

Surviving and Thriving After Stroke

Local & State Resources

Stroke Resources



Aphasia Conversation Group
amplifyspeechtherapy.com 541-799-0995
Free service for people who experience aphasia.

Cornerstone Services
oregoncsi.com 541-988-3678
Guardianship, trusts & case management.

ElderCare Resources
eldercare-eugene.com 541-344-7712
Healthcare management & advocacy

Full Life Programs 541-221-6962
Care coaching, training, group activities & referral to other services.

Head Banger Social Group 541-741-0675
A Potluck social group for adult & youth brain injury survivors.

Lane County Driving School
541-357-4123

Lane County Legal Aid & Advocacy Center
541-485-1017

Lane Independent Living Alliance
lilaoregon.org 541-607-7020
Assists people to maintain independence

Live Able Home Solutions
liveablehomesolutions.com 541-915-5133
Home modification, home safety assessment, fall prevention.

Senior Resource Advisors, Inc. 541-968-9380
Professional RN care management providing assessment, planning and referrals, and insurance expertise.

Senior & Disability Services
sdslane.org 541-682-3353
Provides services, information & assistance to Lane County's older adult population, adults with physical disabilities & their caregivers.

Stroke Awareness Oregon
strokeawarenessoregon.org 541-323-5641

Swallowing Disorders Support Group
sshune@uoregon.edu 541-346-749
Open to all adults with swallowing difficulties & their caregivers. For more information, contact Samantha Shune.

RiverBend Stroke Survivor and Caregiver Support Group

First Wednesday of every month
In person Meeting
1 pm—2:30 pm

Third Wednesday of every month
Zoom Meeting, Social Time
10:30 am—Noon



Please contact Victoria at 541-222-8461
or StrokeCenter@PeaceHealth.org for more information

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Transportation

Budget Taxi: Wheelchair accessible transportation 24 hours/day. 541-393-2858

Express Care Mobility: Wheelchair & stretcher transportation, EMT & CNA drivers.
expresscaremobility.com 541-726-2010

Lane Transit District (LTD)
ltd.org 541-687-5555

Mid-Valley Ambulance: Non-emergency, wheelchair & ambulance transportation.
mvambulance.com 541-747-4025

RideSource: Transportation service for seniors & people living with disabilities.
ltd.org/ridesource 541-682-5566

South Lane Wheels: Wheelchair accessible transport within South Lane County & the Eugene/Springfield area.
southlanetransit.com 541-942-0456

Alternative Work Concepts: Helps with learning the bus system & can help with creating your RideShare eligibility.
alternativeworkconcepts.org 541-345-3043

Art and Other Activities

Eugene Family YMCA 541-686-9622
www.eugeneymca.org

Exercise classes for all levels, pool, gym, tennis
Willamalane

www.willamalane.org
Exercise classes, art classes & other activities for all levels

Bob Keefer Center 541-736-4544
Adult Activity Center 541-736-4544

City of Eugene Recreation 541-682-5333
Hilyard Community Center Adaptive Recreation
541-682-5311

Campbell Community Center 541-682-5318
Classes, activities, weekly social groups, support groups & special events for adults

City of Eugene Public Library 541-682-5450
Springfield Public Library 541-726-3766

Maude Kern Art Center 541-345-1571
Art classes & art exhibitions

Emerald Art Center 541-726-8595
Art classes & art exhibitions

OSLP Arts and Culture 541-343-4196
Classes for all abilities

Eugene First Friday Art Walk 541-485-2278
Downtown Springfield
Second Friday Art Walk 541-345-7106

Eugene Saturday Market 541-686-8885

Oregon Heart and Vascular Institute Supervised Exercise Program

Oregon Heart & Vascular Institute
3311 Riverbend Drive
Springfield, OR 97477

ohvi.org

- exercise activities
- cardio and strength training equipment
- an indoor walking track
- locker rooms and showers
- nutrition consultations with a registered dietitian
- group exercise classes (yoga, cycling, etc.)

Call 541-222-7219 for more information on how to join this supervised exercise program.