



MILWAUKEE
REHABILITATION HOSPITAL
at GREENFIELD

STROKE RESOURCES

Milwaukee and Surrounding Area

2024



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SUPPORT GROUPS

STROKE SUPPORT GROUPS



1st Tuesday every month
3200 S 103rd
Greenfield, WI 53227
414.441.0500

Other Support Groups

Aurora Medical Center Grafton Stroke Support Group:

When: first Wednesday of every month 1pm-2pm

Where: Aurora Medical Center- Grafton Conference Room 5

Stroke Support Group- Elkhorn

When: Third Monday of Every Other Month 1pm-230pm

Where: Aurora Lakeland Medical Center Lower-Level Conference Room 3

Froedtert South Stroke Support Group:

When: 3rd Tuesday of Every Month 10am-11am

Where: Froedtert South in Pleasant Prairie 4th floor conference room.

Stroke at Midlife: for adults 30-65 years old

When: 4th Wednesday of every month, Nov is 3rd Wednesday, no meeting in Dec. 530pm-7pm

Location: Aurora West Allis Medical Center

Aphasia and Communication Support Group:

When: 3rd Monday of every month 3pm-415pm

Where: Outpatient Speech Therapy Conference Room in Aurora St. Luke's Medical Center

Stroke Support Group-

When: 2nd Thursday of each month 2pm-330pm

Where: Aurora St. Luke's Medical Center Medical Office Building 1, Rooms E & F

Stroke Support Group- Racine

When: 2nd Wednesday of each month 230-330pm

Where: Ascension All Saints Hospital- Racine

CAREGIVER SUPPORT PROGRAMS/RESOURCES

CARE GIVER RESOURCES

- The National Family Caregiver Support program was established with the enactment of the Older Americans Act Amendments of 2000. The 2006 amendments to the Older Americans Act call for the program to provide information, support, and assistance to family and friends who help care for:
 - A person age 60 and older
 - A person with Alzheimer's disease or other dementia regardless of age, and
 - Grandparents or relative caregivers 55 years of age and older who are caring for grandchildren under age 18, or who are caring for someone with a severe disability who is 19 to 59 years of age.

SERVICES AVAILABLE THROUGH CAREGIVER SUPPORT PROGRAMS MAY INCLUDE

- Many caregivers cannot get out to do the most basic of activities such as grocery shopping, going for a walk, or reading a book. The ADRC offers caregiver support that can help you in your caregiving role. Based on available funding, support may include:
 - Assistance identifying and accessing available resources.
 - Caregiver newsletter.
 - Emergency alert monitoring systems.
 - Medication management assistance, with use of an automated pill dispenser.
 - Home delivered meals.
 - Grab bar and ramp installation.

CAREGIVER SUPPORT PROGRAMS CONTINUED

Respite care to enable caregivers to be temporarily relieved from their caregiving responsibilities, whether their loved one is elderly or a grandchild, including:

- Personal care and bathing assistance
- Homemaker services
- Bill management assistance
- General in-home care
- Adult Day Center care
- Overnight facility care
- Free, open [Resource Library](#) with books and media for caregivers to checkout
- Trualta Online Caregiving Resource [Login - Wisconsin State \(trualta.com\)](#)

CAREGIVER SUPPORT-MILWAUKEE CO.

- Milwaukee County Caregiver Support Program seeks to help family caregivers by offering information, education and support services for caregivers of older adults, caregivers of individuals with dementia, and older adults caregivers who are caring for grandchildren or individuals with disabilities. They offer information, support, and financial resources for caregivers.
- Financial Resources for Caregivers
 - Taking care of a loved one is important and can be fulfilling, but it can also be challenging. Financial resources are available to help eligible caregivers with respite care, home modifications, self-care, equipment or other support services.
 - Email caregiversupport@milwaukeecountywi.gov or call [\(414\) 289-6874](tel:4142896874) to learn more.

CAREGIVER SUPPORT-WAUKESHA COUNTY

- The National Family Caregiver Support program was established with the enactment of the Older Americans Act Amendments of 2000. The 2006 amendments to the Older Americans Act call for the program to provide information, support, and assistance to family and friends who help care for:
 - A person age 60 and older
 - A person with Alzheimer's disease or other dementia regardless of age, and
 - Grandparents or relative caregivers 55 years of age and older who are caring for grandchildren under age 18, or who are caring for someone with a severe disability who is 19 to 59 years of age.

