOSPITAL

2655 Bush St.
San Francisco, CA 94115
(415) 922-4141

SHEFFIELD CONVALESCENT HOSPITAL

1133 South Van Ness Ave.
San Francisco, CA 94110
(415) 647-3117

KINDRED PLACEMENT CENTERS

For all locations
(415) 923-1955

Rehabilitation

Acute Care Rehabilitation Hospitals
Out-Patient Services
Communication Programs/Speech Language Therapy
Medical Equipment and Devices
Orthotics

See also Skilled Nursing Facilities/Subacute Rehabilitation in the Living Options Section.

REHABILITATION

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

ACUTE CARE REHABILITATION HOSPITALS

CALIFORNIA PACIFIC REGIONAL REHABILITATION CENTER— DAVIES CAMPUS

Castro & Duboce Sts.
San Francisco, CA 94114
(415) 600-2762

LAGUNA HONDA HOSPITAL

375 Laguna Honda Blvd.
San Francisco, CA 94116
(415) 664-1580

SAINT FRANCIS MEMORIAL HOSPITAL

900 Hyde St., 7th Floor
San Francisco, CA 94109
(415) 353-6000

ST. MARY'S MEDICAL CENTER

450 Stanyan St.
San Francisco, CA 94117
(415) 668-1000

OUT-PATIENT AND REHABILITATION SERVICES

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

CALIFORNIA PACIFIC REGIONAL REHABILITATION CENTER— DAVIES CAMPUS

South Tower, A Level
Castro and Duboce Sts.
San Francisco, CA 94114
(415) 600-6120

***CALIFORNIA PACIFIC REGIONAL REHABILITATION CENTER—
PACIFIC CAMPUS***

Outpatient Rehabilitation Services
2360 Clay St.
San Francisco, CA 94115
(415) 600-3395

SAINT FRANCIS MEMORIAL HOSPITAL

900 Hyde St.
San Francisco, CA 94109
(415) 353-6275

ST. MARY'S MEDICAL CENTER

BEN BERMAN OUTPATIENT REHABILITATION

2250 Hayes St.. C Level
San Francisco, CA 94117
(415) 750-4978

UCSF—FACULTY PRACTICE

Department of Physical Therapy & Rehabilitation Sciences
1701 Divisadero St., Suite 240
P.O. Box 0625
San Francisco, CA 94134
(415) 353-7598
1320 7th Ave
San Francisco, CA 94134
(415) 476-3451

UCSF NEUROVASCULAR SERVICE

Neurology Clinic
400 Parnassus, 8th Floor
San Francisco, CA 94143-0114
(415) 353-1489

COMMUNICATION PROGRAMS/SPEECH LANGUAGE THERAPY

See Yellow Pages for additional resources under Speech and Language Pathologists

AMERICAN SPEECH-LANGUAGE-HEARING ASSOCIATION

(800) 638-8255

www.asha.org

APHASIA CENTER OF CALIFORNIA

Downtown Oakland Senior Center

200 Grand Ave.

Oakland, CA 94602

(510) 336-0112

Provides speech pathology services to individuals who have aphasia following a stroke. Individual and small group treatment. Recreation and caregiver groups.

BUNGALOW SOFTWARE

www.StrokeSoftware.com

Regain speech and language skills with special computer programs. For Aphasia and other speech/language deficits. Created and tested by speech pathologists. FREE TRIALS & NEWSLETTER for stroke recovery.

CITY COLLEGE OF SAN FRANCISCO

John Adams Campus Annex

Hayes and Masonic Sts.

San Francisco, CA 94117

(415) 561-1005

or: (415) 561-1001

Computer classes: Stroke survivors are invited to learn how to use a computer. Computers have been adapted to accommodate disabilities (for example, you can become computer literate with the use of one hand only).

Communication classes: Provided for stroke survivors who are having difficulty with reading, writing and speaking. Classes are taught by licensed speech pathologists. Beginning/intermediate class meets on Wednesdays from 10:00 to 12:00 noon. Intermediate/advanced class meets on Friday from 10:00 to 12:00 noon. Classes meet during the school term and stroke survivors may join at any time.

Additional communication classes are held on Thursdays from 9:45 to 11:45 A.M. at:

Stonestown YMCA—Senior Annex

3150 20th Ave.
Eucalyptus & Buckingham Way
San Francisco, CA 94132
(415) 242-7117

COMMUNICATIVE DISORDERS CLINIC

San Francisco State University
1600 Holloway Ave.
San Francisco, CA 94132
(415) 338-1001

Hearing Society for the Bay Area, Inc.

49 Powell St., Suite 400
San Francisco, CA 94102
(415) 693-5870
TTY: (415) 834-1005
Fax: (415) 834-1538

Hearing Aid Loan Program: for low-income persons only
Aural Rehabilitation Classes: small group classes focusing on communication strategies, using visual speech information, plus teaching about the understanding of hearing and hearing loss.

- Audiological Counseling
- Mental Health Counseling (provided by a Social Worker)
- Information and Referral

NATIONAL APHASIA ASSOCIATION

(800) 922-4622
Fax: (410) 729-5724
www.aphasia.org

Parrot Software

www.parrotsoftware.com

Leases Aphasia Communication software at reasonable prices.

SAN FRANCISCO HEARING AND SPEECH CENTER

1234 Divisadero St.
San Francisco, CA 94115
(415) 921-7658
TDD: (415) 921-8990
Fax: (415) 921-2243

MEDICAL EQUIPMENT AND DEVICES

For additional companies see Yellow Pages under Orthopedic Appliances, Prosthetic Devices, Wheelchairs-Lifts & Ramps, etc

Most medical equipment and orthotics are covered by Medicare, Medi-Cal and some private insurance plans, if ordered by a physician. Be sure to ask your physician for a prescription to assist you in determining what equipment is appropriate for you. Many private insurance companies require prior authorization or approval and have preferred providers. Ask your insurance for their preferred provider to ensure coverage.

MEDICAL EQUIPMENT

Apria Healthcare

480 Carlton Court
So. San Francisco, CA 94080
(650) 588-9744
or: (800) 788-5007

ITC MEDICAL SUPPLIES

1235 Noriega
San Francisco, Ca 94122
(415) 661-4900

4373 Geary Blvd.
San Francisco, CA 94118
(415) 387-7100

LINCARE

318 Swift Ave.
So. San Francisco, CA 94080
(650) 952-6969

Medic Alert (bracelets/necklaces)

2323 Colorado Ave.
Turlock, CA 95832
(800) 432-5378
or (800) 344-3226

The Minnesota Ramp Project:

Making Homes Accessible

This website posts a manual for design and construction of a modular wheelchair ramp, including information on long-tread, low-riser steps to improve safe home accessibility.

(651) 603-2029
TDD: (651) 603-2001
www.wheelchairramp.org

MOBILITY EQUIPMENT, INC

1838 Lawton St.
San Francisco, CA 94122
(415) 564-2098

Specialists in customized wheelchairs and scooters.

RON ANDREWS MEDICAL CO., INC

117 Carlos Drive
San Rafael, CA 94903
(415) 775-4826

SENIOR WHEELS USA PROGRAM

(800) 246-6010

Makes wheelchairs and mobility equipment available to seniors who meet the program's guidelines.

ORTHOTICS

Orthotics are braces made or fitted especially for you that will assist in your mobility. The most common are AFO's (Ankle-Foot Orthoses) and KFO'S (Knee-Akle-Foot Orthoses). They require a prescription from your physician. 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.

CUSTOM ORTHOPEDIC APPLIANCES, INC

340 Divisadero St.
San Francisco, CA 94117
(415) 552-1330

SAN FRANCISCO GENERAL HOSPITAL

Orthotic & Prosthetic Facility
1001 Potrero Ave., Rm 3A36
San Francisco, CA 94110
(415) 206-4387

SAN FRANCISCO PROSTHETIC & ORTHOTIC SERVICE, INC

324 Divisadero St.
San Francisco, CA 94117
(415) 861-4146

UNIVERSITY OF CALIFORNIA, SAN FRANCISCO

Prosthetic & Orthotic Services
521 Parnassus Ave., C-36
San Francisco, CA 94143
(415) 476-1788

Physical and Mental Health

Health Care Coverage

Private Health Insurance

Government Funded Health Insurance Resources

Counseling & Psychological Services

Dental

Nutritional Education Resource

Health Insurance Counseling

Meals

Physician Referral Services

Referral & Information Services

HEALTH CARE COVERAGE

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 in-patient and out-patient rehabilitation and in-home rehabilitation.

Medicare and most insurance policies do not cover maintenance care. Maintenance care is ongoing personal care and supervision often needed by stroke survivors. Very few insurance policies cover custodial care in the home or in a skilled nursing facility. Descriptions of the levels of care available to stroke survivors indicate whether the services are considered rehabilitative or maintenance, that is, whether or not the services are generally covered by Medicare and/or private insurance.

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 or contact your insurance company directly. 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 declined individual coverage. The 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.

