

Resources for The Stroke Survivor, Care Partner, and Community Members

Stroke Support Groups:

- **Swedish Stroke Support Group:** Meets virtually the third Monday of every month. This group is open to stroke survivors, families, and care partners. Email strokeprogram@swedish.org to join.
- **Seattle Young Adult Stroke Survivors:** For the young and the young at heart: members range from 20s-70s: meeting is always 3rd Saturday of every month, 1pm PST: [Seattle YASS – For the young and the young at heart](#)
- **Backstrokes** sing-along and virtual music community group: [Arts and Art Therapy – Brain Injury Connections NW](#)
- **Brain Injury Northwest:** [Brain Injury Support Groups - Washington - Northwest - PNW](#)
- [Support group for caregivers: caregiver.org](#)
- Find even more support groups on [American Stroke Association’s Website Support Group Finder](#)

Recommended Listening/Watching:

- [Post Stroke - YouTube](#): Dr. Elyse Newland, Occupational Therapist: “ Our mission is to provide free, evidence-based, easy-to-understand stroke recovery education to stroke survivors around the world, on social media platforms they already use”
- A comprehensive rundown + tips for live after stroke (personal care (dressing/bathing+ more)) : [Daily Living | American Stroke Association](#)
- Seattle local stroke survivor Jeff Ryberg’s podcast appearance with Bill Gasiamis: [AFib and Stroke Recovery: Jeff Ryberg’s Story of Healing](#)
- [Beyond Stillness - Stories After Stroke](#): Survivors meet one-on-one with a trained “Story Steward” once a week via Zoom to reflect on wisdom that has emerged

through recovery. During the final meeting, the Storytelling (survivor) shares their story via zoom, which is recorded and published.

- [Stronger After Stroke](#) podcast. Hosted by Rosa Hart, a stroke nurse navigator in Kentucky
- [Book: Identity Theft by Debra Meyerson PhD](#)
- [Book: EMBRACING LIFE AFTER MY STROKE: A Stroke Survivor's Story. Philippe Guglielmetti.](#)
- [Book: "My Stroke of Insight: A Brain Scientist's Personal Journey".](#)
- [The Stroke Connection:](#) read stories from other stroke survivors and articles on stroke risk, life after stroke, and more.
- [Submit your own story to be featured in the Stroke Connection!](#)

Mental Health

Depression is a prevalent issue among stroke survivors. Here are some important things to remember when dealing with depression or helping a person with depression:

- Call or Text the [Suicide & Crisis](#) Hotline at 988 if you are in crisis or know someone in crisis
- Talk with your primary care provider (PCP) about how you are feeling. Many PCP offices have direct access to a social worker or therapist who can get you access to a therapist quickly in certain situations. I have attached a pdf to this email with a get started guide to find a therapist near you/Seattle.
- [StrokeOnward: Guide to the Emotional Journey in Stroke Recovery](#)
- Read this article from the [American Stroke Association about stroke and depression](#)
- [NAMI-the National Alliance for Mental Illness](#) offers great resources for depression and anxiety. All are welcome!
- Consider a [one line a day five year journal](#): Progress can be slow, but little steps add up!
- [Positive affirmations](#): Give it a try a few minutes at a time- powerful positive affirmations for self-love and confidence
- The days in the PNW can get dark! Consider a "happy light" [like this one](#) to help replicate natural light and regulate your sleep cycle

Moving Your Body

- [TangoStride](#): “...dance-based walking TangoStride Program, where folks with mobility challenges can come work on improving their standing and walking. Wheelchairs, walkers & canes are welcome! Folks who can stand even for just 5 seconds are welcome to join us in one of our 3 weekly classes in the greater Seattle area.”
- [Jamtown Drum circles](#): free in-person and virtual drum circles for all abilities
- [Love Your Brain Yoga Info](#). Video: [Love your Brain Yoga](#): free program designed for those with brain injuries and caregivers to feel more resilient and connected
- Tai Chi is a great, evidence based way to improve balance after stroke (always clear any new exercise program with your primary care provider). Learn about free Tai Chi classes and more at Providence Basecamp (all are welcome to free community classes in person and online) [Basecamp Prevention + Wellness](#)
- FootLoose Disabled Sailing: “Leave your disability at the dock”: [Footloose Sailing Association – Leave your disability at the dock](#)
- [Outdoors For All](#): Offering FREE adaptive bike and trike rentals in Magnuson park and Lake Sammamish. A number of other great accessible and inclusive programs to get outdoors as well!

