

# Stroke Resource Guide

## *Support Groups, Resources and Programs*





# *Stroke Resource Guide*

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ChristianaCare does not necessarily recommend any particular service or program listed in this guide. This guide only represents known available services in our community.

For requests to add or change information in this guide, please email [strokeprogram@christianacare.org](mailto:strokeprogram@christianacare.org).



# Stroke Support Groups

## **Delaware Stroke Initiative Support Group**

Christiana Hospital  
4755 Ogletown-Stanton Road  
Newark, DE 19718  
First Thursday of every month  
4-5:30 p.m.  
Contact: squiertoyldr@gmail.com

## **Brain Aneurysm Support Group**

Christiana Hospital  
4755 Ogletown-Stanton Road  
Room 1100  
Newark, DE 19718  
Third Wednesday of every month  
5:30-6:30 p.m.  
302-733-1487

## **Milford Stroke Club**

Bayhealth Milford Rehabilitation  
21 W Clarke Avenue  
Milford, DE 19963  
Second Thursday of January, March, May, July,  
September, November  
4-5:30 p.m.  
302-430-5962

## **Nanticoke Stroke Support Group**

Seaford Library  
600 N. Market St  
Seaford, DE 19973  
Third Tuesday of the month  
1:30-3:30 p.m.  
302-629-6224

## **University of Delaware Aphasia Support Group**

University of Delaware – STAR Campus  
540 S. College Avenue  
Newark, DE 19713  
Third Tuesday of the month  
10-11 a.m.  
302-831-7100

## **Stroke Support Group**

Kent General Hospital Outpatient Center  
209 E. Main Street  
Middletown, DE 19709  
Second Thursday of February, April, June, August,  
October, December  
5:30-7 p.m.  
Contact: Kim Holmes  
302-744-6638

## **Stroke Education Group**

Union Hospital  
106 Bow Street  
Elkton, MD 21921  
Second Wednesday of every month  
10:30 a.m.-12 p.m.  
Contact: Kpatterson@uhcc.com  
410-398-4000

## **Springside Plaza**

200 Biddle Avenue, #101  
Newark, DE 19702  
Third Friday of every month  
12-1 pm  
Contact: Julia Santini  
302-838-4700

## **Aphasia Support Group**

Christiana Hospital  
4755 Ogletown-Stanton Road  
Newark, DE 19718  
First Wednesday of every month  
10-11 a.m.  
Contact: Mindy Myers, mmyers@christianacare.org  
302-733-1014

## **Springside Plaza Aphasia Book Club**

200 Biddle Avenue, #101  
Newark, DE 19702  
Mondays, 1-2 p.m.  
302-838-4700



# Delaware Stroke Initiative

## MONTHLY STROKE SUPPORT GROUP

1<sup>st</sup> Thursday of every month

4:00-5:30 PM

Christiana Hospital, Newark, DE

### **STROKE SUPPORT GROUP**

Stroke survivors, their family, caregivers and friends are invited to attend our Monthly Support Group Meetings, a place where we gather to connect, share experiences, receive information and learn in a caring atmosphere. You're always welcome!

Each month, knowledgeable speakers focus on related health care topics and other important issues. And, we always offer light refreshments.

### **MEETING LOCATION**

Meetings are held at the Christiana Hospital in Newark, DE. Please stop at the reception desk for directions to the meeting room. Also, please feel free to call the number given below prior to arriving to confirm meeting room location.

| Meeting Date                | Time           | CCHS Building | Room #    |
|-----------------------------|----------------|---------------|-----------|
| Thursday, January 2, 2020   | 4:00 – 5:30 PM | Main building | Room 1100 |
| Thursday, February 6, 2020  | 4:00 – 5:30 PM | Main building | Room 1100 |
| Thursday, March 5, 2020     | 4:00 – 5:30 PM | Main building | Room 1100 |
| Thursday, April 2, 2020     | 4:00 – 5:30 PM | Main building | Room 1100 |
| Thursday, May 7, 2020       | 4:00 – 5:30 PM | Main building | Room 1100 |
| Thursday, June 4, 2020      | 4:00 – 5:30 PM | Main building | Room 1000 |
| Wednesday July 2, 2020      | 4:00 – 5:30 PM | Main building | Room 1100 |
| Thursday, August 6, 2020    | 4:00 – 5:30 PM | Main building | Room 1100 |
| Thursday, September 3, 2020 | 4:00 – 5:30 PM | Main building | Room 1100 |
| Thursday, October 1, 2020   | 4:00 – 5:30 PM | Main building | Room 1100 |
| Thursday, November 5, 2020  | 4:00 – 5:30 PM | Main building | Room 1100 |
| Thursday, December 3, 2020  | 4:00 – 5:30 PM | Main building | Room 1100 |

### **QUESTIONS?**

Please feel free to email the DSI at [destrokeinitiative@yahoo.com](mailto:destrokeinitiative@yahoo.com)



# Durable Medical and Adaptive Equipment

## **Easterseals Delaware and Maryland's Eastern Shore**

Resource & Technology Demonstration Center  
61 Corporate Circle  
New Castle, DE 19720  
302-221-2087 or 1-800-677-3800

*FYI: Finance Your Independence Program  
Lower interest loans to purchase  
assistive technology  
302-221-2076  
resources@esdel.org*

## **Delaware Assistive Technology Initiative (DATI)**

University of Delaware  
461 Wyoming Road  
Newark, DE 19716  
302-831-0351  
800-870-DATI (3284)  
www.dati.org

## **Delaware Assistive Technology Initiative (DATI)**

Easterseals Kent County Center  
100 Enterprise Plaza, Suite 1  
Dover, DE 19904  
302-739-6885

## **Easterseals Sussex County Center**

20123 Office Circle  
Georgetown, DE 19947  
302-856-7946

## **Med-Care**

201 Ruthar Drive, Suite 5  
Newark, DE 19711  
302-738-9742

## **Avenue Medical**

1277 S. Governors Avenue  
Dover, DE 19904  
302-674-0907

## **RTA Medical Supply**

255 Wilmington West Chester Pike  
Chadds Ford, PA 19317  
610-558-6222

## **First Choice Home Medical Equipment**

259 Quigley Blvd #1  
New Castle, DE 19720  
302-323-8700

1013 Mattlind Way  
Milford, DE 19963  
302-424-2510



# Rehabilitative Services:

## Physical, Occupational, and Speech Therapy

| Site                    | Address   | Phone                                | Programs   |
|-------------------------|---|--------------------------------------|--|
| <b>Concord</b>          | Concord Health Center<br>161 Wilmington-West<br>Chester Pike<br>Suite 2100<br>Chadds Ford, PA 19317 | PA: 610-361-1195<br>DE: 302-320-7610 | Vestibular PT<br>Neuro PT/OT/ST  |
| <b>Christiana MAP 2</b> | Medical Arts Pavilion 2<br>4735 Ogletown-Stanton Road<br>Suite 1205<br>Newark, DE 19713             | 302-623-4050                         | Speech Therapy Only  |
| <b>Middletown</b>       | Middletown Care Center<br>124 Sleepy Hollow Drive,<br>Suite 101<br>Middletown, DE 19709             | 302-449-3050                         | Aquatic Therapy<br>Hand Therapy (OT)<br>Neuro OT/PT/ ST<br>BIG & LOUD for<br>Parkinson's disease |
| <b>Springside</b>       | 300 Biddle Ave.<br>Connor Building<br>Suite 101<br>Newark, DE 19702                                 | 302-838-4700                         | Aquatic Therapy<br>Neuropsychology<br>Neuro OT/PT/ST<br>Audiology                                |
| <b>Wilmington</b>       | Wilmington Hospital<br>501 West 14th Street<br>6th Floor<br>Wilmington, DE 19801                    | 302-320-6920                         | Center for Rehabilitation<br>Neuropsychology<br>Fluoroscopy<br>MBS studies<br>Neuro OT/PT/ST     |