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 for location of branches in San Francisco. You will be automatically enrolled in Medicare after you get disability benefits for two years.

Medicare has two parts—hospital insurance and medical insurance. Hospital insurance helps pay hospital bills and some follow-up care. The other part of Medicare, medical insurance, helps pay doctors' bills and other services. You will pay a monthly premium for this coverage if you want it. Most people have both parts of Medicare.

If you get Medicare and have low income and few resources, your state may pay your Medicare premiums and, in some cases, other "out-of-pocket" Medicare expenses and co-insurances. Contact SSA and ask for the leaflet, Medicare Savings Programs (CMS Publication No. 10126-S).

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 vary from state to state. For information and eligibility criteria, call (800) 726-4326.

COUNSELING AND PSYCHOLOGICAL SERVICES

Psychological counseling is provided by mental health professionals to facilitate a person's ability to cope, problem-solve, and heal emotionally. This problem-solving process involves history taking and exploration of feelings and attitudes. Counselors also work with patients to help develop a full understanding of the challenges involved in recovery and to set realistic goals. Within this framework, education, advice and tools for coping are tailored to the individual's needs for working through the recovery process.

CATHOLIC CHARITIES

Counseling Services

(415) 564-7882

Crisis hotline: (415) 781-0500

CHINATOWN-NORTH BEACH MENTAL HEALTH SERVICES

729 Filbert St.

San Francisco, CA 94133

(415) 352-2000

Provides geriatric Services in Chinatown, including crisis intervention, counseling, emergency outreach, individual and family therapy, day treatment, socialization.

COMMUNITY MENTAL HEALTH SERVICES

Southeast Mission Geriatrics

3905 Mission St.

San Francisco, CA 94112

(415) 337-4722

Services are directed to residents of Southeast and Mission districts over age 60.

- Crisis intervention
- Out-patient services includes individual psychotherapy, group psychotherapy, medications, mental health assessments
- Day treatment program—three days a week with transportation provided

FAMILY CAREGIVER ALLIANCE

180 Montgomery St., Suite 1100
San Francisco, CA 94104
(415) 434-3388
(800) 445-8106
Fax: (415) 434-3508
www.caregiver.org

FAMILY SERVICE AGENCY OF SAN FRANCISCO

1010 Gough St.
San Francisco, CA 94109
(415) 474-7310

- Geriatric Day Treatment for persons over age 60 experiencing mental illness and needing day treatment.
- Outpatient mental health services for persons over age 60.
- Japanese Family Service Program for persons needing bilingual-bicultural mental health services
- Placement for mentally disabled persons with S.S.I. eligibility needing a board-and-care home.

DENTAL

SAN FRANCISCO DENTAL SOCIETY

Referral Services
(415) 421-1435

Provides information and dental referrals for services in your area.

SAN FRANCISCO GENERAL HOSPITAL

Dental Clinic
(415) 206-8104

Oral Surgery only.

UNIVERSITY OF CALIFORNIA, SAN FRANCISCO SCHOOL OF DENTISTRY

707 Parnassus Ave.
San Francisco, CA 94143
(415) 476-1891
Emergency: (415) 476-5814

100 Buchanan St.
San Francisco, CA 94102
(415) 476-5608

Comprehensive care. Fee is 20% less than regular dentist. 10% discount of regular fee, if 65 and over. Accepts: Medi-Cal, private insurance, cash.

UNIVERSITY OF THE PACIFIC DENTAL SCHOOL

2155 Webster St.
San Francisco, CA 94115
(415) 929-6501

No appointment necessary. Monday—Friday at 8:30 AM or 12:30 PM.

NUTRITIONAL EDUCATION RESOURCES

Some hospitals have out-patient dietary counseling services. You will usually have access to dietary counseling through your health system.

AMERICAN HEART ASSOCIATION

120 Montgomery St., Suite 1650
San Francisco, CA 94104
(415) 433-2273
Fax: (415) 228-8402
www.americanheart.org
www.deliciousdecisions.org

Personal nutrition counseling is available at a reasonable cost. A registered dietitian will tailor a diet to fit your needs and lifestyle, and develop an individualized plan that will work for you.

AMERICAN ASSOCIATION OF DIABETES EDUCATORS

(800) 832-6874
(800) TEAM-UP4

American Diabetes Association

(800) 342-2383
(800) DIABETES
www.diabetes.org

AMERICAN DIETETIC ASSOCIATION

(800) 366-1655
www.eatright.org

CENTERS FOR DISEASE CONTROL AND PREVENTION

(877) CDC-DIAB

(877) 232-3422

www.cdc.gov/diabetes

NATIONAL HEART, LUNG, AND BLOOD INSTITUTE

(301) 592-8573

TTY: (240) 629-3255

www.nhlbi.nih.gov

HEALTH INSURANCE COUNSELING

LEGAL ASSISTANCE TO THE ELDERLY

Health Insurance Counseling and Advocacy Program (HICAP)

995 Market St., Suite 1408

San Francisco, CA 94103

(415) 538-3333

Provides free legal advice and representation to residents of San Francisco who are 60 years or older. Deals with problems such as Social Security/SSI, Medicare/Medi-Cal, physical and financial abuse, landlord/tenant disputes, pensions and other legal matters. Provides counseling and advocacy in dealing with private insurance carriers. Also provides a Durable Power of Attorney for health care and financial matters. Please call ahead for appointment. Languages spoken may include Cantonese Spanish, Mandarin, Russian.

MEALS

The following agencies will provide meals for a fee. Call for qualification rules and whether they provide on-site meals or home delivery

MEALS ON WHEELS OF SAN FRANCISCO

(415) 920-1111

MONTEFIORE SENIOR CENTER

Jewish Community Center

(415) 292-1262

SAN FRANCISCO DEPARTMENT OF AGING AND ADULT SERVICES (DAAS)

875 Stevenson St.
San Francisco, CA 94103
(not a mailing address)
(415) 626-1033
www.sfgetcare.com

Many Senior Centers and other organizations offer meal programs. For a complete listing call DAAS or go to their website.

PHYSICIAN REFERRAL SERVICES

SAN FRANCISCO HOSPITALS

Most hospitals have physician referral services. Call the hospital of your choice for further information.

San Francisco Medical Society

1409 Sutter St.
San Francisco, CA 94109
(415) 561-0850
www.sfms.org

A professional association of physicians providing referrals to member physicians based on locations, medical specialty, foreign language fluency, acceptance of public funding, availability for house calls and special interests.

REFERRAL AND INFORMATION SERVICES

See also Libraries in the Resources For The Long Term section.

AMERICAN HEART ASSOCIATION

120 Montgomery St., Suite 1650
San Francisco, CA 94104
(415) 433-2273
Chinese: (415) 228-8404
Fax: (415) 228-8402
www.americanheart.org

Provides CPR class referrals and free literature, including Chinese translations on stroke, high blood pressure, cholesterol, food guidelines, and exercise.

AMERICAN STROKE ASSOCIATION

120 Montgomery St., Suite 1650
San Francisco, CA 94104
(415) 433-2273
(888) 4STROKE
Fax: (415) 228-8402
www.strokeassociation.org

Stroke Connection is a free patient support service that helps families learn about stroke—what it is, where to go and what to expect before and after diagnosis. A variety of educational support services are available. It is especially useful as lifestyle changes occur during recovery and rehabilitation. The Stroke Connection *warmline* is answered by stroke information specialists (some are stroke survivors or caregivers).

CALIFORNIA PACIFIC REGIONAL REHABILITATION CENTER— DAVIES CAMPUS

Stroke Education Series
South Tower, 3rd Floor
Castro & Duboce Sts
San Francisco, CA 94114
(415) 600-6639

Medical professionals review many aspects of stroke including: cause, signs & symptoms, effects on life, prevention, rehabilitation. Stroke survivors, families, friends and others in the community are invited to attend these interactive classes on Mondays from 4 to 5 pm.

FAMILY CAREGIVER ALLIANCE

180 Montgomery St., Suite 1100
San Francisco, CA 94104
(415) 434-3388
(800) 445-8106
Fax: (415) 434-3508
www.caregiver.org

Most services are free, sliding scale for respite care. 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. Trained counselors can help identify and address short-term and long-term needs of patients, caregivers, and families. The agency also publishes a quarterly newsletter, provides training and education to organizations and caregivers about brain-impaired adults and care planning, and acts as a clearinghouse for information at the state level. Services are available in English, Spanish, and Mandarin. Call for more information.

INSTITUTE ON AGING

3330 Geary Blvd.
San Francisco, CA 94118
(415) 750-4111
Fax: (415) 750-4196

For persons at risk of being institutionalized, Linkages provides information, referral, case management and direct financial assistance on a limited basis.

INDEPENDENT LIVING RESOURCE CENTER

649 Mission St., 3rd Floor
San Francisco, CA 94105
(415) 543-6222
Chinese: (415) 543-6768
Spanish: (415) 543-6743
TTY: (415) 543-6698
Fax (415)-543-6318

Assists disabled individuals to remain in the community through the following services: attendant referral; financial counseling for people on SSI, SSD, Medicare, and Medi-Cal; occupational therapy to assist with daily living activities; home equity conversion counseling; deaf services; respite referral, and long-term care counseling. No case management services are provided.

