NE Ohio Resource List for
Stroke Survivors & Persons with Aphasia or Head Injury
Compiled by the Members of the Cleveland Stroke Club
This list is available online at: www.clevelandstrokeclub.org
Updated: 03/24/2019

Caregivers and Stroke Survivors who participate in the Cleveland Stroke Club and other area stroke groups recommend the services included in this list. 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, walkers, hand brace, wheel chairs, special shoes, stair lifts, & vans?
   a. See page 10 for prostheses and orthotics providers and mobility show rooms.

8) Who are the best physicians, dentists, and therapists—professionals who understand stroke issues and will do their best to help me?
   a. See pages 11-12 for a list of our favorite medical professionals.

9) Who helps me to find volunteer or employment opportunities and get my driver’s license?
   a. See page 13 for the services for employment opportunities.

10) Transportation is a big problem in Cleveland. Where can I find info and alternatives?
    a. See page 14 for public and private transportation information.

11) How do I find neighborhood resources and someone I can ask for a referral?
    a. See page 15 for comprehensive lists, directories, and people you can call.

12) Where can I learn about national research, chat rooms, debates, stroke advocacy and national intensive programs?
    a. See pages 16 – 19 for national resources.

13) What aphasia and communication education, software, books, and resources do you like?
    a. See pages 20 through 24. Cleveland Stroke Club, Speak Easy members & CHSC have many of these resources that you can examine.

14) Where can I learn about dining and travel advice?
    a. See page 25-26 for our best advice.

15) Where can I send my questions and comments about this list?
    a. Email: Debbie Felt  Debbie@gulbranson.com
What’s New? Important Information and Educational Resources

**Important Medicare/Disability Rule Changes**


*Medicare can no longer deny payments based on improvement.*

**Web Educational Programs for Survivors and Caregivers**

Surviving Stroke – Cleveland http://www.ideastream.org/programs/be-well/surviving-stroke

Brain Attack: A Stroke Survival Guide
http://www.stroke.org/stroke-resources/library/brain-attack-stroke-survival-guide

Caregiving, Managing Life at Home, Returning to Work, Vision, Living After Stroke, Managing Change:
http://www.stroke.org/we-can-help/caregivers-and-family online-education

Experts Talk 24 Stroke Topics: Depression, Aphasia, Pain, Medication, Exercise, etc.
http://www.stroke.org/stroke-resources/resource-library/multimedia/ihope-online-education-program

Body in Pain -- Cleveland
http://www.ideastream.org/programs/be-well/body-pain

Young Survivor’s Resources

Cleveland Stroke Club group: https://clevelandstrokeclub.org/young-survivors/

Young Stroke Survivors, Inc. An independent group http://youngstroke.org/

Facebook Young Survivor’s Group: Young Stroke Survivor FB

See recent article: http://scmag-digi.strokeassociation.org/strokeconnection/fall_2015?pg=12#pg12

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

Depression and other Emotional Problems after Stroke Lecture
http://www.stroke.org/stroke-resources/resource-library/multimedia?fulltext=depression

Post-Stroke Depression Write-up
http://www.stroke.org/we-can-help/survivors/stroke-recovery/post-strokeconditions/emotional/depression

Post-Stroke Depression Research Findings
http://www.ebrsr.com/evidence-review/18-post-stroke-depression

**Ted Talks**

You can grow new brain cells. Here’s how by Dr. Sandrine Thuret.

Can the damaged brain repair itself? by Dr. Siddharthan Chandran
https://www.ted.com/talks/siddharthan_chandran_can_the_damaged_brain_repair_itself#t-61307

Changing the Healthcare System, a Team Sport
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

**Aphasia Lecture**


Treatment: http://www.asha.org/PRPSpecificTopic.aspx?folderid=8589934663&section=Treatment

**Research Summary of Stroke Rehabilitation, Therapies, Depression, and Outcomes**

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

Highly Recommended Community Programs and Providers

- **Cleveland Stroke Club** meets on the Near East Side, 1st and 3rd Wed. of the month, 6:30-8:30. Contact Geri Pitts 330-975-4320. [http://clevelandstrokeclub.org](http://clevelandstrokeclub.org). (See info on other clubs on pg. 5.)

- **Speak Easy** is speech practice group sponsored by The Cleveland Hearing and Speech Center, Mondays 1-3. Contact Jean Nisenboum at 216-368-3351. [http://www.chsc.org/speakeasy](http://www.chsc.org/speakeasy). CHSC NEO-ACT program also offers Book Club, Cooking Class, and Fast Talk Game groups on Tuesdays.

