

Stroke & Speech Programs, Services, and Information

Northeast Ohio and National Resources

Compiled by the Members of the Cleveland Hearing & Speech Center Speak Easy Program
Updates available on the Cleveland Hearing & Speech Center Speak Easy Website:
www.chsc.org/speakeasy (scroll to the bottom of the page)

Updated: 12/12/2014

Caregivers and Stroke Survivors who participate in Speak Easy and area stroke clubs compile and maintain this list of helpful services that we use and highly recommend. Our hope is that it is helpful to new stroke survivors as well as long-time stroke survivors looking for new resources.

Our list has grown over the years as new members have contributed and as we have become better consumers and advocates. To help you navigate the list, here are some frequently asked questions:

- 1) What's new? Where can I learn the newest information about stroke, aphasia, & depression?**
 - a. See page 2 (the next page). These links will get you started.
- 2) What are the best Stroke Programs in NE Ohio?**
 - a. See page 4. These are our favorite local programs and providers.
- 3) How do I get to know people? How do I get connected with Stroke Resources?**
 - a. See page 5 –6. We recommend that you come to a support group.
 - a2. See page 6 for our favorite exercise programs. People who exercise are in the know.
- 4) Where are the clinical trials in Ohio?**
 - a. See page 7 for Clinical Trial information, call the phone numbers for updates.
- 5) Where are the inpatient rehabilitation facilities in NE Ohio?**
 - a. See page 8 for information about NE Ohio inpatient rehabilitation hospitals.
- 6) Who provides intensive outpatient programs, day care, in-home care, & special services?**
 - a. See pages 9 and 10 for the ones that we use and recommend
- 7) Who provides braces, crutches, walkers, hand night brace, Walk Aid, and special shoes?**
 - a. See page 10 for prostheses and orthotics providers.
- 8) Who are the best physicians, dentists, and therapists—professionals who understand stroke issues and will do their best to help me?**
 - a. See page 11 for a list of our favorite medical professionals.
- 9) Transportation is a big problem in Cleveland. Where can I find info and alternatives?**
 - a. See page 12 for public and private transportation information.
- 10) How do I find neighborhood resources and someone I can ask for a referral?**
 - a. See page 13 for comprehensive lists, directories, and people you can call.
- 11) Where can I learn about national research, chat rooms, debates, stroke advocacy and national intensive programs?**
 - a. See pages 14 – 17 for national resources.
- 12) What aphasia and communication education, software, books, and resources do you like?**
 - a. See pages 17 through 20. Speak Easy members & CHSC have many of these resources that you can examine.
- 13) Where can I learn about dining and travel advice?**
 - a. See page 21 and 22 for our best advice.
- 14) Where can I send my comments about this list?**
 - a. Email: Debbie Felt Debbie@gulbranson.com or Michelle Burnett MBurnett@chsc.org

What's New? Important Information and Educational Resources

Important Medicare/Disability Rule Changes*

Medicare will be prohibited from denying skilled therapy in most settings simply because there is a lack of functional progress. For more information see: <http://www.medicareadvocacy.org/medicare-info/improvement-standard/>. *Comment: Now Medicare is denying stroke survivors' therapy due to "lack of medical necessity." Lawsuits are working their way through courts.

Web Educational Programs for Survivors and Caregivers

Surviving Stroke -- Cleveland <http://www.ideastream.org/health/stroke>
Body in Pain --Cleveland <http://www.ideastream.org/health/pain>
Living after Stroke [http://www.stroke.org/stroke-resources/resource-library?&type\[0\]=96&fulltext=](http://www.stroke.org/stroke-resources/resource-library?&type[0]=96&fulltext=)
Experts Talk 24 Stroke Topics <http://www.stroke.org/stroke-resources/resource-library/multimedia/ihope-online-education-program>

Post-Stroke Depression: Therapy, Research Reviews, and Recommendations

Depression and other Emotional Problems after Stroke Lecture
<http://www.stroke.org/strokeresources/library/ihope-depression-and-other-emotional-problems-after-stroke>
Post-Stroke Depression Write-up <http://www.stroke.org/we-can-help/survivors/stroke-recovery/post-stroke-conditions/emotional/depression>
Post-Stroke Depression Research Findings
<http://www.ebrsr.com/evidence-review/18-post-stroke-depression>
See also, *National Resources for Stroke* <http://www.ideastream.org/health/entry/42426>

Ted Talks

Changing the Healthcare System
http://www.ted.com/talks/eric_dishman_health_care_should_be_a_team_sport.html?source=email#.UZi69wr98L9.email

Jill Bolte, a Neurologist Stroke Survivor, Speaks about her Recovery
http://www.ted.com/talks/jill_bolte_taylor_s_powerful_stroke_of_insight.html

Aphasia Lecture

<http://www.stroke.org/stroke-resources/library/ihope-aphasia-and-stroke>

Aphasia Treatment from ASHA Best Practice Portal

<http://www.asha.org/PRPSpecificTopic.aspx?folderid=8589934663§ion=Treatment>

Research Summary of Stroke Rehabilitation Therapies and Outcomes

<http://www.ebrsr.com/evidence-review> For a listing of topics: click "Show All" in right hand column
<http://www.ninds.nih.gov/disorders/stroke/stroke.htm>

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Northeast Ohio Stroke, PPA, BT, TBI, and Epilepsy Services

Highly Recommended Community Programs and Providers

Speak Easy is speech practice group sponsored by The Cleveland Hearing and Speech Center, Mondays 1-3. Contact Jean Nisenbom at 216-368-3351. <http://www.chsc.org/speakeasy> .

Cleveland Stroke Club meets on the Near East Side, 1st and 3rd Wed. of the month, 6:30-8:30. Contact Geri Pitts 216-932-0552. <http://clevelandstrokeclub.wordpress.com/>. (See other clubs on page 5.)

Break-Out Fitness is an exercise group for seniors and persons with disabilities located at Euclid Hospital open M-F 4:30-8:00 PM. New members call ahead. Contact Mike Karban at 216-548-5383. <http://totallytonedpersonaltraining.com/northeast-oh-post-rehab-fitness.htm>

DBC3 Music Therapy, LLC. Neurological Rehabilitation Solutions Through Music Contact Dwyer at 970-297-8506 or email him at dbc3MT@gmail.com or visit www.rehabsolutionsthroughmusic.com .

Stroke & Hand Therapy Contact Sharon Covey at 440-498-9723 or sharonotr11@yahoo.com or visit her Website: <http://strokeandhandrecovery.com/>.