LA RAZA INFORMATION CENTER

474 Valencia St., Suite 100
San Francisco, CA 94103
(415) 863-0764

The primary purpose of the Information Center is to assist low-income members of the Latino community within the San Francisco Bay Area to identify and obtain needed human care services and resources. It provides information and referral, support services, translating and interpreting services.

MEDICARE HOTLINE

(800) MEDICARE
(800) 633-4227

NATIONAL EASTER SEAL SOCIETY

230 West Monroe St., Suite 1800
Chicago, IL 60606
(800) 221-6827
www.easterseals.com

National Institute of Neurological Disorders and Stroke

Brain Resources and Information Network (BRAIN)

P.O. Box 5801

Bethesda, MD 20824

(800) 352-9424

www.ninds.nih.gov

NATIONAL STROKE ASSOCIATION

9707 E. Easter Lane

Englewood, CO 80112

(800) 787-6537

(800) STROKES

www.stroke.org

NEW LEAF: SERVICES FOR OUR COMMUNITY

103 Hayes St.

San Francisco, CA 94102

(not a mailing address)

(415) 626-7000

TDD: (415) 252-8376

www.NewLeafServices.org

Provides social services, recreational programs, and mental health services for lesbian, gay, bisexual and transgender elders who are 60 and older. We offer a variety of activities which are advertised in our monthly calendar. We meet with participants individually for socialization, assistance with referrals to other services and therapy. A psychiatrist and registered nurse are on staff.

Northern California Council for the Community

221 Main St., Suite 300

San Francisco, CA 94105

Helplink: (415) 808-4357

(800) 273-6222

TDD: (415) 808-4440

Cantonese: (415) 808-7339

Spanish: (415) 808-4444

www.helplink-sf.org/

A multicounty comprehensive information and referral service. Trained phone workers assess the callers' needs and are able to research resources and refer them to appropriate programs in their community. Also refers callers to support groups throughout the Bay Area.

***ROSE RESNICK LIGHTHOUSE FOR THE BLIND & VISUALLY
IMPAIRED***

214 Van Ness Ave.
San Francisco, CA 94102
(415) 431-1481
TTY: (415) 431-4572
Fax: (415) 863-7568
www.lighthouse-sf.org

Orientation and Mobility Counseling, Computer Training/Education Classes,
Consultation and Training, Information and Referral, Resource Center, Inventory of
Adaptive Aids for the Blind and Visually Impaired.

SAN FRANCISCO ADULT DAY SERVICES NETWORK

221 Main St., Suite 300
San Francisco, CA 9405
(415) 808-7371
www.sfadulthood.org

Coordinates and advocates for services and funding for a network of adult day health
centers in San Francisco.

San Francisco Convention & Visitors Bureau

900 Market St.
San Francisco, CA 94102
(415)-391-2000
TDD: (415) 392-0328
French: (415) 391-2003
German: (415) 391-2004
Italian: (415) 391-2002
Japanese: (415) 391-2101
Spanish: (415) 391-2122
www.sfvisitor.org

The bureau is located at Hallidie Plaza (Market and Powell Streets). They offer a San
Francisco access guide for travelers with disabilities.

***SAN FRANCISCO DEPARTMENT OF AGING AND ADULT
SERVICES (DAAS)***

Senior and Adults with Disabilities
Information & Referral
875 Stevenson St. 3rd floor
San Francisco, CA 94103
(not a mailing address)

(415) 355-3555
www.sfgetcare.com

Stroke program information can be obtained through Senior Information and Referral on a 24-hour telephone basis. Referral to services which may be useful to those who have had strokes, such as day care centers, in-home services, out-of-home care, and rehabilitation programs, is provided by trained senior specialists.

Skyline College

Disabled Students Program and Services
3300 College Dr., Bldg 2, Rm. 2208
San Bruno, CA 94066

Offers adaptive Physical Education classes in the afternoon. Open enrollment any time.

SAN FRANCISCO RESOURCE CENTERS

A neighborhood-based information and referral service for seniors and adults with disabilities. Services addressed include transportation, housing, financial assistance, health services, in-home care, recreational activities, etc. These services are available by telephone or drop-in during business hours. Assistance and follow-up are also provided.

Locations of Neighborhood Resource Centers:

Richmond (#1)

3330 Geary Blvd, 3rd Floor
(415) 752-2815

Armenian, Cantonese, Mandarin, Russian, Shanghainese

Western Addition/Marina (#2)

1426 Fillmore St., Suite 302
(415) 447-1004

Cantonese, Mandarin, Toisanese, Vietnamese

Northeast (#3)

407 Sansome St., 4th Floor
(415) 438-4800

Cantonese, Mandarin

Central City/Potrero Hill (#4)

602 Eddy St.,
(415) 931-6000

Cambodian, Cantonese, Chiu Chow, French, Mandarin, Vietnamese

Mission/Noe Valley/Bernal Heights/Buena Vista/Eureka Valley (#5)

225 30th St., #320
(415) 920-0588

Spanish

Bayview Hunters Point (#6)

1555 Burke Ave., Suite A
(415) 401-7200
Cantonese, Mandarin, Samoan, Spanish

Visitation Valley/Excelsior/Portola (#7)

66 Raymond St.
(415) 330-1789
Cantonese, Mandarin, Tagalog, Toisanese

OMI/St. Francis Woods/Miraloma Park (#8)

1948 Ocean Ave.
(415) 586-0450
Cantonese, Mandarin, Spanish, Toisanese

Inner Sunset/Haight Ashbury (#9)

1400 Irving St.
(415) 682-2810
Cantonese, Mandarin, Russian

Outer Sunset Neighborhood (#10)

2451 Judah St.
(415) 682 2800
Cantonese, Mandarin, Russian

SELF-HELP FOR THE ELDERLY

407 Sansome St., Suite 300
San Francisco, CA 94111
(415) 982-9171
www.selfhelpelderly.org

A multiservice agency which provides a broad range of bilingual/bicultural social, recreational and educational services to seniors and individuals with disabilities. Services include social work services, case management, coordination of needed services, congregate and home delivered meals, in-home support and translation services. Also offers employment training and placement. Languages spoken: Chinese (Cantonese, Mandarin, Taishen), Filipino (Tagalog).

Social Security Administration

(800) 772-1213
TTY: (800) 325-0778
www.ssa.gov

They can answer specific questions from 7 a.m. until 7 p.m. on business days and provide information by automated phone service 24 hours a day. For a list of local offices, refer to “Legal and Financial Services” in the section, “Resources for the Long Term”.

Resources for the Long Term

Case Management Services
Caregiver Resources
Driving
Education & Vocational Retraining
Exercise
Legal & Financial Services
Libraries
Pets
Recreational Services
Safety & Protection
Senior Centers
Social Services
Support Groups
Transportation
Travel Services
Utilities: Special Needs Services
Volunteer Opportunities

RESOURCES FOR THE LONG TERM

CASE MANAGEMENT SERVICES

Case Management Services offer consultation with the family members, caregivers and individuals as to care and resources needed. A home visit will assess the client's needs. On-going care is provided to meet the individual's needs. These services differ among agencies, so it is best to call the agency for specific information.

FAMILY CAREGIVER ALLIANCE

180 Montgomery St., Suite 1100
San Francisco, CA 94104
(415) 434-3388
(800) 445-8106
Fax: (415) 434-3508
www.caregiver.org

INSTITUTE ON AGING

3626 Geary Blvd.
San Francisco, CA 94118
(415) 750-4150
Fax: (415) 750-4196

SENIORS AT HOME

A division of Jewish Family and Children's Services
2245 Post St.
San Francisco, CA 94115
(415) 449-3777
www.jfcs.org

PUBLIC HEALTH NURSING SERVICES

SAN FRANCISCO HEALTH DEPARTMENT

Call the Health Center nearest your home to get a referral or to obtain information from a public health nurse. This service is provided free of charge.

CASTRO-MISSION HEALTH CENTER

3850 17th St.
San Francisco, CA 94114
(415) 487-7500

CHINATOWN PUBLIC HEALTH CENTER

1490 Mason
San Francisco, CA 94133
(415) 364-7600

MAXINE HALL HEALTH CENTER

1301 Pierce St.
San Francisco, CA 94115
(415) 292-1330

OCEAN PARK HEALTH CENTER

1351 24th Ave.
San Francisco, CA 94122
(415) 753-8100

SILVER AVENUE FAMILY HEALTH CENTER

1525 Silver Ave.
San Francisco, CA 94134
(415) 715-0300

SELF-HELP FOR THE ELDERLY

407 Sansome St., Suite 300
San Francisco, CA 94111
(415) 982-9171

Information & Referral: (415) 438-4800

Chinese (Cantonese, Mandarin, Taishen), Filipino (Tagalog), French, Vietnamese.