MEAL PROGRAMS

HEALTH, NUTRITION AND HOME DELIVERED MEAN PROGRAMS- MILWAUKEE COUNTY

- Senior Dining
- Good nutrition is an important part of healthy aging. Senior dining sites serve delicious, nutritious and balanced hot lunches at convenient locations throughout Milwaukee County.
- Anyone 60 and over can join us for lunch. There is a suggested contribution of \$3 for diners 60 and over and a cost of \$8 for their guests under 60.
- You will need to first register for a diner card and then make reservations at least 24 hours in advance. Call (414) 289-6995 for more information To find a senior dining site in your area go to:
<https://county.Milwaukee.gov/EN/DHHS/Older-Adults-Services/Senior-Centers--Dining/Senior-Dining-Menus>

HEALTH, NUTRITION AND HOME DELIVERED MEAN PROGRAMS- RACINE COUNTY

- Racine County offers a nutrition program to anyone 60 years or older, and their spouse of any age.
- Nutritious meals create an opportunity to build a relationship and strengthen bonds with each individual. Regular meals, whether in the comfort of the home or at a community dining site, provides tailored nutrition, social connection, safety and more.
- Call us at: 262-833-8766 or toll free at: 866-219-1043, or email RCNutrition@racinecounty.com.

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HEALTH, NUTRITION AND HOME DELIVERED MEAL PROGRAMS-WAUKESHA COUNTY

Brookfield Community Center
2000 North Calhoun Road
Brookfield, WI, 53005
(262) 782-1636

Oconomowoc Community Center
220 W. Wisconsin Avenue
Oconomowoc, WI, 53066
(262) 567-5177

Birchrock Apartments
280 Birchrock Way
Mukwonago, WI 53149
(262) 363-4458

Our Lord's United Methodist Church
5000 S. Sunnyslope Road
New Berlin, WI 53151
(414) 529-8320

Menomonee Falls Community Center
W152 N8645 Margaret Rd
Menomonee Falls, WI, 53051
(262) 251-3406

Sussex Community Center
N64 W23760 Main Street
Sussex, WI, 53089
(262) 246-6747

La Casa Village
1431 Big Bend Road
Waukesha, WI 53188
(262) 547-8282

HOME CARE SERVICES

Medical and Non-Medical

HOUSEKEEPING AND CHORE SERVICES

- All ADRC agencies offer support and guidance in securing a Housekeeping and companion service in the area.
- Traditionally, these services are not covered through community programs, and the rates and fees for services are negotiated between the individual and the service provider.

HOME CARE

- There are two types of in-home care that can be received.
 - **Medical Home Care-** which includes a Home Care Agency that could supply Physical Therapy, Occupational Therapy, Speech Therapy, Skilled Nursing, or even Social Services. These services require a physician order, and coverage is typically covered under medical insurance if there is a medical necessity for the service.
 - **Non-Medical Home Care-** This includes housekeeping services, companion services, or Personal Care Workers. These services are often not covered by medical insurance and may require that these are negotiated between the individual and the service provider.

LONG-TERM CARE PROGRAMS

- Long-term care involves a variety of services designed to meet a person's health or personal care needs when they can no longer perform everyday activities on their own. This article provides an overview of long-term care planning, services, and costs, as well as other resources.

Who needs long-term care?

- Many people will need long-term care at some point. However, it can be difficult to predict how much or what type of care a person might need.

GOVERNMENT PROGRAMS

Medicaid

SeniorCare

FoodShare

SOCIAL SECURITY ADMINISTRATION

THERE ARE 2 PROGRAMS AVAILABLE UNDER SOCIAL SECURITY:
SOCIAL SECURITY DISABILITY INCOME(SSDI)
SUPPLEMENTAL SECURITY INCOME(SSI)

- **Website:** www.socialsecurity.gov
- **Phone:** 1-800-772-1213 between 7am-7pm Monday through Friday
- **Local Office:** to find one please visit the website and enter zip code
- **Mailing Address:**

Social Security Administration,
Office of Public Inquiries
6401 Security Blvd.
Baltimore, MD, 21235-6401

SOCIAL SECURITY DISABILITY INCOME (SSDI)

Social Security Disability Insurance (SSDI): provides disability benefits if you are “insured” by workers contributions to the social security trust fund based on your earnings.

