

Tip Sheet # 8



Where to Find Resources

There are many resources that can help the stroke survivor and you as a family caregiver. Contact **Eldercare Locator at (800) 677-1116 or visit their website at <https://eldercare.acl.gov>** to find resources in your area. Call to talk with someone about what you need. If you visit the website, enter your zip code at the top and click the search button. Resources in your area will appear.

The Eldercare Locator was developed by the Administration on Aging (AoA), an agency of the United States Administration for Community Living. They can connect you to state and local area agencies and private organizations that serve older adults and their caregivers. They can also connect you with disability services for persons of all ages.

What services do you or the survivor need help with? (Check all that apply)

- ☐ Meals
- ☐ Home care
- ☐ Transportation
- ☐ Care while away (e.g., Respite care)
- ☐ Adult day care
- ☐ Housing and long-term care options
- ☐ Social activities and wellness programs
- ☐ Making the home handicap accessible
- ☐ Health Insurance, Medicare, or Medicaid
- ☐ Prescription assistance services
- ☐ Adult protective services
- ☐ Legal services
- ☐ Financial planning services
- ☐ Veteran services
- ☐ Family caregiver resources (e.g., support, pay varies by state)
- ☐ Other

Contact Eldercare Locator (800) 677-1116 or <https://eldercare.acl.gov>.

If you live in the Southwestern Ohio area:

- Council on Aging of Southwestern Ohio, Resources for older adults, people with disabilities and caregivers. **Main office phone: (513) 721-1025. Website: <https://www.help4seniors.org/>.**

If you live in the Northern Kentucky area:

- Northern Kentucky Area Development District (NKADD), an aging disability and resource center. **Main office phone: (859) 283-1885. Website: <http://www.nkadd.org/adrc>.**
- NKADD services Boone, Campbell, Carroll, Gallatin, Grant, Kenton, Owen, and Pendleton counties.

If you live in the Southeastern Indiana area:

- Lifetime Aging and Disability Resource Center. **Helpline connection: 877-234-3641. Website: <https://www.lifetime-resources.org/>.**
- Lifetime serves Ripley, Jefferson, Dearborn, Ohio, Switzerland, and Decatur counties in Southeastern Indiana.

If you live in the Central Indiana area:

- CICOA: Aging and In-Home Solutions. **National Toll Free: (800) 489-9550. Website: <http://www.cicoa.org/>.**
- CICOA serves Boone, Hamilton, Hancock, Hendricks, Johnson, Marion, Morgan and Shelby Counties in Central Indiana. Includes Indianapolis, IN.

If you live elsewhere:

- Eldercare Locator. **Phone: (800) 677-1116. Website: <https://eldercare.acl.gov>.**

Another helpful number for resources is the **United Way 2-1-1 line, or go to the website: <https://www.211.org/about-us/your-local-211>** to find a United Way office in your area (search by address or zip code). 2-1-1 staff are *“there to help – 24 hours a day, seven days a week – wherever life takes you. Dial 2-1-1 to speak to a trained professional who can connect you to essential community services.”* Call to find out more. United way provides resources for finding food, housing, healthcare, mental health, substance use, and for dealing with emergencies or disasters.

Senior Citizens Centers may also be of assistance.

- Cincinnati Recreation Commission, Senior Center Programs, Cincinnati, OH, call 513-352-4000, Website: <https://www.cincinnati-oh.gov/recreation/programs/seniors/>.

Cincinnati Veteran's Administration Medical Center offers caregiver support. To contact a caregiver support coordinator, call (513) 458-9261 or 513-475-6366, email: cincinnati caregiversupport@va.gov, Website: <https://www.va.gov/cincinnati-health-care/health-services/caregiver-support/> The caregiver support coordinator can give you more information about services available to you and the veteran you care for.

National Veterans Administration Caregiver Support Line: Call 855-260-3274. Website: <https://www.caregiver.va.gov/index.asp>

What other types of resources are available?

