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A division of the American Heart Association.

Together to End Stroke®



STROKE SURVIVOR 2 SURVIVOR (SS2S) SUPPORT PROGRAM MANUAL



Stroke Survivors Empowering Each Other and the American Stroke Association's Together to End Stroke – collaborating to beat stroke.



03

THE SS2S PROGRAM

About ASA

About SSEEO

About the SS2S Program

- *Goals*
- *Program Participation Requirements*
- *Program Process*

07

SS2S JOB DESCRIPTIONS

SS2S Volunteer Job Description

On-Site Coordinator Job Description

10

SS2S PROGRAM PROCEDURES

Patient Procedure

Call Procedure

13

SS2S PROGRAM TOOLS

Enrollment Form (A)

Phone Call Summary Form (B)

Support Call Script

Volunteer Shift Summary Form (C)

SS2S Program Promotional Flyer

SS2S Volunteer Sign-in Sheet

20

SS2S PATIENT MAILINGS

Stroke Patient Follow-up Note

Stroke Patient Resources for Mailing

- *Stroke Education and Support*
- *Disability Programs, Medical, Homecare and Prescription Services*

23

STROKE PATIENT AND CAREGIVER RESOURCES

American Stroke Association
Stroke Resources

- *Let's Talk About Stroke*
- *Stroke Prevention*
- *Recovery*
- *Rehabilitation*
- *Cryptogenic Stroke*
- *Caregiver*

Stroke Survivors Empowering
Each Other Resources

- *Advocacy*
- *Support*
- *Education*

Local Stroke Patient Resources



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THE STROKE SURVIVOR 2 SURVIVOR (SS2S) PROGRAM



The American Stroke Association (ASA) and Stroke Survivors Empowering Each Other (SSEEO) share a common desire to improve the health and quality of life of the more than 7 million Americans who are stroke survivors. We recognize the stroke experience can feel traumatic and lonely and want to ensure survivors and caregivers know they are not alone. We're here to help every step of the way. That's why our organizations are working together to make the Stroke Survivor 2 Survivor program more widely available through the development of this manual.

ABOUT ASA

About the American Heart Association / American Stroke Association:

- The AHA/ASA is the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke. Founded by six cardiologists in 1924, our organization now includes more than 30 million volunteers and supporters.
 - The American Stroke Association was created in 1998 as a division of the American Heart Association.
 - Stroke is the second leading cause of death globally and is a leading cause of severe disability. To fight stroke, we fund innovative research, advocate for stronger public health policies, and provide critical tools and information to save and improve lives.
-

ABOUT SSEEO

Founded in 2004, SSEEO strives to improve the quality of life for stroke survivors, caregivers and their families. SSEEO and its volunteers do this by:

- Connecting survivors and families to support communities that understand survivor challenges.
- Providing education, support and resources to help stroke survivors acclimate to the changes caused by their stroke.
- Promoting public policy to raise awareness on stroke prevention and the impact of stroke.
- Providing a voice in state and national government to promote stroke legislation.

WHAT IS THE STROKE SURVIVOR 2 SURVIVOR (SS2S) PROGRAM?

SS2S is a telephone peer support program, developed by SSEEO, for stroke survivors and their caregivers. It is run by stroke survivor or stroke caregiver volunteers with special training and overseen by a local hospital on-site coordinator.

When implemented, the SS2S program offers many positive benefits. With the tools provided in the SS2S program, the health care facility and volunteers can make a difference by encouraging stroke survivors to manage their own care while offering support, guidance and resources for their stroke recovery.