### Pivot Physical Therapy

Various locations throughout DE, PA and MD  
www.pivotphysicaltherapy.com

### University of Delaware Therapy Clinic

STAR Campus  
540 South College Avenue  
Newark, DE 19713  
302-831-8893

*Additional therapy services are available throughout the state.*

# Driving Rehabilitation

## **Bryn Mawr Driver Rehab Program**

414 Paoli Pike  
Malvern, PA 19355  
484-596-5000

## **MossRehab Driving Program**

Einstein Plaza  
201 Old York Road, Suite 203  
Jenkintown, PA 19046  
215-886-7706

135 South Broad Street  
Woodbury, NJ 08096  
856-853-9900

Foulkstone Plaza  
1401 Foulk Road  
Wilmington, DE 19803  
215-886-7706

18941 John J. Williams Highway  
Rehoboth Beach, DE 19971  
215-886-7706

## **Fox Rehab Driving Assessment Program**

877-407-3422



# Stroke Research Opportunities

## **University of Delaware Neuromotor Behavior and Neurophysiology Labs / Delaware Stroke Studies**

STAR Campus  
540 South College Avenue  
Newark, DE 19713  
302-831-4613



# Adult Day Programs

## Riverside Transitional Care

700 Lea Boulevard  
Wilmington, DE 19802  
302-320-4275

## Gilpin Hall

1101 Gilpin Avenue  
Wilmington, DE 19806  
[gilpinhall.org/services-2/adult-day-program/](http://gilpinhall.org/services-2/adult-day-program/)

## Peach Tree

26900 Lewes Georgetown Hwy  
Harbeson, DE 19951  
302-684-4002

## Point of Hope

34 Blevins Drive, Suite 5  
New Castle DE 19720  
302-731-7676

4877 Wheatleys Pond Road (Route 300)  
Smyrna DE 19977  
302-514-5042

## Weston Adult Day Program

1 Bassett Avenue  
New Castle, DE 19720  
302-328-6425

## Evergreen Center

3000 Newport Gap Pike  
Emily Bissell Hospital, Building F  
Wilmington, DE 19808  
302-995-8448

## Easterseals Delaware & Maryland's Eastern Shore

Sussex County  
22317 DuPont Boulevard  
Georgetown, DE 19947  
302-856-7364

New Castle County  
61 Corporate Circle  
New Castle, DE 19720  
302-324-4444

## Gull House Adult Activity Center

38149 Terrace Road  
Rehoboth Beach, DE 19971  
302-226-2160

## Laurel Senior Center and Laurel Adult Care

113 N. Central Avenue  
P.O. Box 64  
Laurel, DE 19956  
302-875-2533

## Modern Maturity Center

1121 Forest Avenue  
Dover, DE 19904  
302-734-1200

## Active Day of Newark

200 White Chapel Drive  
Newark, DE 19713  
302-533-3543



# Transportation / Adaptive Vehicles

## **Accessible Van and Mobility**

800-784-8267 / 856-829-9449

[www.avmvans.com](http://www.avmvans.com)

## **M.I.T.S. Corporation**

800-243-6487

[www.mitscorp.com](http://www.mitscorp.com)

## **Accessible Vans of America**

888-306-8320

[www.accessiblevans.com](http://www.accessiblevans.com)

## **American Mobility**

302-276-1801

## **Wheelchair Getaways**

800-642-2042

[www.wheelchairgetaways.com](http://www.wheelchairgetaways.com)

## **Wheelers**

800-456-1371

## **ScotAround**

Wheelchair and scooter sales and rentals

888-441-7575

## **Accessible Journeys**

Arranges accessible vacations across the world.

800-846-4537

[www.disabilitytravel.com](http://www.disabilitytravel.com)

## **National Highway and Transportation Safety Administration**

[www.nhtsa.gov/cars/rules/adaptive](http://www.nhtsa.gov/cars/rules/adaptive)

Provides information on automotive safety issues for persons with disabilities.

## **National Mobility Equipment Dealers Association**

800-833-0427

[www.nmeda.org](http://www.nmeda.org)

# Transportation Assistance

## **DART First State Bus Transportation**

800-652-DART

[www.dartfirststate.com](http://www.dartfirststate.com)

## **Paratransit**

800-553-DART

## **SCAT (Senior Citizen Affordable Taxi)**

800-652-DART

## **SEPTA**

Commuter trains

215-580-7800

## **FISH of Northern Delaware**

302-658-2954

FISH volunteers provide transportation to appointments at doctor's offices, clinics and hospitals in Delaware. This is for ambulatory persons when no other agency or resource is available. No service is available on Friday, weekends or holidays, nor is service available at the last minute, for repeat appointments or for physical therapy.

## **Travelin' Talk**

This is a network of people and organizations worldwide willing to provide assistance to travelers with disabilities.

P.O. Box 3534

Clarksville, TN 37043

[www.nmeda.org](http://www.nmeda.org)

# Private Pay Companion Services



For individuals who return home and require assistance above and beyond what family and friends can provide, companion/aide services are available. Funding is typically private pay, or you may apply for waiver services through the State of Delaware.

## **Griswold**

302-416-6758

[Griswoldhomecare.com/Delaware](http://Griswoldhomecare.com/Delaware)

## **Generations**

302-322-3100

[ghcde.org](http://ghcde.org)

## **Comfort Keepers**

302-322-6717

[comfortkeepers.com](http://comfortkeepers.com)

## **Easterseals In-Home Services**

302-221-2060

[easterseals.com/de/our-programs/senior-services/in-home-services.html](http://easterseals.com/de/our-programs/senior-services/in-home-services.html)

## **Home Instead Senior Care**

302-654-4003

[homeinstead.com](http://homeinstead.com)

## **Kimberly's Private Companion Services**

302-376-6883

[kimberlyscareforu.com](http://kimberlyscareforu.com)

## **Senior Helpers**

302-533-5988

[seniorhelpers.com](http://seniorhelpers.com)

## **Visiting Angels**

800-365-4189

# Personal Emergency Response Systems

These systems let you call for help in an emergency by pushing a button worn around the wrist or neck.

**Advanced Alert**  
302-436-9406

**Phillips Lifeline**  
800-451-0525

**Critical Signal Technologies**  
888-547-4462

**Lifeline Systems**  
800-368-2925

**Life Station**  
866-235-1747

**Response Link**  
302-381-5880

**Link to Life**  
877-442-3232



# Telephone Reassurance Programs

These programs provide telephone calls to individuals who are homebound and/or live alone. The organizations check on the individuals' wellbeing and see if they require any assistance.

## **SENIOR ROLL CALL LIFELINE**

The New Castle County Police "Senior Roll Call Lifeline" is a telephone reassurance program that offers daily contact to senior citizens over the age 55 residing in New Castle County, who live alone or have a disability that inhibits mobility, and have no daily contact with friends or family.  
302-395-8159

## **CONTACT Delaware, Inc.**

P.O. Box 9525  
Wilmington, DE 19809  
302-761-9800

# Patient Resources for Recovery Healthcare

The American Stroke Association has the following resources to educate patients and families regarding post stroke rehabilitation:

- n **Patient Guide to Making Rehab Decisions (PDF):** Learn what to expect in medical rehabilitation, how to choose the right facility and the questions you should ask your healthcare provider.

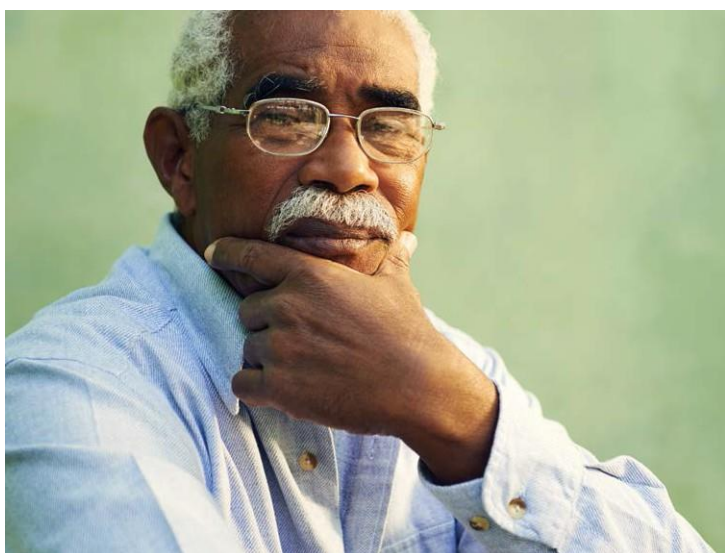
[strokeassociation.org/idc/groups/stroke-public/@wcm/@hcm/@sta/documents/downloadable/ucm\\_494286.pdf](https://strokeassociation.org/idc/groups/stroke-public/@wcm/@hcm/@sta/documents/downloadable/ucm_494286.pdf)

