

## **Young Stroke Survivor Kit – RECLAIMING YOUR LIFE**

Practical & usable resources for **Young & Midlife Stroke Survivors, Caregivers and Families** for the “new normal” following stroke. This is to be used once discharged to home/rehab – “**now that we’re home, NOW WHAT???**”



### **Specific aspects of recovery:**

#### **Access to Healthcare Services & Financial Assistance**

(Finding a healthcare provider; Social Security Disability; Vocational Rehabilitation)

#### **Driving after stroke**

**Psychosocial changes** (Depression; Stinking Thinking)

**Family Life** (Parenting; Sexuality after stroke)

**Veterans**

**Drug abuse & stroke**

**Therapy APPS for phone/Ipad**

## ACCESS TO HEALTHCARE SERVICES & FINANCIAL ASSISTANCE

### Finding a primary care provider who will see you:

- INTEGRIS Healthline – 405-951-2277 – ask for names & office phones of available Primary Care Physicians or providers.
- Oklahoma Federally Qualified Health Centers
  - Non-profit community health centers which provide **affordable & accessible** health care in Oklahoma City and Southwest Oklahoma.
  - Will accept Medicare, Medicaid, most major insurance, and **uninsured patients** can pay on **sliding-fee scale** (based on income & family size.) Payment plans also available.
  - 20 Primary centers throughout Oklahoma
  - Total of 88 sites or clinics in Oklahoma
  - <http://fqhc.health.ok.gov> for more information
  - Oklahoma City FQHC – Variety Care Clinics – 405-632-6688; [www.varietycare.org](http://www.varietycare.org) for more information and clinic sites in the OKC Metro area.
- Crossings Community Clinic - 10255 N. Pennsylvania Ave., Oklahoma City, OK 73120 – 405.749.0800.

### Applying for Social Security Disability:

- You should apply as soon as you become disabled.
- Can apply online at <https://www.ssa.gov/disability/disability.html>.
- Can also apply by calling toll-free, **1-800-772-1213**. Representatives there can make an appointment for your application to be taken over the telephone or at a [convenient Social Security office](#).
- For more information, see attached handout from Social Security Administration.

### Applying for Medicare and/or Medicaid:

- See if you are eligible for Medicare and/or Medicaid health coverage because of your stroke.
- <https://www.medicare.gov/people-like-me/disability/disability.html>
- Applying for Medicare and/or Medicaid – see attached handout for more information.

### Assistance paying for medicines:

- Take the medicine your doctor prescribes; if cost is a problem, talk with your doctor about other options. Assistance is available for many expensive prescription medicines.

- If you are on Medicare or Medicaid, go to your local Social Security office and ask if you are eligible for Medicare Part D. This plan helps pay part of the cost of medicines.
- Ask your doctor for generic medicines whenever possible. Lists of less-expensive generic medicines are available at most pharmacies, as well as online; for example from INTEGRIS Southwest Plaza Pharmacy.
- Pharmacists are a good resource for information about medicine costs and correct usage of medicine such as when to take with food or reactions to watch for.
- Helpful websites for getting assistance with cost of medicines:

[www.RX4OKLA.com](http://www.RX4OKLA.com) (or 1-877-RX4-OKLA or 1-877-794-6552)

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

[www.cms.hhs.gov](http://www.cms.hhs.gov)

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

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

**Assistance with durable medical equipment for home:**

- The program is designed to reuse durable medical equipment (DME) that is no longer needed and reassign it to Oklahomans who are in need at no cost.
- 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
- Types of equipment which MAY be available at no charge:
  - Bath benches
  - Blood pressure monitors
  - Commodes
  - CPAPs
  - Gait Trainers
  - Hospital Beds (Electric & Semi-Electric)
  - Knee walkers
  - Nebulizers
  - Patient Lifts
  - Quad Canes
  - Scooters
  - Shower Chairs
  - Standers
  - Walkers
  - Wheelchairs (Manual & Power)

**Access to outpatient speech therapy:**

- **UCO Speech and Hearing Clinic – Edmond, OK**

- Speech therapy – sliding scale
- 14 week fall and spring session; 7 week summer
- Waiting list – get on early
- University of Central OK campus – Edmond, OK
- 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

- **OSU – Tulsa Speech-Language-Hearing Clinic – Tulsa, OK**

- Evaluation, treatment, screening, consultation
- Sliding scale – No waiting list
- 700 N. Greenwood Ave., North Hall 391, Tulsa, OK 74106
- 918-594-8573

- **OSU – Stillwater Speech and Hearing**

- Evaluation, treatment, screening, consultation
- Sliding scale – also take Medicaid and insurance – Medicare scholarships available – No or short waiting list
- 042 Murray Hall at University and Monroe St., Stillwater, OK 74074
- 405-744-6021

## **Return to Work**

Vocational Rehabilitation (VR) in the Oklahoma Department of Rehabilitation Services (DRS) helps Oklahomans with disabilities prepare for, obtain or keep jobs for those who want to work. Basic VR services provide counseling and guidance with job placement. Employment programs introduce or reinstate people with disabilities back into the workforce.

