

# Get Stroke **SMART**



**My Stroke Education Binder**

2022 Edition



**MY WORK**



# Weekly to do List

Week of: \_\_\_\_ / \_\_\_\_ / \_\_\_\_



## Monday

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## Notes

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# Weekly to do List

Week of: \_\_\_\_ / \_\_\_\_ / \_\_\_\_



## Monday

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# MONTH

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# MY BLOOD PRESSURE LOG



Name \_\_\_\_\_

My blood pressure goal range \_\_\_\_/\_\_\_\_ to \_\_\_\_/\_\_\_\_

Write your Blood Pressure down two times a day. Once in the morning and once in the evening.

DAY	DATE	AM	PM	PULSE	COMMENTS
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\*Please bring with you to review at your next doctor's appointment.





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**MY  
BLOOD SUGAR  
LOG**



Name \_\_\_\_\_

My **Blood Sugar** Goal \_\_\_\_\_

Write your **Blood Sugar** down at breakfast, lunch, dinner and bedtime.

DAY	DATE	BREAKFAST	LUNCH	DINNER	BEDTIME	NOTES
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**MY  
STROKE  
AWARENESS**



# What Are the Warning Signs of Stroke?

Stroke is the fifth leading cause of death in America today. It's also a major cause of severe, long-term disability. People over 55 years old have more chance of stroke, and the risk gets greater as you get older. Men, African Americans and people with diabetes or heart disease are the most at risk for stroke. About 6.6 million people who have had strokes are alive today.

To protect yourself and your loved ones from the serious effects of stroke, you should:

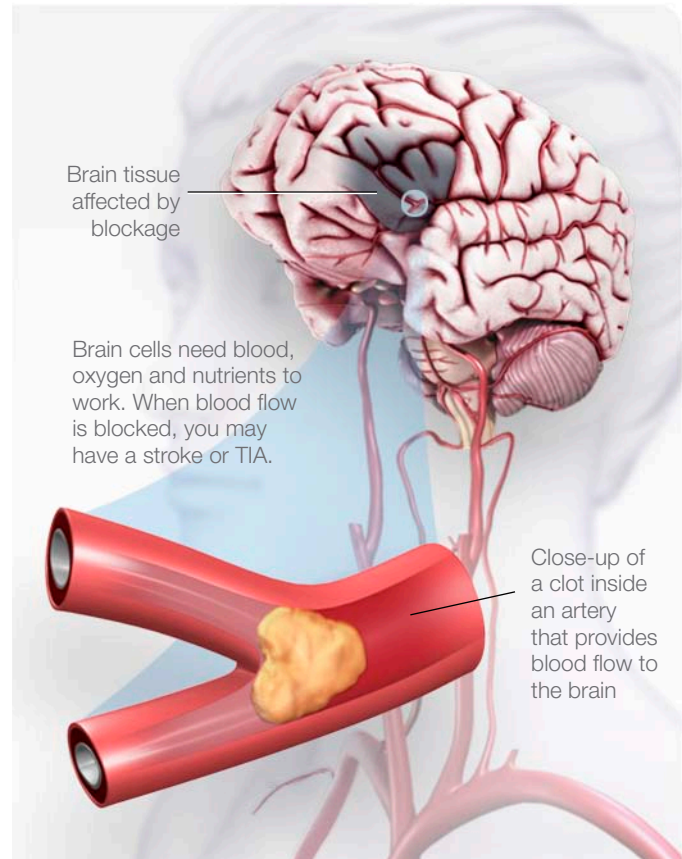
- Learn your risk factors.
- Reduce your risk factors.
- Learn the warning signs of stroke.
- Know what to do if you notice warning signs.

Knowing the signs of stroke is important. If you act fast and go to a hospital right away, you could reduce the effects of a stroke or save your life!

You and your family should learn the warning signs of stroke that are listed below. You may have some or all of them:

- **Sudden numbness or weakness of the face, arm or leg, especially on one side of the body**
- **Sudden confusion, trouble speaking or understanding**
- **Sudden trouble seeing in one or both eyes**
- **Sudden trouble walking, dizziness, loss of balance or coordination**
- **Sudden, severe headache with no known cause**

**F.A.S.T.** is an easy way to remember how to recognize a stroke and what to do. Spot a stroke **FAST**. **F**ace drooping. **A**rm weakness. **S**peech Difficulty. **T**ime to call **9-1-1**.



## How does stroke happen?

A stroke happens when a blood vessel that feeds the brain gets blocked (ischemic stroke) or bursts (hemorrhagic stroke). Then that part of the brain can't work, and neither can the part of the body it controls.

TIAs, or transient ischemic attacks, are "warning strokes" that can happen before a major stroke. They happen when a blood clot clogs an artery for a short time. The signs of a TIA are like a stroke, but they usually last only a few minutes. If you have any of these signs, get to a hospital right away!

Uncontrolled high blood pressure, high blood cholesterol, smoking and heart disease put you at a higher risk for stroke.

## What should I do if I suspect a stroke?

**Call 9-1-1 or the emergency response number** in your area (fire department or ambulance) immediately. It's important to get to a hospital right away.

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Also, check the time so you'll know when the first symptoms appeared. It's very important to take immediate action. If given within 3 to 4.5 hours of the start of symptoms, a clot-busting drug may improve the chances of getting better faster.

### How can I help prevent stroke?

You can help prevent a stroke if you do these things:

- Don't smoke, and avoid second-hand smoke.
- Treat high blood pressure, if you have it.
- Eat a healthy diet that's low in saturated fat, *trans* fat, added sugars and salt.
- Be physically active.
- Reach and maintain a healthy weight.
- Control your blood sugar if you have diabetes.
- Follow your doctor's orders for taking medicine.
- Get regular medical check-ups.



Making lifestyle changes such as exercising regularly and eating a healthy diet are ways to help prevent stroke.

### HOW CAN I LEARN MORE?

- 1 Call **1-800-AHA-USA1** (1-800-242-8721), or visit **heart.org** to learn more about heart disease.
- 2 Sign up to get *Heart Insight*, a free magazine for heart patients and their families, at **heartinsight.org**.
- 3 Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at **heart.org/supportnetwork**.

### Do you have questions for the doctor or nurse?

Take a few minutes to write your questions for the next time you see your healthcare provider.

For example:

**How would I recover from stroke?**

**How is stroke different from heart attack?**

### My Questions:

We have many other fact sheets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Visit **heart.org/answersbyheart** to learn more.



**American Heart Association**

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# Risk Factors for Stroke

Knowing your risk factors for stroke is the first step in preventing a stroke. You can change or treat some risk factors, but others you can't. By having regular medical checkups and knowing your risk, you can focus on what you can change and lower your risk of stroke.



## What risk factors can I change or treat?

- **High blood pressure.** This is the single most important risk factor for stroke because it's the leading cause of stroke. Know your blood pressure and have it checked every year. Normal blood pressure is below 120/80. If you have been told that you have high blood pressure, work with your healthcare provider to reduce it.
  - **Smoking.** Smoking damages blood vessels. This can lead to blockages within those blood vessels, causing a stroke. Don't smoke and avoid second-hand smoke.
  - **Diabetes.** Having diabetes more than doubles your risk of stroke. Work with your doctor to manage diabetes.
  - **High cholesterol.** High cholesterol increases the risk of blocked arteries. If an artery leading to the brain becomes blocked, a stroke can result.
  - **Physical inactivity and obesity.** Being inactive, obese, or both, can increase your risk of heart disease and stroke.
  - **Carotid or other artery disease.** The carotid arteries in your neck supply most of the blood to your brain.
- A carotid artery damaged by a fatty buildup of plaque inside the artery wall may become blocked by a blood clot. This causes a stroke.
- **Transient ischemic attacks (TIAs).** Recognizing and treating TIAs can reduce the risk of a major stroke. TIAs produce stroke-like symptoms but most have no lasting effects. Know the warning signs of a TIA and seek emergency medical treatment immediately.
  - **Atrial fibrillation (AFib) or other heart disease.** In AFib the heart's upper chambers quiver (like a bowl of gelatin) rather than beating in an organized, rhythmic way. This can cause the blood to pool and clot, increasing the risk of stroke. AFib increases risk of stroke five times. People with other types of heart disease have a higher risk of stroke, too.
  - **Certain blood disorders.** A high red blood cell count makes clots more likely, raising the risk of stroke. Sickle cell anemia increases stroke risk because the "sickled" cells stick to blood vessel walls and may block arteries.
  - **Excessive alcohol intake.** Drinking an average of more than one drink per day for women or more than two drinks a day for men can raise blood pressure. Binge drinking can lead to stroke.

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- **Illegal drug use.** Drugs including cocaine, ecstasy, amphetamines, and heroin are associated with an increased risk of stroke.
- **Sleep apnea.** Sleep disordered breathing contributes to risk of stroke. Increasing sleep apnea severity is associated with increasing risk.

### What are the risk factors I can't control?

- **Increasing age.** Stroke affects people of all ages. But the older you are, the greater your stroke risk.
- **Gender.** Women have a higher lifetime risk of stroke than men do. Use of birth control pills and pregnancy pose special stroke risks for women.
- **Heredity and race.** People whose close blood relations have had a stroke have a higher risk of stroke. African Americans have a higher risk of death and disability from stroke than whites. This is because they have high blood pressure more often. Hispanic Americans are also at higher risk of stroke.
- **Prior stroke.** Someone who has had a stroke is at higher risk of having another one.



Age, gender, heredity and race are among the stroke risk factors that you can't control.

### HOW CAN I LEARN MORE?

- 1 Call **1-888-4-STROKE** (1-888-478-7653) to learn more about stroke or find local support groups, or visit **StrokeAssociation.org**.
- 2 Sign up to get *Stroke Connection* magazine, a free magazine for stroke survivors and caregivers at **strokeconnection.org**.
- 3 Connect with others sharing similar journeys with stroke by joining our Support Network at **strokeassociation.org/supportnetwork**.

### Do you have questions for the doctor or nurse?

Take a few minutes to write your questions for the next time you see your healthcare provider.

For example:

**What are my risk factors for stroke?**

**What are the warning signs of TIAs and stroke?**

### My Questions:

We have many other fact sheets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Visit **strokeassociation.org/letstalkaboutstroke** to learn more.





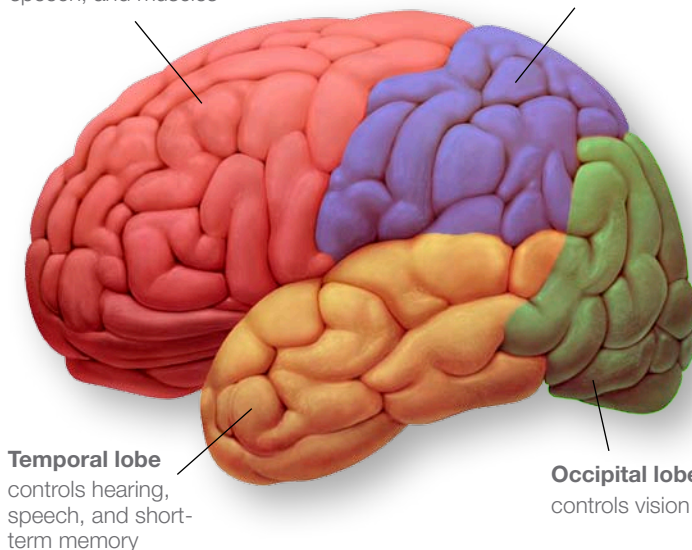
let's talk about

# Changes Caused by Stroke

Your brain controls how you move, feel, communicate, think and act. Brain injury from a stroke may affect any of these abilities. Some changes are common no matter which side of the brain the injury is on. Others are based on which side of the brain the stroke injures.

**Frontal lobe**  
controls personality, reasoning, parts of speech, and muscles

**Parietal lobe**  
controls speech and sensation (touch and pressure)



**Temporal lobe**  
controls hearing, speech, and short-term memory

**Occipital lobe**  
controls vision

## What are the most common general effects of stroke?

- Hemiparesis (weakness on one side of the body) or hemiplegia (paralysis on one side of the body)
- Dysarthria (difficulty speaking or slurred speech), or dysphagia (trouble swallowing)
- Fatigue
- Loss of emotional control and changes in mood
- Cognitive changes (problems with memory, judgment, problem-solving or a combination of these)
- Behavior changes (personality changes, improper language or actions)
- Decreased field of vision (inability to see peripheral vision) and trouble with visual perception

## What are common changes with a left-brain injury?

- Paralysis or weakness on the right side of the body.
- Aphasia (difficulty getting your words out or understanding what is being said).
- Behavior that may be more reserved and cautious than before.

## What are common changes with a right-brain injury?

- Paralysis or weakness on the left side of the body.
- One-sided neglect, which is a lack of awareness of the left side of the body. It may also be a lack of awareness of what is going on to the survivor's left. For example, they may only eat from the right side of their plate, ignoring the left side of the plate.
- Behavior may be more impulsive and less cautious than before.
- It may be harder for the survivor to understand facial expressions and tone of voice. They also may have less expression in their own face and tone of voice when communicating.