- You must meet these two criteria:
 1. “Recent work” test based on your age at the time you became disabled
 2. “Duration of work” test to show that you worked long enough under social security
- Once these two criteria are met, they will send your application to a panel of doctors and specialists to determine your eligibility. In this process they may ask your doctor to submit information relating to your condition. They may also ask for a physical examination.
- This may take 3-5 months to process an application and you must be disabled for 5 months before you can receive income from this program.
- Once you are determined as eligible you will receive information from SSDI about your monthly payments.
- There are periodic reviews to ensure that you are still disabled. You will get more information about this review process once you receive your determination of eligibility.
- Once on SSDI for 24 months or 2 years you are eligible for Medicare.

SUPPLEMENTAL SECURITY INCOME(SSI)

- Provides disability payments to individuals who are 65+, blind, or disabled.
- Benefits are the same nationwide and begin immediately upon approval. Your eligibility depends on your income and resources.
- If you are eligible for SSI, you are typically eligible for Medicaid
- To be considered disabled you will have to be unable to work for at least 12 months or death. You cannot be on short term disability or partial disability.

STROKE SURVIVOR RESOURCES

All states have government offices that provide referrals and resources for the aging and disabled after a stroke.

- **Medicaid Home and Community-Based Services Waiver Program**

- If you qualify for medical assistance or Medicaid, find out if your state has a home and community-based services (HCBS) waivers program. This program allows the state to provide an array of home- and community-based services that help those who prefer live in their community instead of an institution. Each state has different programs and eligibility criteria, so contact your local Department of Human or Social Services for specifics in your state.

- **Rehabilitation Services Administration - Independent Living Services**

- Many agencies throughout the country have government-funded programs through the Rehabilitation Services Administration (RSA). This program focuses on vocational rehabilitation, which may include services such as counseling, medical and psychological services, job training, and other individualized services. For more information, contact the RSA in your state.

MEDICARE VS. MEDICARE ADVANTAGE PLANS:

YOU SHOULD STILL CHECK WITH YOUR PLAN FOR COVERAGE DETAILS

Medicare A & B	Medicare Advantage
You can go to any doctor or hospital that takes Medicare	You can only use in network doctors and other providers within network
In most cases you don't need a referral to see a specialist	You may need to get a referral to see a specialist
You may pay 20% of your Part B services after you meet your deductible	Out of pocket costs vary- you may have lower or higher out of pocket costs for certain services. You may also have an additional premium
You pay a premium for Part B	You pay the monthly premium and may also have to pay the plan's premium, plans have a yearly limit on what you pay out of pocket, once this is reached you'll pay nothing out of pocket
No yearly limit on out-of-pocket costs unless you have supplemental coverage	Plans must cover all medically necessary services that original Medicare covers. Plans may also offer some extra benefits like vision, hearing, dental.
Covers most medically necessary services and supplies, may not cover eye exams or dental care	Medicare part D is included in most plans for the drug coverage. You cannot join a separate drug plan.
You do not typically need approval for Medicare to cover services or supplies	In many cases you may need to get approval from your plan before it covers certain supplies or services.
Typically does not cover medical care outside of the USA	Typically does not cover medical care outside of the USA

MEDICAID PROGRAMS:

PLANS FOR PEOPLE WHO ARE ELDERLY, BLIND, OR DISABLED HEALTH CARE FOR PEOPLE WHO ARE AGE 65 OR OLDER, BLIND, OR HAVE BEEN DETERMINED TO BE DISABLED.

