

## Stroke patients and caregivers guide

For more information [www.emersonhospital.org/strokeresources](http://www.emersonhospital.org/strokeresources)

### I have had a stroke.... what now?

1. Schedule follow up neurology appointment within 2 weeks of arriving home.  
Name of Emerson neurologist: \_\_\_\_\_  
Appointment date and time: \_\_\_\_\_
2. Do I need rehab services?  
Your Emerson Hospital care manager will assist you with this
  - a. Home care (PT, OT, Speech)
  - b. Outpatient rehab services (PT, OT, Speech)
  - c. Acute Rehab
  - d. Short term Rehab (SNF)
3. How can I get to my appointments?
  - a. Arrange for rides from family or friends
  - b. Apply for the RIDE; Phone # 617-337-2727
  - c. Local taxi service/UBER
4. What equipment/supplies do I need?
  - a. Mobility aides (w/c, walkers, crutches, canes, raised toilet seats, shower seats, bath lifts, grab bars)
  - b. Diabetic supplies (compression socks, dry skin relief)
  - c. Incontinence aides (protective underwear, bedding, cleansers, wipes liners and pads)
  - d. Wound care supplies (bandages, dressings, cleansers)
  - e. Blood pressure monitors
5. How can I get my equipment?
  - a. Borrow from local COA (see attached listing)  
My Town: \_\_\_\_\_ Phone # \_\_\_\_\_
  - b. Purchase from local pharmacies or retail box stores
  - c. Purchase from online stores
6. Do I need caregiver assistance?
  - a. Can families or friends help?
  - b. Adult day health agencies -[www.elderdayservices.org](http://www.elderdayservices.org)
  - c. Private pay caregiver assistance (see attached listing)
7. How do I get my groceries?
  - a. Online ordering (Stop&Shop; Shaws; Roche Brothers)
  - b. Meals on wheels delivers to seniors for a small donation/week
  - c. Heart to home provides meals at nominal cost.
  - d. WECO provides meals for a fee - order via email

## Important Phone Numbers

### Emerson Hospital Care Management

Emerson Hospital  
133 ORNAC  
Concord, MA 01742  
978-287-3170

### Emerson Home Care

310 Baker Ave, Suite 310  
Concord, MA 01742  
978-287-8300

### Clough Family Center for Rehabilitative Services (Outpatient Rehab)

978-287-8200 (for all locations)

### Emerson Health Center

310 Baker Ave.  
Concord, MA 01742

### Westford Health Center

133 Littleton Rd., Suite 315  
Westford, MA 01886

### Local Equipment Suppliers

Acton Pharmacy: 978-263-3901  
Keyes Drug (Newton) 617-244-2794  
Theater Pharmacy (Lexington)  
781-862-4480  
West Concord Pharmacy 978-369-3100  
Apple Homecare Associates  
(Sterling) 978-422-4000

### Private pay caregiver assistance

Abundant Life: 978-402-8620  
Right at Home: 781-275-1400  
Minute Women Home Care:  
781-862-3300

### Meals Services to your home

Minute Man meals on wheels:  
Toll free: 888-222-6171  
Heart to home: 508-658-3000  
WECO: [wecohospitality.com](http://wecohospitality.com)



## Emerson vicinity Councils on Aging

Acton Nursing Service  
30 Sudbury Rd. (rear)  
Acton, MA 01720  
978-929-6650

Ayer Council on Aging  
18 Pond St.  
Ayer, MA 01432  
978-772-8260

Bedford Council on Aging  
12 Mudge Way  
Bedford, MA 01730  
781-275-6825

Billerica Council on Aging  
25 Concord Rd.  
Billerica, MA 01821  
978-671-0916

Bolton Council on Aging  
600 Main St.  
Bolton, MA 01740  
978-779-3313

Boxborough Council on Aging  
29 Middle Rd.  
Boxborough, MA 01719  
978-264-1717

Carlisle Council on Aging  
66 Westford St.  
Carlisle, MA 01741  
978-371-2895

Chelmsford Council on Aging  
75 Groton Rd.  
North Chelmsford, MA 01863  
978-251-0533

Concord Council on Aging  
1276 Main St.  
Concord, MA 01742  
978-318-3020

Framingham Council on Aging  
535 Union Ave.  
Framingham, MA 01702  
508-532-5980

Groton Council on Aging  
163 W. Main St.  
West Groton, MA 01472  
978-448-1170

Harvard Council on Aging  
13 Ayer Rd.  
Harvard, MA 01451  
978-456-4120

Hudson Council on Aging  
29 Church St.  
Hudson, MA 01749  
978-568-9638

Lexington Lions Club  
781-862-4710

Lincoln Council on Aging  
15 Bedford Rd.  
Lincoln, MA 01773  
781-259-8811

Littleton Council on Aging  
33 Shattuck St.  
Littleton, MA 01460  
978-540-2470

Marlborough Council on Aging  
40 New St.  
Marlborough, MA 01752  
508-485-6492

Maynard Council on Aging  
50 Brown St.  
Maynard, MA 01754  
978-897-1009

Shirley Council on Aging  
9 Parker Rd.  
Shirley, MA 01464  
978-425-1390

Stow Council on Aging  
509 Great Rd.  
Stow, MA 01775  
978-897-1880

Sudbury Council on Aging  
40 Fairbank Rd.  
Sudbury, MA 01776  
978-443-3055

Wayland Council on Aging  
41 Cochituate Rd.  
Wayland, MA 01778  
508-358-2990

Westford Council on Aging  
20 Pleasant St.  
Westford, MA 01886  
978-692-5523

## Private Pay Home Health Agencies in Emerson Hospital's Region

### **Assisting Hands-Boston NW**

Bedford – (781) 315-6700

Wilmington – (781) 400-8880

### **Connected Home Care**

Offices throughout North Shore and Metro West

(978) 254-2400

### **Deaconess Abundant Life Services**

25 miles around Concord

(978) 402-8620

### **EMBRACE Homecare + Health Services**

Middlesex, Norfolk, Suffolk, Metro West

(781) 373-3013

### **Epic Wellness Home Care**

Middlesex, Worcester Counties

(978) 227-5338

### **Griswold Home Care**

Metrowest: (781) 559-0073

Worcester: (508) 917-6649

Merrimack Valley: (978) 412-4181

### **Home Instead**

Boston-Metro West: (508) 647-3773

Chelmsford & Surrounding areas:

(978) 256-5950

### **Jewish Family Services of Metrowest**

Framingham (508) 875-3100

### **Minuteman Senior Services**

Concord Area

(781) 272-7177

### **Minute Women, Inc**

Boston-Middlesex County

(781) 862-3300

### **Nashoba Homecare**

Worcester & Middlesex Counties

(978) 456-0102

### **Prime Home Health**

Statewide

(413) 525-0155

### **Privatus Care Solutions**

Boston (617) 275-4050

Cape Cod (508) 419-7970

### **Right at Home in Home Care & Assistance**

Bedford MA

Boston/Northwest area

(781) 275-1400

### **Samaritan Home Care**

Westford and surrounding counties

(978) 746-1646

### **Senior Helpers**

North Shore, Merrimack Valley, Cape Ann,  
Burlington

(978) 213-4345

### **Tandem Care Associates**

Essex, Middlesex, Suffolk Counties and Metro  
West

(978) 655-9800