

Community Resources & Support

Module 8





Schedule

- Financial Resources
- Support Groups
- Fitness Groups
- Clinical Trials / Research
- Lending Closets
- Transportation Services
- Review



Recovering from stroke is hard mentally, physically, and financially. Fortunately, no matter how overwhelmed you feel, there are others who have been in this situation before you and know resources available to help!

Financial Resources

- The lifetime estimated cost of an ischemic stroke is \$140,481!
- The [Ticket to Work](#) program
 - Provides access to Employment Support Services for Social Security Disability Beneficiaries who want to work
- The [Social Security Administration](#)
 - Pays disability benefits to people with disabilities



Financial Resources

- The [Patient Advocate Foundation](#)
 - Help navigate the healthcare maze
- The Pharmacy Assistance Program, Partnership for Prescription Assistance programs
 - Help with medication costs
- [RX Assist](#) and [Needy Meds](#)
 - Websites with directories of assistance programs to help with medications



Financial Resources

- Talk to your rehab team and see if they know of any local support.
- Other helpful websites include:
 - [AARP Tax-Aide](#)
 - [AARP Money Management Program](#)
 - [Foundation for Health Coverage Education](#)
 - [Finances After Stroke Guide](#) by The American Heart Association & American Stroke Association



Support Groups

- Local support groups
 - Places of worship
 - Hospitals
- Your STRIDE buddy



Fitness Groups

- Moving your body regularly is important for recovery
 - Finding a way to make exercise fun and social is key
- Programs such as [Silver Sneakers](#) offer exercise classes in a wide variety of forms and options



Clinical Trials / Research

- Clinical trials
 - Studies testing new treatment interventions
- Getting involved in a clinical trial can help you:
 - Access new treatments or interventions
 - Advance the stroke research to help others
- You can learn more at clinicaltrials.gov



Lending Closets

- Lending closets have used supplies that they allow individuals to borrow
- Look up "lending closets near me" to find your closest one!



Transportation Services

- Organizations such as [Advanced Health Care](#) provide transportation services
- Ask your local Department on Aging agency
- Organizations such as [Meals on Wheels](#) deliver meals to your door!

Review

- Around 800,000 people in the US have a stroke every year. You are not alone.
- There are resources to help you.
- Talk to your rehab team for local resources
- Consider the following resources:
 - Financial Assistance Programs
 - Support Groups
 - Fitness Groups
 - Clinical Trials
 - Lending Closets
 - Transportation Services

Resources

- *Caregiver Guide to Stroke*. American Heart Association. (2020).
- Conaway, B. (2012, June 1). *Stroke Recovery: Tips for the Caregiver*. WebMD. <https://www.webmd.com/stroke/features/stroke-recovery-tips-for-the-caregiver#:~:text=The%20stroke%20survivor's%20health%20care,and%20doctor%20and%20rehab%20appointments>.
- Medtronic. (2014). *Finances After Stroke Guide*. American Heart Association / American Stroke Association. https://www.stroke.org/-/media/stroke-files/stroke-resource-center/recovery/patient-focused/financial-guide-after-stroke-ucm_474359.pdf?la=en.

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