Art Therapy Studio provides art classes for seniors and stroke survivors. Classes are offered on the first floor in the Fairhill Partners building (12200 Fairhill Road), Ursuline College, St. Joseph's Center Kamms Corner, and MetroHealth. Contact Lynn Lee 216-791-9303. <http://www.arttherapystudio.org>.

Return to Golf Call 440-686-1070. Indoor and outdoor facilities are located in North Olmsted. Prior golfing experience is not required. <http://www.returntogolf.org/Facilities.html>

YogaReach Classes for stroke survivors at CHSC. Contact Char Grossman at (216) 577-1507 or email her at yogareach@gmail.com, or visit www.yoga-reach.org.

Looking aHead is a community job re-entry program for individuals with acquired brain injuries. Provides training in potential work trial situations. Contact the Director: Debbie Zukowski, OTR/L (Menorah Park Center for Senior Living, 27100 Cedar Road, Beachwood, OH 44122). 216-839-6685. See also: <http://www.menorahpark.org/lookingahead.html>.

Bureau of Vocational Rehabilitation, Cleveland provides disability determination services, job retraining and placement. The Bureau conducts a good head injury program. Call 216-227-3250.

TRI-C has a physical therapy program to help students & patients; all for \$5 a session. Contact: Heather Foos, M.Ed, Otr/L, Director – Preventive Care Center, at (216) 987-3555.

Legal Advice for Estate Planning or Medicaid Issues. Janet L. Lowder, Hickman & Lowder Co., L.P.A., Call 440-323-1111 or visit www.hickman-lowder.com.

Stroke Conference MetroHealth in October. Contact Robyn Cox at 216-778-5420.

Northeast Ohio Services

Support Groups for Stroke, PPA, Brain Tumor and TBI, and Epilepsy

Stroke Clubs (Persons with TBI, BI, PPA, FTD & Epilepsy are most welcome.)

Cleveland Stroke Club meets on the Near East Side, 1st and 3rd Wed. of the month, 6:30-8:30. Contact Geri Pitts at 216-932-0552. <http://clevelandstrokeclub.wordpress.com/>.

Euclid Hospital Stroke and Brain Injury Education and Support Group and Caregiver Group Euclid Rehabilitation Hospital Outpatient Department Meetings are scheduled on the last Friday of each month from 11:00-12:30. Contact Nancy O'Malley at 216-692-7476 to confirm meeting.

Lakewood Hospital Stroke Club The group meets at Lakewood Hospital and the facilitator is Cindy Clark. Email her at CLARKC2@ccf.org or call her at 216-529-7580.

Metrohealth Stroke Club meets between 1:30pm -3:00pm at MetroHealth's Senior Health and Wellness Center room T-60. For the schedule call Robynn Cox at 216-778-5420 or rcox1@metrohealth.org or Shelly Amato, Brain Injury and Stroke Rehabilitation 216-957-3625.

Parma Hospital Stroke Group Contact Cindy Kochan at 440-743-4041.

West Geauga Stroke Support Group Contact Melissa Richardson at 440-285-7757.

National Stroke Assn. Support Groups Directory Call 1-800-Strokes or go to their Website:

<http://www.stroke.org/stroke-resources/stroke-support-groups>

Also see: <http://www.biaoh.org/whocontact.html>

PPA and FTD Support Group

Frontotemporal Dementia (FTD) and Primary Progressive Aphasia (PPA) Support Group

It meets on the first Wed. of each month from 6 to 8 PM. in the Beachwood office. Contact Lauren Brasse, LISW, MSSA, Clinical Care Coordinator, Alzheimer's Association Cleveland Area Chapter, 23215 Commerce Park Drive, Suite 300, Beachwood, OH 44122.

Phone: 216-342-5584, E-Mail: lbrasse@alz.org , www.alz.org/cleveland .

Dr. Alan J. Lerner, located at **UH University Foley Elderhealth Center, Neurology**, 3619 Park East Dr., Beachwood, OH 44122. 216-464-6412. He specializes in PPA and can refer you to local services. Visit: <http://www.uhhospitals.org/case/services/geriatric-services/services/geriatric-assessment-program>

National Institute of Neurological Disorders 1-800- 352-9424

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

The Association of Frontotemporal Degeneration National Directory www.theaftd.org 267-514-7221

International PPA Connection <http://www.ppaconnection.org/>

The National Aphasia Association <http://www.aphasia.org/> 1-800-922-4622

Northeast Ohio Services

Brain Injury Support Group (also supports those with Stroke, PPA, FTD)

Hanson House Traumatic Brain Injury Clubhouse

Support groups located throughout the metro area. Call 440-234-9900 or go to

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

Brain Tumor Support Group

Brain Tumor Support Group meets at Cleveland Clinic Taussig Cancer Center. Call 800-223-2273 ext. 56910 http://my.clevelandclinic.org/brain_tumor/default.aspx

Ohio Brain Injury, Brain Tumor Support Clubs: <http://www.biaoh.org/whocontact.html>

Epilepsy Support Group

Epilepsy Foundation call: 1-800-332-1000 or visit: <http://www.epilepsyfoundation.org/>

The Epilepsy Foundation sponsors a support group at Lake West hospital on the second Wednesday of each month from 6:30 - 8:00 PM. For more information, call the Epilepsy Foundation 216-579-1330 to confirm the meeting at 2831 Prospect E, Cleveland, OH 44115-2606.

Exercise, Aquatic, Speech, Occupational, & Physical Therapy Centers

Exercise is a great way to improve your health, meet people, and make friends. Here are the groups that we love and attend. See you there.

Break-Out Fitness is an exercise group for seniors and persons with disabilities located at Euclid Hospital open M-F 4:30-8:00 PM. New members call ahead. Contact Mike Karban at 216-548-5383. <http://totallytonedpersonaltraining.com/northeast-oh-post-rehab-fitness.htm>

Heather Hills YMCA (440) 214-3100. **The therapy center is located in the YMCA.**

<http://www.uhhospitals.org/geauga/services/rehabilitation-services/aquatic-therapy>

Peter B. Lewis Aquatic and Therapy Center (Cleveland Clinic) is located at 27300 Cedar Road, Beachwood, Ohio 44122. Call 216-595-7345. www.lewisaquaticcenter.org/ Also offers 6 week therapy programs for speech, PT, and OT for continued improvement that is eligible for coverage from Medicare and Medicaid.