## What are common emotional effects of stroke?

- Depression
- Apathy and lack of motivation
- Frustration, anger and sadness
- Pseudobulbar affect, also called reflex crying or emotional lability (emotions may change rapidly)

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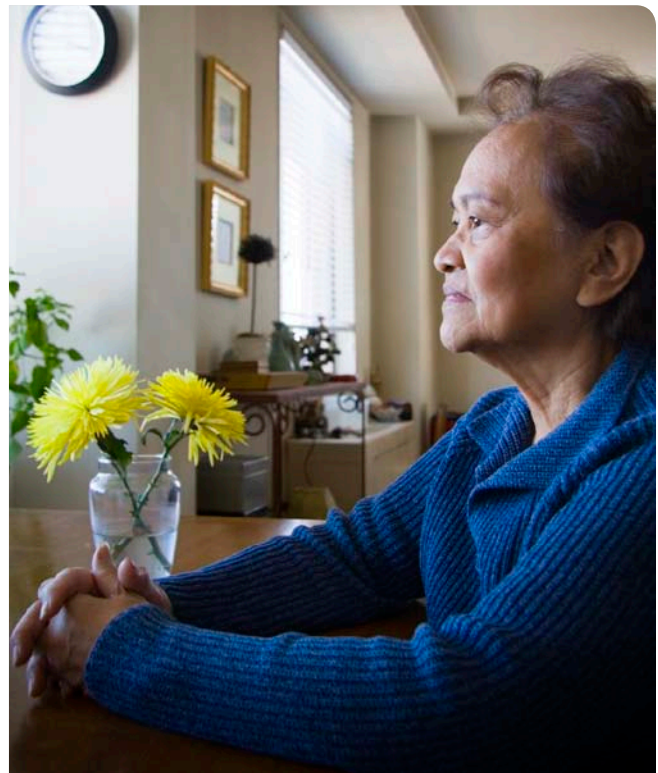
and sometimes not match the mood)

- Denial of the changes caused by the brain injury

### Will I get better?

In most cases people do get better over time. The effects of a stroke are greatest right after the stroke. From then on, you may start to get better. How fast and how much you improve depends on the extent of the brain injury and your rehabilitation.

- Some improvement occurs spontaneously and relates to how the brain works again after it's been injured.
- Stroke rehabilitation (rehab) programs help you improve your abilities and learn new skills and coping techniques.
- Rehab begins after the stroke is over and you're medically stable.
- Depression after stroke can interfere with rehab. It's important to treat depression.
- Improvement often occurs most quickly in the first months after a stroke. Then it continues over years, perhaps at a slower pace, with your continued efforts.



Emotional changes such as depression are common effects of stroke, but most people do get better over time.

## HOW CAN I LEARN MORE?

- 1 Call **1-888-4-STROKE** (1-888-478-7653) to learn more about stroke or find local support groups, or visit **StrokeAssociation.org**.
- 2 Sign up to get *Stroke Connection* magazine, a free magazine for stroke survivors and caregivers at **strokeconnection.org**.
- 3 Connect with others sharing similar journeys with stroke by joining our Support Network at **strokeassociation.org/supportnetwork**.

## Do you have questions for the doctor or nurse?

Take a few minutes to write your questions for the next time you see your healthcare provider.

For example:

**Can other areas of the brain help the damaged part of the brain?**

**How has my stroke affected me?**

## My Questions:

We have many other fact sheets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Visit **strokeassociation.org/letstalkaboutstroke** to learn more.



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# Feeling Tired After Stroke

After a stroke, almost all stroke survivors feel tired or some type of fatigue at some point. Stroke survivors often must work harder to make up for the loss of normal functions (such as being unable to use an arm or hand). But you'll probably start feeling less tired after a few months. For some people, tiredness may continue for years after a stroke, but they usually find ways to make the most of the energy they have.



## Why am I so tired?

It's important to pinpoint what's causing you to be tired. Then you can take action to manage it. Consult with your healthcare provider to rule out any medical conditions that might cause tiredness or make it worse. You may feel tired after a stroke for four major reasons:

- You may have less energy than before because of sleeping poorly, not getting enough exercise, poor nutrition or the side effects of some of the medicine.
- You have as much energy as before, but you're using it differently. Because of the effects of your stroke, things, like dressing, talking or walking, take a lot more effort. Changes in thinking and memory take more concentration. You have to stay "on alert" all the time — and this takes energy.
- You also may feel tired due to emotional changes. Coping with frustration, anxiety, anger and sadness can be draining. Depressed feelings are common

after a stroke. Often, loss of energy, interest or enthusiasm occurs along with a depressed mood.

- You may feel tired because of depression. Depression is very common after a stroke. Clinical depression is a treatable illness that happens to many stroke survivors. Symptoms include significant lack of energy, lack of motivation, and problems concentrating or finding enjoyment in anything. Talk to your doctor about an evaluation for clinical depression if tiredness continues. There is nothing to be ashamed of if you are feeling depressed. It is very common, and the good news is that it is treatable!

## How can I increase my energy?

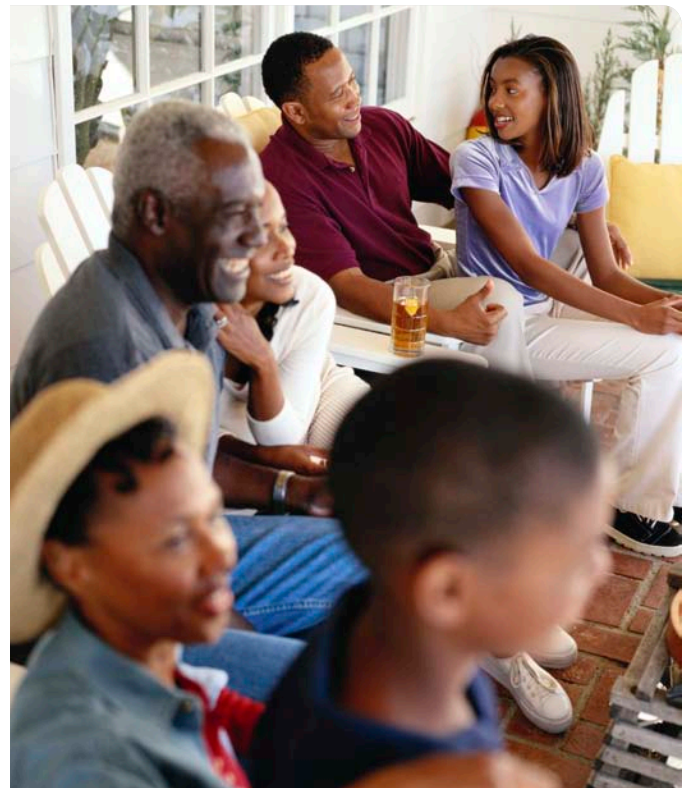
- Tell your doctor how you are feeling and make sure you have had an up-to-date physical. Your doctor can evaluate any medical reasons for your tiredness. He or she can also check to see if your fatigue could be a side effect of your medication.

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- Celebrate your successes. Give yourself credit when you accomplish something. Look at your progress, not at what's left to be done.
- Try naps, or schedule rest periods throughout the day. Rest as long as you need to feel refreshed.
- Learn to relax. Sometimes the harder you try to do something, the harder it is to do. You become tense, anxious and frustrated. All this takes more energy. Being relaxed lets you use your energy more efficiently.
- Do something you enjoy every day. A positive attitude or experience helps a lot to boost energy levels.
- Be social. It is very important that you get back into the “swing of things” and stay involved with friends and family. Go out into the community and interact with friends, family and other people.
- Physical activity is important. With permission from your doctor, consider joining a health and wellness program.



Being with family and friends may provide that energy boost you need.

## HOW CAN I LEARN MORE?

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- 2 Sign up to get *Stroke Connection* magazine, a free magazine for stroke survivors and caregivers at **strokeconnection.org**.
- 3 Connect with others sharing similar journeys with stroke by joining our Support Network at **strokeassociation.org/supportnetwork**.

## Do you have questions for the doctor or nurse?

Take a few minutes to write your questions for the next time you see your healthcare provider.

For example:

**What can I do to decrease my tiredness?**

**Could clinical depression be causing my tiredness?**

**Are the medicines I take causing my fatigue?**

## My Questions:

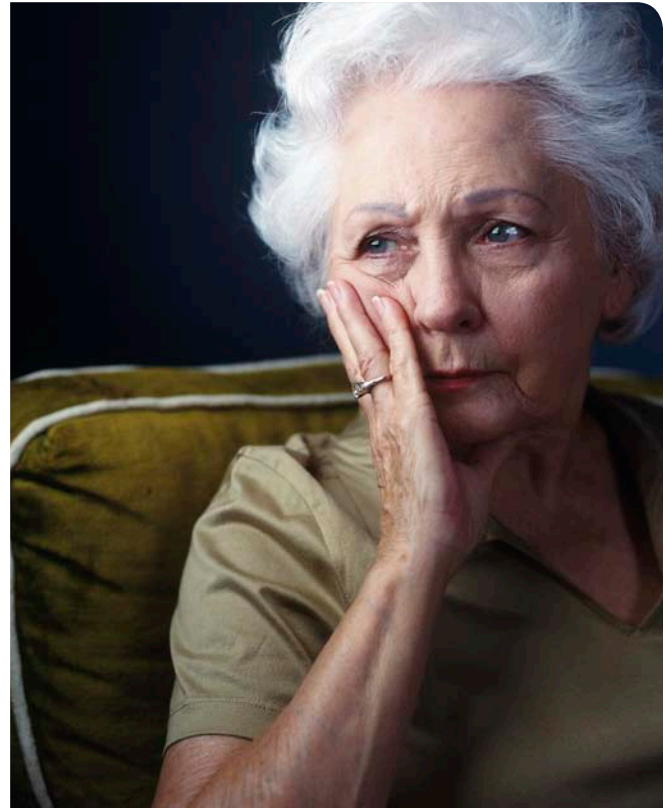
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## Emotional Changes After Stroke

Right after a stroke, a survivor may respond one way, yet weeks later respond differently. Some survivors may react with sadness; others may be cheerful. These emotional reactions may occur because of biological or psychological causes due to stroke. These changes may vary with time and can interfere with rehabilitation.



### How does stroke cause emotional changes?

Emotions may be hard to control, especially right after a stroke. Some changes are a result of the actual injury and chemical changes to the brain caused by the stroke.

Others are a normal reaction to the challenges, fears and frustrations that one may feel trying to deal with the effects of the stroke. Often, talking about the effects of the stroke and acknowledging these feelings helps stroke survivors deal with these emotions.

### What are some common emotional changes after stroke?

Pseudobulbar Affect, also called “emotional lability,” “reflex crying” or “labile mood,” can cause:

- Rapid mood changes — a person may “spill over into tears” for no obvious reason and then quickly stop crying or start laughing.
- Crying or laughing that doesn’t match a person’s mood.
- Crying or laughing at unusual times or that lasts longer than seems appropriate.

Post-stroke depression is characterized by:

- Feelings of sadness
- Hopelessness or helplessness
- Irritability
- Changes in eating, sleeping and thinking

Treatment for post-stroke depression may be needed. If not treated, depression can be an obstacle to a survivor’s recovery. Don’t hesitate to take antidepressant medications prescribed by your doctor.

Other common emotional reactions include:

- Frustration
- Anxiety
- Anger
- Apathy or not caring what happens
- Lack of motivation
- Depression or sadness

*(continued)*





### How can I cope with my changing emotions?

- Tell yourself that your feelings aren't "good" or "bad."  
Let yourself cope without feeling guilty about your emotions.
- Find people who understand what you're feeling.  
Ask about a support group.
- Get enough exercise and do enjoyable activities.
- Give yourself credit for the progress you've made.  
Celebrate the large and small gains.
- Learn to "talk" to yourself in a positive way. Allow yourself to make mistakes.
- Ask your doctor for help. Ask for a referral to a mental health specialist for psychological counseling and/or medication if needed.
- Stroke may cause you to tire more easily. Rest when you feel fatigued. Make sure you get enough sleep. Sometimes lack of sleep can cause emotional changes and cause you not to cope as well.



Connecting with friends or joining a stroke support group may help you cope with your changing emotions.

### HOW CAN I LEARN MORE?

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- 2 **StrokeAssociation.org**.  
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- 3 **strokeconnection.org**.  
Connect with others sharing similar journeys with stroke by joining our Support Network at **strokeassociation.org/supportnetwork**.

### Do you have questions for the doctor or nurse?

Take a few minutes to write your questions for the next time you see your healthcare provider.

For example:

**What can my family do to help me when I am emotional?**

**Will these emotional changes improve over time?**

### My Questions:

We have many other fact sheets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Visit **strokeassociation.org/letstalkaboutstroke** to learn more.



# MY MEDICATIONS

# Know Your Medications

Your doctor needs to know all the medications and remedies you use. The questions below may assist you to think about all the different kinds of medications you take.



## What are the medications your doctor prescribed for you?

- Write them down using Rancho’s “My Medication List” (see reverse)
- Ask your Pharmacist for a list of the medications you use
- View your medication list on the **“La Health Portal”**



**Do you use an inhaler?** Commonly used for Asthma.

**Do you take pills bought over-the-counter?** Examples are:

- |                         |                            |
|-------------------------|----------------------------|
| Aspirin                 | Advil® Motrin® (Ibuprofen) |
| Cough and cold medicine | Tylenol® (Acetaminophen)   |

**Do you use a medicine on a patch?** You stick the patch on your skin.

These may be for birth control, hormone/estrogen, nausea or pain, smoking cessation

**Do you use eye drops?** Examples are:

- |                           |  |                     |
|---------------------------|--|---------------------|
| Artificial tears          | Betoptic® (betaxolol hydrochloride)                    | Timoptic® (timolol) |
| Bleph®-10 (sulfacetamide) | Naphcon-A® (naphazoline hydrochloride and pheniramine) |                     |

**Do you take pills or use anything else on a regular basis?** Examples are:

- |  |                               |
|--|-------------------------------|
| Any vitamins or pills (multi-vitamins, vitamin E)                            | Ointments or suppositories    |
| Nutritional drinks (like Ensure®, Boost®, Sustacal®, Osmolyte®) glucosamine) | Minerals (like calcium, iron) |

**Do you take home remedies or natural remedies?** Examples are:

Soy isoflavones, St. John’s Wort, ginseng, herbal medicines, or plants.

While you are at Rancho, please take only the medications provided by your nurses. And after you leave the hospital, you need to adhere to the medications prescribed by your physicians only.

## Bring to Your Next Clinic Visit:

- Rancho’s “My Medication List” (see reverse) will be completed accurately and explained to you by your nurse; and provided to you on your last day in the hospital.
- All of your medicines (prescription and over the counter).

