

Community Resources for Stroke and Brain Injury Management

NM AGING & DISABILITY RESOURCE CENTER

2550 Cerrillos Rd, Santa Fe, NM 87505

800.432.2080

<http://www.nmaging.state.nm.us/adrc.aspx>

Services Provided

- Long term care options
- Meal delivery
- Homemaker services and respite care
- Help with Medicare/Medicaid application, prescription medications, and transportation

NM BRAIN INJURY ADVISORY COUNCIL

Old Santa Fe Trail, Lamy Building, Santa Fe, NM 87501

50596489b

<http://www.nmbiac.com>

Services Provided

- Awareness for brain injury
- Prevention Methods and information
- National and state resources & Referrals

ALBUQUERQUE STROKE CLUB

5301 Ponderosa NE, ABQ, NM, 8110

505.268.1694

<https://www.stroke.org/en/stroke-groups/the-Albuquerque-stroke-club>

Services Provided

- Support for patients and caregivers
- Weekly support groups
- Meetings and social engagements

NEW MEXICO BRAIN INJURY RESOURCE CENTER - ARCA

1503 4th St. NW, Abq, NM 87102

844.366.2472

<https://www.arcaopeningdoors.org/services/new-mexico-brain-injury-resource-center>

Services Provided

- Library of brain injury books, DVDs free to borrow
- Info about brain injury resources statewide
- Help navigating health systems
- Education by brain injury specialists
- Help with Medicaid enrollment and acquisition of other services
- Provide opportunities for social networking, recreation
- Offer training seminars, classes to improve brain function and assist with life skills
- Weekly support groups for those recovering from brain injury

YMCA OF NM

Two locations on Indian Schools and Comanche

505.595.1515

<https://ymcanm.org/#>

Services Provided

- Help with adoption of a healthy diet
- Lunch and Learn nutrition course series with Registered Dietician (Cost: \$10, can call for topics and schedule)
- Low cost fitness assessments and body composition analysis with membership
- Choose to exercise solo or in group setting Blood pressure monitoring program: Work with a Healthy Heart
- Ambassador to reach goals and reduce risk of recurrent stroke

