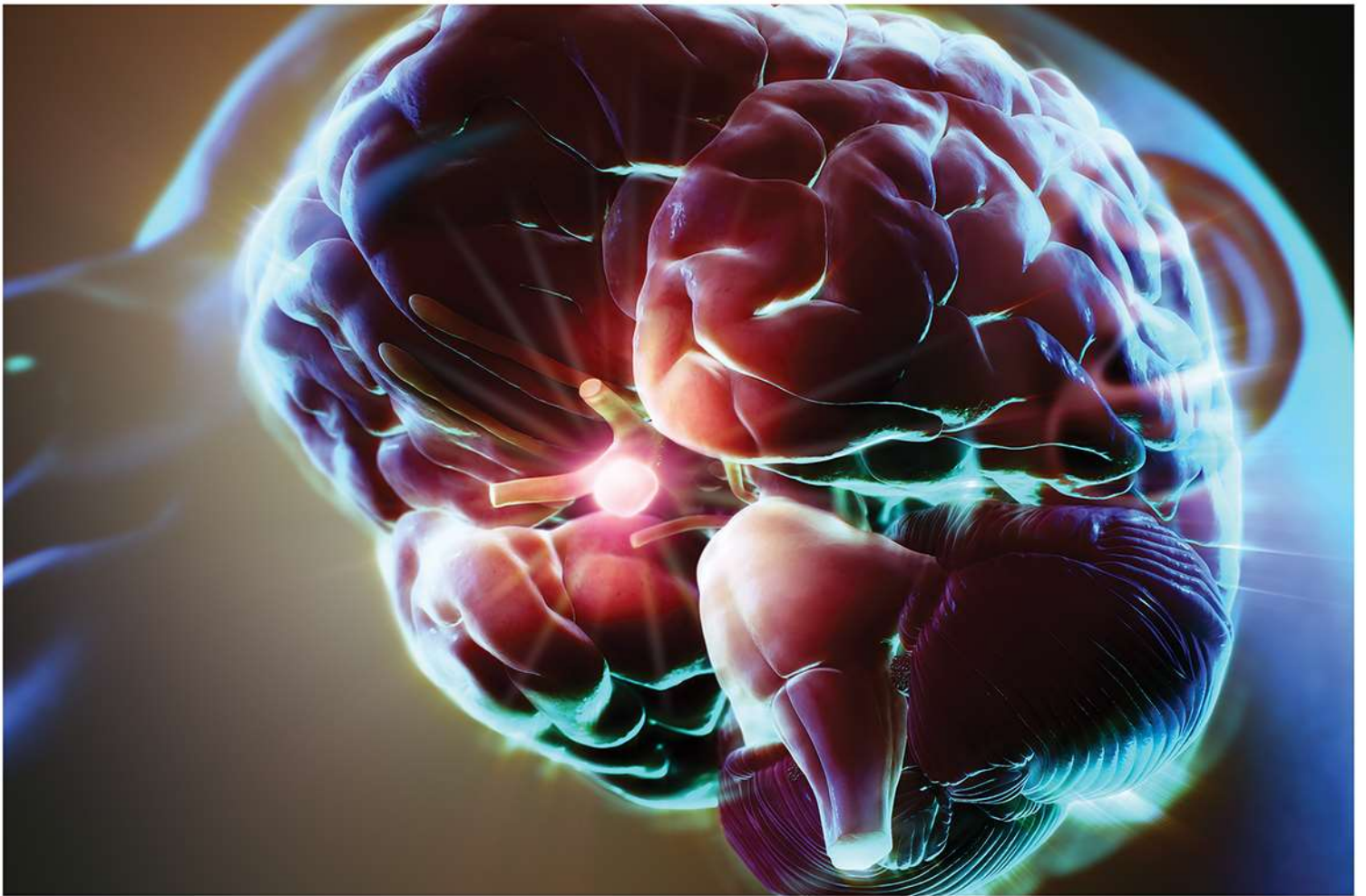


# 2021 Stroke Education Resources and Websites



**Barrow**  
Neurological Institute



**Dignity Health**  
St. Joseph's Hospital and  
Medical Center

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### DISCLAIMER

The information on the websites is designed for educational purposes only and is not meant to provide medical advice or professional services. St Joseph’s Hospital and Medical Center/Barrow Neurological institute do not endorse any of the products and/or services listed. The information that you receive is for increasing awareness to services and products that are available to persons with disabilities. Other individuals and/or organizations maintain and update these sites. The goal of this manual is to increase your awareness to a variety of services and products that are available to individuals with disabilities.