**Disclaimer:** This list is provided for information purposes only. Your use of this information is your own choice. This list does not represent endorsement by or an official position of Rancho Los Amigos National Rehabilitation Center.

*Provided as a courtesy by*

**Rancho Los Amigos National Rehabilitation Center**

7601 Imperial Highway, Downey, CA 90242

Phone: (877) RANCHO-1 or (877) 726-2461 Please visit us at <http://www.rancho.org>







# Refill Your Medicine

**Call the Refill Line 24 hours a day, 7 days a week:**


**1-(800) 500-1853**



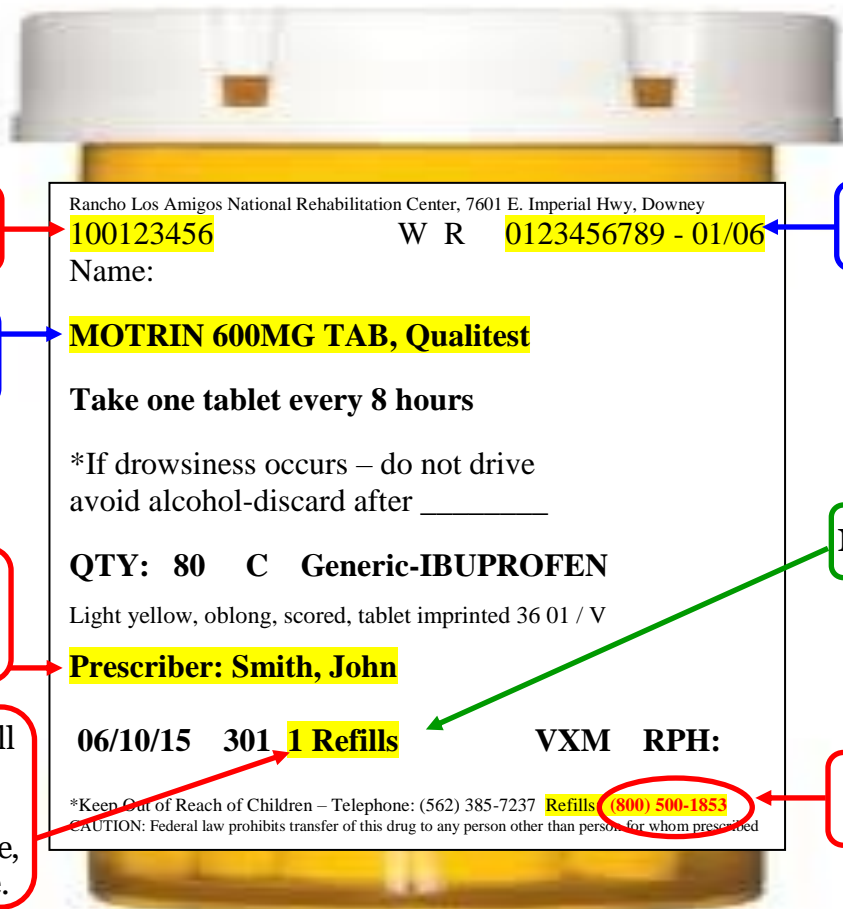
- **Pickup Hours: Monday to Friday, 8:00 A.M. to 6:00 P.M.**  
Closed on Saturdays, Sundays, and holidays.
- Call the Refill Line when you have seven (7) days of medicine left.
- Your medicine will be ready 2 working days after you call in your refill.
- **Questions?** Please ask your doctor, nurse, or pharmacist!
- Use **“La Health Portal”**



**Review and Renew Your Medications**



Review and renew your current medications.



Rancho Los Amigos National Rehabilitation Center, 7601 E. Imperial Hwy, Downey  
**100123456** W R **0123456789 - 01/06**  
 Name:  
**MOTRIN 600MG TAB, Qualitest**  
**Take one tablet every 8 hours**  
 \*If drowsiness occurs – do not drive  
 avoid alcohol-discard after \_\_\_\_\_  
**QTY: 80 C Generic-IBUPROFEN**  
 Light yellow, oblong, scored, tablet imprinted 36 01 / V  
**Prescriber: Smith, John**  
**06/10/15 301 1 Refills** **VXM RPH:**  
 \*Keep Out of Reach of Children – Telephone: (562) 385-7237 Refills **(800) 500-1853**  
CAUTION: Federal law prohibits transfer of this drug to any person other than person for whom prescribed

Rancho patient number

Name of the medicine

10 digit prescription number

The person who wrote the prescription for you

Number of refills left

When you see “o” call (562) 385-7111, option 5 to renew your medicine, 2 weeks in advance.

Rancho pharmacy refill phone number

**Rancho Los Amigos National Rehabilitation Center**  
7601 Imperial Highway, Downey, CA 90242




Phone: (877) RANCHO-1 or (562) 385-7111 • Please visit us at <http://www.rancho.org>



# Outpatient Pharmacy



General Information	
<b>Location</b>	Outpatient Building Room 1065 (first floor)
<b>Hours of operation</b>	Monday- Friday 8:00 AM to 6:00 PM (closed County Holiday)
<b>Phone number</b>	(562) 385-7236 Main Rancho Pharmacy (800) 500-1853 LA County Refill Hotline

Service	Description
<b>Onsite Pharmacy</b>	<ul style="list-style-type: none"> <li>• <b>RLA pharmacy may only fill prescriptions from Rancho providers</b></li> <li>• New prescription activation is required by patients, either by phone or in person</li> </ul>
<b>Refills</b>	<ul style="list-style-type: none"> <li>• Refills can be made by calling the RLA Pharmacy, the Refill line or through the "<b>LA Health Portal App</b>" </li> <li>• Please allow 2 business days to process your prescription refill</li> </ul>
<b>Mail Delivery</b>	 <ul style="list-style-type: none"> <li>• Only refills can be mailed to patients</li> <li>• Sign up at RLA Pharmacy or call the Central Pharmacy at (213) 288-8480</li> <li>• Takes 3 to 5 business days to receive a refill(s)</li> <li>• Order your refills at least 7 business days before running out</li> <li>• Not all medications qualify for the mail delivery</li> <li>• Valid LA County address is required (No P.O. Box)</li> </ul>
<b>Renewals</b>	<ul style="list-style-type: none"> <li>• Call (562) 385-7111, Option 5 or through the Patients "<b>LA Health Portal App</b>" </li> <li>• Renewal requests may take up to 2 to 3 business days</li> </ul>



# MY RISK FACTORS

# My Stroke Risk Factors Quiz

## Stroke Risk Quiz



American  
Heart  
Association

American  
Stroke  
Association

**Together** to End Stroke™

Directions:

1. For each risk factor, select the box (higher risk or lower risk) that applies to you.  
Select only one box per risk factor.
2. Enter a 1 on the blank line next to each checked box.
3. Add up your total for each vertical column.

Risk Factors*	Higher Risk	Lower Risk
Is your blood pressure greater than 120/80 mm/Hg?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Have you been diagnosed with atrial fibrillation?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Is your fasting blood sugar greater than 100 mg/dL?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Is your body mass index greater than 25kg/m <sup>2</sup> ?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Is your diet high in saturated fat, trans fat, sweetened beverages, salt, excess calories?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Is your total blood cholesterol greater than 180 mg/dL?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Have you been diagnosed with diabetes mellitus?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Do you participate in 40 minutes of moderate to vigorous physical activity 3-4 days a week?	<input type="checkbox"/> No or Unknown _____	<input type="checkbox"/> Yes _____
Do you have a family history of stroke?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Do you smoke?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
<b>TOTAL SCORE</b> (add your points for each column)	_____	_____

Learn more about the following stroke risk factors in this section:

- High Blood Pressure
- Diabetes
- High Cholesterol



# Stroke Risk Factors

- 1. High Blood Pressure**
2. Diabetes
3. High Cholesterol





# What is High Blood Pressure?

Blood pressure is the force of blood pushing against blood vessel walls. It is measured in millimeters of mercury (mm Hg).

High blood pressure (HBP) means the pressure in your arteries is higher than it should be. Another name for high blood pressure is hypertension.

Blood pressure is written as two numbers, such as 112/78 mm Hg. The top (systolic) number is the pressure when the heart beats. The bottom (diastolic) number is the pressure when the heart rests between beats.

**Normal blood pressure** is below 120/80 mm Hg. If you're an adult and your systolic pressure is 120 to 129, and your diastolic pressure is less than 80, you have **elevated blood pressure**. **High blood pressure** is a systolic pressure of 130 or higher, or a diastolic pressure of 80 or higher, that stays high over time.

High blood pressure usually has no signs or symptoms. That's why it is so dangerous. But it can be managed.

Nearly half of the American population over age 20, has HBP, and many don't even know it. Not treating high blood pressure is dangerous. High blood pressure increases the risk of heart attack and stroke.

Make sure you get your blood pressure checked regularly and treat it the way your health care provider advises.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

## Am I at higher risk of developing HBP?

There are risk factors that increase your chances of developing HBP. Some you can control, and some you can't.

### Those that can be controlled are:

- Cigarette smoking and exposure to secondhand smoke
- Diabetes
- Being obese or overweight
- High cholesterol
- Unhealthy diet (high in sodium, low in potassium, and drinking too much alcohol)
- Physical inactivity

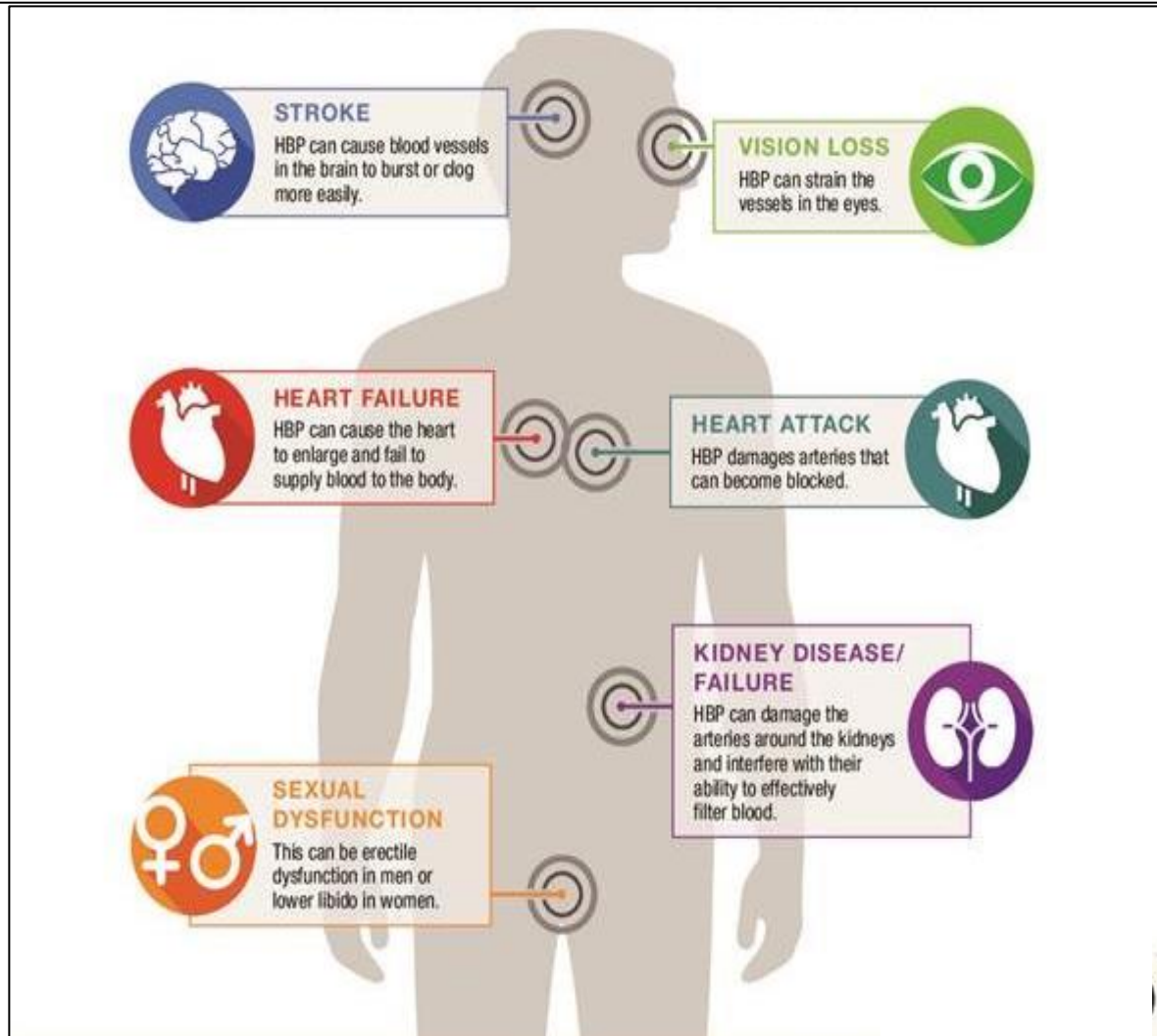
### Factors that can't be modified or are difficult to control are:

- Family history of high blood pressure
- Race/ethnicity
- Increasing age
- Gender (males)
- Chronic kidney disease
- Obstructive sleep apnea

Socioeconomic status and psychosocial stress are also risk factors for HBP. These can affect access to basic living needs, medication, health care providers, and the ability to adopt lifestyle changes.

