



PATIENT EDUCATION 病人教育

Neurorecovery Resource Guide 神經康復資源指南

Neurorecovery Resource Guide for Stroke Patients

給中風患者之神經康復資源指南

Website with links can be found at 可以在以下網址找到附有鏈接的網站：

<https://www.ucsfhealth.org/education/neurorecovery-resource-guide#stroke>

Adventist Health and Rideout Rehabilitation Services

Outpatient treatment program for stroke and other neurological disorders. Includes occupational therapy, physical therapy, and speech-language therapy.

<https://www.adventisthealth.org/locations/rideout-outpatient-rehabilitation/>

725 Fourth St.

Marysville, CA 95901

Phone: (530) 749-4529

Adventist 健康及康復服務

中風及其他神經系統疾病的門診治療計劃，包括職業治療、物理治療和語言治療。

American Heart Association Support Network

Online community platform to provide stroke survivors and their caregivers opportunities to support and inspire each other and to share information.

<https://supportnetwork.heart.org/s/>

美國心臟協會支援網絡

在線社區平台，為中風倖存者及其護理人員提供機會以相互支援、激勵及分享信息。

American Stroke Association

Offers information on rehabilitation and community resources for stroke survivors and caregivers.

Toll Free: (800) 242-8721

<https://www.stroke.org/>

美國中風協會

為中風倖存者及護理人員提供有關康復和社區資源之信息。

American Stroke Association's Stroke Connection E-News

Free monthly digital health education and outreach publication for families affected by stroke.

<https://www.stroke.org/en/stroke-connection>

Bay Area Caregiver Center

Free and low-cost services in the greater San Francisco Bay Area to help families caring for those with an adult-onset brain impairment in Alameda, Contra Costa, Marin, San Francisco, San Mateo, and Santa Clara counties.

<https://www.caregiver.org/connecting-caregivers/bay-area-caregiver-center/>

Phone: (415) 434-3388

Email: info@caregiver.org

Cabrillo College Stroke and Disability Learning Center

Educational program staffed by speech-language pathologists, physical therapists, occupational therapists, counselors, and audiologists.

Counseling and instruction to develop skills related to mobility and fitness, speech-language, and independent living. Students work in small groups. Nominal fee.

<https://www.cabrillo.edu/stroke-disability-learning-center/>

Phone: (831) 477-3300 (Aptos campus)

Centers for Disease Control and Prevention

Explains stroke risk factors, prevention, and treatments, and provides resources.

<https://www.cdc.gov/stroke/about.htm>

Chinese Hospital – Chinese Community Health Resource Center

Stroke Prevention Article

English: <https://www.cchrchealth.org/stroke-prevention-article/>

Stroke Tips

English: <https://www.cchrchealth.org/stroke-tips/>

美國中風協會之中風電子聯繫新聞

為受中風影響之家庭免費每月提供數碼健康教育及外展刊物。

灣區護理人員中心

在舊金山灣區提供免費及廉價服務，以幫助在阿拉米達縣、康他哥斯大縣、馬連縣、三藩市、聖馬刁郡與、聖塔克拉拉縣縣內需要照顧成年腦損傷患者之家庭。

Cabrillo 學院中風及殘疾人士學習中心

由語言病理學家、物理治療師、職業治療師、輔導員及聽力學家所組成的教育計劃，包括諮詢和指導，以培養移動能力和健身、言語文字及獨立生活相關之技能。學生以小組形式工作。象徵式收費。

國家疾控中心

解釋中風之風險因素與及如何預防和治療，並提供資源。

東華醫院 – 華人社區衛生資源中心

Stroke Prevention Article - Traditional Chinese
預防中風文章(繁體中文)

<https://www.cchrchealth.org/tw/stroke-prevention-article/>

Stroke Prevention Article - Simplified Chinese
預防中風文章(簡體中文)

<https://www.cchrchealth.org/zh/stroke-prevention-article/>

Stroke Tips - Traditional Chinese

中風需知(繁體中文)

<https://www.cchrchealth.org/tw/stroke-tips/>

Stroke Tips - Traditional Chinese

中風需知(簡體中文)

<https://www.cchrchealth.org/zh/stroke-tips/>

City College of San Francisco's Coping With Acquired Brain Injury Course

Course for students with mild acquired brain injury to develop strategies related to attention, memory, time management, communication, and other abilities. Skills are practiced in a group setting.

Phone: (415) 561-1005, (415) 452-5481

<https://www.ccsf.edu/node/159071>

National Aphasia Association

The National Aphasia Association has been providing information, resources, and support to people with aphasia and their caregivers.

<https://www.aphasia.org/>

Email: naa@aphasia.org

National Institute of Neurological Disorders and Stroke

Information on stroke and other neurological disorders for patients, caregivers, medical professionals, and scientists. Supports and performs research. Offers a handbook: [Stroke: Hope Through Research](#).

Toll-free: (800) 352-9424, (301) 496-5751

<https://www.ninds.nih.gov/>

On Track: For Adults with Acquired Brain Injury

Mt. Diablo Adult Education program providing cognitive retraining, memory skills development, independent living skills development, and career exploration for adults with stroke or other acquired brain injury.

Phone: (925) 685-7340, ext. 2747

<https://mdae-mdusd-ca.schoolloop.com/awd>

Pacific Stroke Association

A nonprofit organization serving Santa Clara and San Mateo counties. Offers programs, services and education to the community, stroke survivors and caregivers.

