

Support and Resources

It is important for you to learn about stroke and have support in your community to be successful at home.

- For more information about stroke, contact the American Stroke Association at 1-888-4-STROKE (1-888-478-7653 or visit their website at StrokeAssociation.org)
- The American Stroke Association has a “Warmline” that will put you in contact with other stroke survivors and community stroke groups.
- Look for a 'Peer Visitor Program' or a 'Support Group' that will give you an opportunity to meet and talk with other people who are successfully coping after a stroke.

Centers for Disease Control

www.cdc.gov/stroke

Health Hope Network

<http://hopenetwork.org>

Stroke Network

www.strokenetwork.org

Stroke Support Meet Up Groups

www.strokesupport.meetup.com

National Aphasia Association

www.aphasia.org

Brain Injury Peer Visitor

www.braininjurypeervisitor.org

American Stroke Association

www.strokeassociation.com

The Brain Attack Coalition

www.stroke-site.org

National Institute of Neurological Disorders and Stroke

www.ninds.nih.gov

Canadian Stroke Network

www.strokenetwork.ca

American Diabetes Association

www.diabetes.org

Nutrition.gov

www.nutrition.gov

National Stroke Association

www.stroke.org

Canadian Best Practice recommendations

<http://www.strokebestpractices.ca/>

Resources for Complementary & Alternative Medicines

Acupuncture

- Aromatherapy
- Hyperbaric Oxygen
- Massage
- Meditation
- Tai Chi
- Yoga

*ALWAYS consult your physician before beginning any of these therapies

Online Resources

[National Center for Complementary and Alternative Medicine from the National Institute of Health](#)

[Alternative Therapies for Stroke Treatment](#)

[Complementary and Alternative Therapies from the AHA](#)

Stroke journal editorial – [“Herbal Medicine in Stroke: Does it have a future?”](#)

[BMC Complementary & Alternative Medicine research article – “The use of alternative therapies in the Saskatchewan stroke rehabilitation population”](#)

[Evidence Based Complementary and Alternative Medicine article – “Patterns of using complementary and alternative medicine by stroke patients at two university hospitals in Korea”](#)

[National Institute of Health Senior Health video list of complementary and alternative medicine](#)

National Stroke Association Stroke Smart Magazine article – “Hyperbaric Oxygen Therapy Debate”

<http://tinyurl.com/5dfzfw>

If you are interested in participating in Stroke Research visit www.ClinicalTrials.gov. Search by state and age group in the advance search settings)

Recommended Books

After Stroke: enhancing quality of life, by Wallace Sife

American Heart Association family guide to stroke treatment, recovery, and prevention, by Louis R. Caplan

Living with stroke: a guide for families, 3rd ed., by Senelick, Richard C. & Karla Dougherty

My stroke of insight: a brain scientist’s personal journey by Taylor, Jill Bolte, Ph.D.

One Hundred Names for Love: A stroke, a marriage, and the language of healing, by Diane Ackerman

Recovery after stroke edited, by Barnes, Michael P., Bruce H. Dobkin, Julien Bogousslavsky

Striking back at stroke: a doctor-patient journal, by Hutton, Cleo & Louis R. Caplan

Stroke and the family: a new guide, by Stein, Joel, M.D.

Stroke sourcebook: basic consumer health information about stroke, including ischemic, hemorrhagic, transient ischemic attack (TIA) edited by Shannon, Joyce Brennfleck

The brain that changes itself: stories of personal triumph from the frontiers of brain science, by Norman Doidge