Feeding Your Brain: Recipes and Cooking Tips

- [Providence Community Teaching Kitchen - YouTube](#)
- [Meals on Wheels Seattle: Meals on Wheels for Seniors Seattle | Menu, Prices, & Eligibility](#)
- “Simply Good” Cookbook with dysphagia modifications: [Simply Good: A cookbook for stroke survivors and their families](#) (I’ve tried a number of these recipes- they’re yummy!)

Exercising Your Brain

- [Games for the Brain](#)
- [Free Online Jigsaw Puzzles](#)
- [Brain teasers](#)
- [Word Search Puzzles](#)
- Enjoy crossword puzzles but have trouble answering a clue?

Try www.crosswordsolver.com for some help!

Travel Tips

[Accessibility at SEA Airport | Port of Seattle](#)

- Go to the specific airline ticket counter (have flight number, traveler name and your ID ready).
- Request a gate pass to meet your family member/friend.
- Go through security to meet your person right at the gate.
 - This can be done for departures and/or arrivals. Some airline processes may vary so if in doubt, call ahead!
- Make your packing + unpacking easier with a [packing cube system](#)

[HopeLink/King County DialaRide \(DART\)](#)

- Everyone is welcome—with a few in-city exceptions, DART routes generally operate in suburban communities within King County that have a need for slightly more flexible service due to lower population density, greater distances and fewer public transportation options.
- The fares are the same as those on Metro's regular bus service, including the acceptance of ORCA cards.

Accessing Care

- Find free and low cost clinics near you: [Free Healthcare Clinics in Washington State](#)
- Find benefit programs: healthcare/medication, food, housing, transportation, income, tax help, veterans programs, discounts, etc: [NCOA's BenefitsCheckUp | Money-Saving Programs for Healthy Aging](#)
- Washington Disability Rights resources: [Resources Archive - Disability Rights Washington](#)
- Washington Statewide Independent Living Council Resources: [Community Resources](#)

Getting Back To Work

- [Vocational Rehabilitation: Seattle Central Office](#)

DVR offers vocational rehabilitation services designed to help you prepare for, get, keep, or advance in a job. The services you receive are based on your individual needs and unique circumstances. Services may include one or more of the following:

- Vocational rehabilitation counseling and guidance
- Assessment services
- Individualized plans for employment
- Benefit planning services
- Independent living services
- Assistive Technology services
- Training and education services
- Job-related services

Financial Resources

- Retail savings guide for those with disabilities: [Savings Guide for People with Disabilities - CouponChief.com](#)
- [NeedyMeds](#): a dedicated nonprofit organization committed to helping pay for prescriptions, finding a free clinic, etc.
- Apply here for Social Security Benefits: <https://www.ssa.gov/benefits/disability/>
It can be overwhelming- but try taking it 10 minutes at a time
- [Goodrx](#): Check for the most affordable prescription prices, acquire coupons

Support for Caregivers

- [CaregiverAction.org](#): a helpful rundown providing a “GPS” for caring for your loved one after a stroke
- [Support group for caregivers: caregiver.org](#)
- [Caring Village](#): app to coordinate care amongst multiple caregivers

Aphasia Specific Resources

- [The Aphasia Library - The Aphasia Library](#): The go to resource and center for all things aphasia
- [Home | Aphasia Software Finder](#): information on aphasia therapy apps and software for people with aphasia and aphasia professionals
- National Aphasia Association + Resources: [Home - National Aphasia Association](#)
- [Aphasia Recovery Connection | Home](#): downloadable talk tools, additional support, and more
- [American Stroke Association: Resources for Caregivers](#)

Miscellaneous Resources

- [Stroke Onward | Rebuilding Identity and Rewarding Lives](#): Created by and for Stroke survivors to help navigate the emotional journey to rebuild identities and rewarding lives
- [How to Get a Service Dog: Your Step-by-Step Guide](#)
- [United Stroke Alliance](#) Stroke Camp! Multiple locations, multiple weekends
- [New Mobility - Wheelchair Culture & Lifestyle](#): content for active wheelchair users: practical advice, new technology, advances in travel and equity