YMCA (fitness experts can help you set-up a routine and get in and out of the pool). We also enjoy the Silver Sneakers walking programs. <http://www.clevelandymca.org/locations.html> , <http://www.clevelandymca.org/apps/search?q=Silver+Sneakers> , <http://www.lakecountnymca.org/>

Curves. Several women caregivers and survivors exercise at Curves together. <https://www.curves.com>

Community Centers and Libraries. Many of our neighborhoods have community centers offer exercise classes, yoga, Tai Chi, and outings. Also check out your local library bulletin boards for activities and discussion groups. *See page 13 for some links to some great community programs.*

Clinical Trials

Please call these centers for more updated information. They continuously receive new grants and sometimes change the qualifications to include new participants. They also have waiting lists.

For a complete list of National Clinical Trials go to: www.clinicaltrials.gov

FES Center at Cleveland Veterans Administration & MetroHealth <http://fescenter.org>

FES Center Veterans Administration: Call 216-791-3800 x3830 (Vet status not required). Currently Dr. Pundik has 2 studies on arms (must have slight wrist movement or independent finger movement and no history of seizures) and a leg study has been approved but not started (must have ankle movement). More studies are expected to be funded this year.

FES Center MetroHealth Hospital: Peggy Maloney 216-778-8563. Currently there are at least three studies: Shoulder Pain, Ankle Movement (must be able to walk without a brace), and Hand Movement (must be able to extend arm forward a little and up a little). There is also a hand-mentor study. Metro pays for transportation or provides free transportation. Studies led by Dr. John Chae, Dr. of Physical Medicine, 216-778-5347.
www.metrohealth.org/strokeresearch

Cleveland State University Physical Therapy Department

Cleveland State is currently conducting a balance study at the Cleveland Clinic Walker Center. For more information, call Dr. Ann Karas Reinthal 216-687-3576, or email her at A.Karas@csuohio.edu.

Cincinnati Clinical Trials

Rehab Lab is a research facility in Cincinnati with articles and information regarding stroke rehab. Patients who participate in stroke studies can live in the assisted living community while at the Drake Center. www.rehablab.org.

Cleveland Clinic

Foot Drop Study for Medicare funding of the Walk Aid, the Walk Aid is given free to participants. Call Darlene Stough RN (Mellen Center, Cleveland Clinic), 216-445-5877, or email her stoughd@ccf.org.

Ongoing studies on brain stimulation contact Ela Plow, Ph.D. at 216-445-4589 or plowe2@ccf.org.
Ongoing studies on physical therapy and wellness programs, contact: Matthew Plow, Ph.D. at 216-368-8969 or map208@case.edu .

Inpatient Rehabilitation Hospitals and Units

Cleveland Clinic has four acute inpatient hospitals and ranks 19th in the country for inpatient rehabilitation. They are the following.

- Euclid Hospital (46 beds) is committed to continuing the delivery of superior-quality care that patients have come to expect for over 40 years. Visit http://my.clevelandclinic.org/locations_directions/Regional-Locations/euclid-hospital , or 18901 Lake Shore Blvd., Euclid, OH. Call 216-692-8668.
- Lakewood Hospital (35 beds), has undergone a \$5 million renovation and expansion to its private patient rooms and therapy gym. Visit http://my.clevelandclinic.org/locations_directions/Regional-Locations/lakewood-hospital/specialties/rehab , 14519 Detroit Ave., Lakewood, OH. Call 216-529-7760.
- Main Campus (17 beds), opened in January 2011. Visit http://my.clevelandclinic.org/services/neurological_institute/physical-medicine-rehabilitation/rehabilitation-services/rehabilitation-hospitals , 9500 Euclid Ave., Cleveland, OH. Call: 216-445-0708.
- Cleveland Clinic Children’s Hospital for Rehabilitation, Shaker Campus. <http://my.clevelandclinic.org/childrens-hospital/specialties-services/therapy-rehab> Call: 800-223-2273.

University Hospital Rehabilitation Center opened a 50 bed freestanding inpatient rehabilitation hospital in Beachwood (one mile west of UH Ahuja Medical Center) in 2013. The hospital is for mainly neurologic patients, stroke, and traumatic brain injury. Visit <http://www.uhhospitals.org/services/rehabilitation-services/uh-rehabilitation-hospital> or 23333 Harvard Road, Beachwood, Ohio 44122. Call 216-593-2200.

MetroHealth System opened a three floor, 60 bed rehabilitation hospital at its Old Brooklyn campus in October 2012. Visit <http://www.metrohealth.org/body.cfm?id=343> Metro Health Medical Center, 2500 Metro Health Drive, Cleveland, OH 44109-1998, (216) 778-7800. It has a highly acclaimed spinal cord injury program. Metro Health also has a world-class stroke research program directed by Dr. Chae.

Lake Health West’s Center for Comprehensive Rehabilitation (CCR) is located at Medical Center in Willoughby. For more information, call the CCR referral line at 440-953-6100 Lake Health West Medical Center, 36000 Euclid Avenue, Willoughby, Ohio 44094-4625.

Summa Rehab Hospital in Akron is a 60-bed hospital opened in January 2012. Their address is: 29 North Adams Street, Akron, OH 44304. Phone is (330) 572-7300 Visit: <http://www.summahealth.org/locations/Hospitals/summarehabhospital> .

Although the **Veterans Administration Hospital** does not have a Stroke Unit the VA does have world class therapy departments.

Intensive Outpatient Therapy Day Programs

Many of our survivors have participated in an intensive outpatient therapy program after being discharged from an acute rehabilitation center. Outcomes are especially good.

Neuro-Day Program is an intensive therapy program provided by **Euclid Hospital** Outpatient Therapy Department. There are two programs; a three day (M, W, F) and two day (T &TH). The staff includes a nurse, nursing assistant, and a psychologist specializing in neurological disorders. Contact Euclid Hospital: 18901 Lake Shore Blvd., Euclid, Ohio 44119. Phone: 216-531-9000 and ask for the Neuro Day Program or Nancy O'Malley. http://my.clevelandclinic.org/locations_directions/Regional-Locations/euclid-hospital/specialties/stroke

Anna Maria of Aurora offers an intensive rehabilitation program, independent living, skilled nursing and memory care -- 889 North Aurora Road, Aurora, Ohio 44202, ph.330-562-6171. <http://www.annamariaofaurora.com/>

Day Programs

Anna Maria of Aurora offers adult day care. Call 877-345-1180 or see their Website: <http://www.annamariaofaurora.com/>.