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We would like to thank Susan Scott, COTAL, for the original compilation of this resource. We appreciate her dedication to her work and her patients. Without her, this document would not have been possible.

## **Our Resources**

### **The Barrow Website – Stroke Center**

<https://www.barrowneuro.org/get-to-know-barrow/centers-programs/stroke-program/>

For non-urgent stroke questions, call (602) 406-7777 (800) BARROW1 (227-7691)

### **Barrow Neurological Institute – Rehabilitation Services**

#### **1. Neuro Rehabilitation Center:**

<https://www.barrowneuro.org/get-to-know-barrow/centers-programs/neurorehabilitation-center/stroke-rehabilitation/>

#### **2. Inpatient and Outpatient Services:**

<https://www.barrowneuro.org/get-to-know-barrow/centers-programs/inpatient-and-outpatient-services/>

#### **3. Center for Transitional Neuro-Rehabilitation**

<https://www.barrowneuro.org/centers-programs/center-for-transitional-neurorehabilitation/>

### **Barrow Neurological Institute: Therapeutic Recreation and Adventures**

<https://www.barrowneuro.org/centers-programs/neurorehabilitation/support-programs/therapeutic-recreation-and-adventures/>

(602) 406-1620

Provides meaningful sports, recreation, and outreach programs for people with disabilities. These programs offer opportunities to promote an active lifestyle, increase independence and enhance the quality of one's life through education, skill development and community reintegration.

### **2021 Community Recreation and Resource Guide**

<https://www.barrowneuro.org/centers-programs/neurorehabilitation/support-programs/therapeutic-recreation-and-adventures/>

This guide is produced by the Recreation Therapy Department to give resources in the community.

### **St. Joseph's Hospital and Medical Center Stroke Support Group**

<https://www.barrowneuro.org/outreach/stroke-support-group/>

(602) 406-6688

Contact: Ashley Bridwell

Offers both stroke survivor and caregiver support groups.

## **National Organizations**

### **American Stroke Association / American Heart Association**

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

(888) 4-STROKE                      (888) 478-7653

The American Stroke Association is dedicated to prevention, diagnosis and treatment to save lives from stroke — America's No. 4 killer and a leading cause of serious disability. They fund scientific research, help people better understand and avoid stroke, encourage government support, guide healthcare professionals and provide information to enhance the quality of life for stroke survivors.

### **National Stroke Association**

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

(800) STROKES                      (800) 787-6537

National Stroke Association's mission is to reduce the incidence and impact of stroke by developing compelling education and programs focused on prevention, treatment, rehabilitation and support for all impacted by stroke.

### **Administration for Community Living – United States Department of Health and Human Services**

<https://www.acl.gov>

1-800-USA-LEARN (1-800-872-5327)

Funds many grants across the board related to disability and serves as the Federal agency responsible for increasing access to community supports, while focusing attention and resources on the unique needs of older Americans and people with disabilities across the lifespan.

### **Center Watch**

<http://www.centerwatch.com/>

(866) 219-3440                      (617) 948-5100

Center Watch is committed to providing patients and their advocates information on clinical trials, specific drugs, as well as other essential health and educational resources.

### **ClinicalTrials.gov**

<https://www.clinicaltrials.gov/>

ClinicalTrials.gov is a registry of federally and privately supported clinical trials conducted in the United States and around the world.

### **National Aphasia Association**

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

(800) 922-4622 email: [naa@aphasia.org](mailto:naa@aphasia.org)

Site provides information and resources on communication impairments.

