

**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.

**University of Wisconsin “Fresh Start”**

Survivors and staff meet monthly (January through October) 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:** Third Thursday of the month, January through October
- **Time:** 6:30-8:00pm
- **Location:** 1102 S. Park Street, Burr Oak Conference Room. Park in the surface lot or covered lot. Enter through the side emergency door.
- For questions please call 608-263-9256.

**Madison Area Stroke Support Group**

**1<sup>st</sup> option:**

- **When:** First Wednesday of every month
- **Time:** 6:00-8:00pm
- **Location:** Unity Point Health – Meriter, 202 S. Park St., 9 Tower Therapy Conference Room/Gym, Madison, WI 53715

**2<sup>nd</sup> option:**

- **When:** Third Wednesday of every month
- **Time:** 2:00-4:00pm
- **Location:** UW Health Rehabilitation Hospital, 5115 N. Biltmore Ln, Madison, WI 53718

**Stroke Support Group Registry**

Use the following website to find support groups by zip code:

[www.strokeassociation.org](http://www.strokeassociation.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.strokeassociation.org](http://www.strokeassociation.org)

**American Heart Association**

1-800-242-8721; [www.heart.org](http://www.heart.org)

**Caregiver Action Network**

1-202-454-3970; [www.caregiveraction.org/](http://www.caregiveraction.org/)

**Family Caregiver Alliance**

1-415-434-3388; [www.caregiver.org/](http://www.caregiver.org/)

**Help for Incontinent People, Inc.**

1-800-252-3337; [www.nafc.org/](http://www.nafc.org/)

**National Aphasia Association**

1-800-922-4622; [www.aphasia.org/](http://www.aphasia.org/)

**National Brain Injury Association**

1-703-761-0750; [www.biausa.org/](http://www.biausa.org/)

**National Institute on Neurological Disorders and Stroke**

1-800-352-9424; [www.ninds.nih.gov/disorders](http://www.ninds.nih.gov/disorders)

**Wisconsin Stroke Coalition**

[www.dhs.wisconsin.gov/coverdell/strokecoalition.htm](http://www.dhs.wisconsin.gov/coverdell/strokecoalition.htm)

**UW Comprehensive Stroke Program**

[www.uwhealth.org/stroke/stroke-program/10636](http://www.uwhealth.org/stroke/stroke-program/10636)

**Brain Injury Peer Visitor Association**

1-770-330-8416;

[www.braininjurypeervisitor.org](http://www.braininjurypeervisitor.org)

**Ebling Library's Consumer Health Portal (website):** a website from UW-Madison that has free health information.

<http://researchguides.ebling.library.wisc.edu/consumerhealth>

**Ebling Library's Consumer Health Portal (website):** a website from UW-Madison that has free health information.

<http://researchguides.ebling.library.wisc.edu/consumerhealth>

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 © 6/2019 University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#6850