- **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 for appt. Contact Mike Karban at 216-548-5383. [http://totallytonedpersonaltraining.com/northeast-oh-post-rehab-fitness.htm](http://totallytonedpersonaltraining.com/northeast-oh-post-rehab-fitness.htm)

- **Senior Health & Wellness Center** Metro Health Old Brooklyn. Call: 216-957-2000.


- **FES Center** Clinical trials for movement restoration. [http://fescenter.org](http://fescenter.org) or call: (216) 231-3257.

- **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](http://www.rehabsolutionsthroughmusic.com). Exercise on Fridays at noon at Independence Civic Center.

- **Stroke & Hand Therapy** provides arm and hand therapy. Contact Dr. Sharon Covey at 440-498-9723 or email her at sharonotr11@yahoo.com or visit her Website: [http://strokeandhandrecovery.com/](http://strokeandhandrecovery.com/). Join her for her hand exercise group on noon on Fridays in Solon.

- **Art Therapy Studio** provides art classes for seniors and stroke survivors. Classes are offered throughout the area. Contact 216.791.9303. [http://www.arttherapystudio.org](http://www.arttherapystudio.org)

- **Return to Golf** is now called Join the Turn Call 440-686-1074. Indoor and outdoor golf facilities are located in North Olmsted. Visit: [http://www.joointhecuturn.org](http://www.joointhecuturn.org)

- **YogaReach** has classes for stroke survivors at CHSC. Call 216-577-1507 or visit [www.yoga-reach.org](http://www.yoga-reach.org).


- **Work Matters**, a MetroHealth Rehabilitation and Vocational Services Program. Contact David Reichert at 216-778-3518 or Jackie Stanton at 216-778-3174. Provides an intensive program that includes: work re-entry skills, volunteer placement, driver’s ed. and transportation assistance and problem solving, etc. Visit: [http://www.metrohealth.org/rehab/vocational-therapy](http://www.metrohealth.org/rehab/vocational-therapy)

- **LEAP** (Linking Employment, Abilities, and Potential) Visit: [www.leapinfo.org](http://www.leapinfo.org) or call 216.696.2716.


- **Aphasia Resources for survivors and caregivers**: [https://www.aphasia.org/category/i-have-aphasia/](https://www.aphasia.org/category/i-have-aphasia/)


- **Pro Seniors, Inc.**: Legal Advice & Advocacy for Seniors 800-488-6070 [http://www.proseniors.org](http://www.proseniors.org)


- **Services for Independent Living** Visit [http://sil-oh.org/](http://sil-oh.org/) or call 216-731-1529. Helps survivors to transition to independent living: classes, counseling, used equipment, referral, & young adult group.

- **Summit County** services: Call Christine, a rec. therapist at Edwin Shaw Hosp. (234) 815-5100.

09/12/2018  [www.clevelandstrokeclubor](http://www.clevelandstrokeclub.org)
Support Groups for Stroke, PPA, Brain Tumor and TBI, and Epilepsy

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


Euclid Hospital Stroke and Brain Injury Education and Support Group and Caregiver Group Euclid Rehabilitation Hospital Outpatient Department  Contact Nancy O’Malley at 216-692-7476.

Lakewood Hospital Stroke Club  The group meets at Lakewood Hospital and the facilitator is Cindy Clark.  Contact 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 Nancy Costello or Allison Evans at 440-743-4041.


Geauga Aphasia Support Group  Contact Katherine Mayer at 440-214-3101  Katherine.Mayer@uhhospitals.org

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

Aphasia Support Group
National Aphasia Association  http://www.aphasia.org/

PPA and FTD Support Group

Frontotemperal 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. Call 216-464-6445. He specializes in PPA and can refer you to local services. Visit: http://www.uhhospitals.org/case/services/geriatric-services/services/geriatric-assessment-program

Dr. James Leverenz, MD. He is at the Cleveland Clinic Main Campus. Lou Ruvo Center for Brain Health.  https://my.clevelandclinic.org/departments/neurological/depts/brain-health Listen to a podcast. Call for more information: 866-588-2264.
National Institute of Neurological Disorders and Stroke (NINDS) Call: 800-352-9424
Primary Progressive Aphasia & Picks:  http://www.ninds.nih.gov/disorders/picks/picks.htm
PPA, FTD Clinical Trials:  https://clinicaltrials.gov/search/term=Frontotemporal%20Dementia
The Bluefield Project  http://www.bluefieldproject.org/ftd/links-and-resources
International PPA Connection  http://www.ppaconnection.org/
The National Aphasia Association http://www.aphasia.org/  1-800-922-4622

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.hansonhouseberea.com/

Brain Tumor Support Group
Brain Tumor Support Group meets at Cleveland Clinic Taussig Cancer Center.  Call 800-223-2273 ext. 51787  http://my.clevelandclinic.org/services/neurological_institute/brain-tumor-neuro-oncology
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.

Empowering Epilepsy is a social/self-help club for adults, children, and families with epilepsy. For more information visit their Website at:  http://empoweringepilepsy.org/ or 440-248-6158.

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

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) 285-3030.  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.


Curves  Several women caregivers and survivors exercise at Curves together.  www.curves.com/
Northeast Ohio Services

**Community Centers and Libraries.** Many of our neighborhoods have community centers offer exercise classes, yoga, Tai Chi, and outings. See page 13 for links to some great community programs.

**E Fitness Online** [www.ebfitnessonline.com](http://www.ebfitnessonline.com) includes yoga & exercise including stroke modules.

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**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](http://www.clinicaltrials.gov)

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**FES Center at Cleveland Veterans Administration & MetroHealth** [http://fescenter.org](http://fescenter.org)

**FES Center Veterans Administration:** Call 216-791-3800 x3830 (Vet status not required).

**FES Center MetroHealth Hospital:** Peggy Maloney 216-778-8563. Studies led by Dr. John Chae, Dr. of Physical Medicine, 216-778-5347. [www.metrohealth.org/strokeresearch](http://www.metrohealth.org/strokeresearch)

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**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.

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**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](http://www.rehablab.org).

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**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.

Brain Stimulation contact Ela Plow, Ph.D. at 216-445-4589 or plowe2@ccf.org.

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**CASE**

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.

https://my.clevelandclinic.org/locations/rehabilitation-hospital

- Cleveland Clinic Rehabilitation Hospital Avon
- Cleveland Clinic Rehabilitation Hospital, Beachwood
- Cleveland Clinic Rehabilitation Hospital, Bath (will open in Nov.)
- Cleveland Clinic Rehabilitation Hospital, Edwin Shaw, Cuyahoga Falls and Akron
- Cleveland Clinic Rehabilitation Hospital, Main Campus
- Cleveland Clinic Children’s Hospital for Rehabilitation, Shaker Campus.
- Cleveland Clinic Rehabilitation Units, Euclid Hospital
- Cleveland Clinic Rehabilitation Units, Lakewood Hospital

**University Hospital Rehabilitation Center**


- Beachwood (50 bed rehabilitation hospital)
- UH Parma Medical Center’s Rehabilitation Unit listed as an acute rehabilitation is a 29 bed unit.
- UH Avon Acute Rehabilitation Hospital.
- UH Parma Medical Center has 6 outpatient sites that have services for stroke patients. Our location at Parma Medical Center Medical Arts Center 1 houses all three disciplines and is our largest site.

**MetroHealth System** opened a three floor, 60 bed rehabilitation hospital at its Old Brooklyn campus in October 2012. Visit [https://www.metrohealth.org/rehab/inpatient-rehabilitation](https://www.metrohealth.org/rehab/inpatient-rehabilitation) For directions, go to: [https://www.metrohealth.org/old-brooklyn](https://www.metrohealth.org/old-brooklyn). For more info call **216-778-3776**

**Lake Health Center for Comprehensive Rehabilitation (CCR)** is located in Concord. [https://lakehealth.org/Services/Comprehensive-Rehabilitation](https://lakehealth.org/Services/Comprehensive-Rehabilitation)

**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.summarehabhospital.com/](http://www.summarehabhospital.com/)

**Edwin Shaw Hospital** in Akron & Cuyahoga Falls Contact 330.344.6000, Appointments 330.344.2273 [https://my.clevelandclinic.org/locations/akron-general/specialties/edwin-shaw-rehabilitation-hospital](https://my.clevelandclinic.org/locations/akron-general/specialties/edwin-shaw-rehabilitation-hospital)

**Anna Maria of Aurora** offers an intensive rehabilitation program -- 889 North Aurora Road, Aurora, Ohio 44202, ph.330-562-6171. [http://www.annamariaofaurora.com/](http://www.annamariaofaurora.com/)

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

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

Menorah Park Adult Day Care and Club Fusion for Young Adults with Brain Injuries
27100 Cedar Road, Cleveland, OH 44122 (216) 831-6500 View Map and Visit: https://www.menorahpark.org/services/mandel-adult-day-care-center


Specialized Centers: Cognition and Memory Center and Swallowing Center
Brain Health & Memory Center (UH Case Medical Center and offices in Beachwood, Chardon Road, Medina, Richmond Heights, South Euclid, and Westlake) call 216-844-2724. http://www.uhhospitals.org/services/neurology-and-neurosurgery/institute/our-centers/brain-health-and-memory-center

In-Home Care and Services
Arcadia provides in-home care. Offices in Cleveland Beachwood (866-224-7541) and Akron (866-224-7541) http://www.arcadiahomecare.com/

Comfort Keepers provides in-home care and services. Call 1-866-464-0599 or visit: http://www.comfortkeepers.com/home/find-a-location?address=OH. Offices are located in Akron, Beachwood, Brecksville, Canton, Cleveland, Westlake and 25 other locations in Ohio.

Heavenly Touch provides in-home care, some housekeeping, meal preparation, respite care. Call: 330-929-3410 or email: Info@heavenlytouchcare.com or visit: www.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. www.hansonservices.com/. Located at: 17017 Madison Avenue, Lakewood, Ohio 44107. E-Mail address is hanson@hansonservices.com.
Northeast Ohio Services


**Legacy Corp** provides senior support, housekeeping and transportation support to members. Call 216-292-3999 or visit: [https://www.jfsa-cleveland.org/](https://www.jfsa-cleveland.org/)

**Menorah Park** provides in-home care. [http://www.menorahpark.org/homehealthservices.html](http://www.menorahpark.org/homehealthservices.html)


**Private Practice Nurses** provide in-home care and services in Eastern Cuyahoga, Lake, and Western Geauga County. Call 216-481-1305. Located at 403 Cary Jay Blvd, Cleveland, OH 44143. Recommended

**Visiting Angels** provides assistance for stroke survivors (help with speech exercises, some errands, and home assistance). Call 877-678-4748. Visit: [http://www.visitingangels.com/](http://www.visitingangels.com/)

**Veterans Administration** VA provides in-home assistance (including nursing services) to veterans.

**Prosthetics and Orthotics**

**The Gait Lab** at Medical Device Consulting 35104 Euclid Ave, Suite #105 Willoughby, Ohio 44094. Call: 440-269-8075 or Web: [http://thegaitlab.wix.com/the-gait-lab](http://thegaitlab.wix.com/the-gait-lab)

**Leimkuehler, Inc.** Detroit Ave (216-651-7788), Lyndhurst (440-442-0454), or North Royalton (440-582-8000) They will also change any pair of tie shoes into Velcro shoes. [http://www.leimkuehlerinc.com](http://www.leimkuehlerinc.com)

**Hanger Clinic (Prosthetics and Orthotics)** is in many Northeast Ohio locations. Mayfield Heights (440-605-0232) or Parma (440-842-4251). Hanger has the local contract for the Walk Aid (foot drop aid) [http://www.hangerclinic.com/locations/Pages/default.aspx](http://www.hangerclinic.com/locations/Pages/default.aspx)

**Stair Lifts, Ramps, Scooters, Power Chairs, Sell or Rent Modified Cars and Vans**

**Access to Independence** located at 4960 S. Prospect St., Ravenna, OH 44266, Phone 330-296-8111 or Toll Free 877-284-6446 or visit: [http://www.accesstoinddependence.com/](http://www.accesstoinddependence.com/) Nice showroom.

**101 Mobility** located at 38273 Airport Parkway Unit # 1, Willoughby, OH 44094. Call 440-299-8485 or Visit: [https://cleveland.101mobility.com/](https://cleveland.101mobility.com/) Has a nice showroom.

**Mobility Works (formerly MC Mobility)** located at 7588 Tyler Blvd, Mentor, OH 44060. Call (440) 305-8995or visit: [https://www.mobilityworks.com/mobilityworks-locations/mentor-cleveland-ohio.php](https://www.mobilityworks.com/mobilityworks-locations/mentor-cleveland-ohio.php). Showroom plus sells/rents vans and cars, lift platforms for wheelchairs, etc.

**Mobility Lifter** A stair climbing wheelchair. Visit [http://www.mobilitylifter.com/accessories.html](http://www.mobilitylifter.com/accessories.html) or call 615-530-1374. The wheelchair is called LIFTKAR.

**Petal Wheelchair** [www.PedalWheelchair.com](http://www.PedalWheelchair.com). Email: Aaron Huber <ahuber@pedalwheelchair.com>
Physicians, Dentists, and Therapists

Physicians
Dr. Fredrick Frost (Cleveland Clinic, Physical Medicine) 216-445-2006
Dr. John Chae (Metro Health, Physical Medicine) 216-778-4414
Dr. Lawrence Hughes, MD (Cleveland Clinic, Internal Medicine) 440-94-32500
Dr. Cathy Sila, MD (UH, Neurology, Vascular Neurology) 216-884-8934
Dr. Alan J. Lerner, (UH, Neurology) 216-464-6445 at 3619 Park East Dr. 109, Beachwood, OH 44122
Dr. Douglas E. Joseph, D.O, RVT (Cleveland Clinic, Cardiovascular Med.) 216-444-4533
Dr. Jonathan Boyd, M.D. (Cleveland Clinic, Urologist), Euclid 216-692-8900 & Hillcrest 440-461-6430
Dr. Sri Sivalingam, MD (Cleveland Clinic Hillcrest, Urologist) 440-461-6430
Dr. Ronald P. Lemmo, DDS, (Dentist) 2775 Bishop Road, Wickliffe, OH 44092) 440-944-0008
Dr. Lawrence Hughes, MD (Cleveland Clinic, Internal Medicine) 440-94-32500

Psychiatrists/Psychologists
Dr. John J Sanitato Jr., (Psychiatrist) 6900 Pearl Rd #100, Middleburg Heights 44130, 216-844-2400
Dr. Jane Manno, (Psychologist) 14519 Detroit Avenue Lakewood, OH 44107, 216-227-2600
Lynn Skunta, (Psychologist) 4859 Dover Center Road, North Olmsted 44070, 440-779-8880

Speech Therapists
Cleveland Hearing & Speech Center Contact Jean Nisenboum or Michelle Foye at 11635 Euclid Ave, 216-231-8787.  http://www.chsc.org Also, offices in South Euclid and Broadview Heights.

Geauga YMCA and the UH Geauga Outpatient Clinic Contact Katherine Mayer (440) 214-3101. Katherine Mayer MA CCC-SLP Katherine.Mayer@uhhospitals.org http://www.uhhospitals.org/geauga/services/rehabilitation-services/aquatic-therapy


Physical Therapists


University Hospitals Home Care Services, Sean Blake. UH Homecare phone is 216-844-4663.

Geauga YMCA and the UH Geauga Outpatient Clinic http://www.uhhospitals.org/geauga/services/rehabilitation-services/aquatic-therapy
Northeast Ohio Services


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. Eligible for Medicare Medicaid.

Occupational Therapists


Geauga YMCA and the UH Geauga Outpatient Clinic
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/ Medicare, Medicaid.

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 .

Bio-Feedback Physical Therapy

Jeff Bolek, Ph.D. 21403 Chagrin Blvd. Suite 212, Beachwood, Ohio 44122. Call (216) 346-5673 or email: drjbolek@motorcontrolrestoration.com Visit: http://www.motorcontrolrestoration.com/

Massotherapy


Marcia Manwaring, CranioSacral Therapy (CST), call 440-463-6685 or visit: https://www.facebook.com/HeavenlyHealingHandsMassageTherapy/


Yoga & Reiki

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

Reiki is provided free for all current and former MetroHealth patients and family members. Anyone who has a MetroHealth patient # can utilize this offering. Call 216-778-5471 to schedule an appointment. Ask for Katie Kern-Pilch. Visit: https://www.metrohealth.org/reiki

Reiki is also provided by the Cleveland Clinic Lyndhurst Campus. Call 216-448-4325 or to learn more visit: https://my.clevelandclinic.org/departments/wellness/integrative/treatments-services/reiki
Swimming Pools with Therapists Available

Geauga YMCA and the UH Geauga Outpatient Clinic
http://www.uhghospitals.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/

South Franklin Circle
Call 440-247-6767 and ask for Kevin at the Wellness Center. Kevin is an exercise therapist, also physical therapists are available. https://www.judsonsmartliving.org/blog/jump-in-seniors-who-swim-enjoy-many-benefits/

Job Re-Entry Training and Volunteer Placement

LEAP (Linking Employment, Abilities, and Potential). Located at: 2545 Lorain Ave., Cleveland, Ohio 44113. Phone: 216.696.2716 or visit: http://www.leapinfo.org/

Looking aHead is a community job re-entry program for individuals with acquired brain injuries. Contact the Director: Debbie Zukowski, OTR/L (Menorah Park Center for Senior Living, 27100 Cedar Road, Beachwood, OH 44122). Call: 216-831-6500. http://www.menorahpark.org/lookingahead.html

Bureau of Vocational Rehabilitation, Cleveland provides disability determination services, job retraining and placement. The Bureau has a good head injury program. Call 216-227-3250 or visit http://www.ood.ohio.gov/.

