

# Community Resources for Stroke and Brain Injury Management

## NM CHRONIC DISEASE PREVENTION COUNCIL (NM CDPC)

P.O. Box 3511, Albuquerque, NM 87190

<https://chronicdiseasenm.org>

### Services Provided

- Presentations on Cardiovascular Disease
- Various workgroups dedicated to advocating for, and providing information about specific chronic disease
- Advocacy meetings and trainings



## ROADRUNNER FOODBANK

5840 Office Blvd NE, ABQ, NM 87109

(505) 247-2052

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

### Services Provided

- Assistance with (SNAP) food stamp application
- Assistance with Medicaid/Medicare application
- Food distribution



## BRAIN INJURY ASSOCIATION OF AMERICA – NEW MEXICO

(703)-761-6443

<http://www.biausa.org>

- AMVETS – information, counseling, education and services for veterans
- Support groups, Client Assistance Program
- Information for Independent Living Center
- Information, advocacy, insurance assistance



## RECOMMENDED BOOKS

- **Stronger After Stroke: Your Roadmap to Recovery** by Peter G. Levine
- **Living with Stroke: A Guide for Patients and Families** by Richard C. Senelick, MD
- **To Root and to Rise: Accepting Brain Injury** by Carole J. Starr, MS
- **Healing and Happiness after Stroke: How to Get Back Up After Life Turned Upside Down** by Kari Dahlgren
- **The Brain Injury Workbook: Exercises for Cognitive Rehabilitation** by Trevor Powell
- **Climbing the Mountain: Stories of Hope and Healing after Stroke and Brain Injury** by Candis Fancher, Lindsey McDevitt, Jacquelyn Fletcher
- **My Stroke of Insight** by Jill Bolte Taylor, Ph.D
- **The Brain that Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science** by Normal Doidge, MD

## UNMH PEDIATRIC CONCUSSION CLINIC

(505) 272-7464

- 3<sup>rd</sup> Monday afternoon each month
- Must have referral from ER or primary care

## INTEGRATIVE COGNITIVE REHABILITATION TELEECHO CLINIC

2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month from 10 am to 11:30am at Project ECHO in ABQ or online over Zoom

[cogrehECHO@salud.unm.edu](mailto:cogrehECHO@salud.unm.edu)

## FREE PHONE APPS

- Lumosity (iOS & Android)
- EverNote (iOS & Android)
- Constant Therapy (Free for 30 days) (iOS & Android)
- Type 'n Talk (iOS) Type 'n Speak (Android)
- Breathe2Relax (iOS & Android)
- WeFeel
- PTSD Coach



Contact us: [nrschoen@gmail.com](mailto:nrschoen@gmail.com) [apeksha@chronicdiseasenm.org](mailto:apeksha@chronicdiseasenm.org)