(continued)

# HIGH BLOOD PRESSURE CAN CAUSE



## YOU CAN CONTROL YOUR BLOOD PRESSURE

**Monitor your blood pressure** \* **Reduce stress**  
**Take your medication as prescribed**  
**Get good quality sleep** \* **Quit smoking**  
**Eat healthy** \* **Limit alcohol** \* **Exercise**





## How Can I Reduce High Blood Pressure?

By treating high blood pressure, you can help reduce your risk for a stroke, heart attack, heart failure or kidney failure. Here are steps you can take now:

- Reach and maintain a healthy weight.
- Eat a heart-healthy diet that is rich in vegetables, fruits, and whole grains and includes low-fat dairy products, poultry, fish, legumes (beans and peas), nontropical vegetable oils and nuts; and limits intake of sodium, sweets, sugar sweetened beverages and red meats. Choose foods rich in potassium.
- Be more physically active.
- Don't smoke and avoid second-hand smoke.
- Limit alcohol to no more than one drink per day for women or two drinks a day for men.
- Take medicine the way your doctor tells you.
- Know what your blood pressure should be and work to keep it at that level.



Many people have high blood pressure without knowing it. Once you know about your condition, though, you can reduce your risk and live a healthier life. It takes proper treatment and some changes in your lifestyle. But it's worth it!

### How can I lose weight?

In order to lose weight, you need to use up more calories than you eat and drink every day. Talk with your healthcare provider about a healthy eating and physical activity plan that will help you reach your weight loss goals. When you lose weight, your blood pressure often goes down! An initial weight loss goal of at least 5 percent will help reduce your blood pressure.

### How do I limit sodium?

Eating a lot of sodium (salt) increases blood pressure in many people. Aim for an ideal limit of less than 1,500 mg per day of sodium. Even cutting back by 1,000 mg a day can help improve your blood pressure and heart health.

Read food labels so you'll know which foods are

high in sodium. For example: foods with 140 mg or less sodium per serving are considered low in sodium. And learn to use herbs and salt-free spices instead!

### How do I limit alcohol?

Ask your doctor if you're allowed to drink alcohol, and if so, how much. If you drink more than two drinks a day if you're male or more than one drink a day if you're female, it may add to high blood pressure. One drink is equal to 12 ounces of beer, 5 ounces of wine, 1.5 ounces of 80-proof distilled spirits or 1 ounce of 100-proof spirits. If cutting back on alcohol is hard for you to do on your own, ask about community groups that can help.

(continued)







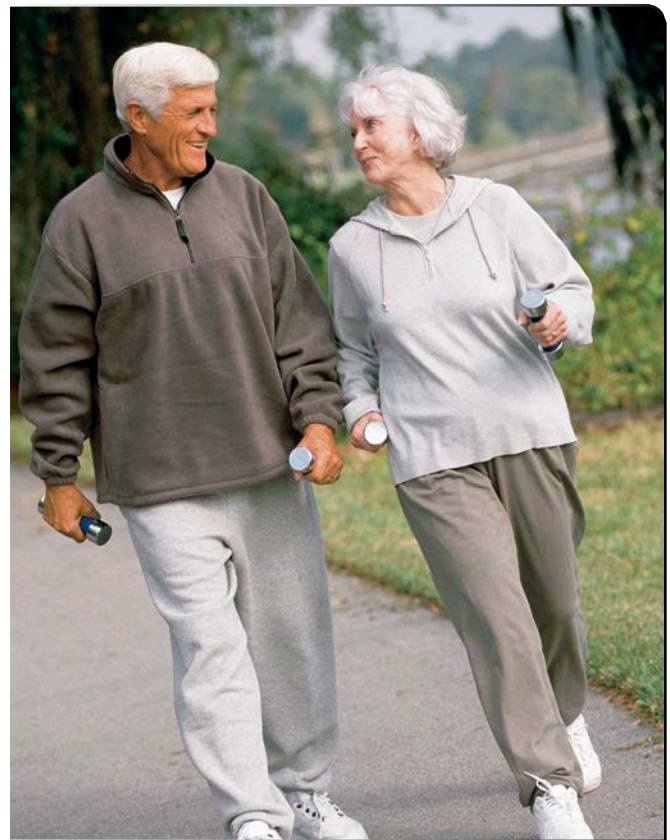
**How can I be more active?**

Regular physical activity helps to reduce blood pressure, control weight and reduce stress. It's best to start slowly and do something you enjoy, like taking brisk walks or riding a bicycle. Aim for at least 90 to 150 minutes of aerobic and/or dynamic resistance exercise per week and/or three sessions of isometric resistance exercises per week. Talk to your healthcare provider about a good plan for you.

**What should I know about medicine?**

Your doctors may prescribe different types of medicine for you. Don't be discouraged if you need to take blood pressure medicine from now on. Sometimes you can take smaller doses after your blood pressure is under control, but you may always need some.

What's most important is that you take your medicine exactly the way your doctor tells you to. Never stop treatment on your own. If you have problems or side effects with your medicine, talk to your doctor.



**HOW CAN I LEARN MORE?**

- 1** Call **1-800-AHA-USA1** (1-800-242-8721), or visit **heart.org** to learn more about heart disease and stroke.
- 2** Sign up to get *Heart Insight*, a free magazine for heart patients and their families, at **heartinsight.org**.
- 3** Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at **heart.org/supportnetwork**.

**Do you have questions for the doctor or nurse?**

Take a few minutes to write your questions for the next time you see your healthcare provider.

For example:

- Can I drink any alcohol?**
- How often should my blood pressure be checked?**

**My Questions:**

We have many other fact sheets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Visit **heart.org/answersbyheart** to learn more.



## Upper Arm, Digital Blood Pressure Monitor



**We recommend purchasing a blood pressure monitor with the following:**

- Rigid cuff, for easier use and improved accuracy
- Upper arm cuff is preferred to wrist cuff

***Optional but helpful features:***

- Memory to record your blood pressure readings over a period of time -  
A/C adaptor or battery

**Upper arm blood pressure monitors average prices in the community:**

*\*Prices are subject to change*

Target \$34.99

CVS \$62.99

Walgreens \$59.99

Costco \$44.99

Walmart \$34.50

Provided as a courtesy by:

**Rancho Los Amigos National Rehabilitation Center**

Patient Education · 7601 Imperial Highway · Downey, CA 90242

Phone: 1-877-RANCHO-1 · FAX: 562-358-6690 · <http://www.rancho.org>





# HOME BLOOD PRESSURE MONITORING INSTRUCTIONS

## APPLYING THE CUFF

*“When possible, apply cuff to the unaffected (or strong) arm”*

### STEP 1

Roll up sleeve. Make sure it's not rolled up too tightly on your arm.



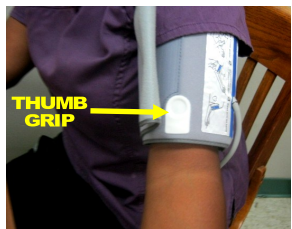
### STEP 2

Turn the palm of your hand upward.



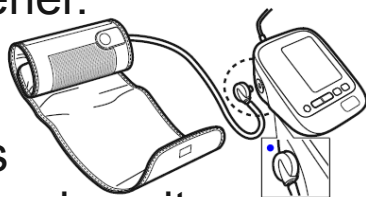
### STEP 3

Place the cuff to your upper arm so the thumb grip is centered on the inside of your inner arm. The bottom of the cuff should be approximately ½ inch above your elbow.



### STEP 4

Wrap the cuff firmly in place around your arm using the cloth fastener.



### STEP 5

Make sure the air plug is securely inserted in the main unit.

## TAKING A MEASUREMENT

### STEP 1

Make sure the monitor is plugged into electrical outlet or has 4 AA batteries.



### STEP 2

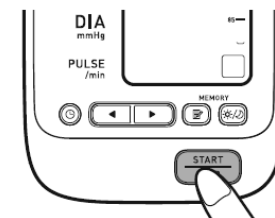
Sit on a chair with your feet flat on the floor. Place your arm on a table so the cuff is level with your heart.



### STEP 3

To turn monitor, on press the START/STOP button once.

*Sit still and do not talk or move during the measurement.*



### STEP 4

Hold still until cuff deflates and results are displayed.



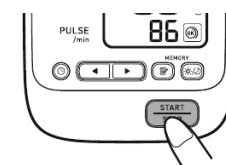
### STEP 5

Document on blood pressure log.



### STEP 6

Press the START/STOP to turn off monitor.



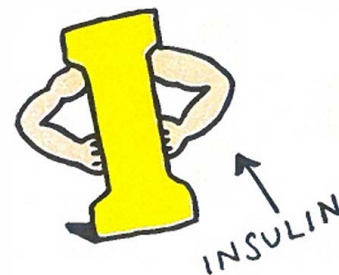
# Stroke Risk Factors

1. High Blood Pressure
- 2. Diabetes**
3. High Cholesterol



# WHAT IS DIABETES?

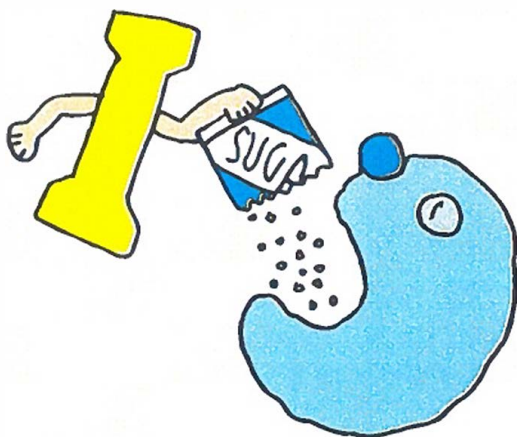
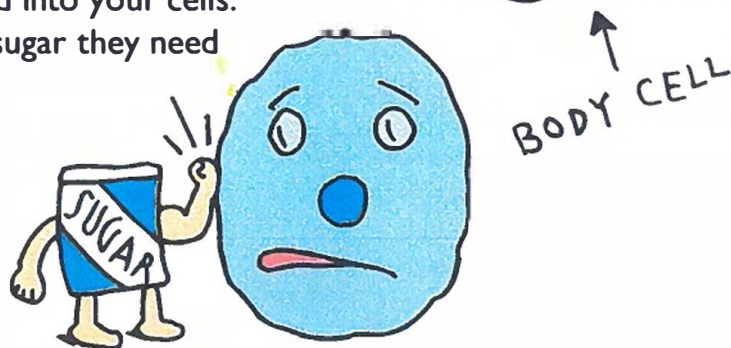
Diabetes means you have too much sugar in your blood. High blood sugar problems start when your body no longer makes enough of a chemical, or hormone, called insulin.



Your body changes much of the food you eat into a type of sugar called glucose. This sugar travels in your blood to all the cells in your body. Your body cells need the sugar to give you energy.



Insulin helps sugar move from your blood into your cells. Without insulin, your cells can't get the sugar they need to keep you healthy.



By moving sugar from your blood to your body's cells, insulin helps keep your blood sugar level normal (not too high; not too low). When you don't have enough insulin to lower high blood sugar levels, you have diabetes.

No one knows what causes diabetes. You can't catch diabetes and you can't give it to someone else.

Diabetes can, and must, be treated. High blood sugar levels can cause serious health problems.

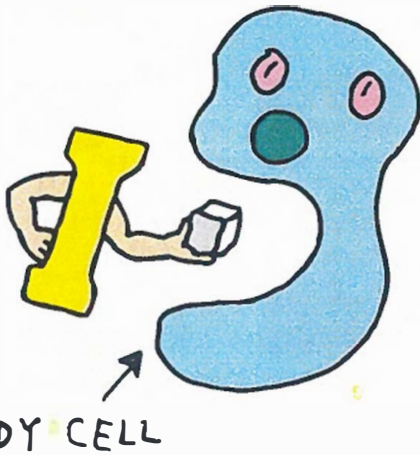
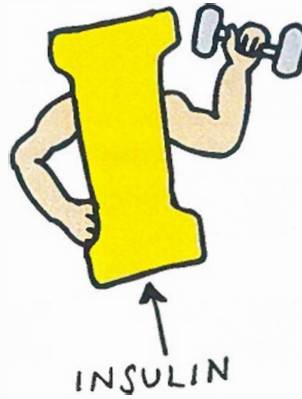
A simple test can tell you if you have diabetes. Talk to your doctor or health clinic for more information.





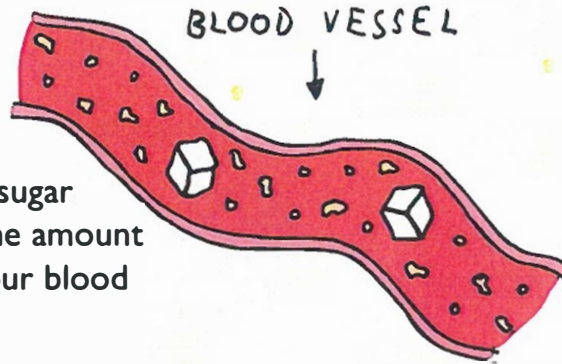
# TYPE 2 DIABETES

With type 2 diabetes, your body makes some insulin, but not enough. Or, the insulin your body makes does not work right.



Much of the food you eat is changed by your body into a kind of sugar. The medical word for this sugar is glucose. Insulin helps sugar move from your blood into your body's cells.

If you don't have enough insulin to move sugar from your blood into your body's cells, the amount of sugar in your blood goes up. When your blood sugar levels stay high, you have diabetes.



Type 2 diabetes is more common in adults, but the number of children and young people with type 2 diabetes is growing. Eating healthy foods, in the right amounts, and being physically active can help people lower their blood sugar. Most people with type 2 diabetes take diabetes pills and many also take insulin.

Diabetes cannot be cured, but you can control it! People who control their blood sugar levels can lead full and happy lives - just like everyone else. Talk to your doctor or health clinic for more information.



# HIGH BLOOD SUGAR (HYPERGLYCEMIA)

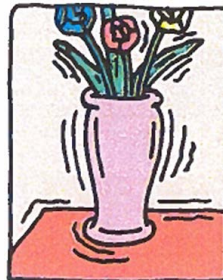
Keeping your blood sugar under control is important. Too much sugar in your blood, for too long, can cause serious health problems.

**Common Causes:** Too much food, not taking enough insulin or diabetes pills, being less active than normal, stress or illness.