Work Matters, a MetroHealth Rehabilitation and Vocational Services Program. Contact David Reichert at 216-778-3518 or Jackie Stanton at 216-778-3174. Provides survivors an intensive program on work re-entry skills, volunteer placement, drivers ed. and transportation assessment, and problem solving, etc. See: http://www.metrohealth.org/rehab/vocational-therapy


Places that Our Survivors Like to Volunteer

Drivers Education
Metro Health http://www.metrohealth.org/rehab/vocational-therapy

Cleveland Clinic: Walker Building Main Campus, Euclid Hospital, and Fairview Hospital. Call 216-444-6262 or visit: https://my.clevelandclinic.org/departments/rehabilitation/services/drivers-evaluation
Transportation Services

Public Transportation Services

RTA Para Transit for Cuyahoga County  For general questions about RTA service, call the RTA Answerline: 216-621-9500 or go to http://www.riderta.com/paratransit. For an ADA application, visit http://www.riderta.com/paratransit/certification or 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.gcrta.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 dispatcher: 216-566-5244.


Laketrans 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: 6:00 AM until 8:00PM. Call customer service at 440-354-6100, 1-888-LAKETRAN TDD 800-560-DEAF or email laketrans@laketrans.com. To cancel a Dial-a-Ride reservation, call 440-350-1099. Visit: http://laketrans.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 Ext. 5525 between 8:00 AM - 4:30 PM (Mon. - Fri.) 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 216-857-4293, visit http://www.ctsoh.net/.

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

Home Helpers Located in Solon (440-429-0908), Parma (440-345-5533) and Canton (330-455-5440) or visit http://homehelpershomecare.com/
**Northeast Ohio Services**

**Information & Referral Services**


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<td>216-436-2000</td>
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<td>Benjamin Rose Inst.</td>
<td>216-791-8000</td>
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<td>Geauga: 211 First Call for Help</td>
<td>440-285-3194</td>
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<td>440-285-2222 x2130</td>
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<tr>
<td>Lake: 211 First Call for Help</td>
<td>1-866-981-3937</td>
<td>211</td>
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<td>Council on Aging</td>
<td>440-205-8111</td>
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<tr>
<td>Lorain: 211 First Call for Help</td>
<td>1-800-499-8817</td>
<td>211</td>
</tr>
<tr>
<td>Office on Aging</td>
<td>440-326-4800</td>
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**Western Reserve Agency on Aging** (serving Cuyahoga, Geauga, Lake, Lorain, and Medina Counties) call: 800-626-7277 or go to [http://www.psa10a.org](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](http://www.psa10a.org/Publications/publications.asp)


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

**Senior Health & Wellness Center** Metro Health Old Brooklyn. Call: (216) 957-2000

**Senior services Websites:**

Elder services: [www.elderdepot.com](http://www.elderdepot.com)
Elder Website: [www.abledata.com](http://www.abledata.com)
Care Look Up: [www.carelookup.com](http://www.carelookup.com)

ElderCare has online directories and forums for caring for aged parents. [http://www.ec-online.net/](http://www.ec-online.net/)
ElderWeb is an online eldercare Website. [http://www.elderweb.com/page/topics](http://www.elderweb.com/page/topics)

**Community Center/Senior Center Websites (movies, exercise, yoga, etc)**

Cuyahoga County [http://www.cuyahogacountyevents.com/calendar/calendar.aspx](http://www.cuyahogacountyevents.com/calendar/calendar.aspx)
National Resources

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

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: https://www.nidcd.nih.gov/

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 866-507-7222 www.theaftd.org
Brain Injury Association of America 800-444-6443 http://www.biausa.org/
Epilepsy Foundation 1-800-332-1000 http://www.epilepsyfoundation.org/
International PPA Connection http://www.ppaconnection.org/
National Stroke Association 1-800-787-6537 www.stroke.org
National Aphasia Association https://www.aphasia.org/category/i-have-aphasia/

Online Stroke and Aphasia Network Groups

Aphasia Recovery Connection www.aphasiarc.org
Stroke message board for survivors & caregivers http://www.strokeboard.net/
On-line stroke support group www.Strokenetwork.org
On-line information from Univ. of Washington www.strokecenter.org

Young Stroke Survivors Network Groups

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
**National Resources**

*Stroke Education for Survivors, Friends and Families*

**Stroke Booklets for Stroke Survivors and Caregivers** [http://www.strokeboard.net]

**Good Source of Medical Information for Patients and Caregivers**
Mayo Clinic [http://www.mayoclinic.com/]

**Research Sites (Search Engines, Journals and Literature Reviews)**


**American Heart Association Scientific Journals (including Stroke)**
[http://pt.wkhealth.com/pt/re/strokesub;jsessionid=RXqGQ43hGyPrvs3SQZTTgqWCy1VXYFHTK5vmZLrTnZL04J1Bk1HKI-1853126202118119562818091l-1]

**American Medical Association Neurology** [https://archneur.jamanetwork.com/]


**American Speech and Hearing Association** ASHA Evidence Based Practice Portal [http://www.asha.org/PRPSpecificTopic.aspx?folderid=8589934663&section=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/] Best journal for healthcare policy reviews.