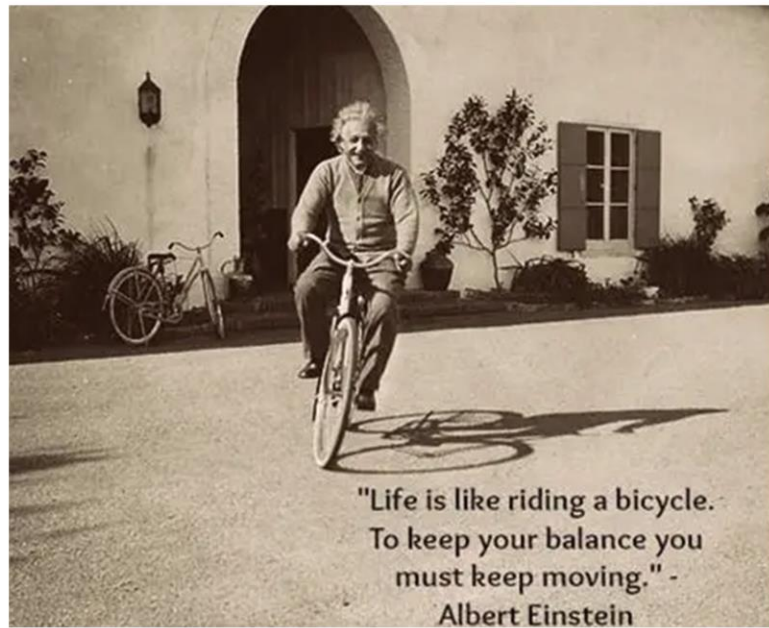
Swedish Specific Resources

- Stroke Clinic #: 206-320-3278
- Neurosurgery clinic: 206-320-2800
- Mychart help desk: 1-833-395-2035
- Any additional questions? Email strokeprogram@swedish.org

Quotes from Recent Swedish Stroke Support Group Meetings

- “I just remind myself, **THIS IS HOW IT FEELS TO BE ALIVE TODAY.**
Maybe yesterday it felt painful, today it feels angry, yesterday it might be annoying, but **THIS IS HOW IT FEELS TO BE ALIVE TODAY**”
- “YOU are the expert in YOU”
- “I go about my day and focus on all shades of green in the grass, the hummingbirds enjoying the nectar...”
- “If I say I’m not afraid and that I’m brave every day...I’m lying”
- “I can’t walk backwards...I just have to deal with moving forward.”
- “I didn’t realize how much I was focusing on my next stroke, I was denying myself the recognition of how far I’ve come “
- “If I live today for the moment, that’s a win”

- “We do what we can. Some days it’s not much, some days it’s a lot, but we do what we can”
- “ While you can’t see the things I’m struggling with...it doesn’t mean I’m not going through them”
- “If you think you can do it...you gotta try”
- “I’m angry, I’m frustrated, I’m scared, but most of the time I just push through because I feel I can do anything”
- “Take it day by day. Day by day leads to 15..20..years.. Try not to lose sight of the fact that you’re on a track”
- “The old you stayed in the hospital. Now it’s time to figure out the new you”
- “I have learned to be independent...It’s helped me learn to fight for myself”
- “I’ve really amazed myself by being so strong”
- “We’re all progressing, at different speeds, but joining these meetings and hearing the progress encourages me to keep going”
- “The first six months are particularly difficult, it DOES get better”
- “I feel like an imposter... but each DAY is a win for me, so I’m going to be an imposter every day”
- “ I’m so afraid that I cannot meet the challenge I’ve set for myself, but I will not let the fear stop me”
- “Optimism is contagious”
- “We’re all multidimensional people”
- “One minute at a time”
- “Everybody’s experience is their own...and its original”
- “I’m really content with what I *can* do”
- “Don’t believe them when they say it can’t get better after six months, it does.”
- “A victory can be as small as moving your finger another inch... celebrate it.”
- And an important reminder to rest when you need it: **“When you backslide- take a nap”**



"Life is like riding a bicycle.
To keep your balance you
must keep moving." -
Albert Einstein