Benjamin Rose Institute offers Adult Day Program and Partial Hospitalization, 2373 Euclid Heights Blvd., Cleveland Heights, OH 44106. Phone: 216-373-2000. The Adult Day Program has multiple funding sources and a sliding fee scale. It serves mainly Cuyahoga County. <http://www.benrose.org/>

Specialized Centers: Cognition and Memory Center and Swallowing Center

Cognition and Memory Center (UH Case Medical Center and offices in Beachwood, Medina, Richmond Heights, South Euclid, and Westlake) call 216-844-3422. <http://www.uhhospitals.org/services/neurology-and-neurosurgery/institute/our-centers/brain-health-and-memory-center>

Cleveland Feeding and Swallowing Center uses Vital Stem. Located at, 14055 Cedar Rd, South Euclid, Ohio 44118. Call 216-320-2456. <http://www.clevelandswallowingcenter.org/>

Northeast Ohio Services

In-Home Care and Services

Arcadia provides in-home care. Call: (216) 320-9502 <http://www.arcadiahealthcare.com>

Comfort Keepers provides in-home care and services. <http://www.comfortkeepers.com/home/find-a-location?address=OH> or 1-800-477-3145. Offices throughout the country and Ohio.

Heavenly Touch provides in-home care. Call: 330-854-9223 or email Info@heavenlytouchcare.com or visit: Info@heavenlytouchcare.com.

Hanson Services, Inc. provides in-home care and services to Cleveland, NE Ohio, and Akron (offices also in Florida). Call 216-226-5425. <http://www.hansonervices.com/> . Located at: 17017 Madison Avenue, Lakewood, Ohio 44107. E-Mail address is hanson@hansonervices.com .

Home Helpers provides home and transportation services. Located in Solon. Call 440-429-0908 or visit www.homecaresolon.com . Serves the greater Cleveland area.

Legacy Corp provides caregiver support up to 8 hours free of charge. Contact Sharon Eichenbaum, at Jewish Family Service Association, 216-378-3402. <http://www.fiaboise.org/legacy-corps>

Love to Love provides in-home care. Serves metro area. Call Leah Love 216-406-2293.

Menorah Park provides in-home care. <http://www.menorahpark.org/homehealthservices.html>
For Cleveland's Eastern Suburbs call 216-595-7333. For **Portage County** call 330-626-9005.
For **Summit and Wayne Counties** call 330-867-2143. For **Canton and Tuscarawas** call 330-437-2910.

Private Practice Nurses provide in-home care and services. Call 216-481-1305. Located at 403 Cary Jay Blvd, Cleveland, OH 44143. Visit: <http://privatepracticenurses.com/>

Visiting Angels provides assistance for stroke survivors (help with speech exercises, some errands, and home assistance). Call Constance Hill-Johnson 216-231-6400. Visit: <http://www.visitingangels.com/>

Veterans Administration VA provides in-home assistance to veterans.

Prosthetics and Orthotics

Leimkuehler, Inc. has three offices. Main Office is on 4625 Detroit Ave., Cleveland, OH 44102. Call 216-651-7788. East Office is on 5403 Mayfield Rd., Lyndhurst, OH 44124. Call 440-442-0454. South Office is on 5478 Royalton Rd., North Royalton, OH 44133. Call 440-582-0831. They will also change any pair of tie shoe into a Velcro shoe. <http://www.leimkuehlerinc.com/index.htm>

Hanger Clinic (Prosthetics and Orthotics) is a national company. In Northeast Ohio locations are in: Akron, Canton, Mansfield, Maple Heights, Mayfield Heights, Parma, Toledo, Warren, Westlake, and Willoughby. To inquire call: 440-605-0232 Mayfield Heights. Hanger has the local contract for the Walk Aid (foot drop aid) <http://www.hanger.com/locations/Pages/LocationByState.aspx?state=Ohio>.

Physicians, Dentists, and Therapists

Physicians

Dr. Fredrick Frost (Cleveland Clinic, Physical Medicine) 216-445-2006
Dr. John Chae (Metro Health, Physical Medicine) 216-778-3472
Dr. Lawrence Hughes, MD (Cleveland Clinic, Internal Medicine) 440-94-32500
Dr. Cathy Sila (UH, Neurology) 216-884-8934
Dr. Alan J. Lerner, (UH, Neurology) 216-464-6412 at 3619 Park East Dr., Beachwood, OH 44122
Dr. Douglas E. Joseph, D.O, RVT (Cleveland Clinic, Cardiovascular Med.) 216-444-4533
Dr. Jonathan Boyd, M.D. Urologist Cleveland Clinic, Euclid and Hillcrest Hospital 216-444-5600
Dr. Luria, MD (Cleveland Clinic Hillcrest, Urologist) 216-444-5600
Dr. Ronald P. Lemmo, DDS, (Dentist) 2775 Bishop Road, Wickliffe, OH 44092) 440-944-0008

Speech Therapists

Cleveland Hearing & Speech Center Contact Michelle Burnett, Director of Clinical Services, University Circle (11635 Euclid Ave) 216-231-8787. <http://www.chsc.org> CHSC has neighborhood offices in South Euclid, Lorain, and Broadview Heights.

Heather Hills YMCA Contact Katherine Mayer (440) 214-3100.
<http://www.uhhospitals.org/geauga/services/rehabilitation-services/aquatic-therapy>

Aphasia Toolbox.com Contact Bill Connors at www.aphasiatoolbox.com. On-line speech therapy using Oovo or Skype, chat rooms, exercises for people with aphasia. Call 724-494-2534.

Physical Therapists

Balance Solutions Physical Therapy Inc. 6001 Landerhaven Dr Bldg 1 – A, Mayfield Heights, OH 44124. Call 440-449-3400. www.balancesolutions.com.

Cleveland Clinic 29017 Chardon Road, Willoughby Hills, OH 44092. 440-516-5400.

Occupational Therapists

The Center for Stroke and Hand Recovery, 6001 Cochran Road, Suite 202, Solon, Ohio 44139. Call Sharon Covey at 440-498-9723. <http://strokeandhandrecovery.com/>

Music Therapists

DBC3 Music Therapy, LLC. Neurological Rehabilitation Solutions Through Music Contact Dwyer at 970-297-8506 or email at dbc3MT@gmail.com or visit www.rehabsolutionsthroughmusic.com .

Music Therapy is sponsored by Cleveland Music Settlement. Contact Ronna Caplan at 216-421-5806 or <http://www.thecmss.org/music-therapy/overview> .

Yoga & Tai Chi

Tai Chi: stroke survivors welcomed. Contact Dan Kelley at 216-932-7629 or email DanKelley@att.net.

YogaReach: Contact Char at 216-577-1507 or email yogareach@gmail.com, or www.yoga-reach.org.