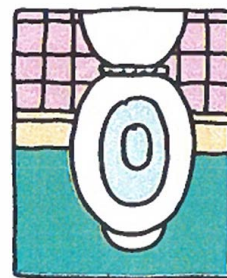
## Symptoms include:



Thirsty all the time



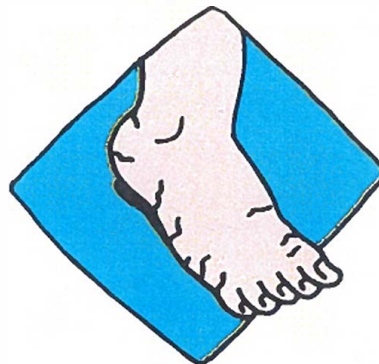
Blurry vision



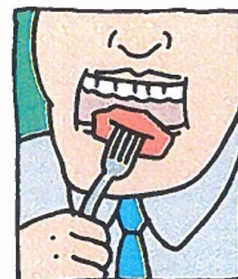
Need to urinate often



Weak or tired



Dry skin



Often hungry

## What to do:



- Check your blood sugar often
- Continue to take your medicine
- Follow your meal plan
- Drink lots of water
- Exercise – if you can.

If your blood sugar is higher than your goal for 3 days and you don't know why, call your doctor or health clinic right away.



# LOW BLOOD SUGAR

(Hypoglycemia)

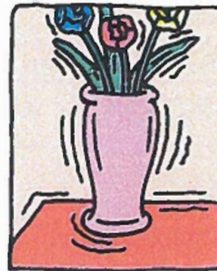
A low blood sugar can happen quickly. If not treated right away, low blood sugar can cause a medical emergency. You can even pass out.

Common causes: Skip a meal or not eat enough food; too much insulin or diabetes pills; more active than usual.

Warning signs include:



Shaky or dizzy



Blurry vision



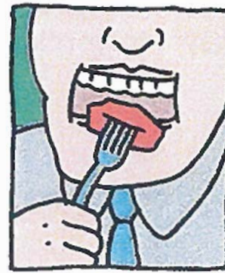
Weak or tired



Sweaty



Headache



Hungry



Upset or nervous

What to do?



Check your blood sugar right away. If it is below 70, treat for low blood sugar. If you can't check, treat anyway to be safe.



Treat by eating 3 packets or 1 tablespoon of regular sugar, 4 ounces of regular fruit juice, or 6 ounces of regular (not diet!) soda.



Check your blood sugar in 15 minutes. If it is still low (below 70), treat again. If you keep having problems and you don't know why, call your doctor or health clinic.



# WHEN TO CALL THE DOCTOR

Calling the doctor or health clinic is always a good idea if you are having a problem with your diabetes care. But, one can be unsure at times about when to call.

## Here are some times when you should always call the doctor or diabetes clinic:

- Whenever your blood sugar is above 300 and you cannot lower it.
- When your blood sugar is higher than your goal for 2 or 3 days and you don't know why.
- If you have ketones.
- When your blood sugar stays below 70 even after you have treated for a low blood sugar problem.
- Whenever you have a bruise, cut, or other injury – especially on your feet – that is getting worse rather than better.



- Any time you cannot remember how much diabetes medicine to take, when to take your medicine, or what to do if you forget to take a dose of medicine.
- If you are sick and cannot hold down food because of diarrhea or vomiting.
- Any time you take a new medicine, either from a doctor or one you buy yourself, such as a cough or cold medicine.

Keep this simple reminder in a handy place, such as on the refrigerator or medicine cabinet. Calling your doctor or diabetes clinic when you have a problem controlling your diabetes is always the right thing to do.

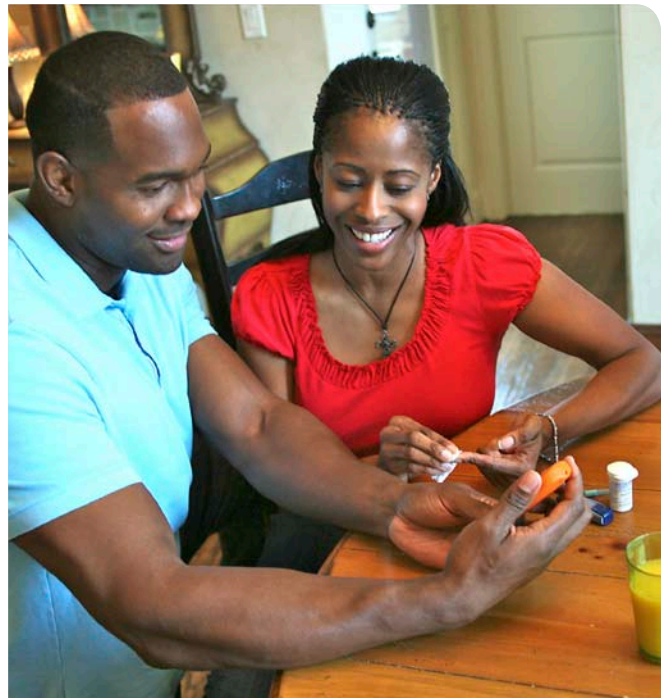




# What Is Diabetes and How Can I Manage It?

Your digestive track breaks down the carbohydrates that you eat into glucose — a type of sugar — which gets absorbed into the blood. Insulin is a hormone that helps your body's cells absorb the glucose from the blood and use it or store it for energy.

When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should, or both. This causes sugars to build up too high in your blood.



Between doctor visits, you can monitor your blood sugar with a home glucose monitor. They are available at many large retailers and pharmacies.

## What types of diabetes are there?

There are two main forms of diabetes: **type 1 diabetes** and **type 2 diabetes**.

Type 2 is the most common. About 90 percent to 95 percent of American adults diagnosed with diabetes have type 2 diabetes. It most often develops in middle-aged and older adults. It's often linked with being overweight, obese and physically inactive.

Insulin resistance is a condition where the body produces insulin but does not use it efficiently and blood glucose goes up. If uncontrolled, insulin resistance can lead to pre-diabetes or type 2 diabetes.

Type 1 diabetes usually starts early in life, but it can also develop in adults. It results from the body's failure to produce insulin. People with it must take insulin each day to control their levels of blood glucose.

## Am I at risk?

The number of people with diabetes is increasing. More people are overweight or obese, don't get enough

physical activity and don't eat a healthy diet. These factors can increase risk of type 2 diabetes. While type 2 diabetes has historically been more common in adults, many younger people are developing diabetes at an alarming rate.

People in several ethnic groups seem to be more likely to develop type 2 diabetes. These groups include:

- Hispanics/Latinos
- African Americans
- Native Americans
- Asians (especially South Asians)

## How can I control my risk for heart disease and stroke?

Diabetes is a major risk factor for stroke and heart disease. Other major risk factors are smoking, high cholesterol, high blood pressure, physical inactivity or obesity.

If you have diabetes, it's very important to have

*(continued)*







regular check-ups. Work closely with your healthcare provider to manage your diabetes and reduce any other risk factors:

- Manage your weight, blood pressure and cholesterol with a heart-healthy eating plan that is low in saturated fat, *trans* fat, salt (sodium) and added sugars.
- Be physically active. Aim for at least 150 minutes of moderate-intensity physical activity, such as brisk walking, or 75 minutes of vigorous-intensity aerobic activity each week.
- If you drink alcohol, don't have more than one drink per day for women or two per day for men.
- Lower your blood pressure, if it's too high. Aim for a normal blood pressure which is less than 120 mm Hg for the systolic (upper) number and less than 80 mm Hg for the diastolic (lower) number.
- Don't smoke, and avoid second-hand smoke.
- If you take medications, take them exactly as directed. If you have questions about the dosage or side effects, ask your healthcare provider or pharmacist.



Following a heart-healthy eating plan is a great way to manage your diabetes and reduce other risk factors.

## HOW CAN I LEARN MORE?

- 1 Call **1-800-AHA-USA1** (1-800-242-8721), or visit **heart.org** to learn more about heart disease and stroke.
- 2 Sign up to get *Heart Insight*, a free magazine for heart patients and their families, at **heartinsight.org**.
- 3 Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at **heart.org/supportnetwork**.

## Do you have questions for the doctor or nurse?

Take a few minutes to write your questions for the next time you see your healthcare provider.

For example:

**Can diabetes be cured?**

**What type of diet would be most helpful?**

## My Questions:

We have many other fact sheets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Visit **heart.org/answersbyheart** to learn more.



**You can Self-Manage!**  
**in 4 short weeks**  
**with our**  
**Diabetes Self-Management Program**  
**for**  
**Better understanding & control**



- **Classes are virtual, attend by telephone or computer**
- **Consists of 4 consecutive virtual classes, 1:00 - 3:00pm**
- **Space is limited-- register early!**

**For more information or to register, please contact Diabetes Education Services:**

**(562) 385-6900**

**Rancho Los Amigos National Rehabilitation Center**  
7601 Imperial Highway Downey, CA 90242

(562) 385-7111 | TTY/TTD (562) 385-8450  
[www.rancho.org](http://www.rancho.org)  
[www.twitter.com/ranchorehab](https://www.twitter.com/ranchorehab)  
[www.facebook.com/rancholosamigosrehab](https://www.facebook.com/rancholosamigosrehab)

To request reasonable accommodation, contact the ADA Coordinator's office at (562) 385-7428 or by e-mail at [lawong@dhs.lacounty.gov](mailto:lawong@dhs.lacounty.gov) 5 days in advance.

# Manage Together !

## Diabetes Support Group



### Information on Living with Diabetes!

**Monday's 2 -3 pm, JPI Building, 2 North, Activity Dining Room**

*\*Except holidays*

For more information please contact: Sunshine Shahinian, RN, BSN, CDE

**(562) 385-6900**

#### **Rancho Los Amigos National Rehabilitation Center**

7601 Imperial Highway, Downey, CA 90242

(562) 385-7111 | TTY/TTD (562) 385-8450

[www.rancho.org](http://www.rancho.org)

[www.twitter.com/ranchorehab](https://www.twitter.com/ranchorehab)

[www.facebook.com/rancholosamigosrehab](https://www.facebook.com/rancholosamigosrehab)

To request reasonable accommodation, contact the ADA Coordinator's office at (562) 385-7428 or by e-mail at [lawong@dhs.lacounty.gov](mailto:lawong@dhs.lacounty.gov) 5 days in advance.



# Stroke Risk Factors

1. High Blood Pressure
2. Diabetes
- 3. High Cholesterol**





## How Do My Cholesterol Levels Affect My Risk?

High cholesterol can increase your risk of heart attack and stroke. If you're 20 or older, you should have your traditional risk factors (including cholesterol) checked every 4 to 6 years. If certain factors put you at risk, or if you already have heart disease, your healthcare provider may need you to have it checked more often.



### What should my cholesterol levels be?

The best approach to risk reduction goes beyond cholesterol levels alone. It considers overall risk assessment and reduction.

It's still important to know your numbers, but work with your healthcare provider to treat your risk. They will assess your risk factors and work with you to choose the best treatment options.

- If you're between 40 and 75, ask your healthcare provider to assess your 10-year risk.
- If you're between 20 and 39, your healthcare provider should assess your lifetime risk. If your risks are high, lifestyle and statin medication may help manage your risk

If your risk remains uncertain, and treatment options are unclear, your healthcare provider may request a coronary artery calcium (CAC) measurement to provide greater insight into your risk and help in decision-making.

You can find out your risk with our Check. Change. Control. Calculator™. In minutes, you'll learn your risk for a heart attack or stroke.

### How will I know my numbers?

Your healthcare provider will do a blood test to measure your cholesterol levels. This may be a "fasting" or "non-fasting lipoprotein profile". It assesses several types of fat in the blood. It is measured in milligrams per deciliter (mg/dL).

The test gives you four results: total cholesterol, LDL (bad) cholesterol and HDL (good) cholesterol, and triglycerides (blood fats).

### What is HDL cholesterol?

HDL cholesterol is called "good" cholesterol. Having a higher level of HDL can lower your risk of heart attack and stroke.

HDL takes cholesterol away from your arteries and back to the liver. There, it's processed so that excess can be removed from your body. HDL may also remove cholesterol from plaque in the arteries.

### What is LDL cholesterol?

LDL cholesterol is known as "bad" cholesterol. The

*(continued)*





body's tissues use some of this cholesterol to build cells. But when you have too much of it, LDL can build up inside your arteries.

Together with other substances, it can form plaque (a thick, hard, fatty deposit). Plaque narrows the arteries and reduces blood flow. This is called atherosclerosis. If the buildup of plaque ruptures, a blood clot may form at this location or a piece may break off and travel in the bloodstream, causing a heart attack or stroke.

With LDL, lower is better.

### What are triglycerides?

Triglycerides are the most common type of fat in your body. They're also a major energy source. They come

from food, and your body also makes them.

As people get older, gain excess weight (or both), their triglyceride and cholesterol levels tend to rise.

### Should I track my numbers?

You can use the chart below to keep track of your numbers each time you have a test.

Make sure you discuss with your healthcare provider how these numbers and other risk factors you have affect your overall risk.

	1st Visit	2nd Visit	3rd Visit	4th Visit
Total Blood Cholesterol				
LDL Cholesterol				
HDL Cholesterol				
Triglycerides				

### HOW CAN I LEARN MORE?

- 1 Call 1-800-AHA-USA1 (1-800-242-8721), or visit [heart.org](http://heart.org) to learn more about heart disease and stroke.
- 2 Sign up to get *Heart Insight*, a free magazine for heart patients and their families, at [heartinsight.org](http://heartinsight.org).
- 3 Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at [heart.org/supportnetwork](http://heart.org/supportnetwork).

### Do you have questions for the doctor or nurse?

Take a few minutes to write your questions for the next time you see your healthcare provider.