### **National Council on Disability**

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

(202) 272-2004 (Voice), (202) 272-2074 (TTY)

This is an independent federal agency making recommendations to the President and Congress on issues affecting Americans with disabilities.

### **National Council on Independent Living**

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

Voice: (202) 207-0334, toll free: (877) 525-3400, TTY: (202) 207-0340

The site provides information and resource on independent living services.

### **National Institute of Neurologic Disorders and Stroke (NINDS)**

<http://www.ninds.nih.gov/disorders/stroke/stroke.htm>

(800) 352-9424 or (301) 496-5751

The mission of NINDS is to reduce the burden of neurological disease - a burden borne by every age group, by every segment of society, by people all over the world.

### **Rehabilitation Engineering and Assistive Technology Society of North America**

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

(703) 524-6686

This site offers useful information on assistive technology and universal design. They conduct conferences and certification programs for individuals interested in assistive technology.

### **Social Security Administration – Office of Public Inquiries**

<https://www.usa.gov/federal-agencies/office-of-public-inquiries-and-communications-support>

(800) 772-1213 (800) 325-0778 (TTY)

This site of the Social Security Administration provides contact information on retirement, survivors and disability benefits, as well as administers Supplemental Security Income (SSI) payments.

### **Stroke Family**

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

Family assisted speech and stroke recovery.

### **Stroke Network**

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

Provides on-line support information for stroke survivors and caregivers. Also provides information and resources such as their Stroke Caregiver Handbook.

### **Ticket to Work Program – Social Security Administration**

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

(866) 968-7842 (866) 833-2967 (TTY)

This site is a federally funded program to assist individuals who want to return to work.

### **United States Department of Justice – Americans with Disabilities Act**

<http://www.ada.gov/>

This site has information and technical assistance on the Americans with Disabilities Act.



## Arizona Organizations and Associations

### **Ability 360**

<http://ability360.org/>

(602) 254-6407

This site is the Center for Independent living in Phoenix with many programs from peer mentoring, advocacy, independent living skills, home modifications, outreach and more.

### **Area Agency on Aging – Region One**

<http://aaaphx.org/>

(602) 264-2255

Toll Free (888) 783-7500

Plans, coordinates, develops and delivers services for seniors, adults with disabilities and long term needs and family caregivers of older adults.

### **Arizona Center for Disability Law**

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

Phoenix: (602) 274-6287 (Voice/TTY)

(800) 927-2260 (Toll Free Voice/TTY)

Tucson: (520) 327-9547

(877) 327-7754 (TTY),

(800) 922-1447 (Voice)

The center advocates for the rights of persons with disabilities.

### **Arizona Department of Economic Security**

[www.des.az.gov](http://www.des.az.gov)

(602) 542-4446

State wide services for individuals with disabilities, including but not limited to: vocational rehab, independent living services, aging and adult services, caregiver support and employment support services.

### **Arizona Easter Seals**

[www.easterseals.org](http://www.easterseals.org)(602)

266-5976

Site has many services for both children and adults, and support services for caregivers.

## **Arizona Statewide Independent Living Council – SILC**

<http://azsilc.org/>

Have resources on the state plan for independent living, independent living services and they seek to promote equality, inclusion and choice for people with disabilities.

## **Brain Injury Alliance of Arizona**

<http://biaaz.org/>

*(602) 508-8024 Info line (602) 323-9165 Toll-free Info line 1 (888) 500-9165*

Non-profit organization dedicated to preventing brain injuries and to improving the lives of individuals with brain injuries (including stroke) through prevention, education, information, and community support.

## **Crisis Response Network**

<http://www.crisisnetwork.org/>

*(800) 631-1317 (602) 222-9444 TTY (800) 251-2039*

Crisis Response Network, Inc. is a non-profit organization dedicated to helping individuals by Inspiring Hope and empowering transformation from HOPE to HEALTH through a continuum of crisis services.

## **Direct – Center for Independence**

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

*(800) 342-1853, (520) 624-6452*

Center for Independent living in Tucson is a consumer-directed, community-based advocacy organization that promotes independent living and offers a variety of programs for all people with disabilities.

## **New Horizons**

<http://www.nhdec.org/>

*(928)772-1266 or toll free at (800) 406-2377*

Center for Independent Living in Prescott provide programs and services which encourage and empower people with disabilities to return to their lives.

## **Valley Metro**

<http://www.valleymetro.org/accessibility/>

*(602) 253-5000 TTY (602) 251-2039*

Phoenix public transportation system that is accessible for users with disabilities. Options include Dial-a-Ride, reduced fare program, one on one travel training and other travel options.



## **General Disability Information**

### **American Association for People with Disabilities**

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

(202)-457-0046 (V/TTY)                      1(800) 840-8844 (Toll Free V/TTY)

This is a nonprofit cross disability organization to increased political and economic power of people with disabilities.

### **The Center for an Accessible Society**

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

The center is a national organization designed to focus public attention on disability and independent living issues. This organization is funded by NIDRR.

### **Arizona Center for Disability Law**

<https://www.azdisabilitylaw.org>

The Arizona Center for Disability Law (ACDL) is a **not for profit public interest law firm**, dedicated to protecting the rights of individuals with physical, mental, psychiatric, sensory and cognitive disabilities.

### **Disability Information and Resources**

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

This site has many links and resources available on the Internet.

### **Job Accommodation Network**

<https://askjan.org/>

(800) 526-7234                      (877) 781-9403 (TTY)

Free consulting service that provides information about job accommodations

### **National Rehabilitation Information Center (NARIC)**

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

(800) 346-2742 (Voice)                      (301) 459-5984 (TTY)

NARIC has 70,000 plus resources. Also available, Rehab Wire, a monthly newsletter packed with information on rehab.

## **Housing/Universal Design**

### **Access Board**

[www.access-board.gov](http://www.access-board.gov)

Phone (voice): (202) 272-0080, toll free: (800) 872-2253

Phone (TTY): (202) 272-0082, toll free: (800) 993-2822

Federal agency committed to accessible design standards.

### **ADA Guidelines for Accessible Design**

<http://www.ada.gov/regs2010/2010ADAStandards/2010ADAstandards.htm>

### **Center for Inclusive Design and Environmental Access**

<http://idea.ap.buffalo.edu/>

(716) 829-5902

This site has information and resources on universal design. Also provides on-line courses.

### **Disability World**

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

This site has online disability news and views, also available in Spanish.

### **Fair Housing Advocate**

<https://housing.az.gov/general-public/fair-housing>

Provides information related to fair housing guidelines for housing for people with disabilities.

### **Home Mods**

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

(213) 740-1364

This site provides information and resources on home modifications and supportive housing, geared for seniors.

### **Housing and Urban Development**

[www.homemods.org/national-directory](http://www.homemods.org/national-directory)

(800) 225-5342

Provides information on different programs available to buy and/or rent homes and apartments in your area.

## **The National Resource Center on Supportive Housing and Home Modifications**

<https://housing.az.gov>

(213) 740-1364

This website contains information on increasing public awareness of the Centers fervent involvement in promoting aging in place. Also has internet-based certification program on home modifications.

## **Trace Center at University Of Wisconsin-Madison**

[www.trace.umd.edu](http://www.trace.umd.edu)

(608) 262-6966 TTY: (608) 263-5408

Center for universal design, provides information on consumer products, web design and housing and other resources.

## **WingIts**

<https://www.wingits.com/>

(877) 894-6448

Fastening systems for grab bars exceeds ADA requirements. WingIts can hold 400 -500 lbs. Also have other products to view on line including grab bars and bathroom safety equipment

## **Wheelchair Ramps**

### **ADA Ramp Guidelines – Section 405**

<http://www.ada.gov/regs2010/2010ADAStandards/2010ADAstandards.htm#pgfld-1006877>

### **How to Build a Wheelchair Ramp – Lowe's**

<http://www.lowes.com/how-to/build-a-wheelchair-ramp>

## **Assistive Technology**

### **Abledata**

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

Phone: (800) 227-0216 TTY: (703) 992-8313.

This site provides information on its website about assistive technology, assistive technology products, and rehabilitation equipment available from domestic and international sources.

### **Arizona Technology Access Program (AzTAP)**

<http://www.aztap.org/>

(602) 728-9534

TTY: (602) 728-9536

Toll Free: (800) 477-9921

Increase access to assistive technology devices and services for individuals with disabilities and their families.

New Feature “classified ads” feature that connects people with available assistive technology (AT)! [www.azatexchange.org/home.php](http://www.azatexchange.org/home.php)

### **Assistive Tech.Net**

<https://www.corada.com/>

This site provides increased access to information on assistive technology devices and services as well as other community resources for people with disabilities and the general public.

### **Bungalow Software**

[bungalowsoftware.com](http://bungalowsoftware.com)

(540) 951-0623

Software to assist with language and cognitive skills, related to stroke, TBI and other neurological problems.

### **Nuance**

<https://www.nuance.com>

(800) 654-1187

This is the website for the Dragon Naturally Speaking software products.

## **Savant Systems**

<http://www.savant.com>

(508) 683-2500

This is a home environment control system company

## **Smart Homes**

<https://www.smarthome.com/>

(800) 762-7846

This site has many gadgets for the home.

## **Southwest Human Development - Assistive Technology Resource Center**

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

(602) 266-5976

This site has information and resources about assistive technology. The center provides evaluations, training and other AT links.

## **Adapted Vehicles and Modifications**

### **Access Unlimited**

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

(800) 849-2143

This site has many links, articles, sports information, vehicle modification and more.

### **The Boulevard**

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

(877) 833-2480

Directory of transportation products and services for physically challenged, elderly, caregivers and health professionals.

### **Leeden Wheelchair Lift and Sport**

<http://leedenwheelchairliftandsport.com/sports-products/2119481>

(480) 966-2372

Information and services for vehicle accessibility modifications, wheelchair repair and sports products.

### **National Highway Traffic Safety Administration (NHTSA)**

<https://www.nhtsa.gov/road-safety/adapted-vehicles>

(888) 327-4263

TTY (800) 424-9153

This site has information and resources for disabled drivers and passengers. They have a publications on adapting motor vehicles for people with disabilities.

### **National Mobility Equipment Dealers Association**

<http://www.nmeda.com/>

(866) 948-8341

(813) 264-2697

This site has resources on expanding opportunities with people with disabilities to safely drive or be transported in vehicles modified with mobility equipment to fit their specific needs and improve transportation options for people with disabilities.

### **VMI – Vantage Mobility International**

<https://www.vantagemobility.com/>

(855) VMI-VANS

Phoenix Office (602) 385-5999

Provide reliable, easy to use mobility solutions that transforms the lives of their customers.



## **Return to Driving – Adapted Driving**

### **Banner Health System**

<https://www.bannerhealth.com/>

(480) 210-6569

Adaptive driving program for people with disabilities who want to return to driving.

### **DrivAble Solutions**

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

(602) 840-2323

Certified Driving Rehabilitation Specialists (CDRS) through ADED membership who evaluate, train and prescribe vehicles to either get people with disabilities driving or to keep them driving.

### **Driving to Independence, LLC**

<http://www.drivingtoindependence.com/>

(480) 449-3331

They offer driving assessments following a change in medical status, physical skill or other unique situation to ensure ones safety in vehicle operation and driving performance. They offer the following programs: a potential to drive assessment, a driver assessment, bioptic driving and senior safety assessments.

## **Recreation/Leisure Activities**

### **2021 Barrow Resource Guide**

<https://www.barrowneuro.org/centers-programs/neurorehabilitation/support-programs/therapeutic-recreation-and-adventures/>

This guide is produced by the Barrow Recreational Therapy Department to provide resources in the community.

