

Rocky Mountain Stroke Center 2022 Services and Support Groups

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

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

Thursdays 9:30 - 10:30am

Entry-level class targeting word finding, understanding, and social connection to others with aphasia.

Led by a licensed Speech-Language Pathologist

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.

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.

Cognitive Class - \$25 (Zoom)

Thursdays 10:30 - 11:30am

Entry-level class targeting thinking skills and compensatory strategies, including activities for memory, organization, planning, attention, and problem-solving. Led by a licensed Speech-Language Pathologist.

Critical Thinking Class - \$25 (In-person/Zoom)

Thursdays 1:00 - 2:00pm

Advanced class targeting high-level reasoning and problem solving, thought organization, real-life communication scenarios/group presentations, prospective planning and sequencing, social interactions and relationships, and skills to increase confidence in various communication environments. Led by a licensed Speech-Language Pathologist.

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

Mondays 1:00 - 2:30pm, Thursdays 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.

Reading and Writing Class - \$25 (Zoom)

Tuesdays 9:30 - 10:30am

Advanced class targeting spelling, reading and writing of articles, letters, emails, notes, and numbers. This class also includes grammar and punctuation skills. Led by a licensed Speech-Language Pathologist.

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

Thursdays 1:00 - 2:00pm

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.**

Individual and Family Services:

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

Available By Appointment

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

Half-hour sessions are offered for \$25.

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.**

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.

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 (In person/Zoom)

1st Thursdays 6:00 - 7:30pm

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

Weekly on Thursdays 10:30 - 12:00pm

UCHealth - Aurora (In person/Zoom)

Weekly on Wednesdays 5:00 - 6:30pm

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

