



RESOURCE GUIDE

*For stroke survivors and
their families*

2010

Introduction

About this Resource Guide

Portland State University and Pacific University are pleased to offer Stroke Camp Northwest's 2010 Resource Guide for stroke survivors and their families. This guide provides information from a variety of sources so you can conveniently contact the resources out there to support you and your loved ones. Please call for the most current meeting times, sites, and other information that may have changed since the printing of this guide. The information published in this guide is provided as a convenience and does not imply endorsement. We are not responsible for the content provided on websites hosted by outside organizations and do not guarantee the accuracy of the information they contain.

Dedication

We wish to honor the commitment and dedication of the many participants that have made our camp and resource guides so successful. The work of many hands and caring hearts is required for these endeavors, and we gratefully acknowledge all of those providing the gifts of resources, time, and energy that allow this camp to flourish. Above all, we wish to thank the survivors and caregivers, whose presence is so inspiring. We are grateful to have you in our lives, and that you allow us to share in your efforts and successes so we can learn from you.

Sincerely,

The Resource Guide Team:

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Stroke Camp Northwest

Stroke Camp Northwest is a joint program of Portland State University (Portland, OR) and Pacific University (Forest Grove, OR) that provides supported communication strategies for persons living with aphasia and their loved ones along with outdoor recreational opportunities. Since it began in 1998, Stroke Camp Northwest has helped hundreds of stroke survivors learn new ways to connect with one another and their families while enjoying the beauty of the outdoors on Oregon's Mt. Hood.

With the support of licensed speech, occupational, and physical therapists, communication specialists, psychologists, and students, campers enjoy a weekend of hiking, fishing, crafting, and more while receiving strategies and ideas for enhancing quality of life. Further, Stroke Camp Northwest is committed to research and providing graduate students with opportunities to deepen their knowledge of working with persons with aphasia.

Stroke Camp Northwest is a place for stroke survivors to reacquaint themselves with activities they enjoyed before their stroke and where loved ones are encouraged to come and join professional counselors in discussing supportive techniques for their family members and themselves. Come join us for a weekend of fun!

For more information, visit our website at www.strokecampnorthwest.org, email us at info@strokecampnorthwest.org, or call us at (503)725-2360.

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PSU Aphasia Support Groups

Developing Community

Hello!

Individuals and families impacted by aphasia face many unique challenges. Often, support specifically designed for these people is limited. Thankfully, there are support groups for individuals and families impacted by aphasia, groups which have developed out of Stroke Camp Northwest.

There are three groups in the Portland area that provide the individual experiencing aphasia and their family members the opportunity to develop a sense of community with others impacted by aphasia. Stroke survivors and their loved ones organize and run the groups. They're joined by faculty and students from Portland State University's Department of Speech & Hearing Sciences who work with survivors and families as they move on and strive to improve their condition.

The support groups are free of charge but do ask for small contributions to be given to the churches that have donated space. Regular attendance is not required but families feel that attending often is beneficial to everyone. Participants should be at least 3 months post stroke before beginning support groups.

For more information about these groups, please feel free to contact me.

Best to you,

Susan

Susan Ginley, M.A., CCC-SLP
Portland State University
Speech & Hearing Sciences
(503)725-3546
Email: sginley@pdx.edu

Messages from Group Members

"I see the improvement in people and that's encouraging because they (medical personnel) said there wouldn't be any [improvement]."

~ AV, mother of an adult stroke survivor

"All of it, all the camaraderie."

~ MV, a stroke survivor

"It's people like me."

~ DW, a stroke survivor, in response to the question why does he like to come to the group

Local Groups

Continuous Improvement Group

Who: Individuals and families
When: Each Monday*, 11 AM – 12 PM
(* Once a month meetings are held on Friday from 1 PM – 2:30 PM)
Where: Valley View Evangelical Church
11501 SE Sunnyside Rd.
Clackamas, OR 97015
Contact: Don Rodgers (360)693-9398 or
Barb Shoepe
seashorebjs@aol.com

Speak EZ Group

Who: Individuals and families
When: Odd numbered Saturdays,
10 AM – 12 PM
Where: Luther's Lodge, Resurrection
Lutheran Church
1700 NE 132nd Ave.
Portland, OR 97230
Contact: Mike Yuckert: (503)694-5160

Westside Aphasia Group (WAG)

Who: Individuals and families
When: Various Saturdays a month,
10 AM – 12 PM
Where: Providence St. Vincent Medical
Center
9205 SW Barnes Rd.
Portland, OR 97225
Contact: Susan Ginley (503)725-3546
sginley@pdx.edu

Note: Other Support Group locations and contact information for the Pacific Northwest Area are listed towards the end of this resource guide.

American Stroke Association

The American Stroke Association (ASA) is the division of the American Heart Association (AHA) that's solely focused on reducing the impact of stroke through research, education, fundraising, and advocacy. Below are some of our featured services and products.

Stroke Family Warmline

A telephone resource staffed by individuals personally affected by stroke. The ASA Warmline is available to answer questions, suggest resources, or just provide an understanding ear. They can provide information on the latest educational materials available and support groups in your area. Call 1(888)4-STROKE (478-7653) and ask to speak with someone on the Warmline.

Stroke Connection Magazine

The ASA Stroke Connection Magazine is designed to help survivors, caregivers, family members and friends affected by stroke. Published six times a year, Stroke Connection offers stories of inspiration, updates on the latest stroke research, information to help prevent additional strokes and articles on many topics of interest to those affected by stroke. Subscriptions are free and available by calling the Warmline (see above) or visiting on the web at www.strokeassociation.org.

Web Resources

The ASA Web site (www.strokeassociation.org) puts stroke information at your fingertips. Of particular interest to families living with stroke is the section called Life After Stroke. Click on "Life After Stroke" to see links to topics such as Common Effects of Stroke, Avoiding Another Stroke and how to subscribe to Stroke Connection magazine. Click on "Recovering" for links to a list of stroke support groups across the country and to learn about on-line discussion boards and our Pen Pal Program.

The ASA understands the value of support groups for individuals living life after stroke. We encourage groups to register with our national office by calling the Warmline. Free benefits include being listed in the national on-line registry, being recommended through the Warmline, group subscription to Stroke Connection magazine and meeting topic ideas.

In Your Community

The American Stroke Association and the American Heart Association in Oregon are at work in the community in a number of ways. Our main role is to bring our research-based information and resources to the community and our partners. We work with state agencies, schools, faith communities, employers, healthcare systems, legislators, the media, and others to spread the word about heart disease and stroke – what it takes to prevent and treat, and that there is hope for those recovering. You can access our local homepage through www.strokeassociation.org to learn more about events and programs in your area.

Providence ElderPlace

Providence ElderPlace is a comprehensive care program that offers health, housing, social service, and care coordination solutions to older adults and peace of mind to their families. We are dedicated to providing dignified care to seniors in a compassionate environment built on principles of responsive, service, top-quality health care, and trust.

Our Health & Social Centers are where the Providence ElderPlace community comes together. Each comfortable center gives our members a place to socialize, receive services, and engage in activities. In addition, our members receive most of their medical services at these locations.

We encourage you to visit the center nearest you or to contact one of our counselors at (503)215-6556 to schedule a tour or learn more online at

www.providence.org/oregon/Programs_and_Services/ElderPlace/default.htm.

Greater Seattle residents call (206)320-5325 or visit online for more information at

http://providence.org/long_term_care/elderplace/default.htm

Marie Smith Health & Social Center

4616 N. Albina Ave.
Portland, OR 97217

Tel: (503)335-9980

ElderPlace Gresham

17727 E Burnside St.
Portland, OR 97233

Tel: (503)215-9800

ElderPlace Laurelhurst

4540 NE Glisan St.
Portland, OR 97213

Tel: (503)215-3738

ElderPlace Glendoveer

13007 NE Glisan St.
Portland, OR 97230

Tel: (503)215-6556

ElderPlace Cully

5119 NE 57th Ave.
Portland, OR 97218

Tel: (503)215-8050

Stroke Signs & Symptoms

If you notice one or more of these signs, don't wait. Stroke is a medical emergency. Call 9-1-1 or your emergency medical services. Get to a hospital right away!

The American Stroke Association wants you to learn the warning signs of stroke:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Be prepared for an emergency.

- Keep a list of emergency rescue service numbers next to the telephone and in your pocket, wallet or purse.
- Find out which area hospitals are primary stroke centers that have 24-hour emergency stroke care.
- Know (in advance) which hospital or medical facility is nearest your home or office.

Take action in an emergency.

- Not all the warning signs occur in every stroke. Don't ignore signs of stroke, even if they go away!
- Check the time. When did the first warning sign or symptom start? You'll be asked this important question later.
- If you have one or more stroke symptoms that last more than a few minutes, don't delay! Immediately call 9-1-1 or the emergency medical service (EMS) number so an ambulance (ideally with advanced life support) can quickly be sent for you.
- If you're with someone who may be having stroke symptoms, immediately call 9-1-1 or the EMS. Expect the person to protest — denial is common. Don't take "no" for an answer. Insist on taking prompt action.

Further stroke information:

The American Stroke Association, 1(888)4-STROKE (478-7653), www.strokeassociation.org

For other tips concerning Activities of Daily Living after a stroke:

Caring.com, <http://www.caring.com/activities-for-stroke>

Legal Information Regarding Aphasia

Note: The following is a publication of the National Aphasia Association (NAA) and may not be reproduced without consent. Visit their website for more information on the non-profit organization and its research, education, rehabilitation and support services.

The National Aphasia Association

350 7th Ave. Ste. 902

New York, NY 10001

Tel: 1(800)922-4622

Email: responsecenter@aphasia.org

Website: www.aphasia.org

Unnecessary arrests, inappropriate proceedings and misguided decisions have resulted when police officers, attorneys, and judges have been ignorant of aphasia. In addition to the NAA's Fact Sheets about aphasia and its impact, the following resources have proven helpful in some cases.

The Americans with Disabilities Act (ADA) prohibits discrimination against people with disabilities in employment, public accommodations, transportation and other areas. The American Speech-Language Hearing Association (ASHA) has a list of articles that interpret the ADA. Much of the information relates to other communications disabilities such as deafness, but some is relevant to people with aphasia. Contact ASHA Office of Multicultural Affairs, 10801 Rockville Pike, Rockville, MD 20852, (301)897-5700, www.asha.org. For information on filing complaints under the ADA Department of Justice, go to www.usdoj.gov or call 1(800)514-0301.

The paper, "Legal Aspects of Aphasia, American Bar Association and the American Speech-Language-Hearing Association" (1983), discusses several cases relating to aphasia. Issues include the competency of people with aphasia to create and change wills, to act as a witness, and the right to serve on a jury. Other issues raised were cases of unethical conduct by attorneys who defrauded people with aphasia. The article continues to serve as a starting point for advanced aphasia and the law research. A copy is available from the National Aphasia Association by calling 1(800)922-4622 or visiting their website at www.aphasia.org.

Legal Competency of Aphasic Patients: Role of Speech-Language Pathologists, Archives of Physical Medicine & Rehabilitation, Vol. 61, August 1980 (pp. 375-76). The authors, two speech-language pathologists and a physician, conclude that it would be in the best interest of persons with aphasia if the court would depend on the expert opinions of speech-language pathologists to make detailed evaluations of language competency (rather than relying on a neurologist, physiatrist, or general practitioner). They also state that a speech-language pathologist can help choose the best way to communicate with a person with aphasia who must respond to questioning.

Law Enforcement Response to Persons with Aphasia, Police Chief Magazine, December 2004. Written by a police officer and the Executive Director of the NAA, the article explains aphasia and suggests appropriate responses when encountering a person with aphasia.

Adaptive Equipment for Stroke Survivors

AliMed, Inc. Medical & Ergonomic Products for Healthcare, Business, & Home

297 High St.
Dedham, MA 02026

Tel: 1(800)225-2610

Website: www.alimed.com

- Huge variety of products
- Online catalogue and shopping

Beaverton Pharmacy

12250 SW Canyon Rd.
Beaverton, OR 97005

Tel: (503)644-2101

Fax: (503)626-8698

Website: www.beavertonpharmacy.net

Hours: Mon – Fri 9 AM – 7 PM
Sat 9 AM – 6 PM
Sun 10 AM – 4 PM

- Complete home health equipment including bathroom items, commodes, shower chairs, wheelchairs, and walkers
- Sales and rentals available
- Complete pharmacy with drive through window

Care Medical & Rehabilitation Equipment

1877 NE 7th Ave.
Portland, OR 97212

Tel: (503)288-8174

Website: www.caremedical.com

For catalog order, visit:

www.caremedicalsourc.com

- Basic to high-end care equipment
- Full service department
- Specializes in bariatric care
- Sales and rentals available
- Oregon locations: Portland, Salem, and Eugene
- Washington locations: Everett, Seattle, Tacoma, Olympia, Longview, and Vancouver

Gold Violin

Tel: 1(877)648-8400

Website: www.goldviolin.com

Hours: Mon – Fri 9 AM – 9 PM

- Products for independent living
- Online shopping

Hanger Prosthetics & Orthotics West, Inc

Website: www.hanger.com

(click: Locations→Find a Location)

- Many locations including: Oregon, Washington, California, and Montana
- Braces and artificial limbs
- Online Shopping

Hollywood Senior Center

1820 NE 40th Ave.
Portland, OR 97212

Tel: (503)288-8303

Fax: (503)288-8305

Website: <http://hollywoodseniorcenter.com>

Hours: Mon – Fri 8:30 AM – 4:30 PM

- Medical equipment loan program
- Case management services

Home Services Medical Equipment Dispensary

6410 NE Halsey St.
Portland, OR 97213

Home Health: (503)215-4646

Home Med. Equipment: (503)215-4663

Hospice: (503)215-CARE (2273)

Specialty Pharmacy: (503)215-4633

Website: www.providence.org/oregon
(click: Programs & Services →
Home & Community Services)

- Scroll down to "Home Services", "Home Health", "Medical Equipment", and "Hospice")
- Specializes in home oxygen equipment
- Walking aids and wheelchairs
- Beds and bedrooms equipment
- Home health aids

Krueger Medical Services Hospital & Medical Supplies

14210 Fir St. Ste. A
Oregon City, OR 97045

Tel: (503)723-7386

1(800)245-2825

Website: www.kruegermedicalservices.com

- First aid and safety products
- Scooters, beds, lift chairs and diabetic supplies
- Sales and rentals available

McCann's Pharmacy (SE location)

2360 SE 182nd Ave.
Portland, OR 97233

Tel: (503)492-7777

Website: www.mccannsmm.com

- Medical supplies and wound care, hospital beds, crutches, and wheelchairs
- Sales and rentals available
- Open Saturdays
- Will special order any item

McCann's Pharmacy (SW location)

15685 SW 116th Ave
Tigard, OR 97224

Tel: (503)639-7377

Website: www.mccannsmm.com

- Prescription fills
- Open Saturdays
- Will special order any item

Mobility Plus: Mobility Sheets

Phoenix, AZ

Tel: (480)895-8608

- Sheets provide a reduced friction area under the body, with a border offering traction to the hands. Combination allows people with reduced mobility to turn over in bed without fear of falling out of bed.
- Products are easily shipped

Mountain View Medical Supply

8080 Mill Plain Blvd.
Vancouver, WA 98664

Tel: (360)695-5161
1(866)695-5161

- Bathroom safety equipment and incontinence products
- Wheelchairs, seat-lift chairs, ambulation aids, and hospital beds
- Oxygen and CPAP equipment and supplies
- Bracings and compression stockings

Nordstrom Stores

Clackamas	(503)652-1810
Lloyd Center	(503)287-2444
Downtown	(503)224-6666
Washington Square	(503)620-0555
Salem	(503)371-7710
Vancouver, WA	(360)256-8666

Website: www.nordstrom.com
(click: "Our Stores" to locate a store)

- All stores will sell two differently sized shoes as one pair or sell just one shoe at a reduced price
- Sizes must differ by one full shoe size

The Scooter Store

Tel: 503-682-3031
1(800)391-7237

Website: www.thescooterstore.com

- Call to request a catalog or order equipment
- Contact your local regional manager for equipment service
- Scooters, power chairs, lifts, ramps, and accessories for independent living
- Work with your doctor to identify your mobility needs
- Coordinate your Medicare or insurance benefits
- Provides in-home delivery and adjusts for a custom fit

Shamrock Medical

7610 SE Foster Rd.
Portland, OR 97206

Tel: (503)233-5055
1(800)231-2225

Fax: (503)234-6974

- Bathroom items, wheelchairs, crutches, and walkers
- Adapted kitchen items and tools
- Medicaid accepted (not contract providers)
- Sales and rentals available
- Walker and wheelchair repairs

Pacific Coast Medical Supply

1210 Marine Dr.
Astoria, OR 97103

Tel: (503)338-0349

- Bathroom safety equipment and incontinence products
- Wheelchairs, seat-lift chairs, ambulation aids, and hospital beds
- Oxygen and CPAP equipment and supplies

Wellhaven Gifts for Seniors & Boomers

Tel: 1(888)564-1500

Website: www.wellhaven.com
(click: Enabling easier everyday living)

- Online catalogue and ordering online or by phone
- Playing card holders, large print playing cards, magnifying glasses, etc.
- Adult children/grandchildren of aging parents/grandparents who seek useful and unique gift ideas
- Seniors and boomers who buy for themselves or friends
- Aging Service organizations such as senior centers, retirement communities, assisted living facilities, nursing homes and hospitals

Adult Day Care & Respite Programs

A day stay/care program is one where the adult is dropped off for the day, then picked up and returned home. A respite care program provides overnight care.

Caretique, Inc.

8401 NE 8th Way
Vancouver, WA 98664

Tel: (360)253-6200

Website: www.caretique.com

- Devoted to the care and support of people with dementia, Alzheimer's, Parkinson's, traumatic brain injury, and other similar dementia conditions
- Programs include day stay and respite care

Cascade Health Solutions - Kaufman Senior Center

996 Jefferson St.
Eugene, OR 97402

Tel: (541)726-4484

Email: agillispie@cascadehealth.org

Website: www.cascadehealth.org
(click: Center for Healthy Living
→ Cascade Adult Center)

Hours: 7:30 AM – 5:30 PM

- Exercise, art, mental stimulation, bible study, musical guests
- Medication and personal care
- One hot meal and two snacks
- Three caregiver support groups per week and caregiver training

CDM Services

11818 SE Mill Plain Blvd. Ste. 415
Vancouver, WA 98684

Tel: (360)896-9695

(503)221-7441

Fax: (360)896-9732

Email: info@cdmltc.org

Website: www.cdmservices.net

Hours: Mon – Fri 8 AM – 5 PM

- Helping people help themselves to remain independent at home with dignity and choice
- Day stay services, including referral for an in-home caretaker

Robinson Jewish Health Center & Adult Day Services at Cedar Sinai Park

6125 SW Boundary St.
Portland, OR 97221

Tel: (503)535-4400

Fax: (503)535-4330

Website: <http://cedarsinainpark.org/>

Hours: Mon – Fri 8:30 AM – 6 PM

- Activities include exercise, golf, sing-a-longs, reminiscing, music, and trivia games
- Lunch and two snacks provided
- Call for rates (hourly and full-day available)
- Not a drop-in center,
- Other Portland locations and services available at website

Grace Center for Adult Day Services

980 NW Spruce Ave.
Corvallis, OR 97330

Tel: (541)754-8417

Email: gracecenter@comcast.net

Website: www.grace-adultdayservices.org

Hours: Mon – Fri 8 AM – 4:30 PM

- Site appropriate for post-rehabilitation services as it provides social, health, and support services in a homelike setting
- Art therapy, exercise, individualized activities, and vital stats monitoring
- Call for rates; sliding fee scale available for full-day attendance

Hampton Communities

1617 SE Talton Ave.
Vancouver, WA 98683

Tel: (360) 256-8513

Website: www.thehampton.com

- Provide regular services for Alzheimer's and other memory loss conditions
- Will provide short term respite care on case-by-case basis, private pay
- Call for pricing, availability, and criteria
- Ask for Kathy Sholes

Innovative Services NW

9414 NE Fourth Plain Rd.
Vancouver, WA 98662

Tel: (360) 892-5142

Fax: 360-892-2157

Website: www.innovativeservicesnw.org

- Adult and Elder day stay services as well as socialization and respite care
- Adult Day Health Center provides restorative services from physical and occupational therapy teams. Programs may include mobility groups and individualized rehabilitation.

Lambert House

2600 SE 170th Ave.
Portland, OR 97236

Tel: (503)760-2075

Website: www.voaor.org

Hours: Mon – Fri 7:30 AM – 5:30 PM

- Activities include arts and crafts, meals, movies, card games, gardening therapy, music therapy, and games
- Call for rates for half day and full day (insurance and private pay accepted)
- Half and full day rates include a meal

Legacy Meridian Park

19300 SW 65th Ave.
Tualatin, OR 97062

To contact stroke care specialist: 503-692-2519

Self-Paced Learning Lab: (503) 692-7386

- Provides a variety of rehabilitation services
- Self-Paced Learning Lab offers communication and social skills classes, as well as classes that stimulate cognitive functioning
- Stroke Survivor Support Group available (once per month)

Lifeworks Northwest

14600 NW Cornell Rd
Portland, OR 97229

Tel: 503-645-3581

Fax: 503-629-8517

Website: www.lifeworksnw.org

- Individual assessment for adults 65+ for plans and activities, transportation services, medication monitoring, recreation, music, art therapy, hot lunch, and caregiver classes
- Full-time RN available
- Assistance with activities of daily living
- Call for rates

Marie B. Smith Center

4616 N Albina Ave.
Portland, OR 97217

Tel: (503)335-9980

Website: www.voaro.org

- Therapeutic health, social, and recreational activities, including tai-chi, gardening/music/art therapy
- Personalized attention from caring staff trained in CPR and first-aid.
- Physical and occupational equipment available for functional maintenance program. No physical or occupational therapists located on-site, however, individuals are welcome to bring their physical or occupational therapist to the center to engage in the functional maintenance program.

Park Lido

8422 NE 8th Way
Vancouver, WA 98664

Tel: (360)256-2980

Email: shanti@theparklido.com

Website: www.parklido.net

- Assisted living facilities
- Adjacent to complete medical facilities
- Individual care options available
- Day stay and respite services

River Valley Landing

19200 SW 65th Ave.
Tualatin, OR 97062

Tel: (503)692-3192

Website: www.rivervalleyrcf.com

Hours: Mon – Fri 8:30 AM – 6 PM,
Sat & Sun 9 AM – 5 PM

- Assistance with independent living
- Caregivers, medication aids, and full-time registered nurses on-site
- Recreational groups include baking, bingo and music
- Overnight, full-time and part-time care provided (\$150.00/day for private room)

Southwest Washington Agency on Aging & Disability (SWAAD)

201 NE 73rd St. Ste. 201
Vancouver, WA 98665

Senior Info & Assistance: (360)694-8144

SWAAD: (360)735-5720 or (888)637-6060

Fax: (360)696-4905

Email: IAClark@dshs.wa.gov

Website: www.helpingelders.org

- Community resource information and referrals for Clark, Cowlitz, Skamania, Wahkiakum, and Klickitat Counties
- "Powerful Tools" is a caregiver class that teaches caregivers how to take care of themselves. This class held twice a year in November and April; call to sign up.
- Respite care provided during class

Respite Referral Services

Adult Placement Network

8826 SE 28th Pl.

Milwaukie, OR 97222

Tel (503)659-2029

Email: info@adultplacementnetwork.com

Website:

www.adultplacementnetwork.com

- Personalized service designed to assist families in locating the most appropriate living arrangements around the greater Portland and Vancouver areas
- Options include adult care homes, assisted living, residential care, Alzheimer's care, retirement communities and skilled-care facilities
- Facility tours available
- Service is free

Eldercare Locator

Tel: 1(800)677-1116

Website: www.eldercare.gov

- National resource for services anywhere in the United States
- Search by zip code, city, or county
- A public service of US Administration on Aging

Legacy Good Samaritan Hospital & Medical Center

Legacy Caregiver Services

1015 NW 22nd Ave.

Portland, OR 97210

Tel: (503)413-7706 (Oregon)

(360)487-1188 (Washington)

Fax: (503)413-6911

Email: caregiver@lhs.org

Website: www.legacyhealth.org

(click: Health Services and Information → All Legacy Services → Caregiver Services)

Hours: Mon – Fri 8:00 – 5:00 pm

- Legacy Caregiver Respite Services maintains a listing of contract caregivers who have attended a Legacy training program. Listing is updated and published bi-monthly and is available online or by phone.
- One adult day care program available for dementia
- Educational class for family members, "Powerful Tools for Caregivers"
- Fees apply for care

Oregon Lifespan Respite Care

500 Summer St. NE, E17

Salem, OR 97301

Tel: (503)947-2318

Fax: (503)378-6532

Email: may.martin@state.or.us

Website:

<http://www.oregon.gov/DHS/respite/>

Hours: 8 AM – 5 PM

- This link provides a list of Oregon Lifespan networks for every county

Books Related to Stroke & Aphasia

After Stroke

by David M. Hinds and Peter Morris

American Heart Association Family Guide to Stroke Treatment, Recovery, & Prevention

by the American Heart Association

Aphasia, My World Alone: A Personal Record

by Helen Harlan Wulf

Black Health Library Guide to Stroke

by LaFayette Singleton, M.D. and Kirk Johnson

Brain Attack: Mapping Out Early Recovery from Stroke

by Mary M. Castiglione and Cynthia C. Johnson

Caregiver's Handbook: A Complete Guide to Home Health Care

by Deni Bown

Caring for Yourself While Caring for Others: A Caregiver's Survival and Renewal Guide

by Marian L Bingea and Lawrence M. Brammer, Ph.D.

The Family Guide to Surviving Stroke & Communication Disorders

by Dennis C. Tanner

How to Conquer the World with One Hand...And an Attitude

by Paul E. Berger and Stephanie Mensh

Living with Stroke: A Guide For Families: Help & New Hope for All Those Touched by Stroke

by Richard C. Senelick M.D., Peter W. Rossi, M.D., and Karla Dougherty

My Stroke of Luck

by Kirk Douglas

My Stroke of Insight: A Brain Scientist's Personal Journey

by Jill Bolte Taylor, Ph.D.

Pathways: Moving Beyond Stroke & Aphasia

by Susan Adair Ewing M.A, CCC & Beth Pfalzgraf M.A., CCC

Portrait of Aphasia

by David Knox

Understanding Stroke & Aphasia

by Jon Eisenson

The Comfort of Home for Stroke: A Guide for Caregivers

by Maria Meyer and Paula Derr

The Stroke Book: A Guide to Life After Stroke for Survivors & Those Who Care for Them

by June Biermann and Barbara Toohey

What You Really Need to Know about Caring for Someone after a Stroke

by Robert Buckman, M.D. with Jenny Sutcliffe

These books and more may be found at local bookseller Powell's Bookstore by visiting www.powells.com or calling 1(800)878-7323.

Multnomah County Central Library
Main line: (503)988-5123
Switchboard for all Multnomah County branches: (503)988-5402
Website: www.multcolib.org

Access to electronic books maybe found online at:

<http://www.strokesurvivor.com/e-books.html>

Reading Materials & Resources

Amazon

Website:

www.largeprintbooks.ejoy.com/subscribe.asp?search=55271

- This portion of the Amazon website offers exclusively large print books
- You may also locate large print books in any portion of the Amazon website simply by adding "large print" to your search

Library Outreach and Mail Delivery Service: Washington County Cooperative Library Services

111 NE Lincoln St. MS 58-A
Hillsboro, OR 97124

Tel: (503)648-9785

Fax: (503)615-6601

Library Resale Stores

- Many libraries have stores or shops where they sell books that have been withdrawn from circulation
- These stores often have a section dedicated to large print books

National Library for the Blind & Physically Handicapped (NLS)

Library of Congress
Washington, DC 20542

Tel: (202)707-5100
1(888)NLS-READ (657-7323)

TTY: (202)707-0744

Fax: (202)707-0712

Email: nls@loc.gov

Website: www.loc.gov/nls

- Refer to your local Talking Book branch for more detailed information
- Loans large print books, recorded and Braille books, magazines, music scores in Braille and large print, and specially designed playback equipment

Talking Book & Braille Services

Oregon State Library

250 Winter St. NE

Salem, OR 97301

Tel: (503)378-5389 or 1(800)452-0292

TTY: 1(800)735-2900

Fax: (503)585-8059

Email: tbabs.info@state.or.us

Website: www.TBABS.org

Hours: Mon – Fri 8 AM – 5 PM

- Call or check online for eligibility and to view the application
- Provides books on tape and cassette machines to print-disabled Oregonians
- Participants receive catalogs describing new books; catalogs available in large print, on cassette, in Braille, and online
- Over 60,000 titles available

Title Wave Used Bookstore

216 NE Knott

Portland, OR 97212

Tel: (503)988-5021

Website: www.multcolib.org/titlewave

Hours: Mon – Sat 10 AM – 4 PM

Washington Talking Book & Library Services

2021 9th Ave.

Seattle, WA 98121

Tel: (206)615-0400

1(800)542-0866

TTY: (206)615-0418

Email: wtbbl@seastate.wa.gov

Website: www.wtbbl.org

Hours: Mon – Fri 8:30 AM – 5 PM

Go into the 9th Ave. location or download audio books online.

Community Resources & Information

Central Oregon Resources for Independent Living (CORIL)

20436 SE Clay Pigeon Ct.
Bend, OR 97702

Tel: (541)388-8103
press "0" for general information

Website: www.coril.org

- Non-profit organization promoting independent living for people with disabilities. Provides community and peer support information
- Offers several independent living resources: Brain Train ©, a computer program designed to improve thinking ability and control, offers various voice recognition software programs to test, Microsoft Word and Excel classes
- ADA coordinated
- Please call for appointments

Douglas County Senior Services Main Office

621 W Madrone St.
Roseburg, OR 97470

Tel: (541)440-3580
1(800)234-0985

TTY: (541)440-3548

Fax: (541)440-3599

Website: www.co.douglas.or/us/health/SS

- State agency
- Locations in Roseburg, Canyonville, Drain, and Reedsport
- Provides medical and food stamps assistance
- Assistance in securing in-home care and locating residential care facilities

Faith In Action

National Network Number: 1-866-839-8865

Find Local Chapter near you:

<http://www.fianationalnetwork.org/find-fia-program.cfm>

- Local Faith in Action programs brings volunteers of different faiths together to care for their homebound neighbors who may be isolated and living with chronic health conditions or disabilities.
- The Faith in Action volunteers come from churches, synagogues, and other houses of worship, as well as from the community at large, and provide many forms of non-medical assistance
- Transportation to medical and other appointments, help with shopping, reading or bill-paying, minor home repairs, friendly visiting and telephone support, respite care for family caregivers

**Handicap Awareness & Support League
(HASL) Independent Abilities Center**

305 NE E St. (Parkway Professional Bldg.)
Grants Pass, OR 97526

Tel: (541)479-4275
1(800)758-4275

TTY: (541)479-3588

Fax: (541)479-7261

Website: www.haslonline.org/

Hours: Mon – Thr 9 AM – 3 PM
Fri 9 AM – 2 PM

- Non-profit organization that promotes independent living, self respect, self determination, equal access, and equal opportunities for seniors and people with disabilities
- Provides community education, peer mentoring, advocacy, information and referral, and independent living skills
- Additional services include, durable medical equipment loans, employment services, recreational and social programs, accessibility consultations (including on-site evaluations and ADA design ideas and accessibility consultations), training for employers of homecare workers, and transportation services within Southern Oregon.
- Visit website for additional resources

Home Providers, Inc.

12645 SE Madison St.
Portland, OR 97233

Blaine and Chris Nelson: (503)253-6991

Email: criscros@criscros.com

Website:

www.co.clackamas.or.us/socialservices/rguide/ccno0001aa.html

Hours: Mon – Sun 8 AM – 8 PM

- Adult care placement consultants in the Portland area
- Provider tours facilities with client to ensure quality match between client and facility
- Free service, collects fees from facilities where individual is placed

Independent Living Resources

2410 SE 11th Ave.

Portland, OR 97214

Tel: (503)232-7411

TTY: Use relay, 711

Fax: (503)232-7480

Email: info@ilr.org

Website: www.ilr.org

- Nonprofit organization promoting independent living for people with disabilities
- Community education, peer support information, decision-support, transcription services, and Braille
- Support groups offered (e.g., traumatic brain injury and a women's group)
- Resources and referrals provided
- Both free and fee-based services
- ADA coordinated
- Please call for an appointment

Legacy Community Health Information Center

Good Samaritan Bldg. 2
1040 NW 22nd Ave. Ste. 300
Portland, OR 97210

Tel: (503)413-7348

Hours: Mon – Fri 9 AM - 4 PM

Website: www.legacyhealth.org

- Classes and health information available online
- Books, brochures, and handouts available for use or to borrow

Living Well with Chronic Conditions

Oregon Department of Human Services
800 NE Oregon St. Ste. 730
Portland, OR 97232

Tel: (971)673-0984
1(888)576-7414

TTY: (971)673-0372

Fax: (971)673-0994

Email: living.well@state.or.us

Website: www.oregon.gov/DHS/ph/livingwell

Hours: 8 AM – 5 PM

- A six-week workshop that teaches real-life skills for living a full, healthy life with a chronic condition (visit website to find a workshop nearest you)
- Participants share their successes and build a common source of support. The workshop builds confidence around managing health and staying active
- Classes are offered throughout Oregon and Washington. Some classes charge a small fee to cover the cost of materials, which includes a book

National Association for Home Care and Hospice

Website: www.nahc.org/

- Nationwide association representing the interests and concerns of home care agencies, hospices, home care aide organizations, and medical equipment suppliers
- Contains a home care/hospice agency locator database of agencies located nationwide
- A membership that also addresses legislative issues, legal services and consumer information regarding home health and hospice agencies

Northwest Senior & Disability Services

Salem, OR 97309
1(800)469-8772

Email: webmaster@nwsds.org

Website: www.nwsds.org

Hours: Mon – Fri 8 AM- 5 PM

- Offers a range of services including caregiver support, housing assistance, insurance, financial assistance, and volunteer opportunities
- Multiple branches in Clatsop, Marion, Polk, Tillamook, and Yamhill counties

Oregon Stroke Center

Hatfield Research Center
13th floor of Oregon Health & Sciences University (OHSU)
3181 SW Sam Jackson Park Rd.
Portland, OR 97239

Ann: (503)494-7225

Fax: (503)494-4690

Website: www.ohsu.edu/health/clinics-and-services.cfm?id=11424

- Educational brochures, handouts, and books
- Wheelchair accessible
- Comprehensive treatment and prevention services

Senior Citizens Council of Clackamas County

PO Box 1777

812 7th St.

Oregon City, OR 97045

Tel: (503)657-1366

Fax: (503)657-4214

Email: s4c@teleport.com

Website:

www.seniorcouncilofclackamasco.org

- In-home services to recruit, screen, and refer care providers for county residents
- Personal care services (e.g. visiting home, help with bill-pay)
- Court appointed guardian/ conservator and guardianship diversion program
- Large variety of low-cost durable medical equipment for loan
- Fees may be associated with services and loan of equipment, but no one is turned away for lack of funds

SPOKES Unlimited

415 Main St.

Klamath Falls, OR 97601

Tel: (541)883-7547

Fax: (541)885-2467

Website: www.spokesunlimited.org

- Non-profit organization promoting independent living for people with disabilities
- Community education, check writing services, financial planning, and peer support information
- Resource referrals available
- ADA coordinated

Oregon Ability

Website: www.oregonability.com

A website designed to help people with disabilities and their families find organizations offering a wide range of programs, products and services relevant to their lives and their needs. such as

Community Resources & Information

educational resources, social services, therapeutic offerings, support groups, and advocacy organizations.

Umpqua Valley Disabilities Network

736 SE Jackson St.

Roseburg, OR 97470

Tel: (541)672-6336

TTY: (541)440-2882

Fax: (541)672-8606

Email: uvdn@uvdn.org

Website: www.uvdn.org

- Nonprofit organization raising awareness of disabilities, promoting full inclusion in the community, and fostering independent living
- Peer mentoring, information and referral, independent living skills training, individual and systems advocacy (e.g., communication with utility companies or other service providers, budgeting, time/stress management)
- Offers a variety of support groups (including one specifically for acquired brain injury)
- ADA coordinated
- Services free of charge

Voluntary Emergency Registry

City of Portland Disability Program

Tel: (503)823-2036

Website: www.portlandonline.com/oni/ver

- A registry of people who would need help evacuating their home during an emergency or would be unable to evacuate without special assistance or notification from emergency response personnel
- Includes people who would be unable to remain at home, without assistance, following a disaster
- Emergency self-preparedness training class available

Computing Resources

Free Geek Community Technology Center

1731 SE 10th Ave.
Portland, OR 97214

Tel: (503)232-9350

Fax: (503)230-8815

Website: www.freegeek.org

Hours: Tue – Sat 11 AM – 7 PM

- Adopt a computer program which helps people receive a refurbished computer in exchange for 24 hours of volunteer service at the center
- Volunteers may: Learn to build a computer program (build six, keep one for yourself) and tasks include recycling, testing, data entry and processing donations. Volunteers may tour Tues – Sat at noon
- Wide range of software but primarily designed for word processing and internet use
- Basic computing class offered (free to volunteers and \$10.00 to the wider community)

Portland State University Assistive Technology Center

Disability Resource Center
116 Smith Memorial Student Union Center
Portland, OR 97207

Tel: (503) 725-8395 (Voice & TTY)

Fax: (503)725-6397

Email: petteysp@pdx.edu

Website:

www.pdx.edu/library/assistivetechonology.html

Hours: Mon – Fri 9 AM – 5 PM

- A used equipment marketplace
- Assistance to locate funding for assistive technology
- Referrals to other agencies and resources
- Assistive technology assistance, training, and education for individuals and groups

State of Oregon Vocational Rehabilitation – Department of Human Services

500 Summer St. NE, E-87
Salem, OR 97301

Tel: (503) 945-5880

1(877) 277-0513

Fax: (503)947-5010

Email: vr.info@state.or.us

Website: www.oregon.gov/DHS/vr

Hours: 8 AM – 5 PM

- Over 30 branch locations located throughout Oregon (may call or visit the website to find the branch nearest you)
- Provided to people with disabilities on an individual basis
- Job Club to aid in employment
- Transitional skills and job search

Counseling, Educational, Financial, & Legal Resources

Counseling Resources

Note: Check with your insurance provider for coverage information.

The American Mental Health Alliance

Tel: (503)222-0332
1(888)706-9933

Website:

www.americanmentalhealth.com

(Click on "Therapist Locator" for a list of mental health providers in your area)

Oregon Chapter: www.amha-or.org

Julianna Waters, MSW, LCSW

1020 SW Taylor St. Ste. 315
Portland, OR 97205

Tel: (503)225-0908

Fax: (503)225-0913

Email: julianawaters@comcast.net

- In-home counseling for home-bound individuals with co-occurring medical and emotional challenges
- In-office individual, couples, or family counseling for issues involving chronic illness/pain, disability, aging, and deafness
- Proficient in American Sign Language

Educational Resources

American Heart Association

Tel: 1(800)242-8721

Website: www.heart.org/HEARTORG/

- Stroke education
- Stroke prevention

Emily Thompson, Community Coordinator

Legacy Community Health Services

Tel: (503)413-8790

Email: ethompso@lhs.org

- Offers talks on stroke prevention and living with stroke

Jack Elmer, Stroke Survivor

4733 SE Hawthorne Blvd.
Portland, OR 97215

Cell: (503)998-4769 or (503)234-8115
(Ask for Mr. Elmer)

Stroke survivor who offers talks to groups about stroke prevention and his experiences

- No fee, by appointment only, two weeks advance notice and a reminder call two days prior to a speaking event

Legacy Caregiver Services

1015 NW 22nd Ave.
Portland, OR 97210

Tel: (503)413-7706

- Classes for caregivers on care issues

Legacy Health System

1919 NW 22nd Ave.
Portland, OR 97210

Tel: (503)413-7348

Website: www.legacyhealth.org

Nationwide Resource for Caregivers:

<http://www.nfcacares.org>

- Wide variety of classes on care issues, legal issues, and estate planning
- Information on gardening, cooking, and other recreational classes
- Receptionist will send you a brochure of class listings and fee information

Older Adult Services & Information System (OASIS) Institute

- Offers classes, events, programs for adults in arts, humanities, wellness and basic computer skills

(4th floor of downtown Macy's Building)

621 SW 5th Ave. 4th floor
Portland, OR 97204

Tel: (503)241-3059

Fax: (503)241-3068

Website: www.oasisnet.org/portland

OASIS Education Center

(Upper level of Macy's at Valley River Center)

100 Valley River Ctr.

Eugene, OR 97401

Tel: (541)687-9178

Website: www.oasisnet.org/eugene

Oregon State University - Valley Library for Aged/Senior Citizens

121 The Valley Library
Corvallis, OR 97331

Tel: (541)737-3331

Website: <http://osulibrary.oregonstate.edu>

- Audio-visual library on topics related to stroke
- Fee varies, reduced tuition rate for senior citizens

Portland Community College (PCC) Senior Studies Institute

PO Box 80744

Portland, OR 97728

Tel: (503)977-4122

Website:

www.pcc.edu/resources/senior-studies

- Pressure-free classes for dynamic older adults in wide variety of areas in the greater Portland metro area
- No grades or mandatory attendance required
- Fees apply for courses and materials
- Class materials available for check-out at main Multnomah County Library

Powerful Tools for Caregivers

Tel: 1(877)701-4999

Email: caregiver@lhs.org

- Six-week education program is for family and friends who are caring for older adults suffering from stroke, Alzheimer's, Parkinson's disease or similar long-term conditions. The class provides you with the skills and confidence you need to better care for yourself while caring for others.

Financial Advising

Edward Jones Investments

29030 SW Town Ctr. Loop E.
Wilsonville, OR 97070

Tel: (503)682-0772

Website: www.edwardjones.com

- Free initial consultation with no future obligation – insurance, tax and estate planning

Howard Shapiro

4010 SW Westdale Dr.
Portland, OR 97221

Tel: (503)296-8500 (business hours)

- Provides individual advising and referrals as needed
- No fee

Social Security Administration

1538 SW Yamhill St.
Portland, OR 97205

221 NE Schuyler St.
Portland, OR 97212

Tel: 1(800)772-1213

TTY: 1(800)325-0778

Website: www.socialsecurity.gov

Hours: Mon – Fri 9 AM – 4 PM

- Provides free advising
- Wheelchair accessible with handicap parking
- No fee
- Call or check online to find locations by zip code

Senior Health Insurance Benefits Assistance Program (SHIBA)

250 SE Church St. Ste. 200
Salem, OR 97301

Tel: (503)378-2014

(800)722-4134

TTY: 1(800)735-2900

Fax: (503)378-8365

Email: shiba.oregon@state.or.us

Website: www.oregon.gov/DCBS/SHIBA

- Free information about Medicare and prescription drug plans for Oregonians
- Volunteers educate, assist, and serve as advocates for people with Medicare
- No fee required

Legal Resources

Northwest Justice Project

500 W 8th Ave. Ste. 275

Vancouver, WA 98660

Tel: (360)693-6130

Intake: 1(888)201-1014

Website: www.nwjustice.org/

- Provides assistance with civil and legal-based needs
- First call 800 number Monday-Friday mornings

Oregon State Bar

Tel: (503)620-0222

Website:

www.osbar.org/public/legallinks.html

- Provides legal information about Oregon Law and lawyer referral services

St. Matthews Legal Clinic

Washington County: (503)648-1600

Clackamas County: (503)557-9800

Multnomah County: (503)281-1500

Website: www.salcgroup.org/home.cfm

- A community-based non-profit organization that provides quality legal services in the area of family law to low-income individuals and families
- Every potential client must first receive an initial legal consultation. To make an appointment, please call the SALC office nearest you

Consumer Protection

Better Business Bureau

Website: www.thebbb.org

- Attempts to maintain standards for truthful advertising, investigating and exposing fraud against consumers and businesses and providing information to consumers before they purchase products and services.
- View their website to investigate accredited and non-accredited businesses within Alaska, Oregon and Western Washington.

Oregon Department of Human Services – Consumer Education

Website:

http://www.oregon.gov/menutopic/public_safety/consumer_protection.shtml

- Provides information related to consumer-related matters.
- Topics include information regarding the Internet, telecommunications, debt collection agencies, and identity theft.

Oregon Public Utilities Commission

Phone: 1(800)522-2404

Website:

<http://www.puc.state.or.us/PUC/consumer/index2.shtml>

- Consumer Services staff can help resolve billing and service conflicts between customers and companies that provide telecommunications, electric, gas and water services.

In-Home Care, Repair, & Yard Work

Adeo In-Home Care

7145 SW Varns St.

Tigard, OR 97223

Tel: (503)670-7260

644 SW Coast Hwy.

Newport, OR 97366

Tel: (541)574-8660

Website: www.adeohomecare.com

- Provides Experienced nurse-supervised care coordination
- Services includes companionship and homemaking care to more complex diabetic, dementia, Alzheimer's, and Hospice care

Community Builders Program Reach Community Development

1135 SE Salmon St.

Portland, OR 97214

Tel: (503)231-0682

Fax: (503)236-3429

Website: www.reachcdc.org

- Provides minor home repairs (smoke detectors, grab bars, etc.), minor carpentry repairs, and exterior painting to the elderly and disabled
- All services free to eligible recipients in the Portland metro area

Home Helpers

Tel: (541)229-5263 Roseburg, OR
(541)461-3142 Eugene, OR
(425)481-9998 Woodinville, WA
(425)996-3430 Issaquah, WA
(425)412-6480 Lynnwood, WA
(360)597-4138 Vancouver, WA

Website: www.homehelpers.cc
(Additional locations on website)

- Personalized care, companionship, assistance with meals, housekeeping, transportation, and errand services
- Employees are screened, formally trained, insured, and bonded
- Affordable and flexible schedules

In Your Home

Tel: (503)443-2424

Website: www.iyhusa.com

- Simple modifications, remodels, maintenance, and handyman to support independent living

Making Life Easier Home Care Services

9011 Beaverton-Hillsdale Hwy. Ste. 1-D
Portland, OR 97225

Tel: (503)384-0203

Fax: (503)384-0183

Email: mlellc@aol.com

Website: www.mlehomecare.com

Hours: Mon – Fri 8 AM – 5 PM
(24-hr answering service)

- Personal care services, including bathing, grooming, respite, and hospice care, assistance with medications, and Alzheimer's care
- Companionship services, light housecleaning, cooking, shopping, errands, help with pets
- Registered nursing and medication management

Neighborhood House, Inc. Peoplebank

7786 SW Capital Hwy.
Portland, OR 97219

Tel: (503)246-1663

Fax: (503)245-2818

Email: aging@nhweb.org

Website: www.nhweb.org

- Volunteers assisting seniors living in SW Multnomah County with medical transportation, friendly visits, and shopping shuttle within 5 miles

In-Home Care, Repair, & Yard Work

Oregon Project Independence (OPI)

Oregon Department of Human Services
Seniors & People with Disabilities
500 Summer St. NE Ste. E12 (2nd floor)
Salem, OR 97301

Tel: (503)945-5811 or
1(800)282-8096

Fax: (503)373-7902

Hours: 8 AM – 5 PM

- For those not eligible for Medicaid but needing assistance paying for limited in-home services
- Helps arrange services on a sliding fee scale according to income

Impact Northwest Seniors & Disabilities Services Program

4610 SE Belmont St.
Portland, OR 97215

Tel: (503)988-3660

Fax: (503)998-3261

Email: info@impactnw.org

Website: www.impactnw.org

- Serves as a point of entry for individuals needing assistance with housing, in-home care, food, clothing, medical equipment, and other needs
- Provides transit and escort to seniors and adults with disabilities to attend medical appointments and community events and for shopping trips for food and essential items

Project Linkage

Metropolitan Family Services
2200 NE 24th Ave.
Portland, OR 97212

Tel: (503)249-0471

Email: plink@metfamily.org

Website:

www.metfamily.org/project_linkage.htm

- Help seniors (60+) and those with disabilities with transportation (NE & SE), shopping (NE), visits (NE & SE), home repair (NE & SE), and telephone reassurance (Portland metro area)

REACH Community Development

1135 SE Salmon St.
Portland, OR 97124

Tel: (503)231-0682

Fax: (503)236-3429

Website: www.reachcdc.org

- Community Builders Program provides free home repairs for homeowners who need help due to age, disability, and low income within the Portland metro area
- Home repairs include minor plumbing and electrical repairs, installing safety aids, and some insect extermination services

Rebuilding Together - Portland

5000 N Willamette Blvd.
Portland, OR 97203

Tel: (503)943-7515

Fax: (503)943-7322

Email:

mikemalone@rebuildingtogetherportland.org

Website:

www.rebuildingtogetherportland.org

- Provides labor and materials on qualifying homes in Portland
- Volunteer organization
- Home repair and rehab services to low-income homeowners (all ages)
- Application information on website

Right at Home: In Home Care & Assistance

12847 NW Cornell Rd.
Portland, OR 97229

Tel: 1(877)724-7359

Fax: (503)961-1241

Website: www.portland.rightathome.net

- Professionally trained caregivers provide extra assistance after a hospital stay or to an aging person who needs help to remain in their home
- Provides respite for family members caring for an ailing loved one
- Personalized plan of care for clients
- Services are provided at private residence, assisted living or group home, hospital, acute care, rehabilitation, or hospice facility
- Transportation, sitter services, hospital discharge assistance, support following a stroke, and couples care
- Care can be provided for 3 – 24 hours a day, 7 days a week

Visiting Angels: Living Assistance Services

10000 SW Wilshire St. Ste. B
Portland, OR 97225

Tel: (503)297-7000

1(800)365-4189

Email: slevelle@pdxvisitingangels.com

Website: www.pdxvisitingangels.com

- Available 24 hours a day, 7 days a week including holidays
- Assistance with personal care, hygiene, medication, nursing assessments, meal preparation, light housekeeping, running errands, and more

Clark County Department of Community Services

P.O Box 5000

Vancouver, WA 98666-5000

Tel: 360-397-2075

- Home Accessibility Program, for resident who live outside city of Vancouver
- Federal grant and application requirements (financial requirements), eligible for one project (ex. building ramps for houses, new bathrooms).
- Housing preservation: weatherization, Minor home improvements and accessibility, full rehabilitation (low income) major repairs (a safe living environment) based on equity in home (roof replacement, other repairs, home modifications to keep them in a home, replacing windows). Minimum 1,000 and maximum for 5,000 for single items (not maintenance). Once you qualify and describe most important need, have an inspector come in and evaluate needs of home. Must own the home.
- Can call for more information

Medical Alert Systems

American Senior Safety Agency

Tel: 1(888)473-2800

Website: www.seniorsafety.com

- Enrollment forms are available online
- No charge for equipment
- Monthly service charge; reduced charge if pay for full year
- Financial aid available
- Ask about specials or free gift

Life Station

Tel: 1(877)354-3050

Website: www.lifestation.com

- Enrollment forms are available online
- No charge for equipment
- Monthly service charge
- Ask about specials

Lifeline

Tel: 1(800)380-3111

Website: www.lifelinesys.com

- Call for information and to enroll
- National company with local service Administered through hospitals,
- American Red Cross or visiting Nurses Association, depending on the area
- No charge for equipment
- Monthly service charge depends on area

Medical Guardian: (Oregon Medical Alarm Company)

Switchboard: 1(800)322-0955

Representative: 1(800)495-5600

Website: www.medicalguardian.com

- Customer representative: Bruce Hoffsommer
- No charge for equipment
- Monthly service charge

Walgreens Ready Response Medical Alert System

Tel: 1(866)739-7124

Website:

www.walgreensmedicalalertsystem.com

- Call Sandra for information and to enroll
- Ask about specials
- No charge for equipment
- Activation fee
- Monthly service charge
- Second alert button provided to be attached to a wall in the bathroom, for additional convenience

Medical Resources

American Medical ID

949 Wakefield, Suite 100
Houston, TX 77018

Tel: 1(800)363-5985

Fax: (713)695-7358

Website: www.americanmedical-id.com

- Custom engraved medical ID jewelry
- Order by mail, fax, phone, or online
- No annual memberships required
- Online medical registry available for free with purchase of medical ID

Healthlinks Healthcare Directory

Website: www.healthlinks.net

- Links to publications, information, and health organizations

National Aphasia Association (NAA)

350 Seventh Ave. Ste. 902
New York, NY 10001

Tel: 1(800)922-4622

Email: responsecenter@aphasia.org

Website: www.aphasia.org

- Email to request packets of information about coping with aphasia
- A nonprofit organization that promotes public education, research, rehabilitation and support services to assist people with aphasia and their families
- Website provides information about aphasia, suggestions for communication strategies, links to resources such as support groups, therapists, and various community agencies
- Articles about living with aphasia, publications about legal aspects of aphasia, and guides for family members are also available

National Institute of Neurological Disorders & Stroke (NINDS)

Website: www.ninds.nih.gov

- The nation's leading supporter of biomedical research on disorders of the brain and nervous system such as Alzheimer's, Apraxia, Bell's palsy, Stroke, and Traumatic Brain Injury
- Provides general information and links to many health organizations

Post Stroke Rehabilitation Fact Sheet

(published by NINDS above)

www.ninds.nih.gov/disorders/stroke/poststroke rehab.htm

Vial of Life

Tel: 1(888)473-2800

Website: www.vialoflife.com

- Provides summary forms for medical history, and alerting decals
- In the event of an emergency, the decal on the front door lets emergency responders know to look for the medical summary. The summary is kept in a plastic baggie, marked with a second decal, on the refrigerator door, so that it may be located easily
- Medical records may also be stored online in the Vial of Life database, for easier updating
- This service is free of charge

Participatory Online Support Groups

The Internet offers many opportunities for stroke survivors in different parts of the country and across the world to participate in sharing their experiences, sorrows, triumphs and advice with each other.

Some groups are e-mail based, so that interactions occur within e-mail exchanges; others are interactive chat rooms that allow immediate conversations and reactions over the Internet. Some groups are divisions of larger social networking sites such as Facebook, some are divisions of major organizations, and some operate independently.

Note: As with any Internet activity, it is important to be cautious about sharing personal information; however, online groups may be valuable resources, especially for people living in more remote areas.

American Stroke Association

Website: www.strokeassociation.org

- American Stroke Association is on Facebook
- Its website also offers links to several other online groups, such as The Aneurysm & AVM Support Group

Facebook

Website: www.facebook.com

- A social networking site that offers numerous participatory on-line support groups and social groups for stroke survivors
- Some include: "Stroke Awareness", "Stroke Survivors", "Recognize Stroke", "Know Stroke", "Stroke Identification", "Stroke Overcomers", "Stroke Recovery", "Stroke and Surviving", and "Stroke Community"

Online Aphasia Communication Cafe

Website:

<http://www.aphasiatoolbox.com/>

Email:

information@aphasiatoolbox.com

- This site uses videoconferencing to allow people with aphasia to communicate with other people with aphasia online.
- To participate, register with <http://www.oovoo.com/> and then email

information to the address above to select an online café.

- Groups include: "Stroke Awareness", "Stroke Survivors", "Recognize Stroke", "Know Stroke", "Stroke Identification", "Stroke Overcomers", "Stroke Recovery", "Stroke and Surviving", and "Stroke Community"

Stroke Survivors International

Website: <http://strokesurvivors.org>

- A group that communicates with each other through an e-mail list group
- For stroke survivors, or their caregivers, family members, friends or interested health care professionals
- Offers mutual support and encouragement in a friendly manner
- Talk about experiences, have the opportunity to ask questions, provide answers and information to others, tell stories and sometimes just listen
- Site moderators are stroke survivors; they are not medical advisors, but individuals who have had strokes

Stroke Clubs International

- Nationwide website to find support groups for stroke survivors:
<http://www.medhelp.org/Support-Groups/3213.htm>

Recreational Activities

Adaptive Recreation

2580 Hilyard St.
Eugene, OR 97405

Tel: (541)682-5311
Fax: (541)682-5460

Website:

www.eugene-or.gov/recadaptive

- Many adaptive recreation opportunities, including biking, skiing and fitness classes

The Adaptive Riding Institute in Salem

PO Box 280
Scotts Mills, OR 97375

Tel: (503)873-3890

Website: www.adaptiveridinginstitute.org

- Riding lessons, custom horse training, adaptive equipment, and recreational horseback riding and therapy for all
- Applications available on the website
- Applications are reviewed to determine the best horse/program for each rider, and then the Institute will contact you to schedule specific times
- The riding facility is in Salem

Adventures without Limits

1341 Pacific Ave.
Forest Grove, OR 97116

Tel: (503)359-2568
Fax: (503)359-2568

Website:

www.awloutdoors.com/index.shtml

- Call to register and to discuss details with trip coordinator
- Visit the website for schedule of events
- Develop new skills, enhance awareness of the natural environment, build self-confidence, and recognize personal potential
- Trips include rafting, rock climbing, kayaking, snowshoeing, cross-country skiing, and biking
- Adult trips and family trips available
- Most trips are one day (Saturday), but some are longer
- Staff can adapt equipment as needed, and teach skills to participate in these activities

The Aphasia (Online) Communication Café

Contact: Bill Connors

bill@aphasiatoolbox.com

(724)494-2534

Email:

information@aphasiatoolbox.com

Website: www.aphasiatoolbox.com

Calendar:

www.aphasiatoolbox.com/calendar/calendar.htm

Registration: www.oovoo.com

Times: Mon 7 – 8 PM (EST)

- Online coffee shop for people with aphasia to meet new people, make new friends from all over the world, and share ideas, thoughts and stories
- Exclusively for people with aphasia and/or apraxia

Recreational Activities

Elderhostel

"Adventures in Lifelong Learning"

Tel: 1(800)454-5768
1(877)426-8056

Website: www.elderhostel.org

- Explore fascinating places with like-minded people and leading experts who enable you to gain an insider's perspective on the world's heritages, cultures and environments.
- Programs are divided into 6 levels, depending on physical demand
- Call about the physical demands of any program that interests you, and every effort will be made for you to participate

Enhanced Fitness (OR & WA locations)

- A fitness program which works with all levels of mobility
- Hour long classes include cardio, strength training and balance exercises
- Call for information about observing or attending a class in your area

Oregon

Kelly Farrell: (503)953-8163

Website: www.loavesandfishesonline.org
(Follow the link under "Services" to "Fitness Programs")

Washington

Meera Nilekani: (206)727-6219

Website: www.projectenhance.org

Footloose Sailing Association

7683 SE 27th St. PMB #239
Mercer Island, WA 98040

Tel: (206)382-2680

Contact: Bob Ewing

Email: info@footloosesailing.org

Website: www.footloosesailing.org

- Sailing program for people of all disabilities
- Dedicated to bringing independence on the water and competence in the sport of sailing to our disabled members

Gifford Pinchot National Forest-Barrier-Free Forest Headquarters

10600 NE 51st Cir.
Vancouver, WA 98682

Tel: (360)891-5000

24-HR recording: (360)891-5009

TTY: (360)891-5003

Fax: (360)891-5045

Website: www.fs.fed.us/gpnf

- Brochure available on Barrier-Free Trails and campgrounds with accessible parking lots, composting toilets and picnic tables
- Information regarding wheelchair accessible trails
- Day fees where applicable

Happy Trails Riding Center

20560 Fernview Rd.
West Linn, OR 97068

Tel: (503)675-3005

Email:

happytrailsridingcenter@yahoo.com

Website: www.happytrc.com

- North American Riding for the Handicapped Association (NARHA) accredited therapeutic riding center
- Offers recreational therapy on horseback and assisted riding for pleasure
- Sessions available individually, or through Lake Oswego or West Linn Parks

Harman Swim Center

7300 SW Scholls Ferry Rd.
Beaverton, OR 97008

Tel: (503)629-6314

Fax: (503)629-6324

Website:

www.thprd.org/aquatics/harman/home.cfm

- Lots of facilities and locations
- Aquatic hydro exercise promotes wellness and balance in a secure and comfortable atmosphere
- Warm water (88 degrees)
- Wheelchair accessible pool and parking
- Adaptive fitness and swim class
- Contact Ruth McNamara

Mittleman Jewish Community Center

6651 SW Capitol Hwy.
Portland, OR 97219

Tel: (503)244-0111

Fax: (503)245-4233

Email: mjcc@oregonjcc.org

Website: www.oregonjcc.org

Hours: Mon – Thr 6 AM – 10 PM
Fri 6 AM – 9 PM
Sat & Sun 8 AM – 6 PM

- 94-degree warm water therapy pool, with a wonderful community of regular and occasional users who are very dedicated
- Aquatics program includes a 25-yard lap pool, swim lessons and water aerobics
- Sports and fitness with a variety of strength and cardio equipment, several rooms for classes ranging from Mat Pilates to Nia to yoga, and racquet ball and indoor soccer
- Social, cultural, and educational programs
- Personal Training with Fitness Experts

Mobility Impaired Golf Association

818 SW 3rd Ave. #60
Portland, OR 97204

Email: info@migolf.org

Website: www.migolf.org

- Promotes the availability of the sport of golf as a vehicle for recreation, socialization, rehabilitation and positive mental health among individuals with disabilities

National Wild Turkey Federation

PO Box 530
Edgefield, SC 29824

Tel: 1(800)THE-NWTF (843-6983)

1(803)637-3106

Wheelin' Sportsman: Illana Burkhart

Email: iburkhart@nwtf.net

Oregon director: Ron Smallwood

Tel: (541)848-7528

Email: rsmallwood@nwtf.net

- Chapters in many Oregon counties
- Promote wild turkey conservation throughout the United States
- Offers workshops and events for hunters with disabilities
- Local events are listed by state on the website

National Park Permits

Website:

http://www.nps.gov/fees_passes.htm

- Access pass
- Lifetimes pass for U.S. citizens or permanent residents with permanent disabilities. Documentation is required to obtain the pass
- Lifetime pass for those 62 or over

Recreational Activities

Oregon Adaptive Sports

PO Box 1737
Bend, OR 97709

Tel: (541)848-9390

Email: oasbend@gmail.com

Website: www.oregonadaptivesports.org

- Contact Kendall Cook
- Call for information and to schedule
- Winter sports for people with disabilities: skiing and cross-country skiing at Mt. Bachelor and Hoodoo Ski Area
- Pay for full or ½ day, includes equipment, instructor, and lift pass
- Scholarships available

Oregon Department of Fish & Wildlife

3406 Cherry Ave. NE
Salem, OR 97303

Tel: (503)947-6000
1(800)720-6339

Email: odfw.info@state.or.us

Website: www.dfw.state.or.us

- Oregon Disabilities Hunting and Fishing Permit is for people with permanent disabilities and accommodates participation in hunting and fishing
- License allows shooting from a motor vehicle when hunting, expands "bag limits" and allows fishing from boats
- Access Oregon describes accessible recreation sites throughout Oregon, detailing the facilities available at each

Portland Parks & Recreation Adaptive & Inclusion Recreation

426 NE 12th Ave.
Portland, OR 97232

Tel: 503)823-4328
General info: (503)823-2525

Website: www.portlandonline.com/parks/index.cfm?c=39830

- Offers recreation activities and leisure services specifically designed for people with disabilities

Providence Macadam Therapy Pool

5757 SW Macadam Ave.
Portland, OR 97239

Tel: (503)223-6840

Website: www.providence.org/oregon/programs_and_services/rehabilitation_services/aquatic_therapy_west.htm

- Contact Kathleen Ziegler-Ramsey for more information
- Warm water and shallow depth (3-5 feet)
- Post-stroke class designed to specially address range of motion, strengthening exercises, and flexibility maintenance
- Accessible dressing rooms and showers
- Adaptive swimming equipment (electronic lifts) available
- Watsu massage in the pool available by licensed massage therapist
- Individual and group swim
- Fees vary, scholarships available

The Silver Spinners

Keizer Lions Hall
4100 Cherry Ave.
Keizer, OR 97303

Bruce Lowther: (503)930-0165

Website: <http://homecomcast.net/~blowther01/slvrspnr.htm>

- Wheelchair Square Dance Club that does mainstream square dancing
- Lessons and dances are free to all Wednesdays at 7:15 PM (does not meet on the 5th Wednesday of each month)
- Does not meet during the summer; begins in September

VSA Arts of Washington

Seattle Center Art Studio
Seattle Center House
305 Harrison St. Ste. 303
Seattle, WA 98109

General: (206)443-1843

Fax: (206)448-9585

Email: info@creativeactivities.org

Website: www.vsaaw.org

- A nonprofit organization dedicated to providing arts opportunities for persons with disabilities throughout the state of Washington
- Targeted and inclusive programs that provide for artistic and creative exploration, expression, and development
- Provides professional development opportunities for emerging and professional artists with disabilities and help forge links among artists with disabilities, arts communities, and the general public
- For the recreational artist with disabilities, the Seattle Center Art Studio provides studio space and a studio facilitator who can help with carrying out a project
- Call studio to schedule studio time

Senior & Community Centers

Senior Centers are a rich resource for classes, social activities, and help with specific problems. To find the Senior Center in your community, look in the Yellow Pages under "Senior Citizens' Service Organizations", or try the following websites.

State Online Directories

Oregon Care Planning Council

Website: www.carefororegon.org
(click: Eldercare Services →
Senior Centers)

Provides a list of all Senior Centers in Oregon, along with their phone numbers

Washington Care Planning Council

Website: www.carewashington.org
(click: Eldercare Services →
Senior Centers)

Provides a list of all Senior Centers in Washington, along with their phone numbers

Idaho Care Planning Council

Website: www.careforidaho.org
(click: Eldercare Services →
Senior Centers)

Provides a list of all Senior Centers in Idaho, along with their phone numbers

Retirement Community.com

Website: www.retirementcommunity.com
(click: Senior Centers)

Online listings of Senior Centers per state

Local Centers, Oregon

Beaverton

Elsie Stuhr Senior Adult Center

5550 SW Hall Blvd.
Beaverton, OR 97005

Tel: (503)629-6342
Fax: (503)629-6347

Website: www.thprd.org
(click: Facilities → Senior Center)

Hours: Mon-Thr 7 AM – 9 PM
Fri 7:30 AM – 5 PM
Sat 9 AM – 5 PM

- Classes for adults 55+ offered by Tualatin Hills Parks & Recreation District
- Free lunch for seniors 60+ by Loaves & Fishes
- Donations encouraged

Bend

Bend Senior Center

1600 SE Reed Market Rd.
Bend, OR 97702

Tel: (541)388-1133

Website: www.bendparksandrec.org
(click: Senior Center)

Hours: Mon – Fri 8:30 AM – 4 PM

- Facility also available for community rental evenings and weekends
- Promotes active and healthy lifestyles by providing seniors' 50+ recreational activities

Canby

Canby Adult Center

1250 S Ivy St.
PO Box 10
Canby, OR 97013

Tel: (503)266-2970

Fax: (503)263 6192

Website: www.canbyadultcenter.org

Hours: Mon – Fri 8:30 AM – 4:30 PM
(lunch 12:00 noon)

- Meals, transportation, day trips, exercise and wellness classes
- Medical equipment loan program
- Foot clinic, hearing tests, blood pressure checks
- Educational programs, computer classes, games, entertainment
- Legal counsel, tax preparation assistance, information on resources available to seniors
- Donations encouraged

Cottage Grove

Cottage Grove Senior Center

700 E Gibbs Ave.
Cottage Grove, OR 97424

Tel: (541)942-1185

Hours: Mon – Fri 10 AM – 4 PM

- Classes, drop-in activities, and monthly recreational trips
- Exercise groups, hearing tests, blood pressure checks, foot care, legal aid, and computer classes

Estacada

Estacada Community Center

200 SW Clubhouse Dr.
Estacada, OR 97023

Tel: (503)630-7454

Fax: (503)630-4755

Email: estcomm11@cascadeaccess.com

Website: www.estacadachamber.net/main/index.php

(click: Member Directory, "E")

Hours: Mon – Fri 8:30 AM – 4:30 PM

- Games, entertainment and nutritious meals delivered and available on-site
- Exercise classes and information on community resources
- Donations encouraged

Eugene

River Road Park & Recreation District

1400 Lake Dr.
Eugene, OR 97404

Tel: (541)688-4052

Website: www.rrpark.org
(click: Senior Programs)

- Senior classes (general interest, health and fitness, music, and foreign language)
- Senior trips and hikes
- Senior get-togethers (travelogues, potlucks, cards, and games)
- Senior services (newsletter, advising council, senior outreach, blood pressure check, and foot care clinic)
- Cell phone program and computer donation site

Senior & Community Centers

Hilyard Community Center

2580 Hilyard St.
Eugene, OR 97405

Tel/TDD: (541)682- 5311

Fax: (541)682-5460

Website: www.eugene-or-gov/rec
(click: Adaptive Recreation)

Hours: Mon – Fri 9 AM – 5:30 PM

- Adaptive recreation services
- Accessible community center
- Focus on adults with disabilities
- Classes and activities
- Recreation equipment loan
- Support groups for stroke survivors

Campbell Senior Center

155 High St.
Eugene, OR 97401

Tel: (541)682-5318

Fax: (541)682-6386

Website: www.eugene-or.gov
(click: Residents → Recreation → Adults, 55+)

Hours: Mon – Fri 8:30 AM – 4:30 PM

- Completely accessible
- Blood pressure checks, foot care, and hearing clinic
- Senior legal services for low-income seniors 60+
- Energy assistance for low-income seniors 60+
- SHIBA appointments
- Diabetes and Parkinson's support groups
- Resource and referral staff member available

Petersen Park Barn Community Center

870 Berntzen Rd.
Eugene, OR 97402

Tel: (541)682-5521

Fax: (541)682-8192

Website: www.eugene-or-gov/rec
(click: Adults, 55+)

Hours: Mon – Fri 9 AM – 5 PM

- Trips, special events, health screening, and drop-in activities
- Fitness and watercolor classes

Gladstone

Gladstone Senior Center

1050 Portland Ave.
Gladstone, OR 97027

Tel: (503)655-7701

Website: www.gladstoneseniors.org

Hours: Mon – Fri 8 AM – 5 PM
(available for weekend rental)

- Meals available 5 days a week
- Entertainment provided occasionally
- Classes such as yoga, exercise, and games
- Book clinic
- Outings to places such as the Clackamas County Fair, the Maryhill Museum, and thrift store shopping
- Transportation, blood pressure checks, and foot clinic
- Legal assistance
- Donations encouraged

Junction City

Viking Sal Senior Center

245 W 5th Ave.

Junction City, OR 97448

Tel: (541)998-1556

Website:

www.junctioncity.com/seniors/index.htm

- Out-of-town trips
- Lunch offered to seniors 5 days a week and to all ages on Fridays
- Special interest lecture is offered at least once a week
- Pool tables, cards, arts, and crafts
- Blood pressure checks and exercise classes

Klamath Falls

Klamath Basin Senior Citizens Council

2045 Arthur Street

Klamath Falls, OR 97602

Tel: (541)883-7171

Fax: (541)883-7175

Hours: Mon – Fri 8 AM – Noon; 1 – 5 PM

- Meals on Wheels
- Lunches 60+ (donations encouraged); under 60 (fee)
- Exercise programs, bingo, dances, pinochle, plus other activities and events
- Gift shop
- Van transportations for elderly and those with disabilities

Lake Oswego

Lake Oswego Adult Community Center

505 G Ave.

Lake Oswego, OR 97034

Tel: (503)635-3758

Fax: (503)699-7462

Email: aadrian@ci.oswego.or.us

Website: www.ci.oswego.or.us/acc

Hours: Mon – Fri 8 AM – 4:30 PM

- Outings, trips, card games, quilting, entertainment, foreign language conversation classes, hikes, and meals
- Foot clinic, flu clinic, blood pressure checks, respite resources, grocery program, tax assistance, and medical escort
- Newsletter available
- 5 blocks from LO Transit Center
- Donations and fees for some services

Medford Area

Central Point Senior Center

123 North 2nd Street

Central Point, OR 97502

Tel: (541)664-4933

Hours: Mon – Fri 11:30 AM – 12:30 PM

- Lunches Mon – Fri 11:30 – 12:15, reduced fee
- Activities and events
- Thrift store

Senior & Community Centers

Medford Senior Center

510 East Main Street
Medford, OR 97504

Tel: (541)772-2273

Fax: (541)773-8645

Hours: Mon – Fri 8:30 AM – 4 PM

- Lunches 11-12:30 (call for fees)
- Bingo, Bunco, pinochle, bridge, dominos, and other games
- Line dancing, walking, tai-chi, and senior stretch exercises
- Other activities, events, and medical seminars (call for schedule)

Molalla

Molalla Adult Community Center

315 Kennel St.
Molalla, OR 97038

Contact: Tiffany Gross, Director

Tel: (503)829-4214

Fax: (503)829-2445

Email: srcenter@molalla.net

Website: www.cityofmolalla.com
(click: Departments & Services →
Adult Center)

- Trips and excursions, skits, fundraising events for programs and activities
- Equipment loan program and medical transportation
- SHIBA advising and legal services
- Information and referral services
- Card games, swimming pool, movies, art and writing classes, community education program, and lunch

Newberg

Chehalem Adult Enrichment Center

101 West Foothills Drive
Newberg, OR 97132

Tel: (503)537-9404

Email: stachus@cprdnewberg.org

Website:

www.cprdnewberg.org/programs/senior.html

- Exercise and fitness programs
- Arts and crafts
- Games and activities
- AARP Drivers Safety Class
- Senior trips and excursions
- Call for fees and schedules

Oakridge

Oakridge Senior Lounge

47674 School St.
PO Box 1410
Oakridge, OR 97463

Tel: (541)782-4243

- Classes, bingo, cards and more
- Call for scheduled activities

Ontario

Ontario Senior Citizens' Center

698 Northwest 8th Ave.
Ontario, OR 97914

Tel: (541)889-5450

- Dances Wed 6 – 9 PM & Fri 7 – 10 PM
- Lunches Fri noon

Pendleton

Pendleton Senior Center

510 Southwest 10th Street
Pendleton, OR 97801

Tel: (541)276-5303

Website: www.capeco.org

- Congregate lunches Mon – Thr, 10:30 AM – 1:30 PM, plus 1st Friday of every month
- Dances 1st & 3rd Sundays, 1 – 4 PM
- Thrift Store, 9 AM – 1 PM

Portland Metro

Hollywood Senior Center

1820 NE 40th Ave.
Portland, OR 97212

Tel: (503)288-8303

Fax: (503)288-8305

Website: www.hollywoodseniorcenter.org

Hours: Mon – Fri 8:30 AM – 4:30 PM

- Legal aid, foot clinic, blood pressure checks, equipment loaner program, and gift shop
- Exercise and tai chi groups, singing groups, and caregiver support groups

Milwaukie Center

5440 SE Kellogg Creek Dr.
Milwaukie, OR 97222

Tel: (503)653-8100

Fax: (503)794-8016

Email: joany@co.clackamas.or.us

Website: www.milwaukiecenter.com

Hours: Mon – Fri 8:30 AM – 5 PM

- Computer work stations and classes available
- Transportation for grocery shopping and to Milwaukie Center
- Line dancing, trips, and ice cream social
- Blood pressure checks, foot care clinic, SHIBA counseling, medical equipment loan program, and respite resource
- Meals, outdoor recreation, and education

Mittleman Jewish Community Center

6651 SW Capitol Hwy.
Portland, OR 97219

Tel: (503)244-0111

Fax: (503)245-4233

Email: mjcc@oregonjcc.org

Website: www.oregonjcc.org

Hours: Mon – Thr 6 AM – 10 PM

Fri 6 AM – 9 PM

Sat & Sun 8 AM – 6 PM

- 94-degree warm water therapy pool, with a wonderful community of regular and occasional users who are very dedicated
- Aquatics program includes a 25-yard lap pool, swim lessons and water aerobics
- Sports and fitness with a variety of strength and cardio equipment, several rooms for classes ranging from Mat Pilates to Nia to yoga, and racquet ball and indoor soccer
- Social, cultural, and educational programs
- Personal Training with Fitness Experts

Senior & Community Centers

Neighborhood House Senior Center

7688 SW Capitol Hwy.
Portland OR 97219

Tel: (503)244-5204

Fax: (503)245-8101

Email: aging@nhweb.org

Website:

www.nhweb.org/programs/aging-senior-center.shtml

Hours: Mon – Fri 9 AM – 3:30 PM

- Senior Studies Institute (SSI) classes site, card games, seminars from stroke survivors, medical experts, and others
- Exercise program and foot clinics, computer lab, library, and trips
- Provides some local transportation
- Fees required for trips and some activities

Pioneer Community Center

615 5th St.
Oregon City, OR 97045

Reception: 503)657-8287

Client Services: (503)722-3268

Meals on Wheels: (503)722-5979

Fax: (503)657-9851

Email: Refer to website

Website:

www.orcity.org/parksandrecreation/pioneer-community-center

Hours: Mon – Fri 9 AM – 4 PM

- Computer classes and lab, day trips, pool and card games, exercise and art classes
- Live Big Band and ballroom dancing
- Foot clinic and transportation
- Donations encouraged

McMinnville Senior Center

2250 NE McDaniel Ln.
McMinnville, OR 97128

Tel: (503)435-0407

Fax: (503)435-0412

Email: anne.lane@ci.mcminnville.or.us

Website:

www.ci.mcminnville.or.us/city/departments/senior-center

- Travel opportunities, weekly classes, clubs, hot lunches, support groups, and volunteer opportunities
- Meal delivery
- Wide variety of personal services

Tigard Senior Center

8815 SW Omara St.
Tigard, OR 97223

Tel: (503)620-4613

Fax: (503)620-4710

Email: info@tigardseniorcenter.org

Website: www.tigardseniorcenter.org

Hours: Mon – Fri 8:30 AM – 4:30 PM

- Creative writing, English as a Second Language, knitting, woodworking, book exchange, gardening, card games, quilting, and ceramics
- Hearing and blood pressure clinics, foot care clinics, tax assistance, and meals
- Volunteer opportunities
- Donations encouraged

Sandy Senior Center

38348 Pioneer Blvd.
Sandy, OR 97055

Tel: (503)668-5569

Fax: (503)668-5891

Website: www.cityofsandy.com
(click: City Services → Community Services)

Hours: Mon – Fri 8:30 AM – 5 PM
(available for weekend rental)

- Trips, hearing clinics, exercise activities, foot care, blood pressure checkups, and chartered shopping trips
- SHIBA advising, educational seminars, entertainment, bingo, card games, and computer classes
- Respite “Change of Pace” program (nominal fee)
- Meals-on-Wheels program
- Van transportation to center, local doctor visits and shopping, free legal assistance in areas such as estate planning, wills, and consumer complaints
- Donations and fees for activities

Wilsonville Community Center

7965 SW Wilsonville Rd.
Wilsonville, OR 97070

Reception: (503)682-3727

Client services: (503)570-1526

TTY: (503)682-0843

Fax: (503)682-9062

Email: wcs@ci.wilsonville.or.us

Website: www.ci.wilsonville.or.us
(click: City Hall → Community Services)

Hours: Mon – Fri 8 AM – 5 PM

- Computers, trips, classes, cards, special parties/events, entertainment, and speakers
- Volunteer opportunities
- Medical equipment loaners, foot care, legal clinics, blood pressure, hearing aid checks, and wheelchair/walker repair
- Fitness center and trainer available
- Meals delivered and available on-site
- Support group for seniors with diabetes

Roseburg

Roseburg Senior Center

621 W Madrone
Roseburg, OR 97470

Contact: MonaLee Wilson
(541)672-5627

Tel: (541)677-5835

Hours: Mon – Fri 8 AM – 5 PM

- Bingo, pinochle, other games and activities
- Pool and shuffle board
- Friday Potluck
- Bi-monthly newsletter

Senior & Community Centers

Salem

Center 50+

2615 Portland Rd. NE
Salem, OR 97301

Tel: (503)588-6303

Website: www.cityofsalem.net
(click: Residents → Center 50+)

Hours: Mon – Thr 7:30 AM – 9 PM
Fri & Sat 8 AM – 5 PM

- Day trips, arts and crafts, fitness, computer classes, recreation activities, cards, and sewing lessons
- Four-hour respite available
- Seminars, meals, and computer learning center
- Donations encouraged; fees for classes

Welches

Hoodland Senior Center

25400 E Salmon River Rd.
PO Box 508
Welches, OR 97067

Tel/Fax: (503)622-3331

Email: hoodlandseniors@verizon.net

Website: www.mthood.info/hoodlandseniors

Hours: Mon – Thr 9 AM – 4 PM

- Recreational day trips, meals, hearing and foot clinic, and transportation
- Meals-on-Wheels, companionship, telephone reassurance, and emergency visits
- Donations encouraged

Local Centers, Idaho

Lewiston

Lewiston Community Center

1424 Main Street
Lewiston, ID 83501

Tel: (208)743-6983

Meridian

Meridian Senior Center

133 W Broadway
PO Box 606
Meridian, ID 83642

Tel: (208)888-5555

Email: seniorsm60@yahoo.com

Hours: Mon – Fri 8AM – 3 PM

- Activities
- Lunches (transportation for seniors)
- Associated fees

Nampa

Nampa Senior Center

207 Constitution Way
Nampa, ID 83686

Tel: (208)467-7266

Website: www.nampaparksandrecreation.org
(click: Recreation Center → Amenities → Senior Center)

- Adjoins the Nampa Recreation Center
- Assortment of fun activities including dances, fitness classes, and educational workshops
- Weekly game nights (pinochle or bridge/cribbage), billiards table
- Computer lab
- Daily lunch is served Monday through Friday at 12:00 noon (transportation available)
- Associated fees

Local Centers, Washington

Clark County

Battle Ground Community Center

912 E. Main St.

Battle Ground, WA 98604

Tel: (360)342-5380

Fax: (360)342-5390

Website: www.cityofbg.org

Hours: Mon – Fri 8 AM - 4:30 PM

- Senior lunch program by Loaves & Fishes, Monday through Friday
- Senior exercise programs
- Variety of associated Parks & Recreation activities
- Volunteer opportunities
- Donations and fees for activities

Washougal Senior Center

1681 "C" ST

Washougal, WA 98671

Tel: (360)835-8113

Office Hours: Mon – Fri 9:30 AM – 1:30 PM

Senior Lunches: Mon – Thr 11:30 AM

Senior Exercises: Mon, Wed, & Fri 10 – 11 AM

Longview

Longview Senior Center

1111 Commerce Ave

Longview, WA 98632

Tel/Fax: (360)636-0210

Email: sctr1111@scattercreek.com

Website: www.longviewseniorcenter.com

- Lunches at reduced fees
- Entertainment, scheduled and special events
- Activities and games
- Donations and fees for activities

Spokane

East Central Community Center

500 S Stone Street

Spokane, WA 99202

Tel: (509)625-6699

Fax: (509)625-6915

Email: sellis@spokanecity.org

Website: www.ecccsokane.org
(click: Seniors Program)

- For adults 50 years of age and older, with lunch for adults 60 years and older
- Smart Health Wellness programs including Exercise class (cardiovascular exercise and strengthening, balance training and flexibility, relaxation, blood pressure check)
- Excursions, activities and special events

Mid-City Senior Center

1222 W Second Avenue

Spokane, WA 99201

Tel: (509)456-6597

Website:

www.mowspokane.org/senior_center.html

- "Hot" lunch meals, 5 days a week, in cooperation with Spokane County Health District's Senior Nutrition Program
- Breakfasts 5 days a week for members
- Donations encouraged

Tacoma

City of Tocomo

Beacon Activity Center

415 S. 13th St.

Tacoma, WA, 98402

Tel: (253)591-5083

Lighthouse Activity Center

5016 A street

Tacoma, WA, 98408

Tel: (253)591-5080

Website: www.cityoftacoma.org/seniors

- Programs designed to improve and maintain health, stimulate learning, and provide socialization, recreational, and volunteer opportunities for people age 50 and older

Mid-County Senior Center

10205 E 44th Ave.

Tacoma, WA 98446

Tel: (253)531-8412

Website: www.mccctacoma.org

Hours: Mon – Thr 8 AM – 4 PM

- Lunch
- Line dancing, art, yoga, sail exercises, and other activities
- Education and art
- Volunteer opportunities
- Donations and fees for activities

University Place Senior Community Centers

2534 Grandview Drive West

University Place, WA 98466

Tel: (253)564-1992

Fax: (952)926-8071

Website: www.cityofup.com

- Lunches Tue and Fri
- Health and Fitness programs
- Activities and events
- Donations and fees for some activities

Shopping & Meals

Albertsons

Toll Free: 1(877)932-7948

Website: www.albertsons.com

- Shop for groceries from the comfort of your own home
- Shop by aisle, from A – Z, or by item
- Must register on the site
- A service fee of for delivery or for pickup is added at checkout
- Not available in all areas

Delivered Dish

Tel: (503)239-0100

Fax: (503)239-0108

Email: info@d-dish.com

Website: www.d-dish.com

- Delivered meals from local Portland restaurants
- Restaurants and menus on website
- Delivery charge; minimum food order

Loaves & Fishes: The Meals-on-Wheels People

7710 SW 31st Ave.

PO Box 19477

Portland, OR 97280

Tel: (503)736-6325

Fax: (503)736-6322

Website: www.loavesandfishesonline.org

- Hot, nutritious lunches delivered Mon – Fri 11 AM – 1 PM
- Requirements: 60+ years (or the spouse of a person 60+), at risk of malnutrition or unable to come into a center, and will need meals for at least one full week or more
- Serves individuals under 60 if they are on Medicaid with a case manager referral
- Donations encouraged
- Email contact and online meal request available on website

Meals on Wheels Delivery

Website: www.mowaa.org

- Multiple locations for Meals-on-Wheels meal programs
- Go to the “Find a meal” and select a state and city

New Seasons Market

Tel: (503)827-4357

Email: help@newseasonsmarket.com

Website: www.newseasonsmarket.com

- Multiple locations throughout the greater Portland area
- A local grocery and market that offers organic and locally-grown produce and goods
- Online shopping and delivery to your door or to your car door, if you choose to pick up your groceries
- There is a charge for personal shopping with delivery and for personal shopping with pick up

Oregon Pacific Red Cross Meals-on-Wheels

862 Bethel Dr.

Eugene, OR 97402

Tel: (541)344-5244

Website: www.oregonpacific.redcross.org
(click: How We Help → Meals on Wheels)

- Delivered meals
- Serves most of Eugene and some of Springfield
- Other Red Cross facilities service rural areas

Shopping & Meals

Safeway

Website: www.safeway.com

- Visit Safeway online and learn more about shopping online and grocery delivery to your door
- Must register on the site

Store to Door of Oregon

PO Box 4665
Portland, OR 97208

Tel: (503)200-3333

Fax: (503)200-3334

E-mail: office@storetodooroforegon.org

Website: www.storetodooroforegon.org

- Call office Mon – Wed or Fri to register
- Orders taken on Mon nights and Tue
- Deliveries made on Wed and Thr afternoons
- Volunteer based agency that delivers groceries, household goods and prescription medicines to elderly or disabled persons for a modest delivery charge

Schwan's Internet Grocery Shopping

1(888)SCHWANS (724-9267)

Website: www.schwans.com

- Shop for groceries online 24 hours a day, 7 days a week
- Registration required; no membership fee
- Email reminders sent a few days before your regular service day
- Convenient home delivery right to your door; check website to determine if delivery is available in your area
- Offers a wide array of products and complete meal combinations that are quick and easy to prepare
- Items can be paid for online or at the door. Accepts SCHWAN'S™ Check Debit Card, cash, checks, major credit cards and electronic food stamps (EBT).

Support Groups

In addition to this guide, the American Stroke Association can help you find local stroke support groups in two ways:

- Call the American Stroke Association Warmline 1(888)4-STROKE (478-7653)
- Go to www.strokeassociation.org and click on "Life after Stroke" on the left hand side, then click on "Recovering" from the drop down menu, then click on "Getting Support" from the next drop down menu. Click to see a list of stroke support groups across the country and to learn about on-line discussion boards and American Stroke Association's Pen Pal program.

Due to the flexible nature of support groups, please be aware that meeting places and times may change. Please call to verify the most current meeting information for the listings below. Information was up to date at the time of printing.

Oregon

Southern Coastal Region

Coos Bay Stroke Club

Southwest Rehabilitation

Melody Sheldon: (541)267-5221

- Meets last Thursday of each month

Corvallis

Good Samaritan Hospital Rehabilitation TBI & Stroke Group

Church of the Good Samaritan

Mary Quibrera: (541)768-5157

- Meets 1st Tuesday of each month

Eugene

Eugene Stroke Support Group

Hilyard Community Center

2580 Hilyard St.

Eugene, OR 97405

Tel: (541)682-6365

- Meets 2nd Monday of each month

Women's Stroke Survivors Group

Hilyard Community Center

Tel: (541)682-6365

- Meets 3rd Friday of each month

Young Energetic Stroke Survivor Group (Y.E.S.S.)

Hilyard Community Center

Tel: (541)682-6365

- Ages 18-59
- Meets 4th Thursday of each month

Gresham

Gresham Stroke Club

Legacy Mt. Hood Medical Center/ Board Room

Tel: (503)761-2792

Email: pbrost0212@yahoo.com

- Meets last Tuesday of each month

Medford

Neuro Rehab Support Group

Priscilla (541)732-5676

Wendy (541)732-5679

- Meets once per month

Support Groups

Portland

Post Stroke Survivors Support Group

Easter Seals of Oregon

Tel: (503)240-9288
(503)552-9924

Contact Darrell Coe

Men's Caregiver Group

Legacy Good Samaritan Hospital
Health Info Center: (503)413-7348
Howard Shapiro: (503)296-8500

Young Adult Stroke Survivor Support Group (under 60)

Legacy Meridian Park Hospital
Health Info Center: (503)413-7348
Daria Grey: (503)692-7368
Sandy Blake: (503)682-2997

- Meets last Thursday of each month

Young Adult Group (under 55)

Legacy Good Samaritan Hospital
Health Info Center: (503)692-7368

- Meets last Thursday of each month

Aphasia Communication Groups

Portland State University
Susan Ginley: (503)725-3546
Email: sginley@pdx.edu

Continuous Improvement Group

Valley View Evangelical Church
11501 SE Sunnyside Rd.
Portland, OR

Don Rodgers (360)693-9398

Barb Shoepe: seashorebjs@aol.com

- Meets every Monday
- Once a month meetings are held on Friday

Speak EZ

Luther's Lodge, Resurrection Lutheran Church

Mike Yuckert: (503)252-1100

Westside Aphasia Group (WAG)

Providence St. Vincent (SW Portland)

Susan Ginley: (503)725-3546

Email: sginley@pdx.edu

- 1-2 Saturdays a month, 10 AM – 12 PM

Salem

Aphasia Support Group

Salem Hospital Rehab Center

Nicole Collings: (503)561-2978

- For those with aphasia and their caregivers and spouses
- Meets Thursdays
- Bring your lunch

Salem Stroke Support Group

Salem Hospital Rehab Center

Ruby McElroy: (503)393-5116

- Meets 2nd Friday of each month

Woodburn

Stroke Support Group

Providence Benedictine Orchard House-Home Health

Linda Kiggans: 1(800)525-5632

Idaho

Boise

Boise Stroke Support Group

Idaho Elks Rehab Hospital

Katie Anderson: (208)489-4558

- Meets Sept. – May once per month

Idaho State University Support Group

Tel: (208)373-1722

- Meets twice a month except summers

Lewiston

“Life after Stroke” Stroke Support Group

St. Joseph Regional Medical Center

Danielle Hobbs or Brandy Sullivan: (208)799-5219

- Meets 1st Tuesday of month except July and August

Pocatello

Idaho State University: Speech/Language Pathology Clinic

650 Memorial Dr. Bldg. 68

Pocatello, ID 83201

Jude Jones: (208)282-3495

Email: jonejudy@isu.edu

Website: www.isu.edu/departments/csed
(follow link under “Clinic”)

- In affiliation with Portneuf Medical Center

Montana

Great Falls

Cascade County Stroke & Paralytic Support Group

Benefits Extended Care Center

Kim Shannon: (406)455-5907

Washington

Bellingham

Whatcom Stoke Support Group

St. Joseph Medical Center for Rehabilitation

Sarah Chapman: (360)715-6420

- Meets 2nd Thursday of each month

Olympia

Capital Area Stroke Association

St. Peter's Hospital-Rehab Center

Dale Herzog: (360)264-2120

- Meets once per month

Puyallup

Brain Injury Support Group & Stroke Education

Janet Blaisdell: (253)697-1807

Silverdale

Stroke Support Group

Silverdale Rehabilitation

Tel: (360)337-8980

- Meets on the 3rd Wed. of every other month

Tacoma

Tacoma Area Stroke Support Group

TACID Building

Tel: (253)565-9000

Stroke Support Group

Health Education Center

Tel: (360)694-6790

- Meets 1st Thursday of each month

Stroke Support Group

disAbilities Resources of Southwest Washington (dARSW)

Tel: (360)694-6790

- Meets 3rd Thursday of each month

Walla Walla

Walla Walla Stroke Support Group

St. Mary's Medical Center

Nora Keogh: (509)522-5821

Meets 3rd Thursday of each month

Transportation & Moving Services

Online Resources

American Public Transportation Association (APTA)

Website:

www.apta.com/resources/links/Pages/default.aspx

- Website provides links to transportation options available in all 50 states
- Transit agencies listed by city and county
- Our team was not able to verify each agency. However, some options for major areas are listed below.

Washington Department of Transportation

Website:

www.wsdot.wa.gov/Choices/accessible.htm

- Website provides links to accessible transportation options available in Washington state
- Our team was not able to verify each agency. However, some options for major areas are listed below.

Oregon Department of Transportation TripCheck

Website:

www.tripcheck.com/rtp-to/specAcc/SpecialAccommodationSearch.aspx

- Website provides tools for finding accessible transportation options in the state of Oregon
- Multiple search options
- Our team was not able to verify each agency. However, some options for major areas are listed below.

Disabled Parking Permits

Oregon DMV

1905 Lana Ave. NE
Salem, OR 97314

Tel: Salem: (503)945-5000
Portland: (503)299-9999
Bend: (541)388-6322
Eugene: (541)686-7855

TTY: (503)945-5001

Website:

www.oregon.gov/ODOT/DMV/driverid/dispatching.html

Washington State Department of Licensing

Tel: (360)902-3770

TTY: (360)664-8885

Email: titles@dol.wa.gov

Website:

www.dol.wa.gov/vehicleregistration/parking.html

Air Transportation

Angel Flight West

3161 Donald Douglas Loop S
Santa Monica, CA 90405

Tel: (310)390-2958
1(888)4AN-ANGEL (426-2643)

After Hours Emergency: 1(800)413-1360

Fax: (310)397-9636

Email: info@angelflightwest.org

Website: www.angelflightwest.org

- Arranges free air transportation in private aircraft in response to health care and other compelling human needs
- Cannot accommodate wheelchairs; are not set up for transfers between a wheelchair and a plane
- Patients using this service need to be medically stable and ambulatory
- Flights may be requested through the website

Ground Transportation

Albany Call-A-Ride

Albany Transit System
333 Broadalbin St. SW
PO Box 490
Albany, OR 97321

Tel: (541)917-7770

Website:
www.cityofalbany.net/publicworks/transit/car.php

Hours: Mon – Sat 7 AM – 6 PM

- Citywide public transportation service provides curb-to-curb transportation for senior and disabled citizens unable to use the conventional transit services
- Provided on a shared ride basis to supplement Albany Transit System
- Dispatch office hours: Mon – Fri 7 AM – 4 PM; no holiday service
- Call for a reservation up to 14 days in advance of your appointment
- Same-day requests are provided on a space-available basis
- Fares: minimal charge
- Call for information or an ADA application packet

Bend Dial-A-Ride

Tel: (541)389-7433

Cancellations: (541)389-2627

Apply: (541)322-5870 or (541)693-2141

Website:
www.ci.bend.or.us/bend_area_transit/dial_a_ride/index.html

Hours: Mon – Fri 7:30 AM – 4:30 PM

- Transportation in the Bend area and the Deschutes River Woods Country Store
- Door-to-door assistance available
- Call 24 hours in advance for reservations
- Fares: minimal charge for senior and disabled patrons
- 10-ride punch tickets available

Cherry Lift-Salem Area Transit System

555 Court St. NE, Ste. 5230
Salem, OR 97301

Tel: (503)588-2424
Fax: (503)566-3933
Reservations: (503)315-5544

Email: info@cherriots.org

Website:
www.cherriots.org/other_services_cherrylift.htm

- Call for applications and eligibility
- Reserve by phone Mon – Fri 6:15 AM – 7 PM, 1 – 14 days before riding
- Fares: minimal charge

Clack Co-Transportation Reaching People Volunteer Connection

2051 Kaen Rd.
Oregon City, OR 97045

Information and reservation: (503)655-8208
Wheelchair accessible: (503)655-8856
Volunteer: (503)655-8604

Website:
www.clackamas.us/socialservices/rguide/css0065ag.html

- Serves Clackamas County senior citizens and residents with disabilities who cannot utilize public transportation
- Operates in Clackamas County and the greater Metropolitan area
- Rides are provided by volunteers in their own vehicles or in TRP vans; transportation limited to volunteer availability
- Transportation offered 8 AM – 5 PM
- No fees, but donations are accepted

C-TRAN C-VAN

2425 NE 65th Ave.
Vancouver, WA 98661

Tel: (360)695-8918
TTY: (360)695-2760

Trip planning assistance: (360)695-0123 or
TTY: (360)695-9715

Website: www.c-tran.com/paratransit.html

- Hours: same as regular C-TRAN service
- Reservation-based service for those with disabilities that prevent them from using C-TRAN's regular bus service
 - Application required: minimal charge

Dial-A-Bus Benton County

Tel: (541)752-2615
Fax: (541)753-7722

Website:
<http://dialabus.freeshell.org/index.htm>

- Hours: Mon – Fri 8 AM – 5:30 PM
- Provides curb to curb transportation service to seniors over 60 years of age who are unable to use the Corvallis Transit System
 - Reserve ride up to 7 days in advance
 - Fares: minimal charge

Lane Transit District (LTD)

1080 Willamette St.
PO Box 7070
Eugene, OR 97401

Tel: (541)687-5555
1(800)248-3861
TTY: 711 (Oregon statewide relay)

Email: ltd@ltd.org

Website: www.ltd.org

(click: "Riding LTD", →
"Accessible Services")

- Serves Lane County
- Reduced fares for seniors, people with disabilities, and others with qualifying medical conditions
- Fares: minimal charge

Metro Access Transportation Service

821 Second Ave., Ste. 200
Seattle, WA 98104

Tel: (206)205-5000
1(866)205-5001
TTY: 711 (Washington statewide relay)
1(877)749-4286

Website: [http://metro.kingcounty.gov/tops/accessibl
e/accessvan.html](http://metro.kingcounty.gov/tops/accessibl
e/accessvan.html)

Hours: same as regular Metro service

- Service uses contractors to provide shared van transportation within most of King County
- Call 1 - 3 days in advance to request a ride; same-day trips are not available
- Application required: minimal charge

Ride Connection

3030 SW Moody Ave., Ste. 210
Portland, OR 97201

Administration: (503)528-1720
Arrange service: (503)226-0700
TTY: (503)528-1730
Fax: (503)528-1755

Website: www.rideconnection.org
Email: info@rideconnection.org

- Assists persons with disabilities and senior citizens without alternative transportation
- Travel training for senior citizens and those with disabilities needing assistance in using fixed route transportation
- Serves Multnomah, Clackamas, and Washington counties
- Individuals can work with job seekers to provide transportation to interviews

Rogue Valley Transportation District (RVTD) Lift Program Valley Lift

3200 Crater Lake Ave.
Medford, Oregon 97504

Tel: (541)842-2080
Reservations: (541)842-2050
TTY: (541)734-9292

Website: www.rvtd.org/valley_lift.php

- Shared ride, curb-to-curb, wheelchair accessible service for people whose disabilities prevent them from using the district's lift-equipped buses
- Application required; fares vary

TriMet Trip Planner

Tel: (503)238-RIDE (7433)
TTY: (503)238-5811

Website: www.trimet.org

Email: accessible@trimet.org

- Provides trip planning using TriMet in the greater Portland area
- An operator or the online trip planner can take your point of origin and destination and determine the best bus or Max route

TriMet LIFT Paratransit Program

4012 SE 17th Ave.
Portland, OR 97202

Tel: (503)802-8000
1(800)621-5438
TTY: (503)802-8058
1(888)477-5411
Fax: (503)962-8229

Website: www.trimet.org/lift

Hours: same as bus and MAX

- Accessible shared-ride transit service for customers with disabilities
- Trips scheduled by reservation only no later than 5 PM on day prior
- Application required: minimal charge

Wheelers of Oregon: All In One Mobility, Inc.

12833 NE Airport Way
Portland, OR 97230

Tel: 503-255-5005
1(800)944-4935

Email: sales@AllinOneMobility.com

Website:

<http://store.allinonemobility-shop.com/whofor.html>

- Nationwide agency with independent franchises renting safe, reliable vans for wheelchairs and mobility scooters
- Sales and service on-site
- Daily, weekly, and monthly rentals available
- Accessible home modifications

Moving Services

SOS Moving Management Corp.

10630 NE Halsey St.
Portland, OR 97220

Tel: (503)254-0514

Email: info@seniorone.com

Website: www.seniorone.com

- Complementary in-home consultation
- Offers moving preparation, relocation and home repair services for seniors
- Assistance with downsizing, sorting, organizing, packing, and moving
- Coordination of shipping special items
- Conduct estate sales and liquidations
- Coordinate with realtors to prepare a home for sale or rent

Take Care Move Assistance

16869 SW 65th Ave. #258
Lake Oswego, Oregon 97035-7865

Tel: (503)522-6941

Website: www.takecareofus.com

- Offers relocation, room layout, packing and light handyman services
- Serves the Portland metro area

Travel Resources

Access-Able Travel Source, LLC

Fax: (303)239-8486

Email: information@access-able.com

Website: www.access-able.com

- On-line information for senior and disabled travelers
- Disability travel and recreation resources
- Free monthly email newsletter

Amtrak

Tel: 1(800)872-7245 (Ask for "agent")

Website: www.amtrak.com
(click "Other Options" →
"Accessible Space")

- Accessible options include: wheelchair space, transfer seats, and accessible sleeping accommodations
- Reservations are required and must be made by telephone or at an Amtrak ticket counter
- Written documentation of disability must be provided at the ticket counter and when boarding the train
- Discounts are available to passengers with disabilities

Disability Travel & Recreation Resources

Website: www.makoa.org/travel

- Provides links to resources and information regarding travel planning, destinations, transportation, and air travel

Portland International Airport

Wheelchair dispatch: (503)249-7979

TTY: 1(800)815-4636

Website:

www.portofportland.com/SpecialNeeds.aspx

- Discounted parking for vehicles displaying disabled parking permit
- Contact your airline in advance to request wheelchair upon arrival

Transportation Security Administration

Tel: 1(800)778-4838

Email: tsa-contactcenter@dhs.gov

Website: www.tsa.gov

- Click on "For Travelers" and then "Travelers with Disabilities & Medical Conditions" under "Special Needs" for information regarding carrying on medication and items permitted through security checkpoints

Tips for Finding Accessible Hotel Rooms

Hotel rooms that are accessible to people with limited mobility are available throughout the United States. It is best to call an individual hotel to discuss your specific needs to ensure that they will be able to accommodate you. The following websites offer advice on the types of questions to ask when booking a hotel room.

Note: Many hotel chains are actually owned as individual franchises, so the availability of accessible rooms may not be consistent throughout the chain. Please call to ensure that the specific hotel you are staying at has the needed accommodations.

Twelve Tips for Finding an Accessible Hotel Room

Website: <http://candyharrington.com/clips/arthritis.php>

Tips on Finding the Right Wheel Chair Accessible Hotel

Website: www.mobility-advisor.com/wheel-chair-accessible-hotel.html

Finding Accessible Travel Accommodations

Website: www.travelwithachallenge.com/Accessible-Accommodation.htm

University Clinics

Oregon

Portland State University (PSU)

Speech & Hearing Clinic
PO Box 751
Portland, OR 97207

Office: 85 Neuberger Hall

Tel: (503)725-3533 (ext. 3533)
1(800)547-8887

Fax: (503)725-9171

Email: sphr@pdx.edu

Website: www.sphr.pdx.edu

- Provides speech and language opportunities for stroke survivors including individual and small group therapy
- Donations and fees may be required for some activities

University of Oregon

Speech-Language-Hearing Center
HEDCO Clinic
1655 Alder St.
Eugene, OR 97403

Tel: (541)346-0923

Website:

<http://education.uoregon.edu/content/123>

- Full service clinic
- Donations and fees

Idaho

Idaho State University

Speech/Language Pathology Clinic
650 Memorial Dr. Bldg. 68
Pocatello, ID 83201

Tel: (208)282-4196

Fax: (208)282-4571

Email: jonejudy@isu.edu

Website: www.isu.edu/departments/csed

Contact Jude Jones

- This school offers an Aphasia Support Group in affiliation with Portneuf Medical Center most school terms

Washington

Eastern Washington University

University Hearing & Speech Clinic
310 North Riverpoint Blvd.
Spokane, WA 99202

Tel: (509)358-7580

Fax: (509)368-6890

Website: www.ewu.edu/x2828.xml

- This clinic operates during the school year, but not during the summer
- During the year, there is generally an aphasia support group on Friday afternoons

University of Washington

Speech & Hearing Clinic
4131 15th Ave. NE
Seattle, WA 98105

Tel: (206)543-5440

Fax: (206)616-1185

Email: shclinic@u.washington.edu

Website:

http://depts.washington.edu/sphsc/clinic_about.htm

- Regular clinical services and summer clinics for individuals living with aphasia
- Applications for each summer are available the preceding November

Western Washington University

Speech, Language & Hearing Clinic
Academic Instructional Center
Room AI 276, Mailstop 9171
Bellingham, WA 98225

Tel: (360)650-3885

Email: terry.sacks@wwu.edu

Website

www.ac.wwu.edu/~csd/WWUClinic.html

Contact: Terry Sacks, Clinical Director

- Provides client care, education, and research in communication and related disorders

Vocational Rehabilitation

Legacy Comprehensive Stroke Program

1015 NW 22nd Ave.
Portland, Oregon 97210

Tel: (503)692-7774

Coordinator: Sally La Plant

- Acute stroke care and rehabilitation
- Multidisciplinary team

State of Oregon: Vocational Rehabilitation Office (OVRs)

OVRs Administration Unit
Department of Human Services
500 Summer St. NE E-87
Salem, OR 97301

Tel: (503)945-5880 or 1(877)277-0513

TTY: 1(866)801-0130

Fax: (503)947-5010

Email: vr.info@state.or.us

Website: www.oregon.gov/DHS/vr

Hours: 8 AM – 5 PM

- Click on "Locations & Contacts" for locations around Oregon
- A few locations are listed below. Some cities have multiple locations

Astoria OVRs

450 Marine Dr. Ste. 100
Astoria, OR 97013

Tel: (503)325-7335

Bend OVRs

1230 NE 3rd St. Ste. A-152
Bend, OR 97701

Tel: (541)388-6336

Coos Bay OVRs

Employment Building
2075 Sheridan Ave.
North Bend, OR 97459

Tel: (541)756-8467

Pendleton OVRs

1555 SW Southgate Pl.
Pendleton, OR 97801

Tel: (541)966-6233

Central Portland OVRs

3945 SE Powell Blvd.
Portland, OR

Tel: (971)673-2555

South Salem OVRs

1701 Liberty St. SE
Salem, OR 97302

Tel: (503)378-2483

TTY: (503)378-2538

Oregon Technology Access for Life Needs Project (TALN)

Access Technologies, Inc.
Administrative Offices & Computer Lab
3070 Lancaster Dr. NE
Salem, OR 97305

Tel: (503)361-1201

1(800)677-7512

Fax: (503)370-4530

Email: info@accesstechnologiesinc.org

Website:

www.accesstechnologiesinc.org

- Assessments, evaluations, and training for businesses, agencies, educators, and individuals with disabilities in the use of assistive technologies
- Resources for sales, rentals, used equipment, as well as product and service solutions

Linked to the International Center for Disability Resources on the Internet at www.icdri.org/legal/OregonATP.htm

Vocational Rehabilitation

**Washington County Workforce
Development**

PCC Willow Creek Center
241 SW Edgeway Dr.
Beaverton, OR 97006

Tel: (503)244-6111

1(866)922-1010

Website:

www.workforceallianceonline.org/capcenter

Volunteer Opportunities for Stroke Survivors

American Stroke Association

Oregon & SW Washington residents contact the Portland office:

1200 NW Naito Pkwy. Ste. 220
Portland, OR 97209

Tel: (503)233-0100
1(800)452-9445

Fax: (503)233-4464

Others call: 1(800)AHA-USA1 (242-8721)

Website: www.americanheart.org

- Volunteer opportunities include assisting with or participating in special events and providing survivor stories for education and outreach

Department of Veterans Affairs Medical Center-Volunteer Services

3710 SW US Veterans Hospital Rd.
Portland, OR 97207

Tel: (503)273-5042

Website: www.va.gov/volunteer

Website:
www.visn20.med.va.gov/portland/volunteer/index.asp

- Individual interests and special needs taken into consideration when placing volunteers
- Duties may include clerical tasks, computer work, and medical transportation

Easter Seals Oregon

5757 SW Macadam Ave.
Portland, OR 97239

Tel: (503)228-5108

Website: <http://or.easterseals.com>
(click: Volunteering)

- Numerous volunteer opportunities
- A variety of jobs offered monthly
- Event opportunities available throughout the year

Hands On Greater Portland

Tel: (503)200-3355

Website: www.handsonportland.org

- A nonprofit organization that connects volunteers with appropriate volunteering opportunities for people in Multnomah and Washington County

Retired & Senior Volunteer Program (RSVP)/Volunteer Connection

PO Box 2260

Oregon City, OR 97045

Sonya Wedin: (503)650-5779

Hours: Mon – Thr 7 AM – 6 PM

- RSVP connects people aged 55+ with volunteer opportunities in schools, hospitals, museums, the arts, the environment and other non-profit agencies throughout Clackamas County
- The Volunteer Center (A United Way Agency) connects people of all ages with a variety of volunteer opportunities such as visiting patients in hospitals within Clackamas, Multnomah, and Washington counties

Other topics include: Healthy Start, Transportation Reaching People, Travel Training, Lifespan Respite Program, Senior Health Insurance Benefits Assistance (SHIBA), Medication Education, Senior Companion Program, and RSVP.

Acknowledgements

Our sincerest thanks to the following groups and individuals whose generosity makes Stroke Camp Northwest and this Resource Guide possible. We appreciate their financial and in-kind contributions as well as the gifts of their volunteer time and professional expertise.

Groups

American Stroke Association	National Student Speech-Language-Hearing Association (NSSLHA), PSU Chapter
Carlson Testing	Norm Thompson®
Jimmy & Rosalynn Carter Partnership Foundation	OnPoint Credit Union
Cascade Stroke Coordinators	Pacific University School of Physical Therapy & Occupational Therapy
Continuous Improvement Stroke Recovery Group	Providence ElderPlace
Documart One Main	Providence Health System Rehabilitation Department
FedEx Office	PSU Dept. of Speech & Hearing Sciences
Fort Vancouver Good Sam Club	SKG Marketing Associates
Gold Violin®	Solutions® Catalog
Legacy Rehabilitation Institute of Oregon	Speak EZ Stroke Recovery Group

Individuals

Claire Barnes	Charlene McClean
Jesse Beason & Jeff Gierer	Beverly Miller, in memory of Alvin Billy Miller
Becky Blumer & Kate Molony	Mel Parks, in memory of Paul Parks Jr.
Katy & Bobby Brandt	Don & Bobbi Rodgers
Dick Buuck	Howard & Petra Shapiro
Claire Connell	Joan Thompson
Jack & Iva Elmer (JaCiva's Bakery)	Charisse Tooze
Emily Ferris	Jessica Vanasse
Mara Harper	Ralph & Charlene Welch, in memory of Phern Reneau
Betty Hooten	Carol Yarrow
Trevor Juntunen	Mike & Toni Yuckert
John & Betty Kendall	Maya Zahm
Ellen Lippman	Susie & Charles Zuller
MerrieAnn Martin	

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Help Support Stroke Camp Northwest

Help Support Stroke Camp Northwest

We hope this guide has given you some valuable resources & helped you make some lasting connections. In compiling these resources, we were amazed at the number of quality services & providers in our region. But, we know there are many other valuable resources out there. Please let us know if there is a resource you would like to see in next year's guide.

Resource	
Phone	
Website	
Email	
Address	
City, State, Zip	
Description of services	

Your gift to Stroke Camp Northwest helps connect stroke survivors & their loved ones with important resources & opportunities in their communities. Stroke Camp Northwest is made possible through generous donations, in-kind contributions, & the work of committed volunteers.

- I would like support Stroke Camp Northwest with a gift of \$_____.
(Please make your check payable to *Stroke Camp Northwest*.)
- Contact me about volunteer opportunities.
- Please do not add me to your mailing list.

Name: _____

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Email: _____

Please send to: Stroke Camp Northwest
Department of Speech & Hearing Sciences
Portland State University
PO Box 751
Portland, OR 97207