

## Caregiver Resource List

\*indicates free or low-cost service

### Benefit Services/ Finances

Stroke.org  
Strokeassociation.org  
Stroke-network.com  
Strokecenter.org

### Job Accommodation Network\*

www.askjan.org  
*Guidance on workplace accommodations and disability employment*  
Texas Workforce Commission

Medicare  
Medicare.gov  
800-633-4227  
Shiptcenter.org (help with Medicare)

Social Security  
1-800-772-1213  
Socialsecurity.gov  
*Apply for disability and Medicare benefits*

Your Texas Benefits  
Call 211  
Yourtexasbenefits.com

Veterans Affairs  
www.benefits.va.gov

### Meals & Grocery Delivery Services

Ample  
www.amplemeal.com  
*Nutritious, full meal in a bottle.*

Blue Apron  
www.blueapron.com

*Choose recipes and ingredient box will be delivered to make at home.*

Hello Fresh  
www.hellofresh.com  
*Choose recipes and ingredient box will be delivered to make at home.*

InstaCart  
www.instacart.com  
*Shop online at local stores and it will be delivered to you.*  
\$99/year

Meals on Wheels Central Texas\*  
3227 East 5<sup>th</sup> Street  
Austin, TX 78702  
512-467-MEAL (6325)  
mealsonwheelscentraltexas.org  
*Provides nutritious lunchtime meals and grocery delivery to seniors and adults with disabilities*

Restaurant Meal Delivery Services  
www.amazon.com  
www.favordelivery.com  
www.shipt.com  
www.grubhub.com

Meal Trains\*  
Caringbridge.com  
Rallyhood.com  
*Online calendar for family and friends to bring meals.*

Plated  
www.plated.com  
*Choose recipes and ingredient box will be delivered to make at home.*

Order Groceries Online and Curbside pick-up\*  
www.heb.com  
www.target.com  
www.walmart.com

### Survivor & Caregiver Support Groups\*

Brainwaves Stroke Support Group  
Vibra Rehabilitation of Lakeway  
2000 Medical Dr.  
Lakeway, TX 78734  
2<sup>nd</sup> Thurs 2 – 3 pm  
512-263-4501

Central Austin Stroke Support Group  
St. David's Medical Campus  
1005 E 32nd St  
Austin, TX 78705  
Contact Allison Hanschen, 512-544-5757  
allison.hanschen@stdavids.com  
Meets 2nd Monday  
4:30 – 6:00

Dell Seton Medical Spanish Support Group  
Contact Marcie Wilson  
512-324-8948  
mwilson@seton.org

Family Caregiver Alliance\*  
www.caregiver.org  
800-445-8106  
*Find local resources for caregivers*

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National Alliance for Caregiving\*  
www.caregiving.org  
*family caregiving issues and resources*

National Family Caregivers Association\*  
www.caregiveraction.org  
*information and education for caregivers*

Seton Brain and Spine Stroke Support Group  
Central Texas Rehab Hospital  
700 West 45th St.  
Austin, TX 78751  
Contact Marcie Wilson  
512-324-8948  
mwilson@seton.org  
Meets 3rd Wednesdays  
3:00 – 4:00

Seton Stroke Support  
201 Seton Parkway  
Round Rock, TX 78665  
Edwardo Santana Maqueda  
512 324-4000 x 20911  
emaqueda@seton.org  
Meets 2nd Tuesdays  
6:00 – 7:00

Survivors of Stroke  
Scott & White Georgetown Clinic  
4945 Williams Drive  
Georgetown, TX 78633  
Contact Lee Mobley, 512-657-1779  
mobleylee@hotmail.com  
Meets 3rd Thursdays  
3:30 – 5:00

Veterans Administration\*  
www.caregiver.va.gov  
855-260-3274  
*Support for families caring for Veterans*

### Respite Care

ARCH Respite Network\*  
www.archrespite.org  
*Locate local services for respite care*

Caring Senior Services  
5555 N. Lamar, Ste K 100  
Austin, TX 78751  
512-310-2273  
www.austin.caringseniorservice.com  
*Home care service for seniors*

Eldercare Locator\*  
www.eldercare.gov  
800-677-1116  
*Find local help for elderly and adults with disability*

Family Elder Care\*  
1700 Rutherford Lane  
Austin, TX 78754  
512-450-0844  
www.familyeldercare.org  
*non-profit serving seniors and adults with disabilities. In home care, money management, service coordination*

Home Care Assistance  
9707 Anderson Mill Rd.  
Suite 345  
512-623-7800

www.austinhomeworkassista  
nce.com  
*locally family owned and operated home care provider offering hourly and live-in in-home assisted living services for seniors and disabled adults*

Interim Health Care  
1421 W. Wells Branch Pkwy  
Suite 105  
Pflugerville, TX 78660  
(512) 454-5711  
www.interimhealthcare.com  
*respite care*

### Technology

Talking Book Program  
Texas State Library  
1-866-388-6397  
*Free Matter for the Blind or Physically Handicapped audiobooks reading devices*

Texas Technology Program\*  
10100 Burnet Rd, Bldg CMS  
#137 Rm. 1.154  
Austin, TX 78758  
512-232-0740  
Techaccess.edb.utexas.edu  
*Provides assistive technology devices on loan for free*

US Currency Reading Program\*  
www.bep.gov/uscurrencyrea  
derpgm.htm  
*Provides free money reader devices*

Mobilehelp.com

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Greatcall.com-jitterbug  
phone

Consumer cellular.com

Firststreetonline.com-  
captioning phone

### Therapy & Rehabilitation Services

AGE of Central Texas  
512-451-4611

www.ageofcentraltx.org  
*non-profit to help elderly and  
disabled*

Department of Aging and  
Disability Services  
1-800-252-9240

Imagine Art  
2830 Real  
Austin, TX 78722  
512-448-1840  
Imagineart.net  
*Art studio for disabled persons*

John Cooper, MA, LPC,  
CCC/SLP  
1015 Beecave Woods Dr.  
Suite 200C  
Austin, TX 78746  
512-656-9310  
johncooperlpc@gmail.com  
*psychotherapy and cognitive  
rehabilitation services*

NeuroRestorative Texas  
223 West Anderson Ln  
Suite A101  
Austin, TX 78752  
800-743-6802

NeuroRestorative.com  
*PT, OT, SLP, counseling day  
program for individuals with  
brain injury or stroke*

Rehab Without Walls  
9050 N. Capital Texas Hwy  
Blg 3, Ste 130  
Austin, TX 78746  
888-299-3998  
www.rehabwithoutwalls.com  
*At home neurorehabilitation  
services*

St. David's Rehabilitation  
Hospital  
1005 East 32<sup>nd</sup> Street  
Austin, TX 78705  
512-544-8140  
www.stdavids.com  
*Outpatient therapy services &  
driving services*

St. David's  
Several Austin area locations  
www.stdavids.com  
512-544-8993

Texas Neuro Rehab Center  
1106 W. Dittmar  
Austin, TX 78745  
800-252-5151  
www.texasneurorehab.com  
*inpatient and outpatient  
services*

University of St. Augustine\*  
Neuro Lab  
5401 La Crosse Ave  
Austin, TX 78739  
Contact Kristen Barta  
832-816-5530  
*Mock clinic for O.T & P.T*

### Transportation

Capital MetroAccess  
(512)389-7501

Capmetro.org/metroaccess  
*Demand-response, shared-ride  
service for people whose  
disabilities prevent them from  
riding regular bus and rail  
service.*

City of Austin Senior  
Transportation  
512-974-1464

Austintexas.gov/seniors  
*Provides free low-cost  
transportation for seniors Mon-Fri*

Drive a Senior\*  
Driveasenior.org  
*Non-profit service that provides  
free transportation to seniors with  
low-income and/or rural  
residence*

CARTS  
Ridecarts.com  
*Regional public transportation for  
surrounding counties in Austin*

Ride Austin  
Rideaustin.com  
*Community ride-share program  
similar to UBER*

### Recommended Reading

Hope Heals, by Katherine &  
Jay Wolf  
*This memoir is a couples  
personal account of stroke*

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After Stroke: Enhancing Quality of Life, by Wallace Sife

*This book offers advice and practical suggestions for stroke victims and is designed to help those who have suffered strokes attain the highest possible quality of life given their new physical restrictions.*

Brain Injury and Stroke: A Handbook to Recovery, by Dr. E. A. Freeman

*This is a handbook that offers simple and natural therapies. Contains practical step-by-step descriptions of the road to recovery with case studies*

How to Conquer the World with One Hand and an Attitude, by Paul Berger and Stephanie Mensh

*This book describes how much a person can achieve in the years after a disability and what life is really like when you have a severe disability*

My Stroke of Luck, by Kirk Douglas

*This is an inspirational story of the author's recovery after a massive stroke and how he battled through depression and back to acting*

Slow Dance: A Story of Stroke, Love, and Disability, by Bonnie Sherr Klein

*This book chronicles the details of the physical and psychological aspects of recovering from a massive stroke*

Stronger After Stroke: Your Roadmap to Recovery, by Peter G. Levine

*This book describes the brain's recovery after stroke and coping strategies for everyday life.*

The Brain That Changes Itself, by Norman Doidge M.D.

*Stories of Personal Triumph from the Frontiers of Brain Science is a book on neuroplasticity by a psychiatrist and psychoanalysis*

Shoes:

National Odd Shoe Exchange  
oddshoe.org

On line retail savings:

Couponsherpa.com  
Retailmenot.com  
Groupon.com

**Helpful Apps**

Bathroom scout

### Products

For bathroom, safety products, and wheelchairs:

walgreens.com  
cvs.com  
homedepot.com  
Bedbathandbeyond.com

Acorn stair lift  
800-266-4999

Life Alert  
800-340-0366

Safe step Walk in tub  
800-470-7094