### **Ability 360 Sports and Fitness Center**

<http://ability360.org/sports/>

(602) 386-4566

Ability 360 Sports and Fitness Center is a 45,000-square foot, state-of-the-art facility located in Phoenix, Arizona. It offers a wide variety of amenities to help you achieve your health and fitness goals. We have a fitness center with wheelchair accessible weight machines, an aquatic area equipped with lifts and elevators, accessible locker room.

### **Access to Recreation**

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

This site provides equipment for both sports and leisure skills.

### **The Adaptive Sports Center**

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

*Toll Free (866) 349-2296 or (970) 349-2296*

This is a non-profit organization that provides year-round recreation activities for people with disabilities and their families.

### **Adaptive Living Guide**

<https://www.mobility-advisor.com/disabled-friendly-travel.html>

Disabled friendly travel resources. Provides a wealth of information on organizations and companies who cater the needs of the mobility challenged individuals.

## **Artability**

[Newhorizons.org](http://Newhorizons.org)

A resource for organizations providing art opportunities for people with disabilities.

## **City Of Phoenix-Adaptive Recreation Services**

<https://www.phoenix.gov/parks/adaptive-recreation>

This site lists different programs available in the City of Phoenix for persons with disabilities.

## **National Arts and Disability Center**

[nadc.ucla.edu](http://nadc.ucla.edu)

National information technical assistance and referral center in the field of art and disability.

## **National Center on Accessibility**

<http://www.ncaonline.org/>

*(812) 856-4422 Voice*

*TTY: (812) 856-4421*

This is a dynamic and innovative leader in the movement to include people with disabilities in recreation, parks and tourism.

## **Move United**

<http://www.moveunitedsport.org>

*(732) 266 – 2634*

Information on wheelchair sports, rules and qualifying standards.

## **Arizona Disabled Sports**

<http://arizonadisabledsports.com/>

*(480) 835-6273*

This site offers a variety of adapted services and programs.

## **Aging with Stroke**

### **Area Agency on Aging – Region One**

<http://aaaphx.org/>

(602) 264-2255

(603) 230-9132 (fax)

1(888) 783-7500 (toll free)

They advocate, plan, coordinate, develop and deliver services for adults aged 60+, adults aged 18+ with HIV/AIDS, adults aged 18+ with disabilities and long-term care needs, and family caregivers.

### **AZ Links**

<https://azdaars.getcare.com/consumer>

AZ Links is Arizona's Aging and Disability Resource Center (ADRC), created to help Arizona seniors, people with disabilities, caregivers and their family members locate resources and services that meet their needs. This is a department in the Arizona Department of Economic Security.

### **Health in Aging (Stroke)**

<http://www.healthinaging.org/aging-and-health-a-to-z/topic:stroke/info:unique-to-older-adults/>

(212) 308-1414

(800) 563-4916

This site provides information to help older adults and their caregivers by providing information about critical issues we all face as we age.

### **June Isaacson Kailes - Health and Wellness**

[www.jik.com/hwawd.html](http://www.jik.com/hwawd.html)

This site has information on health, wellness and aging with a disability.

### **National Council on Aging**

(571) 527-3900

<http://www.ncoa.org/>

The National Council on Aging (NCOA) brings together nonprofit organizations, businesses, and government to develop creative solutions that improve the lives of all older adults.

## Caregiver Resources

### **American Stroke Association / American Heart Association**

<http://www.stroke.org>

(888) 4-STROKE (888) 478-7653

### **Area Agency on Aging – Region One**

<http://aaaphx.org/>

(602) 264-2255 Toll Free (888) 783-7500

Plans, coordinates, develops and delivers services for seniors, adults with disabilities and long term needs and family caregivers of older adults.

### **Arizona Department of Economic Security**

<https://des.az.gov/services/aging-and-adult/family-caregiver-support-program-fcsp>

This program offers information about available services, assistance in gaining access to supportive services, individual counseling and training to assist caregivers in decision making and problem solving related to their roles, respite care and other services.

### **Arizona Caregiver Coalition**

<http://www.azcaregiver.org/>

(888) 737-7494

The Arizona Caregiver Coalition was created to support you and your family to help find access to information, assistance, answers, new ideas and helpful options for you and your loved one

### **National Family Caregivers Association – Caregiver Action Network**

<http://caregiveraction.org/>

(202) 454-3970

They are working to improve the quality of life who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. They offer a resource toolbox and other resources to assist caregivers.

### **National Stroke Association**

<http://www.stroke.org/we-can-help/caregivers-and-family>

(800) STROKES (800) 787-6537

## Parenting

### **Disabled Parents Network**

<https://www.disabledparentsnetwork.org>

Disabled Parents Network (DPN) is the national user-led organization that provides information, advice and support to parents and parents-to-be, who are or have become, disabled or experience a long term health challenge or condition, their families, friends and those working with them.

### **AbleThrive-Parents with Disabilities**

<https://ablethrive.com/parenting/parents-disabilities>

A One-stop platform for people with disabilities and their families to access curated and customized resources from around the world.

### **Disabled Parenting Project**

<http://www.disabledparenting.com>

An online community full of parenting ideas for parents and prospective parents with disabilities. In addition, DPP offers a comprehensive resource for adaptive parenting products.

### **Through the Looking Glass**

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

*Phone: (800) 644-2666 (510) 848-1112 TTY: (510) 848-1005*

Provides links to other sites, supportive services, training and research to improving services to families where one individual has a disability.

### **Child Welfare Information Gateway**

[www.childwelfare.gov/topics/systemwide/service-array-services-disabilities/youth/disabilities](http://www.childwelfare.gov/topics/systemwide/service-array-services-disabilities/youth/disabilities)

*Phone: (800) 644-2666 (510) 848-1112 TTY: (510) 848-1005*

Provides links to other sites, supportive services, training and research to improving services to families where one individual has a disability.



## **Adapting to Stroke – Stroke Support Groups**

### **St. Joseph's Hospital and Medical Center**

<https://www.barrowneuro.org/outreach/stroke-support-group/>

(602) 406-6688

Contact: Ashley Bridwell

Offers both stroke survivor and caregiver support groups.

### **American Stroke Association**

<http://www.strokeassociation.org/STROKEORG/strokegroup/public/zipFinder.jsp>

This site has a stroke group locator tool. Please call to ensure the group that you are looking up is still active.

### **The Brain Injury Association of Arizona – BIAAZ**

<http://biaaz.org/who-we-are/#survivors>

(602) 508-8285

Look under “BIAAZ Funded Support Groups” on the home page and there is a PDF you can download for Maricopa and Pima Counties.

### **Joe Niekro Foundation**

<http://www.joeniekrofoundation.com/>

(602) 318-1013

Contact is Natalie Niekro at [nniekro@joeniekrofoundation.org](mailto:nniekro@joeniekrofoundation.org)

This is a site dedicated to those survivors who have suffered and aneurysm. Their goal is to raise awareness about aneurysm factors, causes, treatments and research

### **We're MOVING FORWARD!**

<http://wmforward.org>

We're MOVING FORWARD! is a small 501 (c) (3) non-profit organization founded by three women whose own lives were dramatically impacted along with that of a family member who sustained a traumatic brain injury. This is a group of survivors and family members in similar circumstances who began seeking out more ways to interact with others outside of a “support group” environment.

## *Apps and Games to Help Recovery*

### **St. Joseph's Hospital and Medical Center**

<https://www.barrowneuro.org/get-to-know-barrow/centers-programs/neurorehabilitation-center/neuro-rehab-apps-and-games/>

This flyer includes activities that have therapeutic value to aid in your recovery. These lists have been compiled by therapists at the Barrow Neurological Institute and are categorized by level of difficulty. Many of these activities allow you to increase the level of complexity as well. Playing these activities is not a substitute for therapy, but can be a fun way to work on important skills. Work with your therapist to decide which apps are best for you.