Goals:

- Increase adherence to follow-up appointments
- Educate stroke survivors on need for treatment compliance to reduce risk of stroke recurrence
- Provide SS2S volunteers the opportunity to give-back as part of their stroke journey
- Improve access to health care
- Improve access to resources, social support and self-management skills
- Reinforce stroke education and core measures

Program Participation Requirements:

- Stroke survivors or caregivers participate on a voluntary basis
- SS2S volunteers commit to at least 1 year of service unless otherwise dismissed from the program, (i.e. abusive or otherwise inappropriate behavior)
- SS2S volunteers will agree to participate in a training session prior to becoming an active volunteer
- SS2S volunteers will agree to participate in the hospital volunteer orientation

Program Process:

- Educate hospital staff prior to program implementation
- Prior to discharge from the hospital or rehabilitation, stroke survivors are asked to participate in the program by stroke coordinator, health care professional or peer visits
- Stroke survivors will be offered the SS2S program flyer and form for enrollment in the program
- Participants will be called 4 times and sent relevant stroke recovery resources
- Based on the need, the stroke survivor calls will be discontinued after four follow-up calls
- SS2S volunteer will run through a scripted checklist during each call and ask about any new needs
- SS2S volunteers will record notes about their conversations in a secure call log
- The SS2S volunteer will seek referral guidance from the hospital staff when survivor needs are identified, and an appropriate advisory member will make return phone calls if needed
- The stroke survivors will be encouraged to take control of managing their own care
- The SS2S volunteers will meet to discuss effectiveness of program, changes or challenges (either in person or conference call)

CONTINUED

WHAT IS THE STROKE SURVIVOR 2 SURVIVOR (SS2S) PROGRAM?

Roles and Responsibilities:

ON-SITE COORDINATOR:

- Identify appropriate volunteers (stroke survivors and caregivers) for the program
- Train at least 2-4 stroke survivors and/or caregivers for the SS2S calls
- Serve as liaison for the hospital and SS2S program; assist hospital and volunteers
- Provide training to both the volunteers and hospital staff about the program and implementation
- Provide all initial necessary materials (e.g. binders, call logs, copies, etc.)
- Monitor program volunteers as needed after initial training
- Identify appropriate health care staff for program implementation (e.g. stroke coordinators or physical therapists)
- Educate nurses, therapists and other staff about the program
- View recorded On-Site Coordinator SS2S training
- Participate in support calls hosted by ASA every other month (as needed)
- Submit data to ASA SS2S contact monthly

SS2S VOLUNTEERS:

- Complete required SS2S training class and hospital volunteer trainings/orientation
- Provide encouragement, support and guidance to stroke survivors and caregivers
- Participate in hospital stroke support group meetings (as needed)
- Make monthly follow-up calls to stroke survivors and/or their caregivers (as needed)
- Participate in support calls hosted by ASA every other month (as needed)
- Provide call logs and summary report to on-site coordinator at end of volunteer shift



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SS2S JOB DESCRIPTIONS



JOB DESCRIPTION

SS2S VOLUNTEER

JOB TITLE:

SS2S Volunteer

JOB STATUS:

Volunteer

REPORTS TO:

On-Site Coordinator

Job Summary: To provide phone support for stroke survivors and their families while providing a continuum of support and stroke education.

DUTIES:

- Complete required SS2S training class and hospital volunteer trainings and orientation
- Provide encouragement, support and guidance to stroke survivors and their caregivers
- Educate stroke survivors on need for treatment compliance to reduce risk of stroke recurrence
- Participate in hospital stroke support group meetings (as needed)
- Conduct follow-up calls to stroke survivors and/or their caregivers
- Seek referral guidance from the hospital staff when survivor needs are identified
- Participate in bi-monthly support calls (as needed)
- Provide call logs and summary report to on-site coordinator at end of volunteer shift

SKILLS:

- Good communication and active listening skills
- Compassion, patience and empathy for others
- Ability to be non-judgmental and have a positive attitude
- Demonstrate confidentiality at all times

REQUIREMENTS:

- Must be a stroke survivor and/or caregiver who is 18 months or longer post stroke*
- Able to carry out instructions in written, oral or diagram format
- Completion of required trainings
- Willingness to support and encourage stroke survivors and their families

*Volunteers may also be medical professionals, social workers, allied health professionals, or any of those currently in training (i.e., a nursing student) with a vested interest in stroke.

JOB DESCRIPTION

ON-SITE COORDINATOR

JOB TITLE:

SS2S On-site Coordinator

JOB STATUS:

Health Care Staff

Job Summary: Act as the on-site hospital coordinator, trainer and oversee the stroke survivors and caregivers.