Web Sites and Phone Numbers

American Consumer Credit Counselling (ACCC)
<https://www.consumercredit.com/> 1-800-769-3571

American Diabetes Association
<http://www.diabetes.org/>
1-800-DIABETES or 1-800-342-2383

American Heart Association
www.americanheart.org
1-800-242-8721

American Occupational Therapy Association www.aota.org

American Speech-Language-Hearing Association
www.asha.org/public/speech/disorders 1-800-638-8255

American Stroke Association, www.strokeassociation.org
1-888-478-7653

Brain Aneurysm Foundation www.bafound.org

Eldercare Locator (800) 677-1116 <https://eldercare.acl.gov>

Family Caregiver Alliance/National Center on Caregiving
www.caregiver.org 1-800-445-8106

Lawyer Referral Service, Indianapolis Bar Association, Refers clients to attorneys who charge on a sliding scale, <https://www.indybar.org/>

Lawyer Referral Service, Cincinnati Bar Association, Refers clients to attorneys who charge based on a sliding scale, , <https://www.cincybar.org/>

Lawyer Referral Service, Northern Kentucky Bar Association, Refers clients to attorneys who charge based on a sliding scale, , <https://www.nkybar.com/>

Legal Aid Society, Provides legal representation for low income clients., <http://www.indylas.org/>

Legal Aid Society of Greater Cincinnati, Provides legal representation for low income clients., <https://www.lascinti.org/>

Legal Aid of Bluegrass, Provides legal representation for low income clients., <http://www.lablaw.org/home>

Meals on Wheels Association of America
<https://www.mealsonwheelsamerica.org/> 888-998-6325

MedicAlert (for MedicAlert bracelets or 24-hr emergency monitoring) 1-888-432-5378, www.MedicAlert.org.

Medicare Information
www.medicare.gov 1-800-633-4227

National Aphasia Association
www.aphasia.org

National Association of Social Workers - Ohio
614-461-4484 <http://www.naswoh.org/>

National Caregiver Action Network,
<http://caregiveraction.org/>

National Stroke Association

www.stroke.org 1-800-787-6537 (1-800-STROKES)

ProSeniors, assist low income seniors with legal services at reduced cost. For Cincinnati, call. For other states refer national directory, <http://www.proseniors.org/pamphlets-resources/senior-legal-hotline-directory/>

The Stroke Network
<http://www.strokenetwork.org/>

Insurance Resources

Ohio Senior Health Insurance Information Program (OSHIIP)
1-800-686-1578 (hotline)

Kentucky State Health Insurance Assistance Program (SHIP)

Indiana Senior Health Insurance Information Program (SHIIP)
1-800-452-4800

Support Groups for Stroke Survivors and Caregivers

There are many stroke support groups throughout Ohio, Kentucky, Indiana, and beyond. The following list includes common stroke support groups in the Greater Cincinnati, Northern Kentucky, and Indianapolis areas. Be sure to call ahead before attending these support groups. Many of them change frequently. The information in this list may not be the most up-to-date. Please contact them to see if they are still holding meetings before making a trip out to the meetings.

To find other stroke support groups in your area, contact the American Stroke Association at 1-888-4-STROKE or 1-800-478-7653, or visit <https://www.stroke.org/en/stroke-support-group-finder> for a search of stroke support groups by zip code. Be sure to call ahead before going to these stroke support groups as well.

Stroke Support Groups in the Greater Cincinnati Area:

Support Group	Contact Person	Additional Information:
BRIDGES NKY Brain Injury Support Group	Support Group Coordinators: Lori Tharp, 859-379-8230, Lori.tharp@biank.org Carlee Clark, Phone: 859-667-2766, carchristman@gmail.com	Location: Gateway Rehabilitation Hospital, 5940 Merchants St, Florence KY 41042 Meet: The 3rd Thursday of the month at 6:00PM Light dinner served Website: www.biank.org/bridges
Drake Support Group	Karen Craven Phone: (812) 584-8862 Email: strokelifecincinnati@gmail.com	Location: 151 West Galbraith Road, Room E Cincinnati, OH 45216 Meet: The 3rd Wednesday of the month 7PM-8:30PM
Gateway Rehabilitation Hospital Stroke Support Group	Deonna Bailey, RN CRRN Phone: 859-486-8749 513-516-5815 Email: DBailey@vrhgateway.com	Location: Gateway Rehabilitation Hospital, 5940 Merchants St, Florence KY 41042

		Meet The 3rd Thursday of every month at 3:15PM
The Jewish Hospital Stroke Support Group	Karen Rutz Phone: (513) 382-8897 Email: KMRutz@mercy.com	Location: 4777 E. Galbraith Rd. Cincinnati, OH 45236 Meet: The 2nd Tuesday of the month 6:30PM-8PM
Mercy Fairfield Hospital Stroke Support Group	Kelsey Cornwell Phone: 513-682-1957 Email: khcornwell@mercy.com	Location: 3000 Mack Rd. Fairfield, Ohio 45014 4 th Floor Acute Rehab Unit Meet: The 1st Wednesday of every month 2:00-3:00PM
Rehabilitation Center of the Atrium	Cindy Hay Phone: 513-974-5233 Email: cjhay@premierhealth.com	Location: 1 Medical Center Dr. Middletown, OH 45005 Meet: Meets on the third Wednesday every other month (January, March, May, July, September, November) 12:00 pm – 1:00 pm
Trihealth Rehabilitation Hospital Stroke Support Group (TRH)	Mark Ostrowski Phone: 513-601-0569 Email: mostrowski@trihealthrehab.com	Location: 2155 Dana Ave, Cincinnati OH 45207 Meet: The 2nd Wednesday of the month from 6:00PM-7PM Zoom or in person will need to email for zoom link
Tri-state Brain Aneurysm Support group	Support Group Info Line: (513) 569-5346 Email: aneurysm@fuse.net	Location: Call the Support group info line for the next support group meeting day/time. Sign up on the website to receive updates. Website: www.tsbasg.org

Stroke support groups in the Northern Kentucky area:

Support Group	Contact Person	Additional Information:
Gateway Rehab Hospital	Contact person: Elizabeth Euchtman, SLP Phone :859 426-2392 Email : euchtman@vrhgateway.com	Location: 5940 Merchants Street Florence, KY 41042 Meet: The group meets at the Gateway Rehab Café on the first Thursday of each month from 3:15 to 4:00 p.m.
Norton Neuroscience Institute	Facilitator: Rosa Hart, RN. Call (502) 559-3237 for further information rosa.hart@nortonhealthcare.org	Location: 3991 Dutchman's Lane Suite 302 Louisville KY, 40207 Meet: The (survivors only) virtual group meets the 3 rd Thursday of every other month at 10:00AM

Stroke Support Groups in the Indianapolis area:

Support Group	Contact Person	Additional Information:
Franciscan Health Stroke Support Group	Laura Williams, Stroke Coordinator Phone: 317-528-8872 Email: Laura.williams2@franciscanalliance.org	Location: 8111 S. Emerson Ave. Indianapolis, IN 46327 Meet: Second Tuesdays 3-4:30 pm Eastern

Online Support Groups

There are a number of online support groups that you might find helpful. Below are some common online support groups for family caregivers.

Family Caregiver Alliance: <https://www.caregiver.org/connecting-caregivers/support-groups/>

Well Spouse Association: <https://wellspouse.org/our-support/support-groups/phone-support-groups.html>

The Stroke Network: <http://www.strokenetwork.org/>

Kentuckiana Stroke Association: <https://www.strokekyin.org/support-groups/>

Books and Magazines About Stroke and Caregiving

There are many references about stroke. Some are listed below. These can be found through the **American Stroke Association (1-888-4-STROKE, or 1-888-478-7653, www.StrokeAssociation.org)**, the **National Stroke Association (1-800-STROKES, 1-800-787-6537, www.stroke.org)**, Amazon.com, local bookstores, and libraries.

Magazines

Stroke Connection Magazine, bimonthly magazine published by the American Stroke Association (1-888-4-STROKE or 1-888-478-7653, www.StrokeAssociation.org). Call to ask about a free 1 year subscription.

StrokeSmart Magazine, bimonthly magazine published by the National Stroke Association (1-800-787-6537, www.stroke.org). Call to ask about a free 1 year subscription.

Today's Caregiver Magazine 1-800-829-2734, www.caregiver.com web-site also has books and videos for caregivers.

Books (These are just some... more are published each day. Ask a librarian, visit a bookstore, or search for new books on search engines such as Amazon.com).

Recommended Books

Jorgensen, L. (2021). The Caregiver's Guide to Stroke Recovery: Practical Advice for Caring for You and Your Loved One. Emeryville, California: Rockridge Press. ISBN 978-1-64876-577-3.

Senelick, R.C. (2016). Living with Stroke: A Guide for Patients and Their Families (Fifth Edition). Birmingham: Healthsouth Press. ISBN 978-1891525186.

Mace, N.L. & Rabins, P.V. (2017). The 36-Hour Day: A guide to caring for persons with Alzheimer's Disease, Related Dementing Illnesses, and Memory Loss in Later Life. (6th Edition). Baltimore: The John Hopkins University Press.

Self-Help Books to help manage stress (These are just some... more are published each day. Ask a librarian, visit a bookstore, or search for new books on search engines such as Amazon.com).

Burns, D. D. (1999). The Feeling Good Handbook (Rev. ed.). New York: Plumb Printing. ISBN 0-452-28132-6

Greenberger, D. & Padesky, C.A. (2016). Mind over Mood: Change How You Feel by Changing the Way you Think. Second Edition. New York: The Guilford Press. ISBN 978-1-4625-2042-8.

Personal Stories About Stroke

There are magazines and books that are written by stroke survivors and their family members. **Some families find it helpful to read these inspiring stories to each other.** These can be found through the American Stroke Association (1-888-4-STROKE, www.StrokeAssociation.org), the National Stroke Association (1-800-STROKES, www.stroke.org), Amazon.com, local bookstores, and libraries.

Magazine Subscriptions with personal stories:

Stroke Connection Magazine, bimonthly magazine published by the American Stroke Association (1-888-4-STROKE or 1-888-478-7653, www.StrokeAssociation.org). These issues have many stories by stroke survivors and caregivers. They are very inspiring.

StrokeSmart Magazine, bimonthly magazine published by the National Stroke Association (1-800-787-6537, www.stroke.org). This magazine also has many personal stories about stroke survivors and caregivers.

Today's Caregiver Magazine 1-800-829-2734, www.caregiver.com web-site also has books and videos for caregivers.

Books about personal stories about stroke:

Bagnull, M. (1994). My Turn to Care: Affirmations for Caregivers of Aging Parents. Thomas Nelson Publishers, Nashville. ISBN 0-7852-8077-4

Budzenski, D. (2011). The Evergreen Outside my Window. DZBudz Book Publishing. (True story about a speech-language pathologist who had aphasia after a stroke)

Carter, R. (1994). Helping Yourself Help Others: A Book for Caregivers. Times Books, Random House, New York. ISBN 0-8129-2370-7 (by Rosalynn Carter, Former First Lady, wife of Jimmy Carter).

Choate, B. (2022). The Stroke Artist. River Grove Books. ISBN-10: 1632995131; ISBN-13: 978-1632995131.

Cuddihy, R.G. (2000). Merry-Go-Sorry: A Memoir of Joy and Sadness. Creative Designs Inc. ISBN-10:1880047683; ISBN-13: 978-1880047682

Dahlgren, K. (2016). Healing and Happiness After Stroke: How to Get Back Up After Life Turned Upside-Down. Flint Rehabilitation Devices, LLC. ISBN: 978-0-9983716-0-3.

Doidge, N. (2007). The Brain that Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science. Penguin Group: ISBN-13: 9781101147115

Douglas, K. (2002). *My Stroke of Luck*. New York: Harper Collins Press. ISBN 0-06-008333-6

Freitas, J.L. (1995). *The Irreverent Caretaker*. Northwest Publishing, Inc. Salt Lake City, Utah. ISBN 1-56901-426-4

Gross, J. (2011). *A Bittersweet Season: Caring for our aging parents – and ourselves*. New York: Vintage Books at vintagebooks.com. Vintage ISBN: 978-0-307-47240-3.

Klein, B.S. (1998). *Slow Dance: A Story of Stroke, Love, and Disability*. Pagemill Press. ISBN 1879290154

Levine, P.G. (2018). *Stronger After Stroke* (3rd Edition). Demos Health. ISBN 978 0826124135.

McCrum, R. (1999). *My Year Off: Recovering Life After A Stroke*. Broadway Books. ISBN 0767904001

Mensh, S. & Berger, P.E. (1999). *How to Conquer the World With One Hand...And An Attitude*. Positive Power Publishing, ISBN 0966837819

Newborn, B. (1997). *Return to Ithaca: A Woman's Triumph over the Disabilities of a Severe Stroke*. Harper Collins - UK. ISBN 185230944X

Paullin, E. (1988). *Ted's Stroke: The Caregiver's Story*. Seven Locks Press, Cabin John, MD. ISBN 0-932020-54-2

Regan, T. (2004). *An Unfortunate Stroke of Luck: A Guidebook for Stroke Sufferers and their Families and Friends*. Winepress Publishing. ISBN: 1414103204 ISBN-13: 9781414103204

Rocket, H. & Sklar, R. (1999). *A Stroke of Luck: Life, Crisis, and Rebirth of a Stroke Survivor*. Hushion House. ISBN 0-969610637

Ruffin, K. (2021). *In Stroke's Shadow: My Caregiver Story*. Fulton Books, ISBN-10: 1649527497; ISBN-13: 978-1649527493. (Kyle's story offers a release value to caregivers, particularly caregivers of color).

Santasiero, E. (2021). Just Say “Yes” to Life!: Stories of Thriving After Stroke. Stroke Awareness Oregon. ISBN 978-1-737-2450-0-1.

Taylor, J.B. (2008). My Stroke of Insight: A Brain Scientist’s Personal Journey. Penguin Group. ISBN-13: 9781101213971

Wulf, H. H. (1986). My World Alone. Wayne State University Press. ISBN-10: 0814318231; ISBN-13: 9780814318232

Make notes here about further resources that you may need: