



Stroke and Brain Injury Resources – Metro Oklahoma City Area

(Updated 1/2018)

INTEGRIS Stroke Website

- www.integrisk.com/stroke
- On Demand Stroke Class
- 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 integrisk.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., Oklahoma City, OK 73109
Contact: Allie Friesen, MRC 405-636-7883
Meets 3rd Thursday of the month, 6 p.m.
- **Norman Regional Stroke and Aphasia Support Group**
Norman Regional Hospital, Hospital Education Center
901 N. Porter, Norman, OK 73070
Contact: Lisa Robertson, M.S. CCC/SLP 405-307-1722
Meets 3rd Wednesday, 2-3 p.m.
- **Mercy Hospital Stroke and Brain Injury Support Group**
4120 W. Memorial Rd. (Glass Pyramid), #102
Oklahoma City, OK 73120
Contact: Gary Bulmer 405-721-8453
Meets 2nd Tuesday, 6-8 p.m.
- **Brain Injury Support Group**
INTEGRIS Jim Thorpe Rehabilitation Hospital,
Jones Education Classroom
4219 S. Western Ave., Oklahoma City, 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 – 721 NW 6th St., Oklahoma City, OK
Meets 1st and 3rd Tuesday of month, 6-8 p.m.
- Contact: Gary Bulmer (405-721-8453)

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
- **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
- **INTEGRIS Moore**
 - 2111 Riverwalk Drive, Moore, OK
- **Jim Thorpe Rehabilitation Services – Lawton**
 - 3201 W. Gore Blvd., Lawton, OK 73505
 - 580-250-5833

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Outpatient PT and OT – Metro (continued)

- **OU Med Center**
 - 1200 Childrens Avenue, 2nd floor – OP Rehab Services
Oklahoma City, OK 73104
 - 405-271-4152
 - PT/OT/Speech Therapy
 - Sliding Scale
 - Will see all patients
 - Monday – Friday, 8 a.m. - 5 p.m.
- **Valir PACE (Program of All-inclusive Care for the Elderly)**
 - 721 NW 6th Street, Oklahoma City, OK 73102
 - www.valirpace.org/ or 405-609-3688
 - PT/OT/ Speech therapy
 - Prescriptions at no cost
 - Transportation provided
 - Serves OKC and surrounding areas
 - Accepts Medicare/Medicaid/private pay

Outpatient Speech Therapy

- **UCO Speech and Hearing Clinic – Edmond, OK**
 - 405-974-5419
 - Evaluation, Treatment and Screening – Consultation
 - Speech therapy – sliding scale/semester
 - University of Central OK campus – Edmond, OK
 - 14 week fall and spring session; 7 week summer
 - Waiting list – get on early
- **Jim Thorpe Rehab – Aphasia Clinic**
 - 4100 S. Douglas Avenue, Oklahoma City, OK
 - 405-644-5445
 - Contact person Susan Dowell, MS, CCC-SLP
 - \$75 for each 4 week session, including initial evaluation
- **John W. Keyes Speech and Hearing – OUHSC OKC**
 - 1200 N. Stonewall, Oklahoma City, OK 73117
 - 405-271-2866
 - Speech therapy – \$80/session, may bill insurance, can request sliding scale
 - Accept Medicare and Medicaid
 - Aphasia Clinic
 - 14 week fall and spring session; 7 week summer
 - Short waiting list – call to get on list

Access to Social Security and Disability Information

- **Applying for Medicare and Medicaid**
 - www.medicare.gov/people-like-me/disability
- **Applying for help with job retraining**
 - 1-800-487-4042
 - www.okrehab.org/job-seekers/dvr
- **Finding a Healthcare Provider**
 - www.211ok.org
- **Applying for Disability**
 - 1-800-772-1213
 - www.ssa.gov/disabilityssi

Durable Medical Equipment and Assistive Technology

- **Oklahoma ABLE TECH**
 - 1-800-257-1705
 - 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

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

Senior Resource Directory

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

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

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

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