Community Resources for Families Impacted by Stroke

North Carolina Stroke Association
Comprehensive preventative and education resources for patients, families, and caregivers.
Phone: (336) 713-5052
Website: http://www.ncstroke.org/

National Family Caregiver Support Program
Services and respite care to support and assist family caregivers.
Phone: 1.800.662.7030 (NC Department of Health and Human Services Customer Service Center)
Website: https://www.ncdhhs.gov/assistance/adult-services/family-caregiver-support

Stroke Support Groups
Visit the website below to find a stroke support group in your area.
Website: http://www.strokeassociation.org/STROKEORG/strokegroup/public/zipFinder.jsp

National Stroke Association
Extensive resources and information on stroke.
Website: www.stroke.org

North Carolina Vocational Rehabilitation Services
Provides services to assist and prepare individuals with disabilities for employment.
Phone: 1.800.689.9090
Website: https://www.ncdhhs.gov/divisions/dvrs
To find your local vocational rehabilitation office, visit:
https://www.ncdhhs.gov/divisions/dvrs/vr-local-offices

North Carolina Independent Living for People with Disabilities
Services and information to assist individuals with disabilities in living a more independent life. Services include home and vehicle modification and independent living skills training, among other things.
Phone: You may look up the phone number to your local independent living office by visiting the website below.
Website: https://www.ncdhhs.gov/assistance/disability-services/independent-living-for-people-with-disabilities
North Carolina Division of Aging and Adult Services
Information and resources to promote the independence and dignity of aging adults.
**Phone:** 919.855.3400
**Website:** https://www.ncdhhs.gov/divisions/daas

NC Assistive Technology Program
Provides assistive technology services and information through demonstrations, loans, and training.
**Phone:** 919-855-3500
**Website:** https://www.ncdhhs.gov/divisions/vocational-rehabilitation-services/north-carolina-assistive-technology-program

Resource Map
This interactive map allows you to locate a variety of disability related resources in your area by entering your zip code.
**Website:** https://www.christopherreeve.org/get-support/resources-in-your-area

Job Accommodation Network (JAN)
Information on workplace accommodations and issues concerning employment for individuals with disabilities.
**Phone:** 1.800.526.7234
**Website:** http://askjan.org/

Americans with Disabilities National Network
Information on legislation, rights, and resources for individuals with disabilities.
**Phone:** 1.800.949.4232
**Website:** http://adata.org/

Triangle Aphasia Project
Serves individuals with aphasia and their caregivers
**Phone:** 919-350-0981
**Website:** www.aphasiaproject.org

Triangle Disability Advocates
Assists families in the Social Security application process.
**Phone:** 919-350-8539

General Caregiver Resources and Information
**Website:** http://www.rosalynncarter.org/caregiver_resources/

Caregiving Attendants/Aides
**Website:** https://www.comfortkeepers.com/

Psychology Today
This website provides information on common psychological issues, including anxiety and depression. Click on 'find a therapist' to locate mental health resources near you.
**Website:** https://www.psychologytoday.com
North Carolina Guide for Family Caregivers
A guide to family caregiving in North Carolina.
Website: https://assets.aarp.org/www.aarp.org_/articles/states/NC_FmlyCrgvng.pdf

Family Caregiver Alliance (National Center on Caregiving)
A community-based nonprofit that addresses the needs of families and friends providing long-term care for their loved ones at home.
Website: www.caregiver.org

Guiding Lights Caregiver Support Center
A comprehensive caregiver support center assisting caregivers with obtaining relevant, timely and comprehensive information.
Website: http://www.guidinglightsnc.org

Comprehensive Review of Caregiver Assessments
A document containing assessment tools to assess the knowledge, skills, capacity and well-being of caregivers.