People qualify for one or more of the following plans depending on their age, income, assets, and the type of care they need:

- Supplemental Security Income (SSI)-Related Medicaid
- Medicaid Purchase Plan
- Long-Term Care
- Family Care
- Family Care Partnership
- PACE (Program of All-Inclusive Care for the Elderly)
- IRIS (Include, Respect, I Self-Direct)
- Institutional Medicaid (nursing home, institutions for mental disease)

LIMITED COVERAGE PLANS

THE FOLLOWING PLANS PROVIDE LIMITED COVERAGE OR FINANCIAL ASSISTANCE:

- SeniorCare Prescription Drug Assistance
- Medicare Savings Programs
- FoodShare Wisconsin

WISCONSIN MEDICAID FOR ELDERLY, BLIND, OR DISABLED

YOU CAN APPLY BY GOING ONLINE TO WWW.ACCESS.WI.GOV

You may be able to enroll if all the following are true:

- You are a Wisconsin resident and you are a US Citizen or qualifying immigrant
- You are age 65 or older, blind, or disabled.
- Your income and assets are at or below the monthly program limit

Income Limits:

Household Size	100% Federal Poverty Limit
1	\$1,255.00
2	\$1,703.33
3	\$2,151.67
4	\$2,600.00
5	\$3,048.33

Asset Limits:

Single Applicant	Married (Both Spouses applying)	Married (one spouse applying)
\$2,000	\$3,000	\$3,000

SENIORCARE PRESCRIPTION DRUG ASSISTANCE PROGRAM

SeniorCare helps Wisconsin seniors with their prescription drug costs.

- To enroll in SeniorCare, you must:
 - Be a Wisconsin resident.
 - Be a U.S. citizen or have qualifying immigrant status.
 - Be 65 years of age or older.
 - Pay a \$30 annual enrollment fee per person.

INCOME AND ASSET LIMITS FOR SENIORCARE:

Only certain income is counted for SeniorCare.

- Assets, such as bank accounts, insurance policies, and home property, are not counted.
- Coverage Levels SeniorCare members are subject to certain annual out-of-pocket expenses and/or copays depending on their annual income.
- Drug coverage may vary by level of enrollment.
- There are four levels of enrollment for SeniorCare based on income limits (as of February 1, 2024):
 - ⑩ Level 1: For those with annual income at or below \$24,096 (individual) or \$32,704 (couple).
 - ⑩ Level 2a: For those with annual income of \$24,097 to \$30,120(individual) or \$32,705 to \$40,880 (couple).
 - ⑩ Level 2b: For those with annual income of \$30,121 to \$36,144 (individual) or \$40,881 to \$49,056 (couple).
 - ⑩ Level 3: For those with annual income of \$36,145 or higher (individual) or \$49,057 or higher (couple).
- NOTE: There is no asset limit for the SeniorCare program. You can apply for SeniorCare by completing the SeniorCare Application, F-10076. To get an application or more information about SeniorCare, contact SeniorCare Customer Service at 800-657-2038 or go to dhs.wi.gov/seniorcare/index.htm

FOODSHARE WISCONSIN

ANYONE CAN APPLY FOR FOODSHARE. YOU MAY BE ABLE TO ENROLL IF ALL THE FOLLOWING ARE TRUE:

- Your household income is at or below the gross monthly program limit
- You live in Wisconsin.
- You are a U.S. citizen or qualifying immigrant.

Income Limit

FoodShare Gross Monthly Income Limits/Maximum Benefit Amounts—Effective October 1, 2023

People in Household	Gross Monthly Income Limit at 200% FPL	Gross Monthly Income Limit at 130% FPL	Gross Monthly Income Limit at 100% FPL	Maximum Benefit Amount
1	\$2,430	\$1,580	\$1,215	\$291
2	\$3,288	\$2,137	\$1,644	\$535
3	\$4,144	\$2,694	\$2,072	\$766
4	\$5,000	\$3,250	\$2,500	\$973
5	\$5,858	\$3,807	\$2,929	\$1,155
6	\$6,714	\$4,364	\$3,357	\$1,386
7	\$7,570	\$4,921	\$3,785	\$1,532
8	\$8,428	\$5,478	\$4,214	\$1,751

TRANSPORTATION

TRANSPORTATION-MILWAUKEE COUNTY

Transportation can be one of the biggest challenges as individuals age. There are a variety of transportation options available in Milwaukee County to serve older adults.

- Milwaukee County Older Adult Transportation Service (OATS)- Accessible transit vans provide rides to a variety of destinations around Milwaukee County,
- WisGo Reduced Fare Card- Persons over 65 years of age, children ages 6-12, persons on Medicare, Transit Plus clients, or persons with qualifying disabilities. Provides \$1 rides on Busses in Milwaukee County
- Transit Plus- Individuals with a disabling illness or condition that prevents them from using the bus. Must be verified by a doctor. Transit Plus vans provide rides to eligible riders to any location in Milwaukee County. Rides cost \$4 each way and must be scheduled at least one day in advance
- VEYO- Transport Hub service for Medicaid patients
- Volunteer Drivers- Volunteer drivers are available for those age 60 years or older through Eras Senior Network. Call (414) 488-6500 to learn more

TRANSPORTATION – WAUKESHA COUNTY

Taxi/RideLine Program Application- Subsidized transportation services for non/limited-driving older adults 60 years of age and older, and for individuals with disabilities age 18-59.

- The RideLine Program is available to Waukesha County residents who are non/limited-drivers and 60 years of age or older, or age 18-59 with a disability designation who use assistive devices such as a walker, wheelchair, scooter, or are legally blind. Individuals must be unable to enter or exit a car with little or no assistance. If a certified person is ambulatory and the trip is not in a taxi provider's service area, the person may use the RideLine program.
- Shuttle Service is available to Waukesha County residents who are 60 years of age or older and residing in the community sponsoring the service. Service is curb to curb and individuals must be ambulatory. There is no application or certification required to use the shuttle programs.

TRANSPORTATION-RACINE COUNTY

	Racine County Specialized Transportation	West End Express (Burlington)	MyRide	DART	BUS (Belle Urban System)
Type of service	Door-to-Door Approved application required	Flexible route and demand response	Door-to-Door	Door-Door Approved application required	Fixed route
Who it serves	Residents that are 65 years or older or have a disability and live outside the Belle Urban System service area.	Primarily for active Racine County Seniors, but open to general public	Residents that are 55 years or older or are visually impaired.	Residents that are 60 years or older or have a disability and live within ¾ of mile of the Belle Urban System service area.	Anyone
Cost	\$5.00 per one-way trip	\$2.00 per one-way trip \$3.00 round-way trip \$5.00 for a day pass that allows unlimited use for one day.	Donations suggested	\$4.00 per one-way trip	Adults (18-64) \$2.00 Youth (6-17) \$2.00 Children (0-5) free 65 and over, disabled(Approved application required or Medicare Card) \$1.00
Reservations	At least 24 hours in advance	Not required	At least 24 hours in advance	Must call by 2:00pm the day before the needed ride	Not required
Hours of Operation	Monday-Friday: 5:30 am-6:00 pm Saturday: Dialysis only	Monday-Saturday: 8:00 am-4:00 pm	Monday-Friday: 8:00 am – 5:00 pm	Monday-Friday: 5:00am-11:00pm; Saturday: 5:00am-7:00pm Sunday 9:00am-7:00pm	Monday-Friday: 5:00am-11:00pm; Saturday: 5:00am-7:00pm Sunday 9:00am-7:00pm
Where to find more information	https://ktowntransportation.com 262-764-0377	https://ktowntransportation.com/ 262-764-0377	http://www.volunteerracine.org/myride/ 262-417-7544	www.racinetransit.com 262-619-2438	www.racinetransit.com or 262-637-9000

DEPRESSION AND MENTAL HEALTH RESOURCES

POST STROKE DEPRESSION

About 30% of people who have a stroke get depressed. It can occur right away, or months or even years later. Depression, which can be a serious complication, can result from a biochemical change in the brain due to a stroke or from an emotional reaction to one. If left untreated, it can affect the quality of life and make post-stroke recovery difficult. Post-stroke depression (PSD) — a feeling of hopelessness that interferes with functioning and quality of life — is largely unrecognized, underdiagnosed, and under-treated.

COMMON DEPRESSION SYMPTOMS:

- Depressed mood, called anhedonia
- Persistent sad, anxious or empty feelings
- Significant fatigue/lack of energy
- Lack of motivation
- Social withdrawal
- Problems concentrating/remembering details
- Difficulty finding enjoyment in anything
- Sleep disturbances
- Irritability
- Increase or decrease in appetite and eating patterns
- Feelings of helplessness, hopelessness, and/or worthlessness
- Aches, pains, and digestive problems that don't ease with treatment
- Suicidal thoughts

DIAGNOSIS

Diagnosing Post Stroke Depression can be challenging because stroke symptoms can mask signs of depression.