- n **Patient Quick Sheet to Rehab Planning (PDF):** Learn how to make good rehabilitation decisions by asking the right questions at the hospital and before discharge, as well as questions you should be asking rehabilitation providers and questions your family members should be asking.

[strokeassociation.org/idc/groups/stroke-public/@wcm/@hcm/@sta/documents/downloadable/ucm\\_495228.pdf](https://strokeassociation.org/idc/groups/stroke-public/@wcm/@hcm/@sta/documents/downloadable/ucm_495228.pdf)

- n **Let's Talk About Stroke Patient Information Sheets:** Understanding your condition and how to manage it can increase your confidence in making changes to improve and maintain your health. *Let's Talk About Stroke* is a series of downloadable patient information sheets, created by the American Stroke Association, that presents information in a question-and-answer format that's brief, easy to follow and easy to read. They also provide room for you to write down questions to ask your doctor. This can help you prepare to get the most out of your next visit with your health care professional. Whether you or a loved one just had an acute event or are at high risk for stroke, these sheets will help you start taking action to reduce your risk and understand your condition.

[strokeassociation.org/STROKEORG/AboutStroke/Lets-Talk-About-Stroke-Patient-Information-Sheets\\_UCM\\_310731\\_Article.jsp#.Wql2KK3D-ic](https://strokeassociation.org/STROKEORG/AboutStroke/Lets-Talk-About-Stroke-Patient-Information-Sheets_UCM_310731_Article.jsp#.Wql2KK3D-ic)





# Caregiver/Patient Resources

Additional resources provided by community organizations that may be of assistance are listed below.

## **Delaware Health and Human Services (DHHS)**

Division of Services for Aging and Adults with Physical Disabilities

Toll free: 800-223-9074

State of Delaware: 302-391-3500

delawareadrc.com

## **Brain Injury Association of Delaware**

800-411-0505

biaofde.org

## **CHEER**

cheerde.com

## **Delaware Helpline-211**

delaware211.org

## **Easterseals Delaware & Maryland's Eastern Shore**

Caregiver Resource Center

easterseals.com/de/our-programs/

caregiver-and-respite-services/

302-221-2076 or 302-253-1129

resources@esdel.org

## **Delaware Stroke Initiative (DSI)**

302-757-4886

destroke.org

## **Diabetes Association**

800-DIABETES (800-342-2383)

diabetes.org

## **Eldercare Locator**

800-677-1116

eldercarelink.org

## **Family Caregiver Alliance**

800-445-8106

## **American Heart Association**

800-AHA-USA1 (800-242-8721)

americanheart.org or heart.org

## **American Stroke Association**

888-4-STROKE (888-478-7653)

strokeassociation.org

## **Meals on Wheels**

Offers meal services to those in need.

- **New Castle County:** 302-421-3734

- **Newark area:** 302-737-5747 ext. 16

- **Kent County and Lower New Castle County:** 302-734-1200 ext. 119

- **Sussex County (Lewes and Rehoboth Beach areas):**

302-645-7449

mowaa.org

## **Modern Maturity Center**

modern-maturity.org

## **National Aphasia Association**

800-922-4622

aphasia.org

## **National Council on Aging**

202-479-1200

ncoa.org

## **National Institute of Neurological Disorders and Stroke (NINDS)**

800-352-9424

ninds.nih.gov

## **National Stroke Association**

800-STROKES or 800-787-6537

stroke.org

## **Social Security**

800-772-1213

ssa.gov

## **Centers for Medicare & Medicaid Services**

Medicare hotline: 800-MEDICARE (800-633-4227)

Medicaid customer service: 302-255-9500

medicare.gov