Transportation Services

Public Transportation Services

RTA Para Transit for Cuyahoga County For general questions about RTA service, call the RTAnswerline: 216-621-9500 or go to www.rideRTA.com . For an ADA application, call: 216-566-5124 or 216-781-4757 (TDD). To schedule Para transit service, after you have received your ADA ID card, go to <http://paratransit.gccta.org> or call 216-621-9500 or call 216-781-6148 (TDD). If your vehicle has not arrived at the end of your scheduled window of time, call the Paratransit dispatcher: call 216-566-5244.

Laketran Dial-a-Ride is for Lake County Residents. Service is limited to destinations within Lake County and to limited medical facilities in Cleveland. Dial-a-Ride hours of operation: Monday-Friday: 6:00AM until 8:00PM. Call customer service at 440-354-6100 or email laketran@laketran.com. For Dial-a-Ride reservations: 440-942-1300, 1-888-LAKETRAN TDD 800-560-DEAF. To cancel a Dial-a-Ride reservation, call 440-350-1099. Visit: <http://laketran.com/dial-a-ride/> .

Geauga County Transit is a demand responsive transit system within the County, Monday thru Friday 6:00AM to 9:00PM. Call Toll free: 1-888-287-7190, 1-440-279-2150, 1-800-750-0750 (TTY - Ohio Relay Service). E-Mail: webmaster@geaugatransit.org. Visit: <http://geaugatransit.org/>

Lorain County Transit customer service: call 440-329-5525 or 440-244-6261 between 8:00 AM - 4:30 PM (Mon. - Fri.) After hours, contact the Scheduling Department at 1-800-406-7541, or (440) 365-0224. For Ohio Relay Service call 1-800-750-0750 TTY. Visit: <http://www.loraincounty.us/transit.aspx>

Private Transportation Companies

CTS (Contract Transport Services, Inc.) located at 3223 Perkins Ave., Cleveland, Ohio 44114. Call 216-357-3377, visit them at www.ctsoh.net , or email ctsohio@hotmail.com.

Greathouse Medical Transportation LLC provides non-emergency Medical Transport, 3937 Elmwood Rd, Cleveland Heights, OH 44121, 216-383-8826.

Home Helpers Call 440-429-0908 or visit www.homecaresolon.com .

Max's Wheelchair Transportation located at 4487 Martin Luther King Jr., Garfield Heights, OH 44105-6947. Call (216) 641-0696.

PSC Transportation Inc. located at 19701 S Miles Rd Apt S, Cleveland, OH 44128. Call: 216-518-9292.

Information & Referral Services

The yellow pages <http://www.yellowpagecity.com/US/OH/Cleveland/Yellow-Pages/> .

County Information and Referral Services:	Outside County Call:	In County Call:
Cuyahoga: 211 First Call for Help Benjamin Rose Inst.	216-436-2000 216-791-8000	211
Geauga: 211 First Call for Help Dept. of Aging	440-285-3194 440-285-2222 x2130	211
Lake: 211 First Call for Help Council on Aging	1-866-981-3937 440-205-8111	211
Lorain: 211 First Call for Help Office on Aging	1-800-499-8817 440-326-4800	211

Western Reserve Agency on Aging (serving Cuyahoga, Geauga, Lake, Lorain, and Medina Counties) call: 216-621-8010 or go to <http://www.psa10a.org>. WRAA also publishes several excellent directories of services in Northeast Ohio, including *Older Adults the Resource Guide*. Order by phone (216-621-8010) or <http://www.psa10a.org/Publications/publications.asp>

Passport and Care Choice Ohio Information 216-621-0303

PRO SENIORS, INC. Request a brochure: 1-800-488-6070

How to Select a Home Care Provider, Medicare Coverage of Home Health Care,
Passport and other Home Care Alternatives

See also [The State of Ohio Long-Term Care Consumer Guide](#) for a complete list of nursing homes, home care, and assisted living organizations. This Website also includes an evaluation of services.
<http://ltc.ohio.gov/>

Senior services Websites:

www.elderdepot.com

www.abledata.com

www.211ohio.net

www.alz.org/ Cleveland 216-721-8457

www.carelookup.com

Community Center/Senior Center Websites

Highland Heights, Lyndhurst, Mayfield Heights Mayfield:

<http://www.communitypartnershiponaging.org>

Wickliffe <http://www.cityofwickliffe.com/residents/senior-citizen-resources.html>

East Lake http://www.eastlakeohio.com/resident_info/senior_center/index.php

Euclid <http://www.cityofeuclid.com/seniors/activities>

National Stroke, Aphasia, Stroke, PPA, BT, TBI, and Epilepsy Services

Clinical Trials

National Institutes of Health Registry www.clinicaltrials.gov

National Institute of Neurological Disorders is a service of the National Institutes of Health. Call 1-800-352-9424. For new initiatives and overall directory, see: <http://www.ninds.nih.gov/index.htm>. For clinical trials and information about specific diseases/disorders (stroke, PPA, epilepsy, aphasia, Parkinson's, head injury etc.) see: http://www.ninds.nih.gov/disorders/disorder_index.htm

National Institute on Deafness and Other Communication Disorders a service of the National Institutes of Health for aphasia and PPA clinical trials and information: <http://www.nidcd.nih.gov/research/clinicaltrials/Pages/default.aspx>

Professional Associations

American Speech-Language-Hearing Association <http://www.asha.org/> Also see the *Journal of Speech, Language, and Hearing Research (JSLHR)* and *American Journal of Speech-Language Pathology (AJSLP)*. Also see an article by Dwyer Conklyn at <http://jslhr.asha.org/cgi/content/abstract/55/5/1463>

American Stroke Association 1-888-4-STROKE <http://www.strokeassociation.org> The ASA is a division of the American Heart Association with helpful information and connections to local support groups and active advocacy. Also see, *STROKE* Journal of the American Heart Association at <http://stroke.ahajournals.org/>

Association of Frontotemporal Degeneration 267-514-7221 www.theaftd.org

Brain Injury Association of America 703-761-0750 <http://www.biausa.org/>

Epilepsy Foundation 1-800-332-1000 <http://www.epilepsyfoundation.org/>

International PPA Connection <http://www.ppaconnection.org/>

National Stroke Association 1-800-STROKES www.stroke.org

National Aphasia Association 1-800-922-4622; www.aphasia.org/

Online Stroke Network Groups

Stroke message board for survivors & caregivers

<http://www.strokeboard.net/index.php?showtopic=5111>

On-line stroke support group www.Strokenetwork.org

On-line information from Univ. of Washington www.strokecenter.org

Young Stroke, Inc. <http://www.youngstroke.org>

Young Stroke Survivors is an American Heart Association sponsored group based in Seattle.

http://www.heart.org/HEARTORG/Affiliate/Young-Adult-Stroke-Survivors_UCM_322923_Article.jsp

Stroke Survivor Website <http://strokesurvivor.com>

Stroke Education for Survivors, Friends and Families

Stroke Booklets for Stroke Survivors and Caregivers

<http://www.strokeboard.net/index.php?showtopic=5111>

Good Source of Medical Information for Patients and Caregivers

Mayo Clinic <http://www.mayoclinic.com/>

Research Sites (Search Engines, Journals and Literature Reviews)

Medline Plus a service of the U.S. National Library of Medicine and the National Institutes of Health. The Website provides published articles and clinical trial information.