Your healthcare professional should evaluate you for depression during a follow-up visit.

- Be open and honest and explain what you are experiencing.
- Include your caregiver or family member in these conversations, as it may be difficult for you to easily identify signs of depression

TREATMENT

Because of the complexity of post-stroke depression, several treatments should be tried to determine patient-specific usefulness.

- **Antidepressants:** These medications should be closely monitored for their effectiveness. Antidepressants may help survivors enjoy life again. Consult with a psychiatrist to find one that works for you or your loved one.
- **Psychotherapies:** Cognitive behavioral therapy, motivational interviewing and supportive psychosocial intervention may be helpful. In addition, patient education, counseling and social support may all be added as components of a treatment plan.
- **Stroke support groups:** Finding a local group can be beneficial. You can connect with other stroke survivors and share your story. You can also learn of resources and services in your community to help make your post-stroke journey easier.
- **Exercise program:** If you have been cleared to exercise, a structured exercise program for at least 4 weeks complementary to other treatments might also help treat your post-stroke depression.

WISCONSIN MENTAL HEALTH RESOURCES

- ACCESS Clinics: for uninsured Milwaukee County Residents who are in need of behavioral health needs 414-257-7222
- County Crisis Services: Call 988 to connect to a trained counselor if in a mental health crisis.
- Aurora Behavioral Health Center: Call 414-773-4312 for appointment: Check insurance eligibility
- Granite Hill Mental Health Hospital: Call 414-667-4800 for appointment: Check insurance eligibility
- Roger's Behavioral Health: Call 414-327-3000 for appointment: Check insurance eligibility
- MCFI Behavioral Health: Call 414-937-2020 for appointment: Check insurance eligibility
- Froedtert Behavioral Health: 414-777-7700 for appointment: Check insurance eligibility
- BetterHelp.com → Telehealth services, check insurance eligibility
- Talkspace.com → Telehealth services, check insurance eligibility
- Teladochealth.com → Telehealth services, check insurance eligibility

**You may have to utilize virtual services until you can be seen in clinic for mental health treatment. **

OTHER LINKS AND RESOURCES

VOCATIONAL REHAB

In the State of WI, the Wisconsin Department of Workforce Development has established the Department of Vocational Rehabilitation (DVR)

<https://dwd.wisconsin.gov/dvr/>

- The Division of Vocational Rehabilitation (DVR) is a federal/state program designed to obtain, maintain, and advance employment for people with disabilities by working with DVR consumers, employers, and other partners.

What They Do

- Provide employment services and counseling to people with disabilities.
- Provide or arrange for services to enable an individual to go to work.
- Provide training and technical assistance to employers regarding disability employment issues.

Mission

- To obtain, maintain and improve employment for people with disabilities by working with VR consumers, employers, and other partners.

VOCATIONAL REHAB

[HTTPS://DWD.WISCONSIN.GOV](https://dwd.wisconsin.gov)





Services provided by the ADRC

Caregiver support

Dementia care services

Health, nutrition, and home-delivered meal programs

Housekeeping and chore services.

Housing options

In-home personal care and nursing

Long-term care programs

Medicaid, Medicare, and Social Security

Safety updates to the home

Transportation

Wellness programs

It also provides other services



United Way
of Greater Milwaukee
& Waukesha County

UNITED WAY OF GREATER MILWAUKEE & WAUKESHA COUNTY



Impact 2-1-1 is a 24/7 hotline to get connected to services you need: emergency food, health care, mental health care, emergency shelter, affordable housing, alcohol or other drug abuse services, financial and legal assistance, etc.

Phone

Land line or cell phone: 2-1-1

Toll free: (866) 211-3380

Text your ZIP code to 898-211

[2-1-1 Online](#)

[Affordable Connectivity Program](#)

[Caregiver Connection](#)

[Diaper Bank Hubs](#)

[Employment Resources](#)

[EvictionFreeMKE](#)

[Homeowner Assistance](#)

[Mental Health & Substance Abuse Resources in Milwaukee](#)

[Milwaukee Rental Housing Resource Center](#)

[Milwaukee County Dental Access Directory](#)

[Milwaukee County Safety Net Clinic Directory](#)

[Prescription Savings](#)

[Stockbox DoorDash](#)

[Tax Help](#)