For example:

**How often should I have my cholesterol checked?**

**How can I reduce my cholesterol?**

### My Questions:

We have many other fact sheets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Visit [heart.org/answersbyheart](http://heart.org/answersbyheart) to learn more.



American Heart Association.





## How Can I Improve My Cholesterol?

Most heart and blood vessel disease is caused by a buildup of cholesterol, plaque and other fatty deposits in artery walls. The arteries that feed the heart can become so clogged that the blood flow is reduced, causing chest pain. If a blood clot forms and blocks the artery, a heart attack can occur. Similarly, if a blood clot blocks an artery leading to or in the brain, a stroke results.

There are lifestyle changes that you can make to improve your cholesterol. You can eat heart-healthy foods, reach and maintain a healthy weight, be physically active and not smoke. Some people also need to take medicine to lower their cholesterol because changing their lifestyle and diet isn't enough. Your healthcare providers can help you set up a plan to improve your cholesterol. It is important that you follow your plan or talk to your healthcare provider if you have concerns about following it.



Cholesterol can join with fats and other substances in your blood to build up in the inner walls of your arteries. The arteries can become clogged and narrow, and blood flow is reduced.

### What should I eat?

Focus on eating foods low in saturated and trans fats such as:

- A variety of fruits and vegetables.
- A variety of whole grain foods like whole grain bread, cereal, pasta and brown rice. (At least half of the servings should be whole grains.)
- Fat-free, 1 percent and low-fat milk products.
- Poultry without skin and lean meats. When you choose to eat red meat and pork, select options labeled "loin" and "round." These cuts usually have the least amount of fat.
- Fatty fish such as salmon, trout, albacore tuna and sardines. Enjoy at least 8 ounces of non-fried fish each week, which may be divided over two 3.5- to 4-ounce servings.
- Unsalted nuts, seeds, and legumes (dried beans or peas).
- Nontropical vegetable oils like canola, corn, olive, or safflower oils.

### What should I limit?

- Foods with a lot of sodium (salt)
- Sweets and sugar-sweetened beverages
- Red meats and fatty meats that aren't trimmed
- Meats that have been processed with a lot of sodium
- Full-fat dairy products such as whole milk, cream, ice cream, butter, and cheese
- Baked goods made with saturated and trans fats like donuts, cakes cookies
- Foods that list the words "hydrogenated oils" in the ingredients panel
- Saturated oils like coconut oil, palm oil and palm kernel oil
- Solid fats like shortening, stick margarine and lard
- Fried foods

*(continued)*





### What are some cooking tips for me?

- Add a variety of fruits and vegetables to your meals.
- Use a rack to drain off fat when you broil, roast or bake poultry and meats.
- Look for leaner cuts if you choose to eat meat.
- Don't baste with drippings; use wine, fruit juice or marinade.
- Broil or grill instead of pan-frying.
- Cut off all visible fat from meat before cooking.
- Remove the skin from poultry pieces.
- Use a vegetable oil spray to brown or sauté foods.
- Serve smaller portions of higher-calorie dishes.
- Use low-fat, low-sodium options instead of regular cheese.



### HOW CAN I LEARN MORE?

- 1 Call 1-800-AHA-USA1 (1-800-242-8721), or visit [heart.org](http://heart.org) to learn more about heart disease and stroke.
- 2 Sign up to get *Heart Insight*, a free magazine for heart patients and their families, at [heartinsight.org](http://heartinsight.org).
- 3 Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at [heart.org/supportnetwork](http://heart.org/supportnetwork).

### Do you have questions for the doctor or nurse?

Take a few minutes to write your questions for the next time you see your healthcare provider.

For example:

**What about eating out?**

**Why are weight control and physical activity important?**

### My Questions:

We have many other fact sheets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Visit [heart.org/answersbyheart](http://heart.org/answersbyheart) to learn more.



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# MY LIFESTYLE

# Neuroplasticity

## HEALING THE BRAIN

### What is Neuroplasticity?

- The **BRAIN** tells your body how to move and how to talk by sending signals along nerves to important muscles in your arms, legs, and mouth.
- Stroke damages the communication between the brain and muscles. Some areas have been injured too much to recover. However, some other areas can recover after a stroke and your **ACTIVITY** will drive the **CHANGE**.
- The peak time for this **CHANGE** is the first 6-8 months after stroke...but research shows recovery continues!

### How do you help HEAL the brain?

- **USE IT or LOSE IT:** nerves make stronger connections when you make them work.
- Practice the tasks you want to improve.
- Repetition, repetition, repetition: the more you practice the more you rewire the nerves.
- Intensity matters: you must challenge your body with activities that are a little hard or are challenging, in order to make changes.

### Activity:

List one goal you are working on in therapy \_\_\_\_\_

What types of activities do you practice to achieve this goal?

1)

2)

3)

1      2      3      4				Go for the Green!			8      9      10		
				5	6	7			
easy				a	-	hard	very hard		
				little		hard			

On a scale of 1 to 10, with 1 = *very easy* and 10 = *very hard*.  
How hard is it for you to practice the above activities?



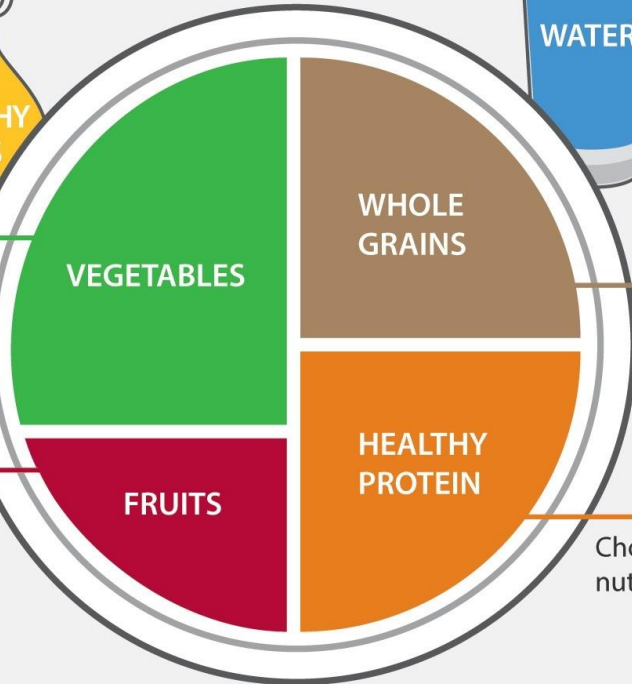
# STAYING HEALTHY AFTER A STROKE

## HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Eat plenty of fruits of all colors.

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



**STAY ACTIVE!**

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Harvard T.H. Chan School of Public Health  
The Nutrition Source  
[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)

Harvard Medical School  
Harvard Health Publications  
[www.health.harvard.edu](http://www.health.harvard.edu)



**SALT**  
max / day  
¾ teaspoon  
1500mg

**ALCOHOL**  
max / day

**Women:** 1 drink  
**Men:** 2 drinks

12 fl oz of beer = 4.5 fl oz of wine = 1.5 fl oz of 80 proof liquor

**A Standard Drink**







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Healthy for Good™

# HOW TO EAT BETTER



## 1 CREATE A HEALTHY DIETARY PATTERN

Make smart choices and swaps to build an overall healthy eating style. Watch calories and eat smaller portions.



vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins, skinless poultry, fish



sweetened drinks, sodium, processed meats, refined carbohydrates like added sugars and processed grain foods, full-fat dairy products, eggs, highly processed foods, tropical oils like coconut and palm



trans fat and partially hydrogenated oils (found in some commercial baked goods and fried foods)

## 2 READ NUTRITION LABELS

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
<b>Calories 230</b>	
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	

Learning how to read and understand food labels can help you make healthier choices.

When you have more than one choice, compare nutrition facts. Choose products with lower amounts of sodium, saturated fat and added sugars.

## 3 TIPS FOR SUCCESS



### WATCH CALORIES

Eat only as many calories as you use up through physical activity. Understand serving sizes and keep portions reasonable.



### COOK AT HOME

Take control over the nutritional content of your food by learning healthy preparation methods.



### LOOK FOR THE HEART-CHECK

The Heart-Check mark helps you find foods that can be part of a healthy eating plan.



### LEARN THE SALTY SIX

Limit the amount of sodium you eat each day. Learn the Salty Six. These common foods can be loaded with excess sodium:

- Breads & Rolls
- Pizza
- Sandwiches
- Cold Cuts & Cured Meats
- Soups
- Burritos & Tacos

LEARN MORE AT [HEART.ORG/MYLIFECHECK](http://HEART.ORG/MYLIFECHECK) AND [HEART.ORG/EATSMART](http://HEART.ORG/EATSMART)





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# HOW TO MANAGE WEIGHT



## 1 KEEP TRACK

Understanding how many calories you take in and your activity level can help you identify changes you want to make. To lose weight, you need to burn more calories than you eat.



### REDUCE CALORIES IN:

Keeping track of what and how much you're eating can help you know whether you're eating out of habit, stress or boredom instead of real hunger.



### INCREASE CALORIES OUT:

An activity tracker can help you track how much physical activity you get.

## 2 LEARN YOUR BMI



Body Mass Index (BMI) is a numerical value of your weight in relation to your height. It can help you know whether you're at a healthy weight or need to lose weight. You can calculate your BMI online or see your health care provider.

LEARN MORE AT [HEART.ORG/MYLIFECHECK](http://HEART.ORG/MYLIFECHECK) AND [HEART.ORG/WEIGHT](http://HEART.ORG/WEIGHT)

## 3 TIPS FOR SUCCESS



### CONTROL PORTIONS

Learn about portion sizes and how much you might really be eating.  
[heart.org/PortionDistortion](http://heart.org/PortionDistortion)



### GET ACTIVE

Sit less, move more and add intensity to burn more calories and improve your overall health.  
[heart.org/MoveMore](http://heart.org/MoveMore)



### EAT SMART

Follow a healthy eating pattern that emphasizes vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins and fish. Limit sweetened drinks, processed meats, refined carbohydrates like added sugars and processed grain foods, full-fat dairy products, eggs, highly processed foods, tropical oils like coconut and palm, and sodium. Make smart substitutions when cooking, snacking and dining out.  
[heart.org/EatSmart](http://heart.org/EatSmart)



### GET HELP

If you aren't able to lose weight successfully on your own, talk with your health care provider.








# HOW TO BE MORE ACTIVE

## 1 MOVE MORE

Adults should get a weekly total of at least

**150** minutes of moderate aerobic activity  **OR** **75** minutes of vigorous aerobic activity 

or a combination of both, spread throughout the week.

-  **BE STRONG**  
Include muscle-strengthening activity (like resistance or weight training) at least twice a week.
-  **ADD INTENSITY**  
Increase time, distance, amount or effort for more benefits.
-  **SIT LESS**  
Get up and move throughout the day.

**KIDS & TEENS** should get at least **60 minutes** of physical activity every day.



## 2 TIPS FOR SUCCESS

### SET GOALS

Set realistic goals and make small, lasting changes to set yourself up for success.

### KEEP GOING

Once you reach these goals, don't stop. Gradually increase your activity and intensity to gain even more health benefits.

### WALK MORE

There are many ways to get active. You may find walking the easiest way to start.

### ADD IT UP

Find ways to move more throughout your daily routine, whether it's at work, on your commute or at home. Every active minute counts toward your goal.

### MAKE A HABIT

Do something active every day at about the same time so it becomes a regular habit. Put it on your schedule so you're less likely to miss a day.





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Healthy for Good™

# HOW TO QUIT TOBACCO



## 1 EDUCATE YOURSELF

The first step to quitting smoking, vaping and using tobacco is to understand the risks and health effects for you and your family.

- ➔ Smoking is the most preventable cause of death in the U.S. It's linked to about one third of all deaths from heart disease and 90% of lung cancers.
- ➔ Cigarettes, e-cigarettes and tobacco products contain many toxic chemicals, as do their smoke, vapor and liquids.
- ➔ About half of U.S. children ages 3-11 are exposed to secondhand smoke and vapor.
- ➔ Tobacco use and nicotine addiction is a growing crisis for teens and young adults.
- ➔ You can be one of the millions of people who successfully quit every year.
- ➔ Within 1 year after quitting, your risk of heart disease goes down by half.



## 2 MAKE A PLAN TO QUIT

You're more likely to quit tobacco for good if you prepare by creating a plan that fits your lifestyle.

**SET** a quit date within the next 7 days.

**CHOOSE** a method: cold turkey or gradually.

**DECIDE** if you need help from a health care provider, nicotine replacement or medicine.

**PREPARE** for your quit day by planning how to deal with cravings and urges.

**QUIT** on your quit day.

## 3 TIPS FOR SUCCESS



### DEAL WITH URGES

Whether physical or mental, learn your triggers and make a plan to address them. Avoid situations that make you want to smoke or use tobacco until you're confident that you can handle them.



### GET ACTIVE

Physical activity can help you manage the stress and cravings when quitting. You'll feel better, too. [heart.org/MoveMore](http://heart.org/MoveMore)



### HANDLE STRESS

Learn other healthy ways to manage the stress of quitting. [heart.org/BeWell](http://heart.org/BeWell)



### GET SUPPORT

A buddy system or support program can help you with some of the common struggles of quitting. [1-800-QuitNow](http://1-800-QuitNow)



### STICK WITH IT

Quitting tobacco takes a lot of willpower. Reward yourself when you reach milestones and forgive yourself if you take a step backward. Get back on course as soon as possible to stay on track and kick the habit for good.

LEARN MORE AT [HEART.ORG/MYLIFECHECK](http://HEART.ORG/MYLIFECHECK) AND [HEART.ORG/TOBACCO](http://HEART.ORG/TOBACCO)

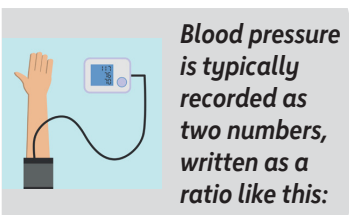




# HOW TO MANAGE BLOOD PRESSURE

## 1 UNDERSTAND READINGS

The first step to managing blood pressure is to understand what the levels mean and what is considered normal, elevated, high blood pressure (hypertension) and hypertensive crisis. [heart.org/BPlevels](http://heart.org/BPlevels)



Blood pressure is typically recorded as two numbers, written as a ratio like this:

**117**  
**76**

Read as "117 over 76 millimeters of mercury."

