

RESOURCES FOR STROKE PATIENTS AND THEIR CAREGIVERS

For more information, visit www.emersonhospital.org/strokeresources

American Stroke Association

www.stroke.org

Education about stroke and best prevention, as well as resources for recovery and “life after stroke.”

www.stroke.org/caregivers

Resources for family caregivers.

www.stroke.org/supportgroups

Enter your address to find local support groups.

Call **1-888-478-7653** for the ASA Stroke Family Warmline for support, helpful information, or just a listening ear. Trained specialists can answer your questions.

Centers for Disease Control

www.cdc.gov/stroke/recovery

Education about recovering from a stroke and what to expect.

Emerson Resources

Emerson Home Care

www.emersonhospital.org/homecare or 978-287-8300

Emerson's Clough Family Center for Rehabilitative and Sports Therapies

www.emersonhospital.org/rehab or 978-287-8200

Equipment

- Your local Council on Aging has pieces of equipment for loan
- Sudbury Pharmacy has wheelchairs for rent - (978-443-6311)
- Acton Pharmacy (978-263-3901), Keyes Drug (Newton 617-244-2794), Theatre Pharmacy (Lexington 781-862-4480), and West Concord Pharmacy (978-369-3100) provide home health care supplies in many areas, including:
 - Mobility aids such as walkers, crutches, rollators, raised toilet seats, shower seats, bath lifts, grab bars, reaching aids and walking canes
 - Diabetic supplies such as compression socks and diabetic dry skin relief
 - Incontinence aids such as protective underwear, bedding protection, cleansers, wipes, liners and pads
 - Blood pressure monitors
 - Wound care supplies such as bandages, dressings, and wound cleansers

Grocery Assistance

- Stop and Shop, Roche Brothers, Shaw's Markets all deliver with the use of online ordering
- Meals on Wheels can deliver to seniors for free, call Minute Man Senior Services Toll Free - 888-222-6171
- Heart to Home - 508-658-3000 provides meals at a nominal cost

Caregiver Assistance

- Adult Day Health Agencies - www.elderdayservices.org
- Abundant Life - 978-402-8620 (private pay caregivers)
- Right at Home - 781-275-1400 (private pay caregivers)
- Minute Women Home Care - 781-862-3300 (private pay caregivers)
- Nutritional Information - 978-287-3782

Additional Resources

American Heart Association: www.heart.org

USDA Dietary Guidelines for Americans 2010: www.health.gov/dietaryguidelines

USDA My Plate: www.choosemyplate.gov