[United for Waukesha Resiliency Center](#)

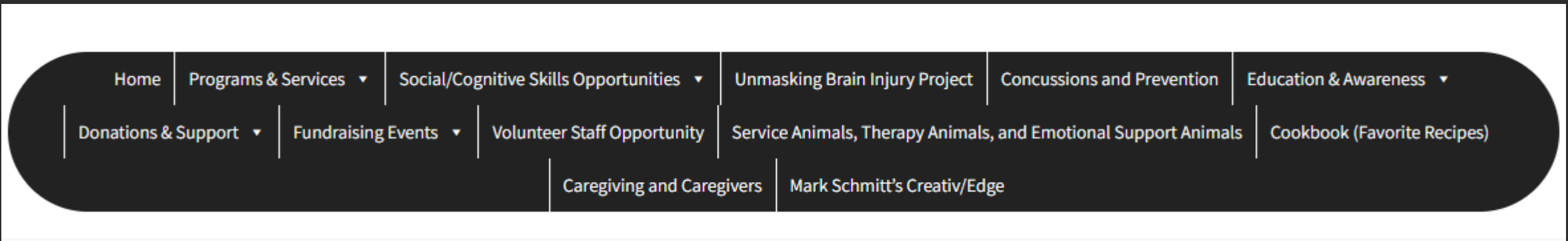
[WI Emergency Rental Assistance Program](#)

BRAIN INJURY RESOURCE CENTER OF WI



When unexpected events interrupt our lives (personal and business) they create a terrible ripple effect. Our organization is comprised of all volunteers and each is living life after brain injury. Some are survivors while others are family members and caregivers themselves. Our organization provides information and resources to families and survivors who are living their lives after brain injury. What we do is help you and your family as you navigate the journey through life after brain injury, no matter where it takes you.

Our Resource Library is packed with educational materials that target living life after brain injury. Our website is also full of information and resources.





American
Stroke
Association.

A division of the
American Heart Association.

AMERICAN STROKE ASSOCIATION

American Stroke Association Warmline:

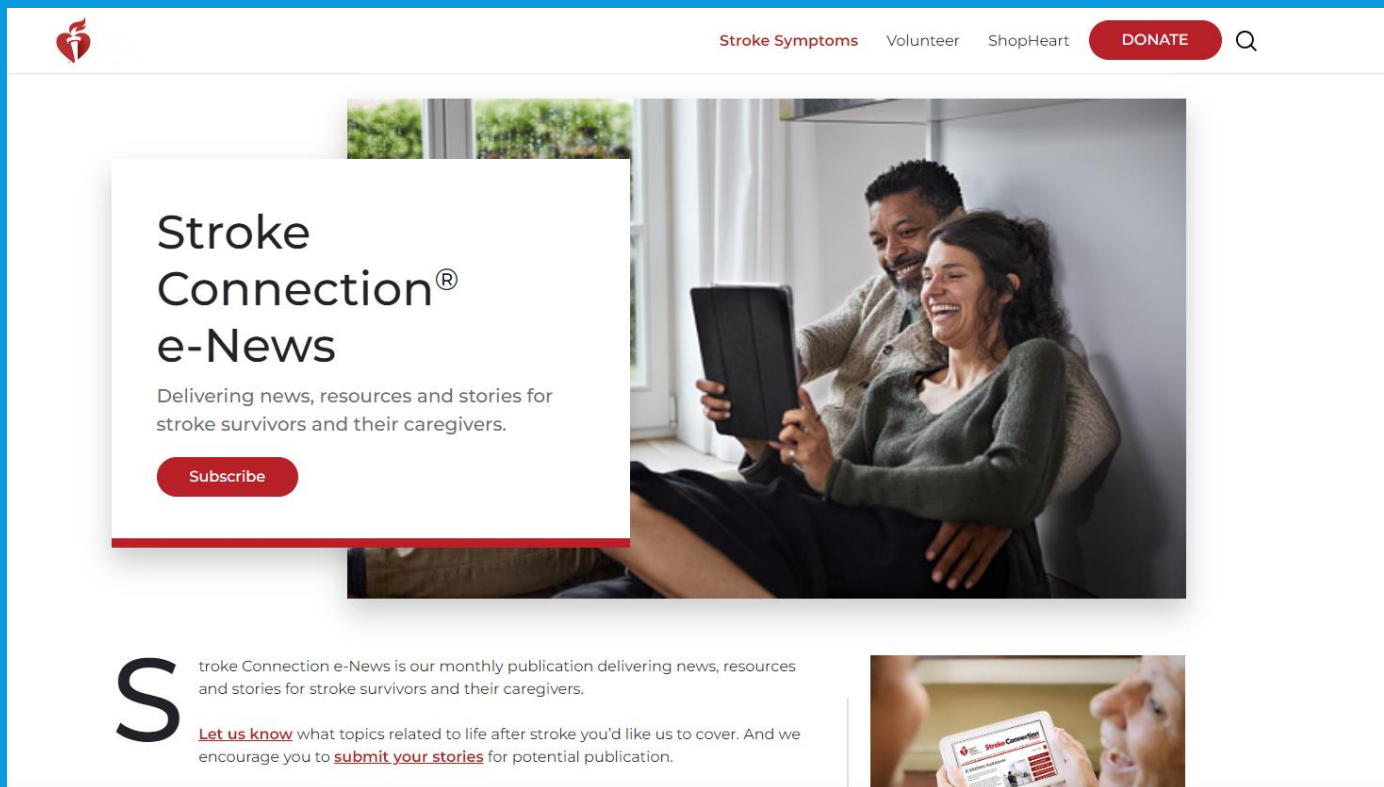
1-888-4-STROKE or 1-888-478-7653

Monday-Friday 830am-5pm

Connects survivors, families, and caregivers to an American Stroke Association Team Member for support, helpful information, or just a listening ear.

STROKE CONNECTION MAGAZINE

Sign up at <https://www.stroke.org/en/stroke-connection>
Subscribe for a monthly newsletter/magazine



The screenshot shows the top navigation bar with the American Stroke Association logo, links for "Stroke Symptoms", "Volunteer", and "ShopHeart", a "DONATE" button, and a search icon. The main content area features a large image of a man and a woman looking at a tablet together. Overlaid on this image is a white box with the text "Stroke Connection® e-News" and "Delivering news, resources and stories for stroke survivors and their caregivers." Below this text is a red "Subscribe" button. Below the main image, there is a paragraph starting with a large "S" and the text "troke Connection e-News is our monthly publication delivering news, resources and stories for stroke survivors and their caregivers." followed by "Let us know what topics related to life after stroke you'd like us to cover. And we encourage you to submit your stories for potential publication." To the right of this text is a small image of a person holding a smartphone displaying the Stroke Connection e-News content.

AMERICAN STROKE ASSOCIATION TIPS FOR DAILY LIVING LIBRARY



Sign <https://www.stroke.org/en/life-after-stroke/recovery/daily-living>
A library of information for ongoing recovery in daily life

Simple Tips and Videos

Tips for Daily Activities — Save Energy. Simplify. Delegate.

Bathing Tips



[Tips for Bathing After Stroke](#) >

Dressing Tips



[Tips for Dressing After Stroke](#) >

Driving Tips



[Tips for Driving After Stroke](#) >

Shopping Tips



[Tips for Shopping After Stroke](#) >

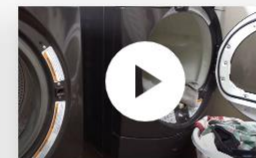
Step-By-Step Videos for Stroke Survivors

Find helpful recommendations for performing daily tasks.



Bed to Wheelchair Transfer
Some survivors may need assistance with transfers. This video might be especially helpful for caregiver or family.

[Play the Wheelchair Transfer Tips Video](#) >



Laundry
After a stroke doing laundry may become more challenging. Try these tips to make this task manageable.

[Play the Laundry Tips Video](#) >



Ponytails
Learn how this stroke survivor tackles the challenge of putting her hair up in a ponytail.

[Play the Hairstyling Tips Video](#) >

- [Grocery Tips Video](#) >
- [Home Safety Tips Video](#) >
- [Meal Prep Tips Video](#) >
- [Planning Tips Video](#) >

Videos by Survivors

- [Daily Activities](#) >
- [Cooking Tips](#) >
- [Communication Tips](#) >
- [Stroke Prevention Tips](#) >
- [Encouraging Messages](#) >