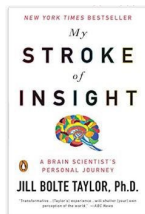


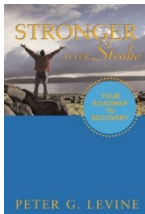
RESOURCES FOR STROKE SURVIVORS & CAREGIVERS:

- ❖ **AARP Family Caregiver Resources of Rhode Island** <https://www.aarp.org/caregiving/>
- ❖ **American Stroke Association** 1-888-4-STROKE (1-888-478-7653) <https://www.stroke.org/>
- ❖ **Brain Injury Association of Rhode Island** 401-228-3319 <http://biari.org/>
- ❖ **Caregiver Action Network** 202-454-3970 <http://caregiveraction.org/>
- ❖ **Diocese of Providence** 401-278-4500 <https://dioceseofprovidence.org/elder-services>
- ❖ **Eat Right** www.eatright.org
- ❖ **Habitat for Humanity: Aging in Place** 401-831-5424 <https://habitatpvd.org/programs/home-improvement/aging-in-place/>
- ❖ **Hands in Harmony** (401) 783-4810 <https://www.hihri.org/>
- ❖ **JustASK (Aphasia Stroke Knowledge)** 401-465-9365 [Aphasia | Just A.S.K. \(justaskri.com\)](http://JustA.S.K.(justaskri.com))
- ❖ **Long Term Services and Supports (LTSS)** 1-855-697-4347 <https://dhs.ri.gov/programs-and-services/long-term-services-and-supports>
- ❖ **Meals on Wheels of Rhode Island** 401-351-6700 <https://www.rimeals.org/>
- ❖ **Ocean State Center for Independent Living** 401-738-1013 <https://www.oscil.org/>
- ❖ **Powerful Tools for Caregivers** 515-294-8521 <https://www.powerfultoolsforcaregivers.org/>
- ❖ **Rhode Island Cross Disability Coalition** (401) 737-1238 <https://www.ricrossdisability.org/>
- ❖ **Rhode Island Office of Healthy Aging** 401-462-3000 <https://oha.ri.gov/resources>
- ❖ **Rhode Island RIDE Program** 401-461-9760 <https://www.ripta.com/RIdeParatransit>
- ❖ **RI Elder Info** 401-585-0509 <https://rielderinfo.com/>
- ❖ **RI Hospital Comprehensive Stroke Center Stroke Support Group** 401-444-8237 <https://www.brownhealth.org/centers-services/comprehensive-stroke-center-rhode-island-hospital/stroke-and-cerebrovascular>
- ❖ **RI PIN** (401) 270-0101 <https://ripin.org/>
- ❖ **Saebo Free Rehabilitation Resources** <https://www.saebo.com/stroke-exercises-for-your-body/>
- ❖ **Saint Elizabeth's Community** <https://stelizabethcommunity.org/>
- ❖ **Smoking Cessation** 1-800-QUITNOW (1800-784-8669) <https://smokefree.gov/>
- ❖ **Spaulding Adaptive Sports Center** <https://spauldingrehab.org/locations/spaulding-rehabilitation-hospital/conditions-services/adaptive-sports>
- ❖ **Statewide Head Injury Program (SHIP)** (617) 204-3852 <https://www.mass.gov/info-details/statewide-head-injury-program-ship>
- ❖ **Stroke Family Warmline** 1-888-4-STROKE (1-888-478-7653) <https://www.stroke.org/en/help-and-support/for-family-caregivers/stroke-family-warmline>
- ❖ **The Care Breaks Program** 401-421-7833 <https://oha.ri.gov/what-we-do/connect/care-partners/carebreaks>
- ❖ **THE POINT/United Way 211** 2-1-1 or 401-462-4444 <https://www.unitedwayri.org/get-help/2-1-1/>
- ❖ **The Stroke Network** <https://strokenetwork.org/>
- ❖ **The Village Common of Rhode Island** 401-228-8683 <https://providencevillageri.org/>
- ❖ **Tri-County Community Action Agency** 401-349-5760 <https://www.tricountyri.org/services/senior-disabled-adults/>

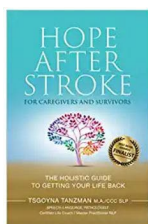
STROKE RECOVERY BOOKS



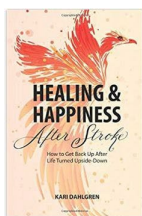
In **My Stroke of Insight**, the author shares her recommendations for recovery and the insight she gained into the unique functions of the two halves of her brain.



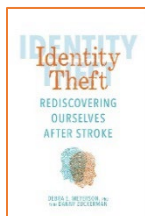
Stronger After Stroke puts the power of recovery in the reader's hands by providing easy instructions for reaching the highest possible level of healing.



Written by a Speech-Language Pathologist and life coach with more than 25 years of experience working with stroke survivors, **Hope After Stroke** provides a holistic overview of the entire stroke recovery process.



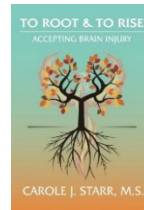
This inspiring self-help guide, complete with practical exercises and essential habits, provides a much needed pep-talk for every stroke survivor on their road to recovery. **Healing and Happiness after Stroke** has everything you need to get back on your feet and become a stronger version of yourself.



Identity Theft is an award-winning book that follows Stanford professor Debra Meyerson's journey to recover from a severe stroke that initially left her physically incapacitated and unable to speak. This is a book full of hope for survivors—from stroke or other injuries—as well as their families and support networks.

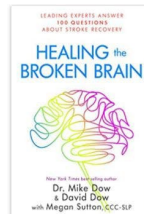


Tell Me Everything You Don't Remember is a memoir of reinvention after a stroke. Christine struggled with true invisible illness. Because she did not show any physical effects of her stroke, many of her friends made unkind comments without realizing they were unkind. Only other stroke survivors can truly relate to the sting of these comments.

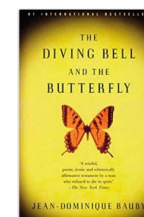


To Root & To Rise: Accepting Brain Injury

An inspiring, interactive book and workbook to help brain injury survivors and caregivers navigate grief and loss, find their strengths, and move forward with a changed life.



This stroke recovery book is a robust, holistic approach to recovery. **Healing the Broken Brain** contains a powerful intersection between hope and science.

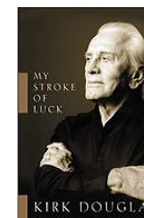


"The Diving Bell and the Butterfly" by Jean-Dominique Bauby

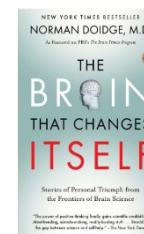
A triumphant memoir by the former editor-in-chief of French *Elle* that reveals an indomitable spirit and celebrates the liberating power of consciousness.



Sharon Stone, one of the most renowned actresses in the world, suffered a massive stroke that cost her not only her health, but her career, family, fortune, and global fame. In **The Beauty of Living Twice**, Stone chronicles her efforts to rebuild her life and writes about her slow road back to wholeness and health.



In 1995, Kirk Douglas suffered a debilitating stroke that changed his life. In this vivid and very personal reflection upon his extraordinary life as an actor, author, and legend in his own time, Douglas offers a candid and heartfelt memoir of where it all went right in his life -- even after the stroke.



From stroke patients learning to speak again to the remarkable case of a woman born with half a brain that rewired itself to work as a whole, **The Brain That Changes Itself** will permanently alter the way we look at our brains, human nature, and human potential.