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

American Heart Association Scientific Journals

<http://pt.wkhealth.com/pt/re/strokesub;jsessionid=RXqGQ43hGyPrvs3SQZTTgqWCy1VXYFHTK5vmZLrTnZL04J1Bk1HK!-1853126202!181195628!8091!-1>

American Medical Association Neurology <http://archneur.jamanetwork.com/journal.aspx>

American Speech-Language-Hearing Association Journals: *Journal of Speech, Language, and Hearing Research (JSLHR)* and *American Journal of Speech-Language Pathology (AJSLP)*

American Speech and Hearing Association ASHA Evidence Based Practice Portal

<http://www.asha.org/PRPSpecificTopic.aspx?folderid=8589934663§ion=Treatment>

Evidence Based Review of Stroke Research (EBRSR) is the most comprehensive and up-to-date review available examining both therapy-based and pharmacological interventions associated with stroke rehabilitation. <http://www.ebrsr.com/evidence-review> or <http://www.ebrsr.com> .

Evidence Based Review of Acquired Brain Injury (ABIEBR) reviews the literature on acquired brain injuries from accidents, tumors, meningitis, or encephalitis. It does not include stroke, congenital and developmental diseases or progressive diseases) <http://www.abiebr.com> .

The **Goddess Fund** The Hazel K.Goddess Fund for Stroke Research in Women.

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

Health Affairs <http://www.healthaffairs.org/> Specializes in healthcare policy reviews.

AAPMR <http://www.aapmr.org/advocacy/legal-initiatives/Pages/aapmr-joins-class-action-lawsuit-against-federal-government-medicare.aspx> .

National Resources

The National Rehabilitation Information Center (NARIC) is the library of the National Institute on Disability and Rehabilitation Research (NIDRR.). We collect, catalog, and disseminate the articles, reports, curricula, guides, and other publications and products of the research projects funded by NIDRR. NIDRR funds more than 250 projects each year that conduct research on a wide range of issues including technology, health and function, independent living, and capacity building.

<http://www.naric.com/?q=en/home>

National Institute of Neurological Disorders (National Institutes of Health Stroke Research Results and Ongoing Clinical Trials) 1-800- 352-9424 www.ninds.nih.gov/disorders/stroke/stroke.htm

Stroke Engine is a website for stroke rehabilitation and interventions. It includes current research articles and quick, easy to read reference tables available. Tells what works and what doesn't.

<http://strokengine.ca/>

Assistive Technology <http://assistivetech.net/> use the Advance Search to locate the product.

Caregiver Websites

AARP has a caregiver resource center <http://www.aarp.org/>

FES Center (Cleveland)

http://fescenter.org/index.php?option=com_content&view=section&id=5&Itemid=5#stroke

Caregiver Action Network: <http://caregiveraction.org/forum/>

List of Caregiver Agencies: <http://caregiveraction.org/resources/agencies/#care>

ElderCare has online directories and forums. <http://www.ec-online.net/>

ElderWeb is an online eldercare Website. <http://www.elderweb.com/page/topics>

Empowering Caregivers <http://www.care-givers.com/index.html#anchor>

Family Caregiver Alliance, Ntl Ctr on Caregiving <http://www.caregiver.org/caregiver/jsp/home.jsp>

Stroke Board message board for stroke survivors and caregivers

<http://www.strokeboard.net/index.php?showtopic=5111>

Stroke Awareness for Everyone (SAFE) <http://www.strokesafe.org/>

Stroke Survivor Website <http://strokesurvivor.com>

Stroke Survivor connection: <http://www.strokesurvivors.ca/>

The stroke network: <http://www.strokenetwork.org>

Today's Caregiver is a Website for, by, and about caregivers. <http://www.caregiver.com/>

Intensive Occupational and Physical Therapy Program

The Taub Clinic is a world renowned stroke physical therapy center, specializing in forced use techniques. <http://www.taubtherapy.com/> Email taubclinic@uabmc.edu or call Angela Metcalf, Taub Therapy Clinic, University of Alabama at Birmingham, 205-975-97

Community Centers for Persons with Stroke and Aphasia

Complete listing: http://www.aphasia.org/aphasia_community/programs_and_centers.html#tx

Adler Aphasia Center (NJ): www.adleraphasiacenter.org/

The Houston Aphasia Recovery Center (TX): <http://www.harctx.org/>

The Stroke Comeback Center (VA): <http://www.youtube.com/watch?v=JiW3rm88t5o>
<http://www.strokecomebackcenter.org/>

Intensive Speech Therapy Programs

UMAP (Univ. of Michigan Aphasia Program, Ann Arbor)

www.aphasiahelp.com/

The Aphasia Center at Steps Forward (St. Petersburg, Florida)

www.theaphasiacenter.com

Aphasia Toolbox (Pittsburgh) online therapy and chat rooms.

www.aphasiatoolbox.com

Communication Resources (Stroke, PPA, BT, TBI, & Epilepsy)

Aphasia Education: <http://www.stroke.org/stroke-resources/library/ihope-aphasia-and-stroke>

American Speech Language Hearing Association:

<http://www.asha.org/PRPSpecificTopic.aspx?folderid=8589934663§ion=Treatment>

Aphasia Hope Foundation: <http://www.aphasiahope.org>

Aphasia NYC: <http://www.aphasianyc.org>

Brain Attack Coalition <http://www.stroke-site.org/>

National Aphasia Association: <http://www.aphasia.org/> Hotline: 1-800-922-4622

Talkback Association for Aphasia Inc.: <http://www.aphasia.asn.au/>

Recommended Books and Websites

Coping with Aphasia, by Bill Pitts and Sue Sheridan, 2009. Put It In Ink Publishing. This book is highly recommended for inpatient care professionals and families.

How to Conquer the World With One Hand...And an Attitude, by Stephanie Mensh and Paul E. Berger, Mar. 20, 1999. This book is also available on tape and Kindle.