<https://pacificstrokeassociation.org/>

3801 Miranda Ave., Building Six, Room A162

Palo Alto, CA 94304

Phone: (650) 565-8485

Email: support@psastroke.org

舊金山市立大學之應對後天性腦損傷課程

為患有輕度後天性腦損傷之學生開設的課程，旨在培養與專注力、記憶力、時間管理、溝通和其他能力相關之策略。所學之技能會安排在小組環境中實習。

國家失語症協會

國家失語症協會一直在為失語症患者與其護理人員提供信息、資源及支援。

國家神經疾病及中風研究所

為患者、護理人員、醫療專家及科學家提供有關中風和其他神經系統疾病之信息。支援並進行研究。提供 [《中風：從研究中見到希望》](#) 手冊。

在軌道上：對於患有後天性腦損傷之成年人

Mt. Diablo 成人教育計劃為患有中風或其他後天性腦損傷之成年人提供認知再培訓、記憶技能發展、獨立生活技能發展及職業探索。

太平洋中風協會

一個服務於聖塔克拉拉縣及聖馬刁郡與縣之非牟利機構。為社區、中風倖存者和護理人員提供計劃、服務及教育。

The Stroke Network

Nonprofit organization providing online support, education, and resources to survivors of stroke and their caregivers. Download the free caregiver's handbook.

<http://www.strokenetwork.org/>

REACH (Rehabilitation, Education, Acceptance, Community and Hope) Program

Educational and rehabilitation services and activities for Bay Area adults recovering from stroke or acquired brain injury. Classes in mobility and fitness, adaptive living, and communication skills.

<https://reachprogram.net/>

Phone: (650) 690-5615

Email: dinucci@gmail.com

Schurig Center for Brain Injury Recovery

Art therapy, aphasia groups, computer classes and other educational programs, support groups and more. Designed for brain injury, concussion and stroke survivors requiring post-acute rehabilitation (after initial rehabilitative care) and supportive services.

<https://schurigcenter.org/services-overview/>

1132 Magnolia Ave.

Larkspur, CA 94939

Phone: (415) 461-6771

Email: info@schurigcenter.org

Skills Plus

Program to help adult stroke survivors regain functional, social, cognitive, and physical skills through interactive classes and a strong support system. Classes focus on mobility, independent living, and communication skills.

<https://www.santaclaraadulted.org/skills-plus/>

Phone: (408) 423-3570

中風網絡

為中風倖存者及其護理人員提供在線支援、教育和資源之非牟利機構。免費下載護理人員手冊。

康復、教育、接納、社區及希望計劃

為灣區內中風或後天性腦損傷康復中之成年人提供教育、康復服務與及活動。課程包括移動能力和健身、適應生活及溝通技巧。

Schurig 腦損傷康復中心

繪畫美術治療、失語症小組、電腦課程及其他教育計劃、支援小組等等。設計乃專為腦損傷、腦震盪和中風倖存者，並且需要急性病後康復（初步康復護理之後）及支援服務。

技能增進計劃

計劃乃通過互動課程及強大的支援系統，以幫助成年中風倖存者恢復功能、社交、認知及身體技能。課程專注於移動能力、獨立生活和溝通技巧。

Stanford Neurological Rehabilitation Program

Occupational therapy, physical therapy and speech-language therapy provided by therapists with experience and expertise in working with patients who have neurological impairments.

<https://stanfordhealthcare.org/medical-treatments/n/neurological-rehabilitation/procedures.html>

213 Quarry Road
Palo Alto, CA 94304
Phone: (650) 725-5106

Stanford Neuroscience Supportive Care Program

Free support groups, classes, workshops, one-on-one consultations, and other services. Open to all patients and families in the community regardless of where they receive care. Classes tailored to the unique needs of neuroscience patients.

<https://stanfordhealthcare.org/for-patients-visitors/neuroscience-supportive-care-program.html>

Stroke Engine

Canadian website for stroke survivors, their families and stroke rehabilitation professionals. Focuses on stroke rehabilitation and therapeutic interventions. Offered through McGill University and other partners.

<https://strokenetwork.ca/en/>

Stroke Survivor Strategies

Gadgets, tips and tricks for coping with challenges after a stroke. Blog posts share ideas related to personal care, safety, exercise and communication, plus practical ideas for shopping and chores.

<http://stroke-survivor-strategies.blogspot.com/>

The Stroke Network

Nonprofit organization providing online support, education and resources to survivors of stroke and their caregivers. Download the [caregiver's free handbook](#).

<http://www.strokenetwork.org/>

史丹福神經康復計劃

由具有治療神經障礙患者經驗及專業知識之治療師提供職業治療、物理治療及言語語言治療。

史丹福神經科學支援護理計劃

提供免費支援小組、課程、工作坊、一對一諮詢及其他服務。開放給社區中所有患者和家庭，不論他們在哪裡接受護理。課程乃針對神經科學患者之獨特需求而制定。

中風動力

為中風倖存者、其家人和中風康復專業人員而設的加拿大網站。專注於中風康復和治療。通過麥基爾大學及其他合作夥伴提供。

中風倖存者策略

應對中風後之挑戰的小工具、提示和技巧。博客文章分享與個人護理、安全、運動及溝通相關的想法，以及購物和家務的實用想法。

中風網絡

為中風倖存者及其護理人員提供在線支持、教育和資源的非營利組織。下載[護理人員免費手冊](#)。