DUTIES:

- Act as hospital liaison and resource for SS2S volunteers and program implementation
- Identify appropriate volunteers for the SS2S program
- Train at least 2-4 stroke survivors and/or caregivers for SS2S telephone support program
- Educate hospital staff (i.e. rehabilitation staff, neuroscience team, etc.) about SS2S program
- Secure location for the telephone support calls that is quiet and secure (all enrollment forms, summary of phone conversations, logs, etc. kept in a secure location)
- Create a contact list (for urgent situations): list to include: on-site program coordinator, SS2S volunteers, stroke coordinator, social worker, etc.
- Create a resource list that includes state and local patient resources
- Shadow SS2S volunteers after initial training (as needed until volunteers are independent)
- Act as a resource if needs for a referral are identified
- Ensure that volunteer challenges, concerns or needs are addressed in a timely manner
- Update program manual/binder with new materials and local resources, etc.
- Participate in bi-monthly support calls (as needed)
- Submit data to ASA SS2S contact monthly

SKILLS:

- Willingness to support and encourage stroke survivors and their families
- Good organization and communication skills with volunteers and staff
- Must be empathetic to stroke survivors and their families
- Follow through and follow up is essential
- Ability to be non-judgmental, maintain a positive attitude and demonstrate confidentiality at all times

REQUIREMENTS:

- Health care professional with an emphasis on stroke care or volunteer services
- Ability to be available to offer referrals when needs are identified



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SS2S PROGRAM PROCEDURES



STROKE SURVIVOR 2 SURVIVOR (SS2S) PATIENT PROCEDURE

-
- | | |
|-----------|---|
| 01 | Patient and/or family is introduced to the program either by hospital staff or stroke peer visitor with SS2S flyer at discharge (in-patient or rehabilitation). |
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| 02 | Patient and/or family agrees to a SS2S telephone support call and an enrollment form is completed. |
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| 03 | Goal is for all patients to receive four follow-up support calls. |
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| 04 | Follow-up calls should take place approximately every two weeks after hospital discharge or rehabilitation. |
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| 05 | During follow-up calls, patient or family are asked if they would like another call. |
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| 06 | Patient receives an introductory letter, hospital stroke support group flyer and any other resources discussed on the call by email or mail. |
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| 07 | Patient or family will only receive four follow-up calls unless patient asks for more follow-up, or if it is viewed as necessary. |
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| 08 | Approximately one month after finishing participation in SS2S program, the patient will receive a short survey call for program measurements and evaluation. |
|-----------|--|

STROKE SURVIVOR 2 SURVIVOR (SS2S) CALL PROCEDURE

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|-----------|---|
| 01 | Volunteers will report to the designated location and time. |
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| 02 | Volunteers will telephone those patients who have a completed enrollment form or contacted the local program requesting a follow-up call. |
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|-----------|---|
| 03 | Volunteer will introduce himself or herself to the patient or family member and then proceed with script. |
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- | | |
|-----------|---|
| 04 | All questions, concerns and guidance will be documented on phone call summary form with date and times. |
|-----------|---|
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- | | |
|-----------|--|
| 05 | If there is a call that is concerning or if the volunteer is unsure, always escalate the call to the person(s) listed in the contact list. |
|-----------|--|
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|-----------|--|
| 06 | Enrollment and summary forms will be returned to the designated area assigned by the hospital. |
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| 07 | If the patient or family member is not reached, the volunteer will make at least two attempts to reach the patient. |
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| 08 | If the patient is unable to speak, the volunteer will ask to speak to a family member. |
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| 09 | All attempts to reach and any issues, concerns or resources requested should be documented in the phone call summary form. |
|-----------|--|
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- | | |
|-----------|---|
| 10 | A volunteer shift summary form is completed by the volunteers gathering all the information from the calls made that day. |
|-----------|---|
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- | | |
|-----------|---|
| 11 | An introductory letter, stroke support group flyer and educational resources are emailed or mailed to each patient. |
|-----------|---|
-
- | | |
|-----------|---|
| 12 | After session, share volunteer shift summary form with the on-site coordinator. |
|-----------|---|



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SS2S PROGRAM TOOLS



SS2S ENROLLMENT FORM (A)

Stroke Survivor 2 Survivor program (SS2S) is a telephone peer-support program operated by stroke survivor volunteers with specialized training. The program offers support to stroke survivors. As a participant of the program, you will receive at least four support phone calls from one of our volunteers within a few weeks after discharge. You may opt out at any time.

Please indicate if you would like to participate in the SS2S program.

- ☐ **YES**, I would like to participate in the SS2S program. I give my permission to the SS2S volunteer to leave a message with whomever answers the phone or on voicemail.
- ☐ **NO**, I would not like to participate in the SS2S program.

SS2S Program Registration Information

NAME	AGE	GENDER
<hr/>		
ADDRESS		
<hr/>		
CITY	STATE	ZIP CODE
<hr/>		
PHONE NUMBER HOME	MOBILE	
<hr/>		
EMAIL ADDRESS		
<hr/>		
DISCHARGE DATE	(SELECT ONE) <input type="radio"/> HOME <input type="radio"/> REHABILITATION	
<hr/>		
HOUSING SITUATION (SELECT ONE) <input type="radio"/> LIVING ALONE <input type="radio"/> LIVING WITH A CAREGIVER		
<hr/>		
NAME OF PRIMARY CAREGIVER (IF APPLICABLE)		
<hr/>		
PHONE NUMBER OF PRIMARY CAREGIVER (IF APPLICABLE)		
<hr/>		

Optional Information: We use this information to gain a better understanding of the population we serve.

LANGUAGE(S) SPOKEN	TYPE OF STROKE	STROKE-RELATED DEFICITS	MARITAL STATUS	ARE YOU HISPANIC?	WHAT IS YOUR RACE?
<input type="checkbox"/> English	<input type="checkbox"/> Hemorrhagic	<input type="checkbox"/> Aphasia	<input type="checkbox"/> Married	<input type="checkbox"/> Yes	<input type="checkbox"/> American Indian or Alaska Native
<input type="checkbox"/> Spanish	<input type="checkbox"/> Ischemic	<input type="checkbox"/> Left-sided weakness	<input type="checkbox"/> Single	<input type="checkbox"/> No	<input type="checkbox"/> Asian
<input type="checkbox"/> Chinese	<input type="checkbox"/> TIA	<input type="checkbox"/> Right-sided weakness	<input type="checkbox"/> Divorced	<input type="checkbox"/> Prefer not to answer	<input type="checkbox"/> Black or African American
<input type="checkbox"/> French	<input type="checkbox"/> Prior stroke	<input type="checkbox"/> Hearing problems	<input type="checkbox"/> Widowed		<input type="checkbox"/> Native Hawaiian and Other Pacific Islander
<input type="checkbox"/> Other:	<input type="checkbox"/> Other:	<input type="checkbox"/> Vision problems			<input type="checkbox"/> White
<hr/>	<hr/>	<input type="checkbox"/> Sensory issues or pain			<input type="checkbox"/> Other: <hr/>
<hr/>	<hr/>	<input type="checkbox"/> Other: <hr/>			<input type="checkbox"/> Prefer not to answer
<hr/>	<hr/>				

PHONE CALL SUMMARY FORM (B)

INSTRUCTIONS: For each call with the stroke survivor, record the issues they are experiencing and your follow-up actions.

STROKE SURVIVOR NAME:	PHONE NUMBER:	DATE:	CALL NUMBER:			
			1	2	3	4+
Who did you speak to?	Survivor	Caregiver	Voicemail	Other:		
Memory/cognitive issues	Yes	No	Notes:			
Emotional conditions, such as anxiety or pseudobulbar affect (PBA)	Yes	No	Notes:			
Fatigue	Yes	No	Notes:			
Depression	Yes	No	Notes:			
Other physical or mental challenges	Hearing	Vision	Sensory/Pain	Other:		
Issues filling or taking a prescription	Yes	No	Notes:			
Challenges with completing therapy	Yes	No	Notes:			
Transportation issues	Yes	No	Notes:			
Insurance issues	Yes	No	Notes:			
Issues making/attending follow-up appointment	Yes	No	Notes:			
Need for home services, such as help with cleaning or meal preparation	Service(s):					
Issues attending a stroke support group	Yes	No	Notes:			
Issues managing chronic conditions (i.e., diabetes, AFib, smoking, etc.)	Yes	No	Notes:			
Readmitted to hospital	Yes	No	Notes:			
	If yes, was it stroke related?		Yes	No		
What type of resources did you send?	Support group information		Informational letter about stroke			
	Other:					

Can the survivor name signs of stroke? Check the box if they describe the sign.

The Suddens	Sudden weakness or numbness of face, arm or leg		Sudden confusion, trouble speaking or understanding	
	Sudden trouble seeing in one or both eyes		Sudden trouble walking, dizziness, loss of balance	
	Sudden severe headaches with no known cause			
F.A.S.T.	F – Face drooping	A – Arm weakness	S – Speech difficulty	T – Time to call 911

Notes:

SS2S SUPPORT CALL SCRIPT

SCENARIO #1: Leaving Voicemail Messages

Hello Mr. / Ms. _____, this is _____; I'm calling from the Stroke Survivor 2 Survivor (SS2S) program at _____ (hospital name). I'm a stroke survivor and I wanted to reach out to you and see how you were getting along. I'm sorry I missed you and I'll try you again in the near future. If you would like you can call _____ and leave a voicemail message with a good day/time for us to call you.

SCENARIO #2: Call Script

Hello Mr. / Ms. _____, this is _____; I'm calling from the Stroke Survivor 2 Survivor (SS2S) program at _____ (hospital name). I'm a stroke survivor like yourself, and I wanted to reach out to you and see how you were getting along. I have you on conference call with _____ (who are other stroke survivors). Is now a good time to talk?

CHECK IN QUESTIONS

- So, how are things going for you since your discharge?
- What types of challenges or limitations are you experiencing as the result of your stroke? (transportation, therapy, insurance, etc.)
- Can you tell me the warning signs of stroke?
- Are you familiar with the risk factors of stroke? (e.g. high blood pressure, smoking, obesity, etc.)
- What steps can you take to reduce your risk?

MEDICAL QUESTIONS

- Did your doctor or other health care professional provide you with a treatment plan, and if so, how are you doing with that?
- How are things going with your medications?
- Does your treatment plan include additional physician appointments?

REVIEW F.A.S.T. WARNING SIGNS AND STROKE RISK FACTORS

- If you're having a stroke, it's critical that you get medical attention right away. Immediate treatment may minimize the long-term effects of a stroke and even prevent death. That's why it's important to know the warning signs of stroke.
- Face drooping, Arm weakness, Speech difficulty, **TIME TO CALL 9-1-1.**
- Sudden numbness of face / arm / or leg, confusion, trouble speaking, walking, seeing, dizziness, headaches, loss of balance.
- If you notice one or more of these signs please, call 9-1-1 immediately!

FINISHING THE CALL

- Unfortunately, I know first-hand how challenging stroke recovery can be. I just wanted you to know that you don't have to go through this alone.
- We want to invite you to the stroke support group which meets at _____ (hospital name) on the _____. You'll meet other survivors who are also working through recovery.
- We'd like to send you a flyer for the stroke support group and some stroke recovery information from the American Stroke Association. May I get your email address? If not, mailing address?
- Would it be okay if we gave you a call again in a couple of weeks? (Even if patient is doing well, we recommend making four calls unless the patient requests to end participation.)

VOLUNTEER SHIFT SUMMARY FORM (C)

YOUR NAME (VOLUNTEER): _____

DATE: _____

INSTRUCTIONS: Gather the Phone Call Summary Forms (Form B) for all the stroke survivors you called today. Tally up the following counts. Calls that reach voicemail should be included in the counts.

TOTAL		TOTAL	
PART I Summarize info about the type and frequency of calls made.		PART III How many stroke survivors mentioned the following issues?	
(1) How many total calls did you make today?	(1)	(10) Memory/cognitive issues	(10)
(1a) How many were first-time calls to new participants?	(1a)	(11) Emotional conditions	(11)
(1b) How many were repeat calls to existing participants?	(1b)	(12) Fatigue	(12)
(2) Of those total calls (1)...	(2a)+(2b)+(2c)=(1)	(13) Depression	(13)
(2a) ...how many calls did you directly speak to someone?	(2a)	(14) Other physical or mental challenges	(14)
(2b) ...how many calls made it to voicemail ?	(2b)	(15) Issues filling or taking a prescription	(15)
(2c) ...how many calls failed to reach voicemail or a person?	(2c)	(16) Challenges with completing therapy	(16)
(3) Of the calls where you directly spoke (2a) to someone...	(3a)+(3b)=(2a)	(17) Transportation issues	(17)
(3a) ...how many calls were with the survivor ?	(3a)	(18) Insurance issues	(18)
(3b) ...how many calls were with the caregiver ?	(3b)	(19) Issues making/attending follow-up appointment	(19)
PART II Summarize info about the education and resources SS2S provides.		(20) Need for home services	(20)
(4) Of the stroke survivors you spoke to, how many named at least one "suddens" sign of stroke?	(4)	(21) Issues attending a stroke support group	(21)
(5) Of the stroke survivors you spoke to, how many named at least one "F.A.S.T." sign of stroke?	(5)	(22) Issues managing chronic conditions (i.e., diabetes, AFib, smoking, etc.)	(22)
(6) Of the stroke survivors you spoke to, how many said they attended a stroke support group ?	(6)	(23) Readmitted to hospital	(23)
(7) How many stroke survivors did you mail resources ?	(7)	(23a) If yes, was it stroke related?	(23a)
(8) How many stroke survivors did you email resources ?	(8)		
(9) What types of resources did you send?			
(9a) Support group information	(9a)		
(9b) Informational letter about stroke	(9b)		
(9c) Other:	(9c)		

Notes



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CALLING ALL STROKE SURVIVORS & CAREGIVERS

You are invited to the Stroke Survivor 2 Survivor Support (SS2S) Program. Participating is as easy as 1, 2, 3...

1 WHAT IS THE SS2S PROGRAM?

- A telephone peer support program for stroke survivors and caregivers.
- SS2S is supported by American Stroke Association volunteers who have received special training and are overseen by a hospital program coordinator.
- You will receive phone calls twice a month for the first two months after your discharge.
- Calls will consist of following up and asking if you have any questions, concerns or need additional information or resources in your area.
- You can withdraw from the program at any time.

2 HOW DO I SIGN UP?

A health care provider will offer the program and an enrollment form will be completed at discharge, or contact us at the information below.

3 ENJOY AND LEARN FROM YOUR CALLS!

Remember, the volunteers are survivors and caregivers just like you. They know this journey can be challenging and they are here for you—you don't have to go through it alone!

**FOR MORE INFORMATION
PLEASE CONTACT:**

The Stroke Survivor 2 Survivor (SS2S) Program was developed by Stroke Survivors Empowering Each Other, Inc., a non-profit stroke patient advocacy organization based in Chicago, IL. SS2S is supported locally by the American Stroke Association, a division of the American Heart Association.

Stroke Survivors Empowering Each Other and the American Stroke Association's Together to End Stroke – collaborating to beat stroke.





DATE / TIME IN

DATE / TIME OUT



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SS2S PATIENT MAILINGS

EMAIL | MAIL



STROKE PATIENT FOLLOW-UP NOTE

Hello,

You recently spoke to a volunteer from the Stroke Survivor 2 Survivor (SS2S) telephone support program. We hope this call was helpful and encouraging. The purpose of the telephone peer support call is to make sure that you know that you are not alone in your recovery. Other survivors have been there before and want to support you through this journey. The program offers twice a month check-in calls and you always have the choice to opt out at any time. Our goal as stroke survivors and caregivers is to listen, encourage, educate and be a support for you and your family during the recovery.

We want to invite you to get connected to your local stroke support group. It's an accepting place and you'll meet other stroke survivors and caregivers who are also trying to navigate through the stroke journey. We have included a flyer for your local stroke support group as well as some additional information you may find helpful.

We encourage you to check out the American Stroke Association's website at [Stroke.org](https://stroke.org) or call our Stroke Warmline at 1-800-4-STROKE (1-800-478-7653) for additional stroke-related resources, information and upcoming events. The ASA also has an online Support Network for stroke patients and caregivers that can be found at <https://supportnetwork.heart.org/>.

Remember, you don't have to go through this alone. We know that recovery from stroke is a journey which is often challenging but there is always hope!

WARM REGARDS,

Stroke Survivor 2 Survivor Volunteers

STROKE PATIENT RESOURCES FOR MAILING

This is a list of agencies, organizations, and community resources available to stroke survivors and their caregivers. Please check with the post-stroke rehabilitation team about additional sources of assistance and support. Your local library, hospital, health department, senior/community center and support groups also can help you locate the resources you need.

Stroke Education and Support

American Heart Association | American Stroke Association:

- **Stroke.org:** Find information to help you prevent, treat and beat stroke. [View website.](#)
- **Support Network:** Share your story/comment on other's stories and get answers from health care professionals. [View website.](#)
- **Stroke Warmline:** Call 1-888-4-STROKE (1-888-478-7653) for helpful information or just a listening ear. [View website.](#)
- **Stroke Connection® e-news:** Learn to reduce risk, maximize recovery and optimize your quality of life after stroke. [View website.](#)

Stroke Survivors Empowering Each Other, Inc., SSEEO: Stroke resources for stroke advocacy and support, lists of local support groups, telephone support phone calls and other stroke resources and programs. Call 888-988-8047 or [visit website.](#)

National Institute of Neurological Disorders and Stroke: Call 800-352-9424 or [visit website.](#)

National Aphasia Association: Aphasia support for families and patients. Call 800-922-4622 or [visit website.](#)

Retreat & Refresh Stroke Camp: Call 866-688-5450 or [visit website.](#)

Disability Programs, Medical, Homecare and Prescription Services

Retail Savings Guide for People with Disabilities: provides a walkthrough of discounts and special offers for individuals with disabilities. [Visit website.](#)

Medicare: Federal health care plans and prescription coverage. Call 800-633-4227 or [visit website.](#)

Social Security and Disability Resource Center: Information on social security and disability benefits, applications and appeals. [Visit website.](#)

Needy Meds: Assist people having trouble affording their medications. [Visit website.](#)

Adult Day Care: Directory of adult day care centers. Call 866-333-6002 or [visit website.](#)

Home Health Care: Resource for Medicare certified home care agencies and nurses. [Visit website.](#)

Senior Living Map: Help in finding senior and assisted living. [Visit website.](#)



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STROKE PATIENT AND CAREGIVER RESOURCES

PREVENTION

TREATMENT

RECOVERY





AMERICAN STROKE ASSOCIATION

STROKE RESOURCES

Stroke.org

1-888-4-STROKE (1-888-478-7653)

Let's Talk About Stroke

Let's Talk About Stroke Patient Information Sheets:

Fact sheets on a variety of stroke-related topics.

[View PDF.](#)

Stroke Prevention

Women Face a Higher Risk of Stroke: Women have more strokes than men and stroke kills more women than men. [View website.](#)

5 Things Every Stroke Hero Should Know:

Learn about key stroke facts. [View PDF.](#)

Stroke, TIA and Warning Signs: Learn about stroke and what signs you should look out for. [View PDF.](#)

Lifestyle Changes to Prevent Stroke: A healthy lifestyle plays a big part in decreasing risk for disability and death. [View PDF.](#)

Healthy Eating Keeps Your Brain Sharp: Find AHA/ASA dietary recommendations for healthy eating. [View article.](#)

Atrial Fibrillation Resources: AFib Resources For Patients and Professionals. [View website.](#)

Stroke Prevention: About one in four stroke survivors suffers another stroke. Use these resources to create a prevention plan. [View website.](#)

High Blood Pressure Is A Risk You Can Do Something About: Learn about the steps you can take to reduce the most controllable risk factor for stroke.

[View website.](#)

Stroke Resources Library: [View website.](#)

Recovery

- **Life After Stroke:** [View PDF.](#)
- **Aphasia-Communicating Through Barriers:** [View PDF.](#)
- **Exercise Recommendations for Stroke Survivors:** [View article.](#)
- **Financial Guide After Stroke:** [View PDF.](#)
- **Changes Caused by Stroke:** [View PDF.](#)
- **Complications After Stroke:** [View PDF.](#)
- **Emotional Changes After Stroke:** [View PDF.](#)
- **Stroke Diagnosis:** [View PDF.](#)
- **The Stroke Family Caregiver:** [View PDF.](#)
- **Stroke and Aphasia:** [View PDF.](#)
- **Driving After Stroke:** [View PDF.](#)
- **Feeling Tired After Stroke:** [View PDF.](#)
- **Living at Home After Stroke:** [View PDF.](#)
- **Join the Support Network:** [View PDF.](#)



CONTINUED

AMERICAN STROKE ASSOCIATION STROKE RESOURCES

Rehabilitation

- **Stroke Rehab Planning List:** Patient Quick Sheet. [View PDF.](#)
- **Making Rehabilitation Decisions:** Patient Guide. [View PDF.](#)
- **Stroke Rehab:** Choosing the Right Stroke Rehab Facility. [View article.](#)
- **Stroke Rehabilitation:** [View PDF.](#)

Cryptogenic Stroke (stroke of unknown cause)

- **A Patient Guide to Understanding Strokes of Unknown Cause:** [View PDF.](#)
- **The Known and Unknown of Stroke:** Patient Infographic. [View PDF.](#)
- **What Causes Stroke:** Animated Video. [View Video.](#)
- **Cryptogenic Stroke Survivor Story:** Overcoming the Unknown. [View Video.](#)

Caregiver

- **Caregiver Guide to Stroke:** [View PDF.](#)
- **How Should I Communicate as a Caregiver?:** [View PDF.](#)
- **5 Things Never to Say to Caregivers:** [View PDF.](#)
- **Practical Tips for Finding Time for Self-Care:** [View PDF.](#)
- **Stroke Discharge List:** for patients and caregivers. [View PDF.](#)
- **Daily Home Care Guide:** [View PDF.](#)

STROKE SURVIVORS EMPOWERING EACH OTHER RESOURCES

Advocacy

SSEE believes that it is essential for survivors and caregivers to play a key role in representing the interest of current and future stroke survivors by being the voice of the patient during the planning process to implement legislation aimed at improving the lives of stroke survivors. SSEE is represented at State and National lobby days.

Support

[Stroke Survivor 2 Survivor \(SS2S\)](#) is a telephone peer support program operated by volunteers with special training and overseen by an on-site coordinator. These calls provide encouragement, support and guidance to stroke survivors and their caregivers. They also educate stroke survivors on the need for treatment compliance to reduce risk of stroke recurrence.

The [SSEE Website](#) (sseeo.org) offers valuable resources for stroke survivors and their families with updated stroke support group listings, stroke support group resources, news and related activities and events.

Education

The [SSEE Podcast series: Stroke Matters](#) are audio recordings of healthcare professionals providing important information on stroke related topics

Stroke Chats are audio recordings with an informal conversation between a stroke survivor and another stroke survivor or caregiver. The stroke survivor shares their stroke journey, challenges and how they have overcome those challenges and words of wisdom.

[Stroke Talks 2 Go \(ST2G\)](#) is a series of stroke prevention/treatment presentations designed to increase stroke awareness. Presentations are downloadable at sseeo.org and available for hospitals, community groups, etc. The presentations are 20 minutes in length and SSEE Stroke Prevention Educators are available for virtual presentation (as needed).

The [SSEE E-newsletter](#) is a bi-monthly publication that covers a range of topics, including survivor stories, stroke related topics, information on SSEE programming, events and interactive brain teasers and games.

Programs and events are offered both in-person and virtually to better serve the stroke community. These programs allow participants to be inspired, supported and have practical tools to bring back to their community or workplace. To find out when an event is scheduled, visit the website at sseeo.org or [Facebook](#) page.



American Stroke Association®
A division of the American Heart Association.

Together to End Stroke®



LOCAL STROKE PATIENT RESOURCES



Stroke Survivors Empowering Each Other and the American Stroke Association's Together to End Stroke – collaborating to beat stroke.

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