My Stroke of Luck, by Kirk Douglas, Publisher: Cahners Business Information, Inc., 2001.

My Stroke of Insight: A Brain Scientist's Personal Journey, by Jill Bolte Taylor, July 2009. See her video: http://www.ted.com/talks/jill_bolte_taylor_s_powerful_stroke_of_insight.html

One Stroke, Two Survivors: The Incredible Journey of Herb and Berenice Kleiman, by Berenice Kleiman (of the Cleveland Stroke Club), Cleveland Clinic Press, 2006.

The Brain that Changes Itself, by Norman Doidge, M.D., Penguin Books, 2007. See Ch. 5.

Online resources for survivors and therapists by Lingraphica. <http://www.aphasia.com/aphasia-rehab>

Software for Communication Practice for Windows PC

Research shows to improve, survivors need 8 hours or more of language practice (reading, writing, studying, playing word games, or speaking) a week.

Bungalow Software: Multiple Choice and Fill-in the blank. (Download free one month trial or order a trial CD for \$9.50. Modules can be purchased.) <http://www.bungalowsoftware.com/> Use for practice. Versions in Windows/Mac.

Parrot Software (\$25/mo Web Subscription) <http://www.parrotsoftware.com/> Use for practice. Web-based software: features available for Windows/Mac.

Aphasia Toolbox (Pittsburgh) (Free to individuals with online therapy, contracts with organizations available). www.aphasiatoolbox.com. Web based software: Windows/Mac. Use for practice.

www.Rewordify.com (Free) copy/paste passages into the Website and it will make big words, simple.

www.ManyThings.org (Free) Interesting word lists, games, etc. -- ESL (English as a Second Language) .

Natural Reader (Free) <http://www.naturalreaders.com/>. Reads whatever is highlighted on the computer screen. Windows, Mac, Internet Explorer, MP3. Use for reading or proof-reading.

Sentence Shaper <http://sentenceshaper.com/the-company/> (Free trial) Helps survivors build speech sentences, clever but complicated.

WordQ and SpeakQ by Qullsoft <http://www.gogsoftware.com>. (\$159 for WordQ and \$69 for SpeakQ. Free one month trial downloads available). Works with any Microsoft program (Word, Excel, Powerpoint, Internet Explorer, etc.). Word Q is for PC or Mac; Speak Q is for PC only. Use for writing (word predictor), reading, and proof-reading.

Directories of Aphasia Software: <http://www.aphasiasoftwarefinder.org/evaluation/free-trial> ,
<http://www.propeller.net/>

Directories of Games: <https://sites.google.com/site/aphasianyc/games> , <http://www.allmixedup.com/>
<http://games.aarp.org/>

Communication Devices

Lingraphica <https://www.aphasia.com/products/solutions-for-hope/>

Software for Communication Practice for iPad

<http://tactustherapy.com/adultapplist.pdf>

Lingraphica Apps <https://www.aphasia.com/products/communication-and-practice-apps/>

Locabulary Lite is a free basic communication app <http://locabulary.com/index.php/instructions/>

Talk Assist <https://itunes.apple.com/us/app/talk-assist/id329338159?mt=8>

Apps for Learning Review Site <https://appsforlearning.wikispaces.com/>

SpeakinMotion is an app to help with apraxia <http://www.speakinmotion.com/>

Videomail is an app to send emails and texts with video <http://www.videoemail.com/>

Mental Note <https://itunes.apple.com/us/app/mental-note-lite-digital-notepad/id348204405?mt=8>

Grocery Apps help with grocery buying <http://ipod.about.com/od/bestiphoneapps/tp/6-Time-Saving-Iphone-Grocery-List-Apps.htm>

Text to Speech E-Books & Audio Books for E-Readers, iPads, and PCs (NEW)

Libraries have audio books that can be checked out and downloaded. Contact your library for instructions.

Kindle Fire and Kindle Fire HD has excellent text to speech capability. Books can be downloaded by www.Amazon.com . Many books also can be linked to professionally read audio books so the text is highlighted as the actor is reading.

Nook has e-book and audio book capability. A good source for downloading books for the Nook is: www.Audiobooksnow.com

PC & iPads, Phones, iPods, etc. See www.amazon.com and www.audible.com .

Good Apps for Reading Text Aloud on the iPad:

- Voice Dream \$10
- Speak it \$ 2
- VBOOKZ \$ 5
- Search on the Web: "Text to Voice Read E Pub"

For a step-by-step guide for downloading books contact Deb.

Books and Cards for Communication Practice

Speech Exercises collected/donated by Speech Pathologists (free on-line, available for download). http://www.speakingofspeech.com/Articulation_Materials.html#voice.

Speech Practice Practice Pack I. Shows mouth and speaking of the word. It is published by Interactive Therapeutics, Inc., P.O. Box 1805, Stow, Ohio 44224. 1-800-253-5111. It is also available on-line: <http://www.alimed.com/speech-images.html>.

Webber Photo Cards (Verbs) <http://www.superduperinc.com/>.

Speech, Communication, and Aphasia Resources

Targeting Spelling Strategies...the second time around. Written by Susan Howell Brubaker, M.S., CCC-SLP. Published by Brubaker Books, 248-649-6425 www.BrubakerBooks.com.

Building Word Recall from Everyday Situations. A Manual for Therapists, Clients, and Families. Written by: Susan Breiding. 800-897-3202 www.proedinc.com.

HELP for Vocabulary. Handbook of Exercises for Language Processing. Written by Andrea M. Lazzari. Published by LinguSystems, Inc. 800-776-4332 www.linguisystems.com.

Speech After Stroke: A Manual for the Speech Pathologist and Family Member
(<http://www.amazon.com/Speech-After-Stroke-Manual-Pathologist/dp/0398041229>)

Also, look for any book in the “English as a second language” section of bookstores.

Adult Picture Dictionary

Dictionaries are organized in categories: transportation, food, health, home, neighborhood, emotion, reference words (days, months, colors, etc.), science, etc. Use it like a foreign language dictionary: point to what you want or look-up the spelling below the picture.

For people who can read

Oxford Picture Dictionary, Monolingual, Second Edition by Jame Adelson-Goldstein and Norma Shapiro. Oxford University Press (\$17.95). www.oup.com.

Oxford Picture Dictionary, Second Edition Low Intermediate Workbook by Marjorie Fuchs and Margaret Bonner. Oxford University Press (\$14.50). www.oup.com. The workbook helps stroke survivors learn how to use the dictionary and improve communication skill. An answer key is included.

For people with reading challenges

Oxford Basic Picture Dictionary, Monolingual English, Second Edition by Margot Gramer. Oxford University Press. www.oup.com.

The Basic Oxford Picture Dictionary, Workbook, 2nd ed. by Jayme Adelson-Goldstein, Fiona Armstrong and Norma Shapiro. www.oup.com. The workbook helps stroke survivors learn how to use the dictionary and improve communication skill. An answer key is included.

Board Games for Communication Practice

These games are available for inspection.

Scattergories	Crossword Puzzles	Sudoku	Taboo	Checkers
Outburst	Word Puzzles	Bingo	Solitaire	Word Searches
Scrabble	Mahjonn	Blurt	Monopoly	
Pictionary	Upwords	Dominoes	Quiddler	
Card Games (War, Slap Jack, Go Fish, Uno)		Game Shows (Price is Right, Wheel of Fortune)		

Computer Games for Communication Practice

<http://www.happy-neuron.com/>
<http://www.lumosity.com/>

<http://www.fitbrains.com/>
Wii Games: including Big Brain Academy

Accessible Dining, Hotels, and Travel Recommendations

Accessible Dining

Most restaurants will accommodate you, if you call ahead. If you make a reservation, come a little early and if you can't come, make sure you that you call and cancel. **Here is a list of services that many restaurants will provide, if you call ahead.**

- Even when a restaurant has steps at the main entrance, they may have wheelchair accessibility through a back door or some restaurants will provide a ramp for you.
- Restaurants can reserve a table that meets your needs—table by the bathroom, etc.
- If you call ahead, restaurants can reserve parking for you or offer valet parking or escort you into the restaurant. If you need to double-park, to drop-off, let the hostess know.
- Many restaurants give better service on off-hours: 11:00 or 1:00 for lunch; or early bird at 5:00 for dinner. We avoid trendy bars and restaurants on Friday and Saturday nights, and visit them during the week. For weekend nights we dine early or chose a quiet neighborhood ethnic restaurant.
- If you need help reading a menu, waiters will help, but we recommend that you get a copy of the menu ahead of time (online, stop by, or call and ask about specials).
- Some of the older restaurants have restrooms in the basement. Do not assume this is the only restroom. Many restaurants also have one-person restrooms for the staff on the main level.
- If you have a favorite restaurant that is not accessible, stop-by and talk to the owner. Many owners, especially of locally owned establishments, will find a way to keep good customers.

After you arrive at the restaurant:

- You can request that the cook cut your salad, meat, or sandwiches. You can ask the wait staff to help you with packaging—creamers, sugar, wrapped napkins, etc.
- Managers and receptionists can help you with doors (outside doors and bathroom doors). If the handicap access doors are blocked (or not shoveled) tell the hostess or manager.

Reserving Accessible Hotel Rooms

It is not enough to call a hotel and ask for a handicap room or reserve a handicap room online. People with disabilities have very different needs. The earlier that you make a reservation, the more likely that your needs will be met. Assume you will tire easily, your routines will be disrupted, and you will spend significant time in your room. Safety, comfort, and food availability are not optional. Here are some questions to ask.

- Bathrooms. You can ask for bars to be on the right side or the left side of the toilet. Many of the new hotels have rooms with both options and can meet your needs for safety.
- Shower. Many of the newer hotels have walk-in/wheel-in showers. If the bathroom does not have a drop-down shower seat, you can request a shower seat. If you need a heavy duty shower seat, request one when you make the reservation or bring your own. (Don't assume heavy duty equipment.)
- Commode. If you need a bedside commode request one, when you make the reservation. Many of the commodes are all-in-ones that can also be used as a shower seat and high-rise toilet seat with bars. Again, if you need heavy duty equipment: bring it, send one to a friend who lives nearby, or request it.

Travel Resources

- Lounge chair. Request a lounge chair before you make the reservation. Many of the rooms have only a love seat, which does not provide adequate back support and leg elevation.
- Food. There is really nothing nicer than crashing and dining in. When looking for a hotel, choose one with a good restaurant and room service, or breakfast and happy hour buffets, or kitchen and shopping service.
- Handicap Parking and accessibility of the room. Handicap rooms are usually in the corners on upper levels. It's a lot of walking. If you want ground level and closer parking, ask for it.
- Appliances. If you are going to staying for several nights, you can request a toaster oven, kettle, microwave, or whatever you need to heat up soup and a few meals. It doesn't hurt to ask.
- Transportation. Buses and hotel vans often do not have continuous grab bars from the curb to the seat (there's a large space where the driver sits and often a step from the aisle to the seat). If the hotel has a wheelchair accessible van, stroke survivors can ride on the wheelchair lift. Just ask the driver. Ask the hotel to help you reserve appropriate transportation.
- Laundry service is important for extended stays.
- Extras. If there is a walk-in shower you will need extra towels to wipe water off the floor, for safety reasons. You will also need extra wash cloths for refreshing yourself (the air in hotels is very dry), and extra drinking glasses for medication. You can ask for these items at the front desk the first night and then request it from room service after that.
- You may want to invite friends to visit your hotel to enjoy the pool and/or buffets, instead of visiting at their homes. If they visit you, you do not have to worry about accessibility issues and your comfort—when you get tired send them to the lobby.

Additional hotel services

- Pharmacy. The desk clerk can help you get the medication you need. If you run out of prescription medication, a pharmacy can dispense small quantities until they can check with your physician or pharmacy back home. Many hotels have a van service and can pick-up your medication or medical supplies, or they can arrange for delivery. Hospitals can dispense meds .
- If you want your room temperature warmer or cooler, talk to the room service attendant or leave a note. They will accommodate your request.
- Emergency. Dial "0" and ask the desk clerk to dial 911. The clerk will assist you. Make sure you take identifying information and a list of medications with you to the hospital.

Travel Planning by Dr. Elizabeth Dreben

- Have realistic expectations
- Include fun and relaxation for all: don't overtire the survivor
- Advanced planning is essential...ask the stroke survivor their preferences, don't assume
- Information will help reduce the anxiety
- Prepare a list of usual routines and medicines: what is needed, helpful, and not required
- Prioritize and be willing to cross things off
- Build in rest periods
- Be flexible and of good humor: be willing to make midcourse adjustments

Here are some Websites with lists of travel agencies and organizations that will assist:

<http://codi.buffalo.edu/travelin.htm>

<http://www.tripspot.com/features/disability.htm>

<http://www.travelconsumer.com/disability.htm>

For more resources go to www.Google.com and type "travel with disabilities."