International Association for Music & Medicine (IAMM) [http://www.iammonline.com/page-1298867]

Also see: Dwyer Conklyn & Taylor Meehan’s article: *Modified Melodic Intonation Therapy for Acquired Non-Fluent Aphasia in the issue: 2018 | Volume 10 | Issue 2 | Pages 98 – 103*

**The National Rehabilitation Information Center (NARIC)** is the library of the National Institute on Disability and Rehabilitation Research (NIDRR.). Collects, catalogs, and disseminates the articles,
National Resources
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.
https://www.strokengine.ca/assess/

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/
Administration on Aging & Disability https://www.acl.gov/about-acl/administration-aging
FES Center (Cleveland)
http://fescenter.org/index.php?option=com_content&view=section&id=5&Itemid=5#stroke
Caregiver Action Network (List of Caregiver Agencies): http://caregiveraction.org/
Careliving Community http://careliving.stroke.org/
ElderCare has online directories and forums for caring for aged parents. 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 https://www.caregiver.org/
National Alliance for Caregiving http://www.caregiving.org/
Caregiver Action Network (National Family Caregivers Association) http://caregiveraction.org/
National Stroke Association www.stroke.org
National Respite Care Locator http://archrespite.org/respitelocator
Rosalynn Carter Institute for Caregivers http://www.rosalynncarter.org/EBP_links/
Stroke Board message board for stroke survivors and caregivers http://www.strokeboard.net
Stroke Survivor Website http://strokesurvivor.com
Stroke Family Support Line (Warmline)
http://www.strokeassociation.org/STROKEORG/LifeAfterStroke/FindingSupportYouAreNotAlone/StrokeFamilyWarmline/Stroke-Family-Warmline_UCM_310894_Article.jsp or call 1-888-478-7653 /
The stroke network: http://www.strokenetwork.org
Today’s Caregiver is a Website for, by, and about caregivers. http://www.caregiver.com/
**Recent Articles**

**Caregiving (including Parental Caregiving)**

Being a Communication Partner.
http://www.strokeassociation.org/STROKEORG/LifeAfterStroke/RegainingIndependence/Communicati
onChallenges/Being-A-Communication-Partner_UCM_310093_Article.jsp

Preparing for a Back-up Caregiver
http://strokeconnection.strokeassociation.org/Summer-2015/Preparing-for-a-Backup-Caregiver/

Caregiver Guide to Stroke
http://www.strokeassociation.org/STROKEORG/LifeAfterStroke/ForFamilyCaregivers/CaregivingResour
ces/Caregiver-Guide_UCM_457471_Article.jsp

Listing of caregiver articles by the American Stroke Association
http://strokeconnection.strokeassociation.org/For-Caregivers/


(Also see: http://www.ec-online.net/ for support for parental caregiving)

**Articles and Websites on Returning to Work**

Returning to Work After Stroke

http://www.stroke.org/we-can-help/survivors/living-stroke/lifestyle/returning-work-after-stroke

**Articles and Websites on Post Stroke Depression**

http://www.ebrsr.com/evidence-review/18-post-stroke-depression

**Articles on the Importance of Stroke Clubs**

Recovery/

**Intensive Occupational and Physical Therapy Program**

The Taub Clinic is a world renowned stroke physical therapy center, specializing in forced use techniques. 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/site/
Adler Aphasia Center (NJ): www.adleraphasiacenter.org/
The Houston Aphasia Recovery Center (TX): http://www.harctx.org/
The Stroke Comeback Center (VA): https://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
Aphasia Resource Connection online practice and networking www.aphasiarc.org

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:
Aphasia Hope Foundation: http://www.aphasiahope.org
Aphasia NYC: http://www.aphasianyc.org
Brain Attack Coalition https://www.meds.wiki/about-the-coalition/
National Aphasia Association: http://www.aphasia.org/
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.


Online resources for survivors and therapists by Lingraphica. https://www.aphasia.com/
Communication Devices

Lingraphica  https://www.aphasia.com

Software for Communication Practice

- We recommend that you download free demo’s or try out the programs in our lab before purchasing. A couple of minutes practice can save money and frustration.
- There are a lot of techies in our groups. If you want to try out a program, just ask. Someone will have a copy of the program that you can try out. Deb has most of them on her laptop.

Software for Windows PC or on the Web

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.  Currently available in the Speak Easy lab and can be used at no cost to you.


Parrot Software ($25/mo Web Subscription)  http://www.parrotsoftware.com/  Use for practice.  Web-based software:  features available for Windows/Mac or any computer or phone that has Web access.


www.Rewordify.com  (Free) Copy/paste passages into the Website and it will simplify written words.

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


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

WordQ and SpeakQ by Qullsoft  http://www.goqsoftware.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.

Software for Communication Practice for iPad or possibly Androids

- Constant Therapy  [http://constanttherapy.com/](http://constanttherapy.com/)
- TalkPath Therapy  [https://www.aphasia.com/live-online-therapy/talkpath-therapy/](https://www.aphasia.com/live-online-therapy/talkpath-therapy/)
- Lingraphica Apps  [https://www.aphasia.com/smalltalk-apps/](https://www.aphasia.com/smalltalk-apps/)
- Apps for Learning Review Site  [https://appsforlearning.wikispaces.com/](https://appsforlearning.wikispaces.com/)
- SpeakinMotion is an app to help with apraxia  [http://www.speakinmotion.com/](http://www.speakinmotion.com/)
- Videomail is an app to send emails and texts with video  [http://www.realtime.email/](http://www.realtime.email/)

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

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](http://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](http://www.Audiobooksnow.com)

PC & iPads, Phones, iPods, etc. See [www.amazon.com](http://www.amazon.com) and [www.audible.com](http://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”

Also note: audio books can be checked-out from libraries. The libraries even have tech experts to do it for you. Several Speak Easy members download library books and can help you.

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

Online Speech Practice and Networking Group  [www.aphasiarc.org](http://www.aphasiarc.org)
Speech, Communication, and Aphasia Resources

Books and Cards and Picture Dictionaries for Communication Practice


Speech 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/.


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. Available on Amazon.com

For people who can read


The workbooks help stroke survivors learn how to use the dictionary and improve communication skill. An answer key is included.

For people with reading challenges


Board Games and Computer Games for Communication Practice

**Board Games**
- These games are available for inspection. Ask Deb.

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<td>Card Games (War, Slap Jack, Go Fish, Uno)</td>
<td>Game Shows (Price is Right, Wheel of Fortune)</td>
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**Computer Games**
- We can demonstrate these games for you. They are available in our Computer Lab.

http://www.happy-neuron.com/
http://www.fitbrains.com/
http://www.lumosity.com/
Wii Games: including Big Brain Academy
Accessible Dining, Hotel Rooms, 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 accessible door in the back or side. Some restaurants will provide a ramp for you.
- Restaurants can reserve a table that meets your needs— a table near 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 restaurant know.
- Many restaurants give better service during off-hours: at 11:00 or 1:00 for lunch; or early bird at 5:00 for dinner. We avoid trendy bars and restaurants on Fri. and Sat. nights, and visit them during the week. For weekend nights we dine early or chose a quiet neighborhood 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 food (salad, meat, or sandwiches). You can ask the wait staff to help you with packaging—creamers, sugar, wrapped napkins, to-go boxes, etc.
- Managers and receptionists can help you open doors (outside doors and bathroom doors). If the handicap access doors or cutouts 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.

- Bathroom Grab Bars. You can ask for rooms with bars on the right 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 seat. Many of the newer hotels have walk-in/wheel-in showers. If the bathroom does not have a built-in 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.)
- Bedside 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 arm rest. Again, if you need heavy duty equipment: request it when you make the reservation, bring it, or send one ahead to a friend who lives nearby.
Travel Resources
- **Lounge chair.** Request a lounge chair when 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 chose one with a good restaurant and room service; 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 staying for several nights, you can request a toaster oven, kettle, microwave, or whatever you need to heat up a few meals. It doesn’t hurt to ask.
- **Accessible Vans.** 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 safely walk onto the **wheelchair lift.** Ask the hotel to reserve handicap transportation when you reserve the room.
- **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. 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 you at your hotel** to enjoy the pool and/or buffets, instead of visiting at their homes. If they visit you then you do not have to worry about accessibility and comfort—when you get tired, just ask visitors to visit in the lobby for a while.

**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 that 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 Recommendations 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.

**CSC Members' Recommendations about airline travel and cruises with wheelchairs:**
- Debra Kerper, Travel Agent at https://easyaccesstravel.com/about-easy-access-travel/