### Systolic

The top number, the higher of the two numbers, measures the pressure in the arteries when the heart beats (when the heart muscle contracts).

### Diastolic

The bottom number, the lower of the two numbers, measures the pressure in the arteries when the heart is resting between heart beats.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (top number)		DIASTOLIC mm Hg (bottom number)
Normal	Lower than 120	and	Lower than 80
Elevated Blood Pressure	120–129	and	80
High Blood Pressure (Hypertension) Stage 1	130–139	or	80–89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Call your doctor immediately)	Higher than 180	and/or	Higher than 120

## 2 TRACK LEVELS



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Check. Change. Control.®



Check.



Change.



Control.

Health care providers can take blood pressure readings and provide recommendations.

Check. Change. Control. helps you track your progress in reducing blood pressure.

Track online at [ccctracker.com/AHA](http://ccctracker.com/AHA)

LEARN MORE AT [HEART.ORG/MYLIFECHECK](http://HEART.ORG/MYLIFECHECK) AND [HEART.ORG/HBP](http://HEART.ORG/HBP)

## 3 TIPS FOR SUCCESS



### EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins and fish. Limit sodium, saturated fats and added sugars. Limit sugary foods and drinks, fatty or processed meats, salty foods, refined carbohydrates and highly processed foods.

[heart.org/EatSmart](http://heart.org/EatSmart)



### MOVE MORE

Physical activity helps control blood pressure, weight and stress levels. [heart.org/MoveMore](http://heart.org/MoveMore)



### MANAGE WEIGHT

If you're overweight, even a slight weight loss can reduce high blood pressure. [heart.org/Weight](http://heart.org/Weight)



### DON'T SMOKE

Every time you smoke, vape or use tobacco, the nicotine can cause a temporary increase in blood pressure. [heart.org/Tobacco](http://heart.org/Tobacco)



### SLEEP WELL

Short sleep (less than 6 hours) and poor-quality sleep are associated with high blood pressure.







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# HOW TO CONTROL CHOLESTEROL

## 1 UNDERSTAND CHOLESTEROL

Cholesterol is a fat-like substance that comes from two sources: **FOOD** and **BODY**. It is found in foods from animal sources only. It travels in the body by lipoproteins (LDL and HDL).



### HDL = GOOD

High-density lipoprotein is known as "good" cholesterol.



### LDL = BAD

Low-density lipoprotein is known as "bad" cholesterol.

HDL helps keep LDL from sticking to artery walls and reduces plaque buildup. This process can lower the risk of heart disease and stroke.  
[heart.org/Atherosclerosis](http://heart.org/Atherosclerosis)

### TRIGLYCERIDES

The most common type of fat in the body.

### TOTAL CHOLESTEROL

HDL + LDL + 1/5th of triglyceride level = **total cholesterol level.**

## 2 TRACK LEVELS



A health care provider can measure blood cholesterol and help you understand what the levels mean.



Track your cholesterol levels over time and take steps to reduce high cholesterol.

LEARN MORE AT [HEART.ORG/MYLIFECHECK](http://HEART.ORG/MYLIFECHECK) AND [HEART.ORG/CHOLESTEROL](http://HEART.ORG/CHOLESTEROL)

## 3 TIPS FOR SUCCESS



### EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins and fish. Limit sugary drinks and foods, fatty or processed meats, full-fat dairy products, eggs and tropical oils.  
[heart.org/EatSmart](http://heart.org/EatSmart)



### MOVE MORE

Physical activity helps improve cholesterol levels.  
[heart.org/MoveMore](http://heart.org/MoveMore)



### KNOW YOUR FATS

The fats you eat can affect your cholesterol levels. Replace saturated fats with unsaturated fats.  
[heart.org/Fats](http://heart.org/Fats)



### DON'T SMOKE

Smoking lowers good HDL cholesterol and raises your risk of heart disease.  
[heart.org/Tobacco](http://heart.org/Tobacco)



### TAKE MEDICATION AS DIRECTED

Your doctor may prescribe statins or other medications to control your cholesterol levels.





# HOW TO MANAGE BLOOD SUGAR

## 1 UNDERSTAND BLOOD GLUCOSE

The first step to managing your blood sugar is to understand what makes blood sugar levels rise. [heart.org/Diabetes](http://heart.org/Diabetes)

### GLUCOSE

The carbohydrates and sugars in what you eat and drink turns into glucose (sugar) in the stomach and digestive system. Glucose can then enter the bloodstream.

### INSULIN

Insulin is a hormone made in the pancreas that helps the body's cells take up glucose from blood and lower blood sugar levels.

*In type 2 diabetes glucose builds up in the blood instead of going into cells because:*

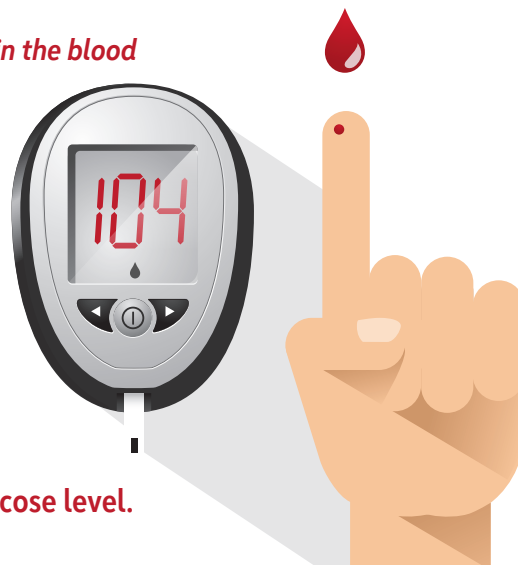
The body develops "insulin resistance" and can't use the insulin it makes efficiently.



The pancreas gradually loses its ability to produce insulin.



The result can be a high blood glucose level.



## 2 TRACK LEVELS

Health care providers can take blood glucose readings and provide recommendations. If you're diagnosed with type 2 diabetes, you will need to monitor your blood sugar level regularly. Know Diabetes by Heart can help you manage type 2 diabetes.

[KnowDiabetesbyHeart.org](http://KnowDiabetesbyHeart.org)

Fasting Blood Glucose	Diagnosis	What It Means
Lower than 100 mg/dl	Normal	Healthy range
100 to 125 mg/dl	Prediabetes (Impaired Fasting Glucose)	At increased risk of developing diabetes
126 mg/dl or higher	Diabetes Mellitus (type 2 diabetes)	At increased risk of heart disease or stroke

## 3 TIPS FOR SUCCESS



### EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, lean proteins and fish. Limit sweetened drinks, added sugars, fatty foods, processed meats and sodium.

[heart.org/EatSmart](http://heart.org/EatSmart)



### MOVE MORE

Being physically active can lower your risk of developing diabetes and help you manage the disease if you already have it.

[heart.org/MoveMore](http://heart.org/MoveMore)



### MANAGE WEIGHT

Stay at a healthy weight to help prevent, delay or manage diabetes. [heart.org/Weight](http://heart.org/Weight)



### DON'T SMOKE

Smoking, vaping or using tobacco can increase your risk of heart disease, stroke, many cancers and other chronic diseases. It may also make prediabetes and diabetes harder to manage. [heart.org/Tobacco](http://heart.org/Tobacco)





**MY  
RESOURCES**

# Important Rancho Phone Numbers

**Emergency Call.....911**

**Don Knabe Wellness Center.....562-385-7432**

**Medical Records.....562-385-7122**  
(Copies of medical records, to whom it may concern letters,  
outside forms that need a physician signature)

**Nurse Advice Line.....562-385-6211**

**Orthotics.....562-385-8143**

**Outpatient Case Manager.....562-385-7164**  
(Coordinates Durable Medical Equipment, Home health and out of network  
referrals for medical treatment, and outside therapy, etc.)

**Outpatient Therapy.....562-385-6847**  
(Cancel / reschedule therapy appointment)

**Patient Financial Services.....562-385-7334**  
(Funding / billing questions)

**Pharmacy .....562-385-7236**  
Spanish 562-385-7237

**Rancho Member Services .....562-385-7635**  
(Medi-Cal plan information, assist with switching medical plans,  
request Rancho as primary care provider)

**Rancho Resource Center.....562-385-7651**  
(Peer Mentors provide support, resource referral, assistance  
to apply for and use community resources, public computers, etc)

**Rancho Volunteer Services.....562-385-7651**

**RRI Transportation .....562-385-6778**  
(Accessible transportation to/from Rancho)

**Social Work Clinic.....562-385-7867**  
(Social support, community resources)





 **Smoke & Tobacco Free Campus**



Support Services Bldg.	Outpatient Building	Rancho Services	JPI Extension	JPI Extension
<b>1F Café Amigos</b> Contract Liaison Health Information Management Patient Financial Services Nutrition Services <b>2F Case Management</b> Employee Health Services Environmental Services Finance Administration Human Resources Infection Control Information Mgt. Services Nursing Education Patient Access Center Quality Risk Management	<b>1F Audiology</b> Auditorium Cashier ENT/Optomtry Outpatient Therapies Physical Occupational Speech Patient Relations Pharmacy Rancho Works Café & Gift Shop Resource Center Seating Center <b>2F Dental Clinic</b> Psychology Urology Cardiac Rehab Social Work <b>3F Clinics</b> Diagnostic Lab Laboratory Administration	<b>1: Don Knabe Wellness Center</b> <b>2: Recuperative Care Center</b> <b>3: Orthotics</b> <b>4: APSO &amp; MSO/ Physician Offices</b> <b>5: Nursing Admin/ Nurse Recruitment / Rehab Therapy Admin.</b> <b>6: Rancho Research Institute Foundation &amp; Volunteer Services</b> <b>7: Pathokinesiology Lab</b> <b>8: Geriatrics Neurobehavioral</b> <b>9: CART</b>	<b>1F Medical Imaging</b> <b>2F Surgery</b> <b>3F Intensive Care Unit (ICU)</b>	<b>Access Services</b> Accessible Parking MTA Bus Line Information Construction Area Parking

## Programs at Rancho

### Don Knabe Wellness Center

Stroke Support Groups: *Free weekly 1-hour support groups for stroke survivors, led by stroke survivors, to promote emotional health and wellness.*

Gym: *Monthly membership provides access to gym equipment, exercise and activity classes to physical health and wellness*

### KnowBarriers Life Coaching and Peer Mentor Services

*Individualized life coaching by people with disabilities.*

- *Achieve a Goal course: 6 week course to develop skills to achieve small personal goals*
- *Life coaching provides goal setting, accountability, peer support, resources and problem solving*
- *Resource Center: Staffed by Peer Mentors provide assistance to access useful resources*
- *Mon-Thurs 9 a.m. - 2 p.m. OutPatient Building Rm. 1104*

### LifeStyle Redesign

**(562) 385-8175**

*Group and individual sessions to help make health promoting lifestyle changes and implement healthy habits* **562.385.6847**

### Psychology

*Promote healthy adjustment after stroke for emotional health and wellness* **562.385.8181**

## National and Local Organizations

### American Heart Association and American Stroke Association

(800) 242-8721 <http://www.heart.org> (800) 553-6321 <http://www.stroke.org>

*The American Heart Association and the American Stroke Association provide information regarding stroke and how it affects the lives of stroke survivors and their families. The websites include information for the stroke survivor and care providers; printable handouts and videos. Content is in English and Spanish. They also have information on local events.*

### National Aphasia Association (NAA)

(800) 922-4622 <http://www.aphasia.org>

*Provides an educational packet of information about coping with aphasia; including a list of support groups. They also offer online activities and support*

### National Institutes of Health / National Institutes of Neurological Disorders and Stroke

(800) 352-9424 <http://www.stroke.nih.gov>

*This resource provides up to date information on research programs and clinical trials; as well as helpful fact sheets on stroke and recovery after stroke.*

### Stroke Association of Southern California

(310) 575-1699 <http://www.strokesocal.org>

*This non-profit organization was started by a stroke survivor. They have a valuable list of local stroke support groups as well as other useful information.*

**Disclaimer:** *This list is provided for information purposes only. This list does not represent endorsement by an official position of Rancho Los Amigos National Rehabilitation*



# My Care Team



## **Internal Medicine**

**(562) 385-8390**

Internal medicine physicians are physicians who are equipped to deal with whatever medical condition a patient brings -- no matter how common or rare, or how simple or complex. They are specially trained to solve puzzling diagnostic problems and can handle severe chronic illnesses and situations where several different illnesses may strike at the same time. They also bring to patients an understanding of wellness (disease prevention and the promotion of health), women's health, substance abuse, mental health, as well as effective treatment of common problems of the eyes, ears, skin, heart, lungs, and reproductive organs.

## **Physical Medicine and Rehabilitation Physicians** *(Rehabilitation Service Only)* **(562) 385-7713**

Physical medicine and rehabilitation (PM&R) physicians, treat injuries or illnesses that affect how you move, with the aim of enhancing performance. They guide the interdisciplinary team in the development of a comprehensive program putting the pieces of a person's life back together – medially, socially, emotionally and vocationally.

## **Neurology**

**(562) 385-8390**

A neurologist is a medical doctor with specialized training in diagnosing, treating, and managing disorders of the brain and nervous system. Our neurologists at Rancho Los Amigos have subspecialty training in a variety of conditions, including stroke, epilepsy, neuromuscular diseases, multiple sclerosis, dementia, and movement disorders. Neurologists will recommend testing to figure out the cause of your stroke, will start you on medications to prevent another stroke and improve your risk factors for stroke (such as high blood pressure, diabetes, and high cholesterol), and educate you on lifestyle changes to prevent another stroke or heart attack.

Neurologic disorders include:

- ~ Stroke      ~ Headache      ~ Alzheimer's disease      ~ Parkinson's disease
- ~ Epilepsy      ~ Multiple Sclerosis      ~ Neuropathy      ~ Brain tumors

## **Occupational Therapy**

**(562) 385-6847**

Stroke can affect a person's vision, memory, speech, and muscle strength. As a result, stroke survivors may have difficulty caring for themselves, managing a household or a job, driving a car, and engaging in leisure activities. Occupational therapists (OTs) can help stroke survivors regain their strength to engage in daily and meaningful activities. They help stroke survivors lead a life that is as independent as possible.

Occupational Therapy services may include:

- ~ Recommending equipment that can aid a person in completing tasks, such as dressing, bathing, preparing meals, and driving
- ~ Evaluating the home for safety hazards and adapting the home by removing hazards
- ~ Providing activities that rebuild self-confidence and self-esteem

## **Speech Therapy**

**(562) 385-8329**

Speech language pathologists (SLPs) provide assessments and treatment for disorders of speech (i.e. voice, respiration and phonation), language (i.e., receptive and expressive communication), swallowing or dysphagia, and cognition (i.e., memory, thinking or cognitive ability). Training and education of family members, support personnel or other communication partners of stroke survivors is an important part of the Speech Therapy program. SLPs may also provide counseling and make referrals, when appropriate.



# My Care Team



## **Physical Therapy**

**(562) 385-6847**

After a stroke, people may have weakness. Weakness can make it difficult to move around their house or community. Physical therapists are trained in helping people regain their ability to stand, walk, transfer, and return to normal activities.

Physical therapy services may include:

- ~ Balance training to ensure safety with community walking
- ~ Job-specific training to help individuals return to work
- ~ Family training for safe walking and exercise at home
- ~ Recommending equipment for home and community mobility

## **Recreation Therapy**

**(562) 385-6335**

Recreation therapy focuses on increasing a person's physical, cognitive (memory), social, and emotional functioning through the use of activities, education, and community reintegration. Recreation activities provide numerous benefits, including increasing physical strength, coordination, motor skills, and mobility; increasing attention, comprehension, and memory; increasing confidence, self-esteem, and positive interactions with others; and providing relaxation, stress relief, and meaningful use of free time. Some of these benefits can be particularly relevant and meaningful for an individual after he/she experiences a significant life changing event, such as a stroke.

## **Psychology**

**(562) 385-8181**

After a stroke it is common for individuals to experience depression and changes in mood. Tell your doctor if you have little interest or pleasure in doing things that you enjoyed before your stroke; feel down, depressed or hopeless; have trouble falling asleep/staying asleep or sleeping too much; feel tired or have little energy; have poor appetite or overeating; feel bad about yourself; have trouble concentrating; or have thoughts of hurting yourself in some way.

Psychology services may include:

- ~ Individual psychology therapy sessions
- ~ Group Interventions – You can attend “Life after Stroke” psychology education group sessions
- ~ Comprehensive Neuropsychological Evaluations to monitor memory changes and track progress that could be beneficial for those who want to return to work or school
- ~ DMV evaluations

## **Medical Case Worker** *(Rehabilitation Service Only)*

**(562) 385-8184**

Medical Case Workers interact with community services to provide information and referrals to patients and families. They assist with the placement process if a patient is unable to return home following hospitalization. And they provide support services to prepare patients and families for their return home.

## **Clinical Social Work**

**(562) 385-7867**

Clinical Social Workers are trained and experienced in addressing the needs of patients who have experienced a traumatic health event. They partner with patients and families to identify their strengths or abilities to cope with hospitalization and disability. They collaborate with patients and families in planning for their return to the community.



# LA Health Portal

*Rancho App for Patients/ Family Members*



The **LA Health Portal** is a FREE and secure website and mobile app designed to **connect you to your doctors and your health information.**



## Take Charge of Your Health

Regularly view your immunization records, prescriptions, procedures and doctor notes. For more information, click here: [English](#) or [Spanish](#).



## Contact Your Doctor

Contact your doctor for non-urgent questions. Receive health reminders and letters from your doctor's office. Your doctor's office typically responds within 3 business days. Click [here](#) for more information.



## Review and Renew Your Medications

Review, renew, and request your current medication(s). Click [here](#) for more information.



## Request and View your Future Appointments

Online convenience to request, change, or cancel appointments with your primary care doctor.



## Check Lab and Imaging Results

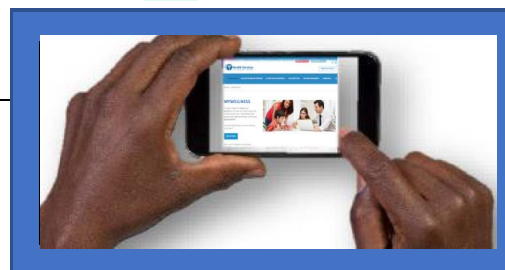
Easy access to your labs and other test results, such as blood pressure, blood work, cholesterol. For more information, click here: [English](#) or [Spanish](#).



## Connect Health Management Apps

Request access to your health and wellness data in an app of your choice. Click [here](#) to request further details.

<http://dhs.lacounty.gov/lahealthportal>





# LA Health Portal

**SAVE TIME – SELF-ENROLL TODAY!**

**Step 1:** Go to <http://dhs.lacounty.gov/lahealthportal>

**Step 2:** Click on “Enroll now”



**You will need the following information to enroll:**

1. First and Last Name:

\_\_\_\_\_

2. Date of Birth

\_\_\_\_/\_\_\_\_/\_\_\_\_

3. Medical Record Number OR  
email address listed in your  
medical record

\_\_\_\_\_

**Step 3:** Once you successfully complete the enrollment process, and create your account. The next step is to download the **LA Health Portal** mobile app. The app is available for both iOS and Android/Google. [App Store](#) [Google Play Store](#)



**Note:** If you prefer Spanish, you must select Spanish as your preferred language on the website. Log out and re-log into the mobile app for the language preference to be applied.





## Accessible Transportation Services

	Access	RRI	Dial-A-Ride	Call the Car	MTA
<b>Call</b>	(800) 827-0829	(562) 385-6778	211	(888) 839-9909	(323) 466-3876
<b>Eligibility</b>	Evaluations are currently being taken over the phone until further notice	Fro Rancho patients only. One time discharge transportation as long as they live in LA County	Requirements vary per city, usually at least 60 years and older or persons with disabilities	Registered members of LA Care medical insurance plan under Medi-Cal	Eligible for all
<b>Cost</b>	\$2.75 - \$3.50 each way depending on the distance	Free	Varies by city \$0.25-\$2.00 A Ride	Free	Free with Access card, or reduced with L.I.F.E Program
<b>Service Area</b>	Los Angeles County, (other counties have similar services)	Pick-up location must be within 25 miles from Rancho Los Amigos	Call 211 and find Out about your city	Los Angeles County	Los Angeles County
<b>Ride Share</b> (picks up others)	Yes	Yes	Yes	Yes, Rider can request no ride share	Yes
<b>Reservation</b>	At least 24 hours in advance. The earlier the better to receive desired time	First come first served basis. Call and make reservation ASAP	At least 24 hours to one week in advance	At least 48 hours in advance, same day service is available if trip times are flexible	None
<b>Extra passenger</b>	One person can ride with passenger for free	Only one caregiver with patient is allowed	Assistants or caregivers can ride for free	One person can ride with passenger for free	None
<b>Restrictions of use</b>	None	Limited to appointments at Rancho Los Amigos. Only 18 and over may ride	Limited to the same city; some serve neighboring cities for medical appointments only	For non-emergency medical and therapy appointments only	None



# Stroke Support Groups

Will I get  
better?



Will I be  
able to  
take care  
of myself?

Will my  
family  
be O.K.?

Will I  
enjoy life?

*The stroke support group will answer these questions with vital education and support. Meet experienced Stroke Survivors to be encouraged, optimistic, and empowered in recovery.*

## Time and Location

**Monday 2-3 PM Wednesdays 12-1PM Via ZOOM**

**Contact: Jaqueline Ramirez M**  
**[rlaknowbarriers@dhs.lacounty.gov](mailto:rlaknowbarriers@dhs.lacounty.gov)**  
**562.385.8175**

**Rancho Los Amigos National Rehabilitation Center**  
7601 Imperial Highway Downey, CA 90242  
(562) 385-7111 | TTY/TTD (562) 385-8450  
[www.rancho.org](http://www.rancho.org)  
[www.twitter.com/ranchorehab](https://www.twitter.com/ranchorehab)  
[www.facebook.com/rancholosamigosrehab](https://www.facebook.com/rancholosamigosrehab)

To request reasonable accommodation, contact the ADA Coordinator's office at (562) 385-7428 or by e-mail at [lawong@dhs.lacounty.gov](mailto:lawong@dhs.lacounty.gov) 5 days in advance.



Address: 7601 Imperial Hwy  
Downey, CA 90242

Phone: (562) 385-6398

E-mail: [outdooradventure@rancho.org](mailto:outdooradventure@rancho.org)

Website: <https://ranchoaoa.shutterfly.com/>

## Rancho Recreation Therapy

# Adaptive Outdoor Adventure

## January 2022

**\*\*ACTIVITIES WILL BE HELD BASED ON INSTRUCTOR AVAILABILITY.**

**SOME ACTIVITIES MAY CANCEL DAY OF SESSION WITHOUT PRIOR NOTIFICATION.**

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00am – 12:00pm *Disc Golf (Long Beach)	4	5 10:00am – 12:00pm *Trails Exploration (Long Beach)	6 10:00am – 11:30am *Adaptive Cycling around Rancho (Downey)	7
10 10:30am – 1:30pm *Adaptive Cycling (Long Beach)	11 10:00am – 11:00am *AOA Participant Evaluation 11:00am – 12:00pm *Intro to Adaptive Cycling	12 10:00am – 12:00pm *Golf Clinic (Norwalk)	13 11:00am – 1:00pm *Adaptive Indoor Rock Climbing (Los Angeles)	14
17	18 10:00am – 12:00pm *Beginners Golf Clinic (Downey)	19 9:30am – 12:00pm *Sailing (Long Beach)	20 10:00am – 11:30am *Adaptive Cycling around Rancho (Downey)	21 11:30am – 3:00pm *Whale Watching (Long Beach)
24 10:30am – 1:30pm *Adaptive Cycling (Huntington Beach)	25	26 10:00am – 12:00pm *AOA Participant Evaluation 1:00pm – 3:00pm *Bowling (Norwalk)	27 11:00am – 12:00pm *Learn About AOA (Rancho Farmers Market)	28
31			<p><b>*SAMPLE*</b></p> <p><b>Check Resource Center monthly for a new calendar</b></p>	

### \*Outdoor Adventure – Participant Requirements:

All requirements must be met in order to engage in all activities.

- Must be a past Rancho inpatient/outpatient at Rancho and discharged to an off-grounds placement OR are current outpatients at Rancho who are participating in the activities outside of their PT/OT/ST programs
- Participants must be at least 16 years old
- Past participants and new participants must complete the AOA application AND a Physical Evaluation with RT before participating in activities
- Must sign program liability waivers, paperwork, and/or doctor's consent forms prior to participation in programs with this requirement
- Must provide their own transportation to and from activities and outings
- Reservation required at least two days in advance for each activity. No walk-ins are allowed
- 24 hour advance cancellation requested
- Self-pay for activities with fees
- Masks must be worn at all times during any activity





Los Angeles  
County  
**Arts &  
Culture**

Generously funded by the  
Los Angeles County  
Department of Arts &  
Culture

### Recreation Therapy

# Adult Fine Arts Program

Come join our Adult Fine Arts Program offering various art techniques instructed by experienced art instructors! Learn how to create beautiful art using a variety of medians. Art sessions are offered 3 times a year. No prior experience required. Participants must be past Rancho patients or current Rancho outpatients to apply.

**Length:**

Art classes meet  
1x a week. for a  
duration of 10  
weeks.

**Capacity:**

Limited to 14  
participants  
per session.

**Location:**

Rancho Los  
Amigos Wellness  
Center  
Recreation  
Therapy Room.

\$20/person non-refundable session  
fees apply to help cover cost of

For more information, please contact:

Christina Webster, RT Supervisor: (562) 385-6323; [cwebster@dhs.lacounty.gov](mailto:cwebster@dhs.lacounty.gov)

or Jenevie Rivas: [JRivas3@dhs.lacounty.gov](mailto:JRivas3@dhs.lacounty.gov)

Rancho Los Amigos National Rehabilitation Center 7601 Imperial Highway | Downey, CA 90242 |  
[www.rancho.org](http://www.rancho.org); [www.twitter.com/ranchorehab](https://www.twitter.com/ranchorehab); [www.facebook.com/rancholosamigosrehab](https://www.facebook.com/rancholosamigosrehab);  
[www.instagram.com/ranchorehab](https://www.instagram.com/ranchorehab)



## Important Telephone Numbers

**Outpatient Pharmacy** (562) 385-7236  
(OPB, 1st Floor)

**Outpatient Pharmacy Refill Line** (562) 385-6011 (English)  
(562) 385-8432 (Spanish)

*Refills are only valid for up to six months. If it has been over six months since the prescription was written, please call (562) 385-8390 for an appointment with your physician or care provider.*

**Laboratory** (OPB, 3rd Floor) (562) 385-7046

*You will be given instructions on when and where to report for blood drawing and other tests. Your health care provider will review the results of your tests with you the same day or at your next visit.*

**Medical Imaging** (OPB, 1st floor) (562) 385-7535

**Nurse Advice Line** (562) 385-6211

**Health Information Management / Medical Records** (562) 385-7121  
(Building 603)

*Call Health Information Management / