

Rocky Mountain Stroke Center 2022 Services and Support Groups

Virtual & Hybrid Rehabilitation Classes: Hybrid classes are offered both in-person and via Zoom.

Aphasia Group Therapy - \$25 (In-person/Zoom)

Thursdays 9:30 - 10:30am

Led by a board-certified speech-language pathologist to help stroke survivors with aphasia practice communication strategies and engage in language exercises and activities.

Requires a one-time questionnaire prior.

Book Club - \$10 (Zoom)

Thursdays 1:00 - 2:00pm

Return to reading with adapted reading options (audiobook/large print) and supports (reading guides) in a social club that allows for fun discussion practicing communication and thinking skills.

Communication Class - \$25 (In-person/Zoom)

Tuesdays 1:00 - 2:00pm

Led by a board-certified speech-language pathologist to help stroke survivors improve communication and cognitive difficulties that affect social relationships, independence, and self-confidence.

Cognitive Group Therapy - \$25 (Zoom)

Thursdays 10:30 - 11:30am

Led by a board-certified speech-language pathologist to help stroke survivors improve cognitive (thinking) skills such as memory, organization, planning, time management, and problem solving, using strategies and tools to increase independence. **Requires a one-time questionnaire prior.**

Brain Fit Music Therapy - \$25 (In-person/Zoom)

Mondays 11:00 - 12:00pm

Led by a board-certified neuro-music therapist to enhance movement, verbal expression and processing.

Just Guys - \$25 (In-person/Zoom)

Mondays 2:00 - 3:30pm

Activities and discussion to help men who have had a stroke, cope with stroke related issues.

Physical Therapy - \$35* (In-person)

Wednesdays 1:00 - 2:30pm

Ongoing recovery with a licensed physical therapist in group therapy setting. Increases balance, endurance and mobility. ***Requires a one-time \$75 PT evaluation prior.**

Physical Therapy - \$25 (Zoom)

Wednesdays 1:00-2:00pm

Ongoing recovery with a licensed physical therapist in group therapy setting. Increases balance, endurance and mobility. **Requires a one-time questionnaire prior.**

Warm Water Pool Therapy - \$30 (In-person)

In-water exercises to increase balance, coordination, walking, strength, and endurance. Led by a licensed physical therapist with specialty in aquatic therapy. **Requires a one-time \$75 PT evaluation prior.**

Written Communication Class - \$25 (Zoom)

Tuesdays 9:30 - 10:30am

Led by a board-certified speech-language pathologist with the goal of improving ability to communicate via written messages. This class uses written material to practice functional reading and writing. This class helps survivors who have difficulty with writing, spelling, and/or reading post-stroke.

Individual and Family Services:

Skill Building Lab - \$50 (In-person or Zoom)

Available By Appointment

One-on-one session that is individually tailored to work on any skills the individual would like to improve upon. This may be related to speech, thinking, technology, etc.

Counseling - \$50 (In-person or Zoom)

Available By Appointment

One-on-one session for stroke survivors or family members with a licensed social worker that provides space to learn about stroke, the impact it had on you/your loved one, and explore coping strategies for challenges related to emotional and physical functioning post-stroke.

Half-hour sessions are offered for \$25.

Case Management - \$50 (In-person or Zoom)

Available By Appointment

Utilize case management services with a social worker who can assess your ongoing needs, coordinate care with location of and linkage to community resources and medical referrals, advocate on your behalf, and enhance successful functioning overall.

LiteGait/Individual Physical Therapy - \$75* (In-person)

Available By Appointment

LiteGait® is a gait training device that controls weight bearing, posture, and balance over a treadmill. It provides proper posture, reduces weight bearing, eliminates concerns for balance and falls. LiteGait can lift clients of all sizes from sitting to standing. Individual physical therapy sessions are also offered.

***Requires a one-time \$75 PT evaluation prior.**

Virtual & Hybrid Stroke Support Groups: No charge for support groups

Caregiver's Group (In-person/Zoom)

2nd and 4th Tuesdays 10:30 - 12:00pm

Caregivers receive support, strategies, and resources with others who understand stroke caregiving.

Young Stroke Support Group (Zoom)

1st and 3rd Tuesdays 4:00 - 5:30pm

Young stroke support group is a support group for survivors who had strokes under the age of 55.

Stroke 101 Educational Series (Zoom)

Contact for Dates - Tuesdays 1:00 - 2:30pm

Stroke 101 group is a 6-week series to learn about/discuss common stroke/recovery related topics.

Stroke Support Groups with breakout sessions for survivors and caregivers:

Good Samaritan Medical Center - Lafayette (Zoom)

1st and 3rd Thursdays 4:00 - 5:30pm

Lutheran Medical Center - Lakewood (In-person/Zoom)

Weekly on Thursdays 10:30 - 12:00pm

Parker Adventist Hospital - Parker (Zoom)

2nd Mondays 3:00 - 4:30pm

UCHealth - Aurora (Zoom)

Weekly on Wednesdays 4:00 - 5:30pm

Contact RMSC today for more information or to sign up!

Call: (303) 730-8800 Mon-Thurs 9:00am - 5:00pm

Email: info@strokecolorado.org

Visit: www.strokecolorado.org



"Where recovery continues..."