CAREGIVING RESOURCES

American Association of Retired Persons (AARP)

(888) OUR AARP
(888) 687-2277

www.aarp.org

The AARP website features a detailed caregiving section with information on locating outside help, dealing with finances, and guidance on dealing with a chronic illness.

AMERICAN ASSOCIATION OF HOMES AND SERVICES FOR THE AGING

2519 Connecticut Avenue, NW
Washington, DC 20008
(202) 783-2242
www2.aahsa.org

This nonprofit organization represents over 5,000 nursing homes, continuing care retirement communities, assisted living residencies, senior housing facilities, and community service organizations for the elderly. The Web site features a section designed especially for family caregivers.

CALIFORNIA NURSING HOME SEARCH

www.calnhs.org

Provides comprehensive and consumer-friendly information about the quality of California's over 1,400 nursing homes. This website is updated quarterly.

CAREGIVERPRODUCTS.COM

www.caregiverproducts.com

A website for purchasing products to make care-giving easier.

ELDERCARE LOCATOR PHONE

(M-F, 9am-11pm EST)
(800) 677-1116

Nationwide directory assistance service connects older persons and caregivers with local support services.

FAMILY CAREGIVER ALLIANCE

180 Montgomery St., Suite 1100
San Francisco, CA 94104
(415) 434-3388
(800) 445-8106
Fax: (415) 434-3508
www.caregiver.org

Offers articles on care and services, latest research, and Link2Care, an internet-based information and support system for family caregivers of adults with cognitive impairments. Also provides other useful websites for caregivers.

NATIONAL ALLIANCE FOR CAREGIVING

www.caregiving.org

Offers the Family Care Resource Connection, a database of reviews and ratings of literature and other resources for family caregivers

NATIONAL FAMILY CAREGIVERS ASSOCIATION

(800) 896-3650

Fax: (301) 942-2302

www.nfcacares.org

Offers caregiving tips, news and information, and statistics on caregivers in America.

WELL SPOUSE FOUNDATION

63 West Main Street, Suite H

Freehold, NJ 07728

(800) 838-0879

DRIVING

Please discuss the issue of driving with your personal physician. Often, after a stroke, your driving ability may be impaired. This can pose a safety risk to yourself, your loved ones, or the general public.

APEX SCHOOL OF DRIVING

P.O. Box 22342

San Francisco, CA 94122

(888) 374-8333

www.apexdrivingschool.com

Please call in the mornings.

DEPARTMENT OF MOTOR VEHICLES

Department of Driver Safety

1377 Fell St.

San Francisco, CA 94115

(415) 557-1170

Evaluation of individuals who have an existing driver's license and a medical condition.

EDUCATION AND VOCATIONAL RETRAINING

ADA HELPLINE AT THE EQUAL EMPLOYMENT OPPORTUNITY COMMISSION

(800) 669-3362

CALIFORNIA STATE DEPARTMENT OF REHABILITATION

(415) 904-7100

(TTY): (415) 904-7114

www.rehab.cahwnet.gov

Includes employment preparation and vocations services

CITY COLLEGE OF SAN FRANCISCO, JOHN ADAMS CAMPUS

Disabled Students Programs and Services

Hayes and Masonic Sts.

San Francisco, CA 94117

(415) 561-1005

or: (415) 561-1001

Computer classes: Stroke survivors are invited to learn how to use a computer. Computers have been adapted to accommodate disabilities (for example, you can become computer literate with the use of one hand only).

SKYLINE COLLEGE

3300 College Dr.

San Bruno, CA 94060

(650) 738-4280 – Disabled Students Program and Services

(650) 738-4286

(650) 738-4160 fax

Assistive technology program offers semester length cognitive retraining classes. Also has a Workability III Program in conjunction with California Dept of Rehabilitation

EXERCISE

CITY COLLEGE OF SAN FRANCISCO

The Disabled Students Program

Call for locations

(415) 561-1001

or: 651-1005

Adaptive Exercise Classes:

Exercise classes for stroke survivors who have limited movement, muscle weakness or who are wheelchair users. Stroke survivors may join at any time. Call the number above for information about the locations of the three classes in the city.

Mind-Body Health and Tai Chi Classes:

The Older Adults Department

Call for locations: (415) 239-3127

These classes promote wellness through one hour of discussion of mind-body techniques and practices followed by one hour of gentle, but effective exercises based on Tai Chi.

HEALTH & HEALING CENTER

CALIFORNIA PACIFIC MEDICAL CENTER

(415) 600-HEAL

(415) 600-4325

www.myhealthandhealing.org

A variety of classes are offered that teach fundamental tools for wellness—whether you want to reduce everyday stress or are coping with an illness. They help you support your body's natural healing abilities, improve your fitness and flexibility, and leave you feeling more relaxed, energetic and alive.

THE JANET POMEROY CENTER

(formerly RCH, Inc.)

207 Skyline Blvd.

San Francisco, CA 94132

(415) 665-4100

Therapeutic swimming can be done at the center's indoor, wheelchair accessible pool. The pool is 94 degrees. The Center also offers travel groups, one-to-one recreational activities in the disabled person's home, and full-day programs of activities at the Center.

JEWISH COMMUNITY CENTER

3200 California St.

San Francisco, CA 94118

(415) 292-1234

Call for a variety of classes.

NUEROFIT

UCSF Dept of Neurology
400 Parnassus Room 890-C
San Francisco, CA 94143
(415) 353-2273
(415) 353-2898

A medically supervised neurological training and conditioning program using state-of-the-art equipment. Participants work on supervised exercise programs, specifically tailored to individual needs.

SKYLINE COLLEGE

3300 College Dr.
San Bruno, CA 94060

(650) 738-4286

(650) 738-4160 fax

Adaptive physical education program for students with special needs. The programs are designed for the individual, are supervised and is open enrollment.

SAN FRANCISCO DEPARTMENT OF AGING AND ADULT SERVICES (DAAS)

875 Stevenson St., 3rd floor
P.O. Box 15
San Francisco, CA 94103
(415) 626-1033
www.sfgetcare.com

Many Senior Centers offer recreation and exercise resources. Contact DAAS for a complete listing.

STONESTOWN FAMILY YMCA—SENIOR ANNEX

3150 20th Ave.
Eucalyptus & Buckingham Way
San Francisco, CA 94132
(415) 242-7117
or: (415) 242-7135

The Post-Stroke Fitness Classes use light, adapted exercises to help stroke survivors improve flexibility and increase muscle strength and coordination.

LEGAL AND FINANCIAL SERVICES

ADMINISTRATION ON AGING (AOA)

www.aoa.gov

Provides information about the long-term care Ombudsman Program.

Americans with Disabilities Act (ADA)

(800) 514-0301

TTY: (800) 514-0383

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

BAY AREA LEGAL AID

50 Fell Street

San Francisco, CA 94102

(415) 982-1300

Eviction defense, public benefits representation (social security, general assistance, AFDC, Medi-Cal, etc.) and legal assistance with domestic violence problems. For financially eligible clients only.

CALIFORNIA STATE PROPERTY TAX POSTPONEMENT AND TAX ASSISTANCE

(800) 338-0505

DISABILITY RIGHTS, EDUCATION, & DEFENSE FUND

2212 Sixth St.

Berkeley, CA 94710

(510) 644-2555

Fax: (510) 841-8645

<http://www.dredf.org>

FRANCHISE TAX BOARD, CALIFORNIA STATE

Rent Assistance, Tax Assistance

P.O. Box 1588

Sacramento, CA 95818

(900) 338-0505

FAMILY CAREGIVER ALLIANCE

180 Montgomery St., Suite 1100
San Francisco, CA 94104
(415) 434-3388
(800) 445-8106
Fax: (415) 434-3508
www.caregiver.org

Can provide free consultations with experienced attorneys on power-of-attorney, conservatorships, estate and financial planning, for long-term care. Special trainings and workshops on topics such as diagnosis, treatment, long-term care planning, and legal issues are provided. Legal fact sheets are also available at a small fee.

IRS-INTERNAL REVENUE SERVICE

(800) 829-3676
www.irs.gov

JEWISH FAMILY AND CHILDREN'S SERVICES

Personal Affairs Management
2150 Post St.
San Francisco, CA 94115
(415) 449-1200

Assists with bill paying, check depositing, medical claims processing, employer tax filing, statement balancing and provide referral to community resources.

LAWYER REFERRAL SERVICE

Bar Association of San Francisco
(415) 989-1616

Provides referral to attorneys for initial consultation. Makes initial appointment with attorney. No fee for injury referrals. Screens for eligibility for volunteer legal services program, provides referrals to experienced mediators and has a disability rights panel.

OFFICE OF PATIENTS' RIGHTS

(800) 254-5166

OFFICE OF CLIENTS' RIGHTS ADVOCACY

(800) 390-7032

***SAN FRANCISCO MENTAL HEALTH CLIENTS' RIGHTS
ADVOCATES***

1095 Market St., Room 617
San Francisco, CA 94103
(415) 552-8100

Free advocacy and rights protection to residents of San Francisco who are consumers of community mental health services.

