

Support Groups and Websites for Stroke

Support Groups

Consider joining a support group. It can be helpful to hear from others who have been affected by stroke. Below are some options, but you might find others in your area.

Madison Area Stroke and Aneurysm Support Group

Hosted by UW Health and UnityPoint Health Meriter staff

Survivors and staff meet monthly (online and in-person) to learn from each other and outside experts. The focus is on how to get the most out of life after a stroke, brain injury, or aneurysm. Life issues for people affected by these issues can be very similar. Participants share stories, struggles and successes.

When: First Wednesday of every month

Time: 6:00-8:00pm

Location:

- All meetings occur online via Webex.
- In-person meetings occur at UW Health Administrative Services Building – 1212 Deming Way, Room 131 Madison, WI 53562
- **For questions:** please call Melanie McCauley, **608-264-4698**
- **For more info:** visit <https://patient.uwhealth.org/education/madison-area-stroke-and-aneurysm-support-group>

Stroke Support Group Registry

Use the following website to find support groups by zip code: www.stroke.org
Select Help and Support > Stroke Support Group Finder

Resources and Websites

The resources and websites below may provide helpful information and other support group options. Use websites that end in “.gov” or “.edu” or “.org” to find the most trustworthy information.

American Stroke Association

1-800-4-Stroke (478-7653); www.stroke.org

American Heart Association

1-800-242-8721; www.heart.org

Caregiver Action Network

1-202-454-3970; www.caregiveraction.org/

Family Caregiver Alliance

1-415-434-3388; www.caregiver.org/

Help for Incontinent People, Inc.

1-800-252-3337; www.nafc.org/

National Aphasia Association

1-800-922-4622; www.aphasia.org/

National Brain Injury Association

1-703-761-0750; www.biausa.org/

National Institute on Neurological Disorders and Stroke

1-800-352-9424;
<https://www.ninds.nih.gov/>

Wisconsin Stroke Coalition

www.dhs.wisconsin.gov/coverdell/strokecoalition.htm

UW Comprehensive Stroke Program

www.uwhealth.org/stroke/stroke-program/10636

Brain Injury Peer Visitor Association

1-770-330-8416;

www.braininjurypeervisitor.org

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 5/2023 University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#6850