- **Types of services provided by VR:**

- o Vocational, medical or psychological assessments
- o Career counseling & guidance
- o Physical & mental restoration to improve employment opportunities
- o Rehabilitation equipment & devices
- o Supported employment
- o Vocational training
- o College education
- o On-the-job training
- o Job placement assistance
- o Specialized services for blind, deaf, hard of hearing, those with speech impairments

- **Information about OKDRS:**

- o <http://okrehab.org/job-seekers/dvr>
- o Local phone is (405) 951-3400
- o Toll-free hotline – 1-800-487-4042.
- o Spanish speaking toll-free – 1-800-523-1565.

- **To apply for VR services:**

- o Call hotlines for DVR office nearest you by zip code
- o Can get application by walk-in or mail from local office, fill out & return to local office, then interview w/counselor
- o Can apply online – [www.okdrs.gov](http://www.okdrs.gov) – follow up with local office for interview w/counselor

- **Oklahoma Works:**

- o <http://oklahomaworks.gov/>
- o Job search assistance
- o Apprenticeship
- o Career planning & assistance
- o Unemployment; rapid response for layoffs & plant closure

- **Information for Oklahomans seeking a job:**

- o [http://www.ok.gov/oesc\\_web/](http://www.ok.gov/oesc_web/)
- o Employment and training
- o Unemployment benefits
- o Labor market data

- **Applying for Disability:**

- o There are programs available for the disabled to help with monthly payments to those who have little or no income/resources – Supplemental Security Income (SSI)

- o There is an income earnings-based program for a disabled worker, spouse and family – Social Security Disability Income (SSDI).

- o Apply through the Social Security Administration

- o <https://www.ssa.gov/disabilityssi/>

- o You can also apply: By phone – Call 1-800-772-1213 from 7 a.m. to 7 p.m. Monday through Friday. If you are deaf or hard of hearing, you can call TTY 1-800-325-0778. In person - Visit your local Social Security office. (Call first to make an appointment.)

## Social Security

---

### Disability Determination Process

---

#### When To Apply

You should apply as soon as you become disabled. If you apply for

- Social Security, disability benefits will not begin until the sixth full month of disability. The Social Security disability waiting period begins with the first full month after the date we decide your disability began.
- Supplemental Security Income (SSI), we pay SSI disability benefits for the first full month after the date you filed your claim, or, if later, the date you become eligible for SSI.

#### How To Apply

You can apply for Disability benefits online, or if you prefer, you can apply by calling our toll-free number, **1-800-772-1213**. Our representatives there can make an appointment for your application to be taken over the telephone or at any convenient Social Security office.

People who are deaf or hard of hearing may call our toll-free "TTY" number, 1-800-325-0778, between 7 a.m. and 7 p.m. on Monday through Friday.

#### Some Publications That Will Give You More Information On Disability Benefits.

The Disability Starter Kit will help you get ready for your disability interview or online application. Kits are available for adults and for children under age 18.

The starter kits provide information about the specific documents and the information that we will request from you.

The kits also provide general information about the disability programs and our decision-making process that can help take some of the mystery out of applying for disability benefits.

Here are some additional publications with information on disability benefits:

- Disability Evaluation Under Social Security (Also known as The Blue Book) - Medical criteria for evaluating Social Security disability claims



7/6/2016

How To Apply For Social Security Disability Benefits

- What You Need To Know When You Get Disability Benefits
- Working While Disabled...How We Can Help
- Medicare
- Receiving Your Benefits By Direct Deposit
- Social Security: When You'll Get Your Benefit
- Disability Planner

## Driving After Stroke

Driving is often considered to be an essential part of daily life. It's not something anyone would want to give up easily. It gives us an easy way to get around, be independent and feel confident.

However, driving is a very complicated process, and it requires ability to process information easily and also mobility to drive safely. Many stroke survivors can regain their ability to drive – almost 80 percent of stroke survivors who LEARN TO DRIVE AGAIN can drive safely and successfully. But this may not apply to all stroke survivors. If a survivor has problems with visual perception, it may be more difficult to relearn safe driving skills.

A driving test by a driving instructor or stated licensed agency will be able to determine if the survivor can drive safely. Look for a driving instructor who is trained in driver retraining after stroke and/or brain injury – their expertise is not often found in regular driving schools.

**Driving Training** usually includes:

- Assessment of your functional ability
- Reaction time testing
- Vision & visual perception testing
- In-class teaching
- Driving simulation in classroom
- Transfer training to car
- On-The-Road, in-car training
- Loading wheelchair instruction

**Options and solutions for driving with physical problems :**

- If you can only use one hand, a spinner knob can help. It is attached to the steering wheel, and lets you steer the car more easily with just one hand. Helpful options if you can't use the right arm and leg are left gas pedal, and the spinner knob. Hand controls for driving the car may help survivors who cannot use their legs.
- If you cannot use one leg, an automatic transmission will be much easier than a standard shift transmission.
- Problems reading or understanding what is read can be helped by learning to read the road sign symbols. This problem needs careful training and evaluation for safety.
- Directional signal extenders can help if you cannot use your left arm or hand.

- HOWEVER, if you have problems judging distance or have a loss of vision, you should not drive. This will put yourself and others on the road in danger.
- Ask your occupational therapist about driving – they may be able to help with your driving evaluation, training and community resources, and guidance to learn to drive again.

### **Community Resources for Driving and Transportation:**

#### **(a) Driver retraining programs in the OKC Metro area:**

- **Dan Lutz Rehabilitative Driving Program** - Does assessment & retraining ; teaches adaptive driving
  - John McGivern – contact & instructor
  - [2404 Valley Brook Drive; Edmond, OK 73034-4881](#)
  - [\(405\) 834-3877](#)
- **Brown Driving School** – Can do driver assessments and retraining.
  - **South Oklahoma City / Moore**  
[12211 S Pennsylvania Ave Oklahoma City, OK 73170](#)  
[\(405\) 692-4844](#)
  - **Norman**  
[210 36th Ave SW #1D Norman, OK 73072](#)  
[\(405\) 364-0000](#)
  - **Mustang / Yukon**  
[120 E Trade Center Terrace, Suite 104 Mustang, OK 73064](#)  
[\(405\) 376-6464](#)
- Look for other community resources that can help if you don't drive.
- OKC EMBARK Senior Services (405) 297-2583;
- OKC RSVP Provide-A-Ride (405) 605-3106;
- CART (Cleveland County Area Rapid Transit) – (405) 325-2278
- OKLAHOMA statewide – United We Ride 1-844-656-9743 (1-844-OKMYRIDE).
- Handicapped Parking Permit – applications available from Oklahoma Department of Public Safety - <https://www.dps.state.ok.us/forms/>.

## DEPRESSION After Stroke

Depression can be a natural response after stroke & disability. Young stroke survivors go through a process of grieving, loss and isolation. Specifically, they are grieving the loss of self/identity, mobility, previous roles (parent, worker, spouse), activities, social experiences, and most importantly, their independence. It can be overwhelming, and can affect everyone involved. Some depression or even despair is a normal part of the grieving process after a stroke. However, sometimes it becomes serious enough to affect daily function and interfere with your recovery. Identify warning signs of depression so you can get help to feel better.

### What causes depression after stroke?

- Physical changes in natural chemicals in the brain from the stroke can cause depression, as well as the emotional response from loss or change in family and work roles because of the stroke.
- Risk factors for depression after stroke can include paralysis, not walking, loss of control of bladder or bowel); fatigue; problems with speech or communicating; thinking or memory problems; previous history of depression; alcohol or drug abuse; poor family or social support.
- Feeling of sadness, loss, despair or hopelessness that doesn't get better over time
- Can be overwhelming enough to interfere with daily life.
- Cause for concern when feeling depressed or loss of interest in usual activities for several days/week & lasts more than 2 weeks.
- It's NOT a sign of weakness or anyone's fault – it just needs help to get better.

### Symptoms of depression:

- Feeling sad, blue, hopeless or down
- Lack of interest or pleasure in usual activities
- Feel guilty, like a failure or worthless, criticism
- Change in appetite or sleep
- Can't concentrate
- Withdraw from others
- Think or talk about suicide

### What to do about depression?

- Get professional help as soon as possible. Remember – this is part of your recovery, not a weakness to be avoided.

- Antidepressant medicines can help – it may take a few weeks to feel much better. Often combined with counseling or talk therapy.
- Counseling can be very helpful with painful and/or self-defeating feelings by creating new ways to look at yourself and your new life.
- Be as physically active each day as you can. Schedule daily routine activities for structure & purpose.
- Set goals and find ways to measure your real accomplishments – even small ones count.
- Get out & enjoy some social activity – this can help to stimulate and improve language recovery, as well as feeling better about yourself.

## Sex After Stroke

Recovery from stroke often involves resuming your healthy sex life. It's important to love and feel loved, physically and mentally. However, if there are changes or difficulties having sex after stroke, talking with your doctor or a psychologist can help.

Questions or concerns that come up after stroke can include:

- Will I have another stroke if I have sex? Chances are low, but always talk with your doctor before resuming your sexual life.
- What if my partner feels differently about me now? It takes time to adjust – so reassurance, sharing how you feel openly with your partner, simple holding, cuddling and tender touch can help.
- What if I have trouble talking or saying what I need to say? Gentle touch can help show what you want to express.

Some ideas that can help:

- Talk openly and honestly with your partner. This can help with your fears & concerns.
- Start slowly. Gentle touch or massage are ways to be intimate – find out what feels good & tell your partner.
- Plan ahead for sex – rest ahead of time so you're not so tired or rushed. It may just need more time now.
- Be aware of the medicines you take. Some may make you less alert (sleeping pills); others may reduce your sexual desire or cause impotency. Talk with your doctor about these.
- Find a position that feels comfortable. If you are now weak or paralyzed on one side, you can change your position (like a side-lying position).
- Take time to find out what works for both of you. If you don't feel as much on one side, you may need to remind your partner to touch you on your non-affected side.

- Making an extra effort at grooming and attractive clothing can help boost your confidence and feel better, more attractive.
- These ideas can help the caregiver to be a partner, not a parent.

## Parenting After Stroke

Stroke survivors who are parents of younger children can have special challenges with physical as well as thinking tasks, such as bathing, feeding, changing and transporting your child. There are now a number of easier ways to help with these tasks:

- Disposable diapers with tabs
- Warming a bottle of formula in the microwave (safer than in a pan of boiling water)
- Baby bathtub inserts can help keep baby safer.
- IF the stroke survivor needs help with any of the childcare tasks, it may be safer and easier to be the supervisor if possible.

Some ways to help keep the family strong together after the stroke can include:










- Communicate. Make sure children have time and opportunities to express their feelings and concerns.
- Talk to your children at their level. Be open, sensitive and honest, and approachable. Kids need information to cope with life's changes so they can understand what is happening to you.
- Maintain routines within your family and make having fun part of the routine. It helps to deal with the changes and uncertainty.
- Let children be children. Remember your children are growing and going through their own changes.

- Be supportive. Don't be overwhelmed by the whole situation or try to deal with everything at once. Plan as a family to deal with each problem as it occurs.
- Empower your family. Children can be very creative and great problem solvers. Use their talents.
- Get help when you need it from family, friends and professionals, including specific family and child service agencies which offer counselling and play therapy.



## VA Resources for Young & Midlife Strokes

### VA Websites:

- RESCUE - <http://www.rorc.research.va.gov/rescue/>
  - Strategies for various problems & issues after stroke.
  - RESCUE Fact Sheet Library
- The **RESCUE** team has prepared 44 fact sheets that will help you with any questions you may have. These fact sheets are divided into the following categories:
  -  [General Stroke Information](#)
  -  [Obtaining Good Healthcare & Information](#)
  -  [Understanding How Caring for a Loved One Affects You](#)
  -  [Caring for Someone with Physical Needs](#)
  -  [Caring for Someone with Emotional & Behavioral Needs](#)
  -  [Keeping Your Loved One Healthy](#)
  -  [Helping Your Loved One Become More Independent](#)
  -  [Finding Community Resources](#)
  -  [Managing Financial & Legal Issues](#)
- My HealthVet - <https://www.myhealth.va.gov>
- National Center for Complementary and Alternative Medicine (NCCAM) - <https://nccam.nih.gov/research/blog/caregivers?nav=upd>
- VA Caregiver website – <http://www.caregiver.va.gov/>

## **STREET DRUGS & STROKE**

Street drugs and abuse of medications have been linked to stroke in younger strokes. The drugs can cause high blood pressure, spasms of blood vessels in the brain, blood clots in the brain, and bleeding in the brain – all of which can cause strokes. Cocaine, amphetamines & methamphetamine, heroin, and marijuana can all increase risks of having stroke. While we have no stats on how common it is for stroke to hit a 1st or 2nd time user, we do know that the more times a person uses drugs, the higher the chance of stroke.

### **Cocaine (crack, coke):**

- Increases stimulation of central nervous system – raises blood pressure, which can cause blood vessel walls to rupture (bleeding stroke). Also can narrow the blood vessels, cut off blood flow to brain & kill brain tissue (blockage stroke).
- Raises blood pressure; heart rate; increases risk for seizure, stroke, heart attack & death.
- Is sniffed, injected, and smoked.
- Can cause a bleeding stroke within minutes of use, but majority of stroke happen w/in one hour of ingestion. Can also cause blockage strokes and seizures.

### **Amphetamines (Methamphetamine, meth, speed, ice, uppers):**

- Have similar effects as cocaine on the body – especially raises blood pressure.
- Causes the “fight or flight” response
- Is sniffed, taken by mouth, injected or smoked.
- Can cause both bleeding and blockage strokes, especially methamphetamine.

### **Heroin (smack, H, Mexican black tar):**

- Initial euphoria can be followed by severely slow heart rate & breathing (can be life-threatening), drops blood pressure, nausea & vomiting.
- Can be injected, smoked or sniffed.
- Can cause blockage stroke immediately to more than 24 hours after use.

### **Marijuana (pot, weed, grass):**

- Initial increased BP, heart rate & appetite, dizzy, dry mouth, impairs short-term memory & motor function, poor judgment. In high doses, paranoia & psychosis. Regular use associated with increased risk of anxiety & depression.
- Drivers who recently smoke marijuana 2 X more likely to have car accident than sober.
- 9% who experiment with marijuana will become addicted.
- Can be smoked, made into tea or edibles (brownies).

**So, where do you go from here?**

- Recognize that cocaine/crack/meth/heroin can all cause strokes
- Treatment is not simple or easy, but it can work – if you will
- Are you willing to quit & get help?
  - Are you willing to stop using?
  - Are you willing to maintain a drug-free lifestyle?
  - Are you willing to live a productive functioning life?

## **ONLINE STROKE RECOVERY & RESOURCES APPS**

Many young and mid-life stroke survivors are tech savvy, and the use of electronic technology is part of their daily life. So, finding an app for your smart phone or electronic device could be an easy, relatively inexpensive, and often enjoyable addition to your stroke recovery resources.

**Below are some examples of apps for speech and Aphasia (speech & language problems) therapy that people can purchase and use to help with their speech & language challenges:**

**ParrotSoftware.com** – large selection of speech therapy programs for different needs – can customize to your current level of speech and need. Low monthly cost to use as many programs during one month as you choose. [www.parrotsoftware.com](http://www.parrotsoftware.com)

**TactusTherapy.com** – different types of speech therapy programs – can purchase specific therapy program or several programs.

**Lingraphica** – [www.aphasia.com](http://www.aphasia.com) - communication devices, language and therapy apps, and online practice activities for individuals with language and thinking disorders.

**Lumosity.com** – brain games and brain training.

### **Emergency Assistance Apps:**

**MobileHelp Alert Lite** – [www.mobilehelp.com](http://www.mobilehelp.com). The most simplified version of MobileHelp Alert, this level provides users with access to help via text messaging service. App is free. **MobileHelp Alert** – **more comprehensive service – monthly fee.**

**Haven from RapidSOS** – [www.rapidsos.com](http://www.rapidsos.com), which directly connects users with first responders – small monthly fee.

### **Apps for IPAD:** (Most are free or low-cost)

**iName it** by SmartyEars.com – name of items recall

**Small Talk** by Lingraphica (aphasia.com) – free communication and practice apps for finding words & phrases

Chain of Thought - Word Association

Mind Games-Mind training-similar to Fit Brains from Rosetta Stone

Matches2-Memory and Visual Scanning

Scramble-Word Manipulation and Visual Scanning

7 Little words-Word Manipulation

Red Herring-Word Association

Word Wall-Word Association

WordBrain-Word Manipulation

Category Lite-Thought Organization

Fit Brains-This is a family of apps from Rosetta Stone. They are all types of skills such as working memory, visual memory, logic, speed and focus.

Solitaire-Visual Scanning and Attention

Pattern Catcher-Visual Scanning

There are **cognitive (thinking) recreational activities** survivors can do at home such as:

Sudoku

Crossword

Word Search

Jigsaw puzzles

Reading

Trivial Pursuit

Various board games: Scrabble, Scattegories, Taboo, Pictionary, Family Feud, Wheel of Fortune, Bananagrams, word shout, boggle

**\*Link Disclaimer:** Links to information and Web sites outside of INTEGRIS Health do not indicate an endorsement of products or services offered by the sites. In addition, these sites may have privacy and security policies that are inconsistent with those of INTEGRIS Health.



## Aphasia Apps

**Talking Photo Apps** are apps that allow you to take photos of various things and then attach words or phrases. For example, you could take a picture of your dog and add the caption “this is my dog, Spot” to help communicate some basic daily information. Great for common or favorite items. There are many more of these apps than are on this list, ranging in price from free to about \$20.

- **Pictello:** <http://itunes.apple.com/us/app/pictello/id397858008?mt=8> (\$18.99)
- **All About Me Storybook:** <http://itunes.apple.com/us/app/all-about-me-storybook/id426201106?mt=8> (\$2.99)
- **Talk’n Photos:** <http://itunes.apple.com/us/app/talkn-photos/id502043039?mt=8> (\$2.99)

**Augmentative and Alternative Communication (AAC) Apps** are apps that have software to help with communication of basic wants and needs. They range in type, using words, pictures or categories, and vary in price. Many of these can be expensive, so it would probably be best if you consult with a speech therapist to see which one may work before spending the money to purchase one.

- **Lingraphica Small Talk™** (a family of apps including a basic AAC app and other speech-therapy based apps): <http://www.aphasia.com/products/apps>
- **YesNo HD** <http://www.simplifiedtouch.com/yesno-hd.html> (free trial; \$3.99 full version)
- **Scene Speak:** <http://itunes.apple.com/us/app/scene-speak/id420492342?mt=8> (\$9.99)
- **Scene & Heard:** <http://www.tboxapps.com/#> (\$49.99)
- **TalkRocket Go:** <http://myvoiceaac.com/> (\$99.00)
- **Proloquo2Go:** <http://www.assistiveware.com/product/proloquo2go> (\$189.99)
- **TalkTablet:** <http://gusinc.com/2012/TalkTablet.html> (\$89.99)
- **TouchChat HD:** <http://itunes.apple.com/us/app/touchchat-hd-aac/id398860728?mt=8> (\$149.99)
- **MyTalkTools:** <http://itunes.apple.com/us/app/mytalktools-mobile/id324286288?mt=8> (\$49.99)
- **VoisPal:** <http://www.voispal.com/index.html> (\$365.00)
- **Expressive:** <http://itunes.apple.com/us/app/expressive/id398345416?mt=8> (\$25.99)
- **Locabulary:** <http://locabulary.com/> (free)
- **PhotoVOCA:** <http://www.photovoca.com/> (free)
- **AutoVerbal GuyTalk** (some built-in phrases and words and the ability to type in phrases for it to speak): <http://appshopper.com/social-networking/autoverbal-guytalk> (\$9.99)
- **image2talk** (uses real photos and allows you to take and add your own photos): <http://image2talkapp.com/> (\$24.99)
- **Speak Aid:** <http://iappphone.com/apps/356743683/speak-aid/> (\$0.99)
- **VocaBeansLite:** <https://itunes.apple.com/us/app/vocabbeanslite/id428839644> (free)

**Text-to-Speech Apps** are apps in which you type a message and then hit a button to speak the message. Many of these are free. Just enter “type to text” in your browser’s search box.

- **Verbally** (has basic words programmed and the ability to speak a specific message based on typed in words): <http://itunes.apple.com/us/app/verbally/id418671377?mt=8> (free)
- **iSpeech—Text to Speech**: <http://itunes.apple.com/us/app/ispeech-text-to-speech/id322329515?mt=8> (free)
- **Speak It! Text to Speech** (text-to-speech app): <http://itunes.apple.com/us/app/speak-it!-text-to-speech/id308629295?mt=8> (\$1.99)
- **Predictable** (type-to-text app): <http://itunes.apple.com/us/app/predictable/id404445007?mt=8> (\$159.99)
- **TalkPath News** (free news source that reads the daily news to adults with aphasia/and language loss):  
TalkPath News for Apple products:  
<https://itunes.apple.com/us/app/lingraphica-talkpath-news/id1019273875?mt=8>  
TalkPath News for Android devices:  
<https://play.google.com/store/apps/details?id=com.lingraphica.newsmobileapp>

**Speech Practice Apps** help you practice specific things. There are apps to practice speech sounds for those with apraxia or dysarthria. There are also apps that help with comprehension and expression.

- **VAST** (speech practice): <http://www.speakinmotion.com/> (\$4.99-\$12.99)
- **Lingraphica Small Talk™** (speech practice): <http://www.aphasia.com/products/apps> (free)
- **Tactus Therapy Solutions** (speech and language practice, comprehension, expression, etc.): <http://www.tactustherapy.com/> (\$14.99-\$59.99)
- **Intro to letters** (writing practice): <http://montessorium.com/letters> (\$4.99)
- **Dexterity™** (writing practice): <http://www.dexterity.net/> (\$4.99)
- **Speech Sounds on Cue** (speech sound practice): <http://itunes.apple.com/us/app/speech-sounds-on-cue-for-ipad/id478653632?mt=8> (\$149.99)
- **Dragon Dictation** (you speak and it translates to a written message. Use to see if what you are saying looks correct, to help with emailing, etc.): <http://itunes.apple.com/us/app/dragon-dictation/id341446764?mt=8> (free)
- **iWordQ US** (uses word prediction to help with writing. Can also be used to help with reading): <http://itunes.apple.com/us/app/iwordq-us/id557929840?mt=8> (\$24.99)
- **NACD Home Speech Therapist** (for practice with speech sounds): <http://itunes.apple.com/us/app/speech-therapy-for-apraxia/id512647583?mt=8> (\$4.99)
- **VAST Songs** (uses songs to help with apraxia and aphasia, with help for specific speech sounds) <http://itunes.apple.com/us/app/vast-songs-1-intro/id442977702?mt=8> (\$4.99)
- **VASTtx—Key Words**(to practice specific words for people with aphasia or apraxia): <https://itunes.apple.com/us/app/vasttx-key-words/id477594115> (\$12.99)
- **Speak Aid**: <http://iapphone.com/apps/356743683/speak-aid/> (\$0.99)
- **Lexico Cognition** (practice with language, understanding and memory/thinking): <https://itunes.apple.com/us/app/lexico-cognition/id477090595> (free)



- **TalkPath™ Therapy** (practice speech therapy- four key areas: speaking, reading, writing, and listening): <https://itunes.apple.com/us/app/lingraphica-talkpath-therapy/id887481664?mt=8> (free)
- **Constant Therapy** (60 cognitive and speech categories and 12,000 exercises customized for you): <https://itunes.apple.com/us/app/constant-therapy/id575764424?mt=8> (\$19.95)

## Other Apps

Other apps can use the camera on a phone or iPad to take pictures of items or events to help with discussions later (i.e., take a picture of a menu so you can talk about what you had for lunch).

There are many apps out there for crossword puzzles, word searches and other word games. These are all great for reading, writing and expression.

- **MyScriptMemo** (note-taking app): <http://itunes.apple.com/us/app/myscript-memo/id446368116?mt=8> (free)
- **SpeakText Free** (will read any text or webpage if you are having difficulty with reading) <http://itunes.apple.com/us/app/speaktext-free-speak-translate/id426621887?mt=8> (free)
- **Word Shaker HD Free** (game that can be used to help with reading, scanning and word finding) <http://itunes.apple.com/us/app/word-shaker-hd-free/id439878952?mt=8> (free)
- **My Heart&Stroke Health** (helps you track blood pressure, stroke risk, healthy recipes, etc.): <http://itunes.apple.com/us/app/my-heart-stroke-health/id415088302?mt=8> (free)
- **My Medications** (stores info on current medications, doctors and medical information): <http://itunes.apple.com/us/app/my-medications/id478343764?mt=8> (\$0.99)

**Cancer**

- Breast Cancer: New Reasons for Hope
- Cancer and Nutrition
- Cancer Related Fatigue
- Living with Cancer
- Living with Prostate Cancer
- Lung Cancer: Improving Survival
- Preventing Colon Cancer

**Diabetes**

- Diabetes: Avoiding Complications
- Diabetes: Prevention
- Diabetes: Treatments
- Foot Inspection
- Giving Yourself Insulin
- How to Prepare for Your Diabetes Doctor Visit
- How to Use Your Insulin Pen
- Hypoglycemia
- Managing Your Diabetes
- Prediabetes and Proper Diet
- Prediabetes: An Overview
- Prediabetes: Increasing Activity

**Health and Wellness**

- Caring for a Loved One
- Considering Other Choices

**Healthy Aging**

- Advance Directives: Making Family Health Decisions
- Alzheimer's Disease: Hope and Help
- Healthy Aging
- Men's Health: Advice to Baby Boomers
- Osteoporosis: Strength for Life
- Women's Health: Advice to Baby Boomers

**Healthy Living**

- Alcohol & Drug Addiction
- Controlling Stomach Acid Reflux
- Managing Chronic Pain
- Nutritional Needs: Prescription for Health
- Physical Activity: Improving Your Health
- Stop Smoking Today
- Steps That Can Save Your Life
- Understanding Obesity: The Key to Effective Weight Loss

**Heart Health & Stroke**

- About AFib
- AFib Hospital Discharge
- After a Heart Attack: Preparing for Your First Doctor's Visit After Hospital Discharge
- Avoiding Hospital Readmissions: Heart Attack
- Avoiding Hospital Readmissions: Heart Failure
- Basic Facts About Atrial Fibrillation
- Controlling High Blood Pressure
- Deep Vein Thrombosis: Are you at Risk
- Healthy Living After a Heart Attack
- Heart Disease: Women at Risk
- Heart Failure: Beating the Odds
- Improving Your Cholesterol
- Irregular Heartbeats: Restoring the Rhythm
- Living With Heart Disease
- Managing AFib Medications
- Managing My AFib, a Patient's Story
- Managing Stroke Risk with AFib
- Medications After a Heart Attack
- Medications that Help Prevent Blood Clots
- Stroke Care: Every Minute Counts
- Stroke Recovery
- Stroke: The Road to Recovery
- Taking Your Own Blood Pressure
- VTE Signs and Symptoms
- VTE Treatment

**Hospital Safety**

- Hospital Acquired Infections: What You Need to Know
- Patient Safety: Protecting Yourself in the Hospital
- Put Your Hands Together
- Speak Up: Patient Safety & Advocacy
- Staying Safe in the Hospital
- Your Surgery: Before During and After

**How Medications Work**

- How Medications Work: Beta blocker
- How Medications Work: Cholesterol Absorption Inhibitor
- How Medications Work: Diabetes Drugs that Get Insulin Up and Moving
- How Medications Work: Diuretic
- How Medications Work: Fat-Regulating Agent
- How Medications Work: Fibrate

# Patient Channel

from The Wellness Network

## How Medications Work (continued)

- How Medications Work: Insulin Introduction
- How Medications Work: Metformin for Blood Sugar Control
- How Medications Work: Prescription Vitamin B
- How Medications Work: Resin
- How Medications Work: Starch Blockers for Type 2 Diabetes
- How Medications Work: Statin
- How Medications Work: TZD Drugs for Type 2 Diabetes
- Speak Up: Antibiotics - Know the Facts

## Infection Prevention

- Preventing Bloodstream Infections
- Preventing MRSA
- Preventing Surgical Site Infections
- Preventing Ventilator-Associated Infections
- Preventing VRE
- Proper Hand Hygiene
- The Hospital Room
- Understanding C. Difficile
- Urinary Catheter Safety

## Medication Education

- Going Home On Blood Thinners
- Managing Side Effects of Anti-Inflammatory Medications
- Taking Antibiotics Properly
- Taking Medications Safely
- Taking Opioid Medication: Oral Dosage

## Mental Health

- Depression: Treatments That Work
- Speak Up: About your Depression
- Treating Depression

## Orthopedics

- Your Joint Replacement Journey

## Patient Safety

- Questions Are the Answer

## Respiratory

- Asthma: One Breath at a Time
- COPD: Coming Up for Air
- How to Use a Powder Inhaler (Disc Style)
- How to Use a Powder Inhaler (Egg Style)
- How to Use an Inhaler With a Spacer
- How to Use an Inhaler Without a Spacer
- Living Well with COPD
- Nasal Congestion and Controlling Your Allergies
- Preventing Flu and Pneumonia

## Your Care at Home

- Your Care at Home: After a Heart Attack
- Your Care at Home: After Cardiac Catheterization
- Your Care at Home: After Surgery
- Your Care at Home: Caring for Your Urinary Catheter
- Your Care at Home: Checking Blood Sugar
- Your Care at Home: Colostomy Care
- Your Care at Home: Ileostomy Care
- Your Care at Home: Infection Control
- Your Care at Home: Managing Heart Failure
- Your Care at Home: Managing Your Medicine
- Your Care at Home: Pneumonia
- Your Care at Home: Preventing Falls
- Your Care at Home: Taking Blood Thinners
- Your Care at Home: Taking Insulin
- Your Care at Home: Urostomy Care