



Stroke and Brain Injury Resources – Metro Oklahoma City Area

(Updated 6/2016)

INTEGRIS Stroke Website

- www.integrisok.com/stroke
- Tips for Life after Stroke you can print out
- Stroke education tools for community, emergency personnel, and teachers as well as professional health care education

Life After Stroke

- What you need to know about stroke
- Practical tips and tools for living with stroke
- Can be used for “Carry The Message” for community education by lay public
- Available at integrisok.com/stroke

Stroke and Brain Injury Support Groups

- **Citywide Stroke Support Group**
American Heart Association
3401 NW 63rd, #200, Oklahoma City, OK 73116
Contact Janet Spradlin, Ph.D., (405-272-6554) to join from home anywhere in Oklahoma or go to www.brainatlas.info.
Meets 4th Monday of month, 6:30-8 pm.
- **Jim Thorpe Rehab Caregiver Support Group**
INTEGRIS Jim Thorpe Rehabilitation Hospital,
Jones Education Classroom
4219 S. Western Ave., OKC, OK 73109
Contact: Allie Weaver, CRC (405-636-7883)
Meets 3rd Thursday of the month, 6 p.m.
- **Norman Regional Stroke and Aphasia Support Group**
Norman Regional Hospital
901 N. Porter, Norman, OK 73070
Contact: Lisa Robertson, M.S. CCC/SLP (405-307-1722)
Meets 3rd Wednesday, 2-3 p.m. at hospital
- **Mercy Hospital Stroke Support Group**
4120 W. Memorial Rd. (Glass Pyramid), #102
Oklahoma City, OK 73120
Contact: Gary Bulmer (405-721-8453)
Meets 2nd Tuesday, 6-7:30 p.m.

- **Brain Injury Support Group**

INTEGRIS Jim Thorpe Rehabilitation Hospital,
Jones Education Classroom
4219 S. Western Ave., OKC, OK 73109
Contact Karen Bryan, OTR/L (405-644-5381)
Meets 4th Thursday of month, 6-7:30 p.m.

- **OKC Brain Injury Support Group**

- Valir Rehab Hospital – 700 NW 7th St., OKC, OK
Meets 1st and 3rd Tuesday of month, 6-8 p.m.
- Contact: Gary Bulmer (405-721-8453) or
Rod Davidson (405-517-1608)

Outpatient PT and OT – Metro

- **Jim Thorpe Rehabilitation** - Physical, Occupational and Speech Therapy
- If insurance exhausted or no benefit, discounted self-pay rate – contact clinic of choice
- Bioness- functional electrical stimulation – upper and lower extremities - currently only provider in OKC
- Vital Stim Therapy - electrical stimulation with dysphagia or swallowing therapy – strengthen and restore function of swallow
- Ekso bionic suit - wearable robot or exoskeleton enables lower-extremity paralysis or weakness to stand and walk
- Lokomat - stationary robotic device to assist ability to walk
- Speak Out! Oklahoma – originally speech therapy program for Parkinson’s - Stroke and TBI benefit by improved swallow, improved loudness/clarity of voice, improved cognition 405-810-0695
- Aquatics Program – Exercise and water aerobics in warm water with decreased gravity allows increased ease of movement, relaxation of muscles, and decreased joint pain.

For Scheduling Appointments, call 405-945-4500.

- **South – at Southwest Medical Center campus, Oklahoma City**
 - 4219 S. Western, Oklahoma City, OK
- **North – Baptist Medical Center campus Oklahoma City**
 - 5300 N. Independence, Oklahoma City, OK

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Outpatient PT and OT – Metro (con't.)

- **INTEGRIS Cancer Institute, Oklahoma City**
 - 5915 W. Memorial Road, Suite #210
- **INTEGRIS Canadian Valley Hospital, Yukon**
 - 1201 Health Center Parkway, off I-40 West, Yukon
- **INTEGRIS Health Edmond**
 - 4509 INTEGRIS Parkway, Suite #100 – off I-35N
- **Jim Thorpe Rehabilitation Services – Lawton**
 - 3201 W. Gore Blvd., Lawton, OK 73505
 - (580-250-5833)

Outpatient Speech Therapy

- **UCO Speech and Hearing Clinic – Edmond, OK**
 - Speech therapy – sliding scale
 - University of Central OK campus – Edmond, OK
 - 14 week fall and spring session; 7 week summer
 - Waiting list – get on early
 - 405-974-5419
- **John W. Keyes Speech and Hearing – OUHSC OKC**
 - Speech therapy – \$80/session, may bill insurance, can request sliding scale
 - 14 week fall and spring session; 7 week summer
 - Short waiting list – call to get on list
 - 1200 N. Stonewall, Oklahoma City, OK 73117
 - 405-271-2866

Durable Medical Equipment & Assistive Technology

- **Oklahoma ABLE TECH**
 - Affordable Assistive Technology for disabilities of all ages – STATEWIDE resource
 - Device Demonstrations; equipment and device reuse; equipment and device short-term loans
 - Durable Medical Equipment Reuse Program
 - 1-800-257-1705

Brain and Eye Connection Vision Clinic

1530 SW 89th Street, Bldg D-2, OKC, OK 73109
405-703-3163

New View Oklahoma

710 W. Wilshire, Suite 102, OKC, OK 73116
405-286-9699

- Specializes in visual changes from stroke and brain injury
- Vision changes and perception
- Visual Rehabilitation

Legal Assistance - Senior Law Resource Center

- Senior and caregiver legal info and assist
- Elder law, LTC info, social security and retirement
- End-of-life issues

- Sliding scale
- 600 NW 23rd, #202, Oklahoma City, OK 73103
- 405-528-0858

Senior Survival Book

- Resource directory – very practical
- Areawide Aging Agency – central and western Oklahoma
- 405-943-4344

911 Premise Attachment form (Metro 911 calls)

- Used to identify special need for 911 calls from home (blind, deaf, aphasic, w/c, bedfast, etc.)
- Can add name and phone of emergency contact
- Needs to be called from land line
- Include cancellation if no longer applicable
- Available from OKC 911 Data Coordination at OKC Police Dept.
- 405-297-1162

Stroke Magazines

- Sent at No Charge to stroke survivors and caregivers
- Stroke Smart – National Stroke Association - 1-800-787-6537
- Stroke Connection – American Stroke Association - 1-888-478-7653

Stroke Associations and Resources

- National Stroke Association - Can download brochures and flyers at no charge - www.stroke.org
- American Stroke Association - www.strokeassociation.org and www.americanheart.org
- National Institute for Neurological Diseases and Stroke - www.ninds.nih.gov

RX for Oklahoma

- Prescription assistance for uninsured OR underinsured in Oklahoma
- Medicare and Medicaid
- Pharmaceutical company provides
- Long-term medications ONLY
- 1-877-RX4-OKLA or (405-232-0199)

Transportation

- **United We Ride**
 - One-Call/One-Click clearinghouse of Oklahoma's public transportation resources
 - Does NOT PAY for ride or schedule ride
 - WILL provide phone help to find provider if no computer – call 1-844-OKMYRIDE or 1-844-656-9743