SAN FRANCISCO DEPARTMENT OF HUMAN SERVICES

P.O. Box 7988
San Francisco, CA 94120
(415) 557-5000
Adult Services, In Home Support or: (415) 557-5251
Elder Abuse Reporting or: (415) 557-5230
Food stamps, Medi-Cal & other programs or: 415) 558-1000

Provides protective services without regard to income for adults who are a danger to themselves or the community or who are in danger of being abused, exploited or neglected.

SENIOR MEDI-BENEFITS

3195 Adeline St.
Berkeley, CA 94703
(510) 420-0550

Serves the Bay Area. Assists with Medi-Cal eligibility evaluations for longterm care.

U.S. GOVERNMENT DEPARTMENT OF HEALTH & HUMAN SERVICES

FEDERAL DISABILITY CLAIMS

Social Security Administration
1001 Lottens Place
San Rafael, CA 94901
(800) 772-1213
www.ssa.gov

VETERANS' SERVICE OFFICE

875 Stevenson Street, Suite 250
San Francisco, CA 94103
(415) 554-7100
(800) 807-5799
sfcvso@sfgov.org

LIBRARIES

CIRCLE CENTER

1350 South Eliseo Drive
Greenbrae, CA 94904
(415) 925-7920

Free medical computer searches and lending library

HEALTH AND HEALING LIBRARY

(a Planetree Affiliate)
2040 Webster St.
San Francisco, CA 94115
(415) 600-3681

A library open to the general public, carrying current books about stroke and stroke-related issues, as well as other comprehensive health care information.

LIBRARY FOR THE BLIND & READING DISABLED

Main Library
100 Larkin St.
San Francisco, CA 94102
(415) 557-4253

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

San Francisco General Hospital

Barnett-Briggs Medical Library

1001 Potrero Avenue
Building 30, First Floor
San Francisco, CA 94110
(415) 206-3114
<http://sfghean.ucsf.edu/Barnett/default.asp>

STANFORD HEALTH LIBRARY

2-B Stanford Shopping Center
Palo Alto, CA 94304
(650) 725-8400
(800) 295-5177

www.med.stanford.edu/healthlibrary

Offers online books, health videos, articles, and magazines with sections in the internet resources devoted to references, drug information & therapies, and diseases and disorders.

PETS

PETS UNLIMITED

2343 Fillmore St.
San Francisco, CA 94115
(415) 563-6700

Provides short-term care for cats.

RECREATIONAL SERVICES

AMERICAN STROKE ASSOCIATION

a division of the American Heart Association

SAVING STROKES

120 Montgomery St., Suite 1650
San Francisco, CA 94104
(415) 433-2273
(888) 478-7653

This event provides free golf and fitness training for stroke survivors. No previous golf experience needed.

ARTWORKS, INSTITUTE ON AGING

3330 Geary Blvd.
San Francisco, CA 94118
(415) 750-4180

This program provides creative arts services—art, music and creative writing to facilitate ongoing, meaningful activity and to lessen the feelings of isolation of homebound elderly. Some group site and homebound services.

CALIFORNIA DEPARTMENT OF FISH AND GAME

(707) 944-5500
www.dfg.ca.gov

Provides information on fish types and accessibility of parking and restrooms at the accessible fishing piers in Northern California. Provides free fishing licenses with disabled placards.

CALIFORNIA STATE PARKS

(800) 777-0369
www.parks.ca.gov

A disabled discount pass is available.

CITY COLLEGE OF SAN FRANCISCO

The Disabled Students Program
Call for locations
(415) 561-1001
or 651-1005

Art Classes:

Stroke Survivors are invited to take an art class. Painting, drawing, collage, etc. You may join at any time.

DISABLED SPORTS USA

Tahoe Adaptive Ski School (TASS)
(530) 581-4161

This ski school is 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.

HALLECK CREEK 4H RIDING CLUB

P.O. Box 189
Inverness, CA 94937
(415) 662-2488

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

NATIONAL PARK SERVICE

www.nps.gov

Information available about accessible trails and visitor centers in the local areas, including Point Reyes and elsewhere in the G.G.N.R.A. (Golden Gate National Recreation Area).

Rose Resnick Lighthouse for the Blind & Visually Impaired

214 Van Ness Ave.
San Francisco, CA 94102
(415) 431-1481
TTY: (415) 431-4572
Fax: (415) 863-7568
www.lighthouse-sf.org

A daily recreation program provides recreation therapy through crafts, educational trips, and social activities. Participants must be capable of self-care and be able to move about independently. Limited transportation to medical appointments is offered.

Sailing: Bay Area Disabled Sailors (B.A.D.S.)

P.O. Box 193730
Pier 39
San Francisco, CA 94119
(415) 281-0212

SAN FRANCISCO DEPARTMENT OF AGING AND ADULT SERVICES (DAAS)

875 Stevenson Street
P.O. Box 15
San Francisco, CA 94103
(415) 626-1033
www.sfgetcare.com

Many Senior Centers offer recreation and exercise resources. Contact DAAS for a complete listing.

SAFETY & PROTECTION

INSTITUTE ON AGING

Elder Abuse Prevention
3626 Geary Blvd.
San Francisco, CA 94118

(415) 750-4180

This 80-agency consortium provides professional training, outreach, advocacy and case consultation to identify, prevent and treat abuse of the elderly.

LIFELINE SYSTEMS

(800) 543-3546

(800) LIFELINE

Lifeline is an emergency response system that allows a person to live alone with the knowledge that help can be reached by pushing a button. Whether you can speak or not, pushing the button will activate a monitor alerting the response system that you need help. An installation and monthly fee required.

Medic Alert

2323 Colorado Ave.

Turlock, CA 95832

(800) 432-5378

or: (800) 344-3226

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

SAN FRANCISCO DEPARTMENT OF HUMAN SERVICES

Dept. N310 *Adult Protective Services*: (415) 557-5230

SENIOR CENTERS

Senior Centers cater to a broad range of needs and interests. Depending on their focus and size, your local center may offer social services, recreation/educational programs, hot meals, plus health and wellness or exercise programs. *For a complete listing of Senior Centers contact the following agency:*

San Francisco Department of Aging and Adult Services (DAAS)

875 Stevenson Street, 3rd floor

San Francisco, CA 94103

(not a mailing address)

(415) 626-1033

www.sfgetcare.com

SOCIAL SERVICES

CURRY SENIOR CENTER

472 Turk St.
San Francisco, CA 94102
(415) 885-2274

Geriatric case management: includes but not limited to in-home assessment of environment, psychosocial assessment, service coordination, monitoring, follow-up, service arrangement and referral.

INSTITUTE ON AGING—LINKAGES

3626 Geary Blvd.
San Francisco, CA 94118
(415) 750-4150
Fax: (415) 750-4196

For persons at risk of being institutionalized, Linkages provides information, referral, case management and direct financial assistance on a limited basis.

SAN FRANCISCO DEPARTMENT OF HUMAN SERVICES

P.O. Box 7988
San Francisco, CA 94120
(415) 557-5000
Adult Services, In Home Support: (415) 557-5251
Elder Abuse Reporting: (415) 557-5230
Food stamps, Medi-Cal & other programs: 415) 558-1000

San Francisco Multipurpose Senior Services Program (MSSP)

Institute on Aging
3626 Geary Blvd.
San Francisco, CA 94118
(415) 750-4141

For persons 65 years of age and older who are on Medi-Cal and are at risk of being institutionalized. MSSP provides case management by coordinating services to maintain the individual in the community. There is some capacity to purchase services for individuals.

SELF-HELP FOR THE ELDERLY

407 Sansome St., Suite 300
San Francisco, CA 94111
(415) 982-9171

Information & Referral: (415) 438-4800

A multiservice agency which provides a broad range of bilingual/bicultural social, recreational and educational services to seniors and individuals with disabilities. Services include social work services, case management, coordination of needed services, congregate and home delivered meals, in-home support and translation services. Also offers employment training and placement of home health aides and housekeepers, plus job training in construction and home repair. Languages spoken: English, Chinese (Cantonese, Mandarin, Taishen), Filipino (Tagalog), French and Vietnamese.

SUPPORT GROUPS

FAMILY CAREGIVER ALLIANCE

180 Montgomery St., Suite 1100
San Francisco, CA 94104
(415) 434-3388
(800) 445-8106
Fax: (415) 434-3508
www.caregiver.org

FRIENDSHIP LINE FOR THE ELDERLY

Institute on Aging
(415) 752-3778

Trained staff, volunteers, or interns answer this line 24-hours/day, 7 days/week. Older adults who are in a crisis, depressed, abused, isolated, lonely, bereaved and/or suicidal are invited to call this line. Professional caregivers, family caregivers are invited to call if they have questions regarding an older person for whom they care.

JEWISH FAMILY AND CHILDREN'S SERVICES—SENIORS AT HOME

2150 Post St.
San Francisco, CA 94115
(415) 449-3800

The Support Group provides support and counseling to caregivers, a forum where family members and friends can discuss the rewards and challenges of providing care. Case management available to help clients and families locate and use necessary resources.

KEEPING HOPE ALIVE

(415) 455-8600

Support groups provide the emotional benefits of reducing isolation and depression. They can help transform anger into action, promote healthy attitudes, create new relationships, and give new meaning to life. Call for information and interview.

SAN FRANCISCO STROKE CLUB

Stonestown Family YMCA—Senior Annex
3150 20th Ave.

Eucalyptus St. & Buckingham Way

San Francisco, CA 94132

(415) 242-7117

or: (415) 242-7101

The club provides a monthly forum at which stroke survivors and their families can discuss their disabilities and recoveries. Meetings are held on the first Wednesday of each month, from 10:15 am to 11:45 am. Sponsored by the Stonestown Family YMCA and the American Heart Association

TRANSPORTATION

Call the following for information about discounts and services provided. In addition, various taxi companies accommodate wheelchairs.

AC TRANSIT INFORMATION

(510) 817-1717

www.actransit.org

AMTRAK

(800) 872-7245

www.amtrak.com

BART INFORMATION

(415) 989-2278

www.bart.gov

GOLDEN GATE TRANSIT

(415) 923-2000

www.goldengate.org

GREYHOUND INFORMATION

(800) 231-2222

JOHN W. KING SENIOR CENTER

500 Raymond Ave.

San Francisco, CA 94134

(415) 239-6233

Fax: (415) 239-2262

Open M–F, 8 am–5 pm. For seniors and ADA - qualified needing transportation for medical appointments, to adult day care centers, outings and shopping.

PARATRANSIT BROKER

1449 Webster St.

San Francisco, CA 94115

(415) 351-7000

TDD/TTY: (415) 351-3942

Lift-equipment van service, and group van services sponsored by the City and County of San Francisco and Commission On the Aging is available on a limited basis to qualified handicapped persons unable to use public transportation (MUNI).

SAN FRANCISCO DEPARTMENT OF AGING AND ADULT SERVICES (DAAS)

875 Stevenson Street

(not a mailing address)

(415) 626-1033

www.sfgetcare.com

SAN FRANCISCO MUNI ACCESSIBLE SERVICES PROGRAM

2610 Geary Blvd

San Francisco, CA 94115

(415) 923-6142

Discount Information: (415) 923-6070

Contact MUNI for information on discount fares and passes or to obtain a MUNI Access Guide.

TRAVEL SERVICES

ACCESS NORTHERN CALIFORNIA (ANC)

(510) 524-2026

www.accessnca.com

ANC is a one-stop accessible travel information and consulting service for travelers with disabilities and the hospitality industry..

ACCESSIBLE JOURNEYS

www.disabilitytravel.com

DISABLED TRAVEL SERVICES

www.access-able.com

ELDERHOSTEL

75 Federal Street

Boston, MA 02110

(877) 426-8056

www.elderhostel.org

Offers educational adventure for individuals 60 years and older with health and physical considerations.

EMERGING HORIZONS

<http://emerginghorizons.com>

Consumer oriented magazine about accessibility travel for people with mobility disabilities. Available in print and online.

ENVIRONMENTAL TRAVELING COMPANIONS (E.T.C.)

Ft. Mason Center

Landmark Bldg. C

San Francisco, CA 94123

(415) 474-7662

Fax: (415) 474-3919

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

FLYING WHEELS TRAVEL

www.flyingwheelstravel.com

NAUTILUS TOURS

www.nautilustours.com

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

SOCIETY FOR ACCESSIBLE TRAVEL AND HOSPITALITY (SATH)

347 Fifth Avenue, Suite 610
New York, New York 10016
(212) 447-7284
www.sath.org

Provides a wealth of information about domestic and international travel, especially through its website.

WHEELS UP!

(888) 389-4335
www.wheelsup.com

Wheelchair travel specialists to help with planning and arranging travel for people in wheelchairs and others with limited mobility.

WHEELCHAIR GETAWAYS

(800) 642-2042
www.wheelchair-getaways.com

Provides accessible van rentals for people with disabilities.

UTILITIES: SPECIAL NEEDS SERVICES

TELEPHONE

The following companies have special services and equipment to aid people with hearing, vision, speech, mobility, manipulation or cognitive disabilities. Some at reduced rates or

no cost to the customer. All other telephone customers call your local telephone service provider (check your local telephone bill for the number to call).

CALIFORNIA TELEPHONE ACCESS PROGRAM (CTAP)

Voice: (800) 806-1191

TTY: (800) 806-4474

Spanish Voice: (800) 949-5650

Spanish TTY: (800) 896-7670

SBC Special Needs Center

(800) 544-5159

TTY: (800) 536-8890

www.hitec.com

GAS & ELECTRIC

Pacific Gas & Electric Company offers information on finding ways to pay PG&E or other 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 (such as the Salvation Army, the State Office of Economic Opportunity) for those customers with financial and/or medical needs. PG&E's Medical Baseline Allowance will increase electric and gas baseline allowances with a doctor's confirmation.

PG&E CUSTOMER ASSISTANCE

(800) 743-5000

TTY: (800) 652-4712

VOLUNTEER OPPORTUNITIES

In addition to those listed below, check with your local hospital and other non-profit organizations for volunteer opportunities.

AMERICAN STROKE ASSOCIATION

a division of the American Heart Association

STROKE SURVIVORS STARTING OVER

120 Montgomery St., Ste 1650

San Francisco, CA 94104

(415) 433-2273

Stroke survivors are trained to visit patients who are still in the hospital to listen, offer information or share their own experiences. Volunteers should be approximately one year post stroke. A commitment of one year and a minimum of one visit per month is required. Caregivers may also volunteer.

GOLDEN GATE NATIONAL RECREATION AREA

U.S. Department of the Interior
National Park Service
Fort Mason
San Francisco, CA 94123
(415) 561-4755
www.nps.gov/goga/vip

INSTITUTE ON AGING

3360 Geary Blvd.
San Francisco, CA 94118
(415) 750-4180 ext.121
www.ioaging.org

RETIRED SENIOR VOLUNTEER PROGRAM

3150 20th Ave.
San Francisco, CA 94132
(415) 731-3335

VOLUNTEER CENTER OF SAN FRANCISCO

1675 California St.
San Francisco, CA 94111
(415) 982-8999
Fax: (415) 982-0890

Further Reading & Glossary

Books

Periodicals

Pamphlets and Brochures

Glossary of Stroke-Related Terms

BOOKS

American Heart Association (1994). Family Guide to Stroke: Treatment, Recovery, Prevention. New York: Times Books.

Burkman, Kip (1998). The Stroke Recovery Book.

Bergquist, William H., Mclean, Rod & Kobylinski Barbara A. (1994). Stroke Survivors. San Francisco: Jossey-Bass Publishers.

Douglass, Kirk (2002). My Stroke of Luck. New York: HarperCollins Publishers, Inc.

Gordon, Neil F., MD, PhD, MPH (1993). Stroke: Your Complete Exercise Guide. Champaign, IL: Human Kinetics.

Klein, Bonnie Sherr (1997). Out of the Blue: One Woman's Story of Stroke, Love, and Survival. Berkeley, CA: Wildcat Canyon Press.

McCrum, Robert (1998). My Year Off: Recovering Life After Stroke. New York: W. W. Norton & Company, Inc.

National Stroke Association. *The Road Ahead: A Stroke Recovery Guide*. Englewood, CO: National Stroke Association, 1986.

Rocket, Howard, MD (1998). A Stroke of Luck: Life, Crisis, and Rebirth of a Stroke Survivor. Toronto, Canada: Rehabilitation Institute of Toronton Foundation.

Shimberg, E. *Strokes: What Families Should Know*. New York: Random House, 1990.

Senelick, Richard, MD, & Karla Dougherty (2001). Living with Brain Injury. Birmingham, AL: HealthSouth Press.

Senelick, Richard, MD, & Karla Dougherty (2001). Living with Stroke. Birmingham, AL: HealthSouth Press.

Walker, Susan C. (1994). "Keeping active: A Caregiver's Guide to Activities With the Elderly," Lakewood, Colorado: American Source Books.

Watt, Jill (1994). "A Caregiver's Guide: Practical Solutions for Coping with Aging Parents or a Chronically Ill Partner or Relative," Bellingham Washington: Self-Counsel Press.

PERIODICALS

Stroke Connection Magazine

To get this magazine, go to the American Stroke Association website at

www.strokeassociation.org

Or call (888) 478-7653.

PAMPHLETS AND BROCHURES

"Caring for Someone with Aphasia"

"Actions Speak Louder Than Words"

"Shop Smart With Heart"

"Being a Stroke Family Caregiver"

"The Latest News About Stroke"

"Understanding Changes"

"Controlling Your Risk Factors"

"Diabetes, Heart Disease, and Stroke"

"An Eating Plan for Healthy Americans"

"Sex After Stroke"

To order, call (888) 478-7653.

Other Resources

GLOSSARY OF STROKE-RELATED TERMS

A

Acute (ah-KUT´) - Having severe symptoms and a short course.

ADL testing (Activities of Daily Living) - A checklist to find out how well a person functions in daily living; e.g., self-care or simple homemaking tasks.

Advocacy (AD-voh-cah-see) - Support, help.

Agraphia (ah-GRAF´e-ah) - The inability to express thoughts in writing.

Analgesia (an-al-JE´ze-ah) - Loss of normal sense of pain.

Anesthesia (an-es-THE´ze-ah) - Loss of feeling or sensation.

Ambulatory (AM´bu-lah-tor-e) - Able to walk; not confined to bed.

Aneurysm (AN´u-rizm) - The ballooning-out of the wall of an artery or vein due to weakening of the wall by disease, injury or an abnormality present since birth. If an aneurysm bursts, it can cause bleeding.

Angiogram (AN´je-o-gram) - An X-ray image of a blood vessel.

Angioplasty (AN´je-o-plas-te) - A procedure sometimes used to dilate (widen) narrowed arteries. A catheter with a deflated balloon on its tip is passed into the narrowed artery segment, the balloon inflated, and the narrowed segment widened.

Anticoagulant (AN´ti-ko-AG´u-lant) - A substance that interferes with the clotting of blood.

Apathy (AP´ah-the) - Lack of feeling or emotion; indifference.

Aphasia/dysphasia (ah-FA´ze-ah / dis-FA´ze-ah) - The loss or reduction of the ability to speak, read, write, understand or calculate because of brain injury or disease.

Apoplexy (CVA) (AP´o-plek-se) - See cerebrovascular accident; stroke.

Apraxia of speech (ah-PRAK´se-ah) - The impairment of voluntary production of speech sounds.

Arousal (ah-ROW-sal) – extreme response; alarm; excitement.

Art therapist (THER´ah-pist) - A professional who verbally or nonverbally works with people to help them express their thoughts and feelings through different art media.

Arteriogram (ar-TE´re-o-gram) - An x-ray of an artery or arterial system taken after a special x-ray opaque dye is injected into the bloodstream. It's used to demonstrate artery damage.

Arteriosclerosis (ar-TE´re-o-skle-RO´sis) - Commonly called hardening of the arteries, this includes a variety of conditions that cause the arterial walls to thicken, harden and lose elasticity.

Artery (AR´ter-e) - A vessel that carries blood from the heart to the tissues of the body. Arteries have thick, elastic walls that can expand as blood flows through them.

Ataxia (ah-TAK´se-ah) - Muscular incoordination; lack of control of movement.

Atherosclerosis (ATH´er-o-skle-RO´sis) - A form of arteriosclerosis in which the inner layers of artery walls become thick and irregular due to deposits of fat, cholesterol and other substances. This buildup is sometimes called "plaque." As the interior walls of arteries become lined with layers of these deposits, the arteries become narrowed, and the flow of blood through them is reduced.

Attention Deficits (ah-TEN-shon DEF-ah-sits) – impaired ability to concentrate on something without being distracted.

Automatic speech - Words or phrases produced without voluntary control.

B

Balloon catheter dilation (KATH´eh-ter di-LA´shun) - See percutaneous transluminal coronary angioplasty.

Basilar artery (BAS´eh-lar AR´ter-e) - The artery formed by the right and left vertebral arteries that distributes blood to the back part of the brain.

Blocking (BLAH-king) – the inability to remember; the involuntary interruption of a train of thought or speech.

Blood pressure - The force or pressure exerted by the heart in pumping blood; the pressure of the blood in the arteries.

Brain - The major part of the central nervous system contained in the cranium (skull).

Brain stem - The lower part of the brain, just above the spine, comprising the medulla oblongata, pons and midbrain.

C

Capillary (KAP´i-lar-ē) - The smallest blood vessel in the body.

Cardiac arrest (KAR´de-ak ah-REST´) - The stopping of the heartbeat, usually because of interference with the electrical signal (often associated with coronary heart disease).

Cardiovascular (KAR´de-o-VAS´ku-lar) - Pertaining to the heart and blood vessels.

Carotid endarterectomy (kah-ROT´id en-dar-ter-EK´to-me) - The surgical removal of plaque or fatty deposits in the carotid artery's innermost layer.

CAT scan (computerized axial tomography) (AK´se-al tom-OG´rah-fe) - The use of an x-ray unit and computer to visualize and examine the body.

Catheter (KATH´eh-ter) - A thin, flexible, hollow tube.

Central nervous system (CNS) - The brain and the spinal cord.

Cerebellum (ser-eh-BEL´um) - Second largest part of the brain, responsible for coordination of voluntary muscular movements.

Cerebral aneurysm (SER´eh-bral AN´u-rizm) - A ballooning-out of the wall of an artery in the brain; if rupture and bleeding occur, brain damage may result.

Cerebral angiogram or arteriogram (SER´eh-bral AN´je-o-gram / ar-TE´re-o-gram) - An x-ray of the blood vessels of the head and neck after an x-ray dye is injected into the bloodstream.

Cerebral embolism (CVA) (SER´eh-bral EM´bo-lizm) - A blood clot formed in one part of the body and then carried by the bloodstream to the brain, where it blocks an artery.

Cerebral hemorrhage (CVA) (SER´eh-bral HEM´or-rij) - Bleeding within the brain, resulting from a ruptured aneurysm or a head injury.

Cerebral thrombosis (CVA) (SER´eh-bral throm-BO´sis) - Formation of a blood clot in an artery that supplies blood to part of the brain.

Cerebrovascular accident (CVA) (SER´eh-bro-VAS´ku-lar AK´seh-dent) - Stroke or apoplexy; an impeded blood supply to some part of the brain.

Cerebrum (SER´eh-brum) - The main and largest portion of the brain that's responsible for intellect, sensation, memory, speech and direction of conscious movements of the body.

Cholesterol (ko-LES´ter-ol) - A fat-like substance found in animal tissue and present only in foods from animal sources such as whole-milk dairy products, meat, fish, poultry, animal fats and egg yolks.

Chronic (KRON´ik) - Persisting for a long time.

Circle of Willis - The union of the anterior and posterior cerebral arteries, forming a loop near the base of the brain.

Circumlocution (ser-kum-lo-KU'shun) - The use of many words to express what could have been expressed by a few; a roundabout way of expression.

Clinician (klin-ISH'an) - A physician whose treatment, teaching and opinions are based upon bedside experience as distinguished from the theoretical or experimental.

Cognition (Kahg-NISH'an) – the mental process involved in knowing, thinking, learning, and judging.

Coma (KO'mah) - A state of unconsciousness or marked unresponsiveness.

Common carotid artery (kah-ROT'id AR'ter-e) - The main artery on either side of the neck that branches into the internal and external carotid arteries.

Comprehension (Cohm-pre-HEN-shun) – the ability of the mind to understand.

Compression (CVA) (kom-PRESH'un) - The act of pressing upon or together; e.g., in a hemorrhage, the spilled blood may clot and press against an artery or surrounding tissue.

Concrete thinking (Cahn-CREET THIN-king) – A pattern of thought and feeling in which an ability to generalize and abstract is impaired; thinking which is limited to immediate environmental stimuli and/or the literal meaning of the word.

Concussion (kon-KUSH'un) - A violent shock or jarring to the head, leading to temporary unconsciousness but with no permanent effects.

D

Depression (de-PRESH'un) - Morbid sadness out of proportion to a loss or injury; reduction of functional activities.

Diabetes (di-ah-BE'tez or di-ah-BE'tis) - A chronic disorder in which the body can't properly use the carbohydrates in the diet resulting in excessively high blood sugar and sugar in the urine.

Diagnosis (di-ag-NO'sis) - The process of determining the nature of an attack of disease.

Diastolic blood pressure (di-as-TOL'ik) - The blood pressure level during the time the heart muscle is relaxed; the number below the line when the blood pressure is read.

Diffuse (Dih-FUSE) – Widely spread.

Disorientation (dis-o-re-en-TA'shun) - A loss of proper bearings or confusion as to time, place or identity.

Dysarthria (dis-ARTH're-ah) - Imperfect articulation of speech due to muscular weakness.

Dysphagia (dis-FA'je-ah) - Difficulty in swallowing.

E

Echolalia (ek-o-LA'le-ah) - Meaningless repetition of words.

Electrocardiogram(ECG/EKG) (e-LEK'tro-KAR'de-o-gram) - A graphic recording of the electric impulses produced by the heart.

Electroencephalogram (EEG) (e-LEK'tro-en-SEF'ah-lo-gram) - A tracing or recording of the electric impulses produced by the brain.

Embolus (EM'bo-lus) - A fragment of a blood clot (or air bubble or fat particle) that's formed in one part of the circulatory system and then is carried to another part, where it becomes stuck.

Euphoria (u-FO're-ah) - A sense of well-being (often inappropriate).

Extension (ek-STEN'shun) - Straightening or unbending of a flexed limb; increasing the angle of a joint.

External carotid artery (kah-ROT'id AR'ter-e) - The artery originating in the common carotid artery, supplying blood to neck and face.

F

Field cut - Loss of a portion of a person's field of vision after a stroke.

Flaccid (FLAK'sid) - Weak; lack of tone and voluntary control of a muscle or limb.

Fluent/Wernicke's aphasia (FLOO'ent / WER'neh-kez ah-FA'ze-ah) - A disorder in which words are easily spoken and are grammatically correct but lack content and meaning; difficulty in understanding written or spoken words.

G

Geriatrician (jer-e-ah-TRISH'an) - A specialist in the diseases of the elderly and the problems of aging.

Global aphasia (GLO'bal ah-FA'ze-ah) - A severe aphasia in which both expressive and receptive abilities are impaired.

H

Hemianopia (hem-e-an-O'pe-ah) - Defective vision in one-half of the visual field.

Hemiparesis (hem-e-pah-RE'sis) - Slight degree of weakness of one side of the body.

Hemiplegia (hem-e-PLE'je-ah) - Paralysis of one side of the body.

Hemorrhage (HEM'or-rij) - Bleeding from a ruptured vessel.

Hypertension (hi-per-TEN'shun) - Same as high blood pressure.

I

Incoordination (in-ko-or-din-A'shun) - Impairment of normal control of muscular motion.

Internal carotid artery (kah-ROT'id AR'ter-e) - The artery originating in the common carotid artery, supplying blood to the front part of the brain.

Internist - A physician specializing in the diagnosis and nonsurgical treatment of the diseases of the internal organs.

Ischemia (is-KE'me-ah) - Decreased blood flow to an organ, usually due to constriction or blockage of an artery.

J

Jargon (JAR'gen) - Meaningless use of words.

L

Lability (lah-BIL´eh-te) - Inappropriate laughing or crying.

Long Term Memory - An ability to easily recall feelings, events, ideas and other information which may have happened a long time ago.

M

Magnetic resonance imaging (MRI) (mag-NET´ik REZ´o-nans IM´ah-jing) - An imaging test that generates pictures of various parts of the body, most often the nervous system. It's similar to the CAT scan in that both generate "cross section" pictures of the brain, for example, and both require a computer to produce the image. MRI involves no radiation. The energy involved in producing the MRI image comes primarily from a powerful magnetic field.

Mental status (MEN-tahl STAH-tus) – The degree of competency an individual displays when given standardized tests to determine intellectual, emotional, psychological and personality functions.

Morbidity – An illness or abnormal condition.

Music therapist (MU´zik THER´ah-pist) - A professional who uses music as a medium to reach rehabilitation goals.

N

Necrosis (ne-KRO´sis) - Death of a localized area of tissue.

Neglect (ne-GLEKT´) - Lack of awareness of one side of the body.

Nerve - An anatomic cable that conducts impulses between the central nervous system and a body part or region.

Neurologist (nu-ROL´o-jist) - A physician specializing in the diagnosis and treatment of disorders of the nervous system.

Neurosurgeon (nu-ro-SER´jun) - A physician specializing in the diagnosis and surgical treatment of diseases of the nervous system.

Nuclear Magnetic Resonance (NMR) (NU´kle-ar mag-NET´ik REZ´o-nans) - See Magnetic Resonance Imaging.

O

Occlusion (o-KLOO´zhun) - Closure of a blood vessel.

Occupational therapist (ok-u-PA´shun-al THER´ah-pist) - A professional specially trained to teach useful skills to promote independence, such as self-care, homemaking and fine hand control.

P

Paralysis (pah-RAL´eh-sis) - Complete loss of voluntary movement.

Paraphasia (par-ah-FA´ze-ah) - Aphasia in which the person uses wrong words or words with senseless meanings.

Paraplegia (par-ah-PLE´je-ah) - Paralysis of the lower part of the body.

Paresis (pah-RE´sis) - Weakness; partial or incomplete paralysis.

Paresthesia (par-es-THE´ze-ah) - A perverted sensation; an altered or abnormal sensation; a burning, prickling or feeling of numbness.

Pathologist (pah-THOL´o-jist) - A medical specialist who applies his knowledge to the causes and nature of disease.

Physiatrist (fiz-e-AT´rist) - A physician who specializes in the treatment of illness or defects by using physical agents or physical and occupational therapy.

Physical therapist (FIZ´eh-kl THER´ah-pist) - A professional who is qualified to use physical agents in the evaluation and treatment of disease or injury.

Plaque (plak) - A deposit of fatty material and other substances in the inner lining of the artery wall.

Plegia (PLE´je-ah) - A suffix meaning paralysis.

Positron emission tomography (PET) (POZ´it-ron e-MISH´un tom-OG´rah-fe) - An experimental or research technique that, after injection of a radioactive chemical and glucose, generates a picture of nerve cell activity in various regions of the brain. PET scanning is technically very complex and expensive and is performed in only a few centers.

Pre-morbid – The condition of the patient before the onset of the present symptoms.

Preservation – Repetition of the same verbal response or motor activity; persistence at a task that prevents the individual from turning their attention to new situations.

Prognosis (prog-NO´sis) - The predicting of the outcome of a disease.

Psychiatrist (si-KI´ah-trist) - A specialist in the study, treatment and prevention of mental and emotional disorders.

Psychologist (si-KOL´o-jist) - A nonmedical person trained in special methods of psychotherapy, analysis and research.

Pulse (puls) - The regular throbbing caused in the artery by the contraction of the heart.

R

Radiologist/Roentgenologist (ra-de-OL´o-jist / rent-gen-OL´o-jist) - A physician who specializes in the use of x-rays, radioactive substances and forms of radiant energy in the diagnosis and treatment of disease.

Range of motion - Exercises that take each joint through its maximum degree of movement.

Receptive/sensory aphasia - See fluent/ Wernicke's aphasia.

Recreational therapist (rek-re-A´shun-al THER´ah-pist) - A professional who provides counseling and programs for leisure services and activities.

Reflex (RE´fleks) - Involuntary action or reaction; an automatic response.

Review of systems – A physical examination

Rigidity – Stiffness or inflexibility. Mental rigidity is an inflexibility in thinking.

S

Seizure (SE´zhur) - A sudden disturbance of the nervous system due to abnormal electrical activity of the brain.

Sequelae – Residual symptoms frequently observed following recovery from an acute physical condition, treatment or injury.

Shunt - A surgically-created detour channel or bypass.

Situational anxiety – a feeling of apprehension, discomfort and dread which is precipitated by a new experience, or a change of situation or events.

Spasm (spazm) - Involuntary, sudden movement or muscular contraction.

Spastic (SPAS'tik) - Stiffness or tightness of a limb.

Spatial-perceptual deficit (SPA'shal per-SEP'shoo-al DEF'eh-sit) - The inability to judge distance, depth, form, size, position, speed and the relationship of the parts to the whole.

Speech-language pathologist/therapist (pah-THOL'o-jist / THER'ah-pist) - A professional specially trained to assist people in overcoming speech and language disorders.

Sphygmomanometer (SFIG'mo-mah-NOM'eh-ter) - An instrument for measuring blood pressure.

Stereognosis (ster-e-og-NO'sis) - The ability to identify objects through touch.

Subclavian artery (sub-KLA've-an AR'ter-e) - A branch of the innominate artery on the right and a branch of the aortic arch on the left, supplying blood to the neck, upper limbs, thoracic wall, spinal cord, brain and meninges.

Symptom (SIMP'tom) - Any indication of disease or a patient's state.

Syndrome (SIN'drom) - A pattern of symptoms occurring together in a particular type of illness or injury.

Systolic blood pressure (sis-TOL'ik) - The highest blood pressure measured in the arteries. It occurs when the heart contracts with each heartbeat.

T

Thalamic pain (thah-LAM'ik) - Spontaneous pain or change in normal sensation that becomes painful following a stroke.

Thrombus (THROM'bus) - A clot that forms inside a blood vessel or cavity of the heart.

TIA (transient ischemic attack) (TRAN'shent is-KE'mik ah-TAK') - A temporary stroke-like event that lasts for only a short amount of time and is caused by a temporarily blocked blood vessel.

U

Ultrasonography (UL'trah-son-OG'rah-fe) - The use of high-frequency, inaudible sound waves to obtain and record information about internal organs.

V

Vascular (VAS'ku-lar) - Pertaining to blood vessels.

Vasospasm (VAS'o-spazm) - Transient, abnormal constriction of a blood vessel.

Vein (vane) - Vessel that carries blood from the tissues back to the heart.

Verbosity A tendency to be excessively wordy in conversation.

Vertebral artery (VER'teh-bral AR'ter-e) - A branch of the subclavian artery that supplies blood to the brain.

Visual perception (VIZ'u-al per-SEP'shun) -The process by which the brain interprets or gives meaning to what the eyes see.

W

Wernicke's aphasia - See Fluent/Wernicke's aphasia.

Withdrawal A response to physical danger or severe stress accompanied by a state of apathy, lethargy, depression and retreat into oneself.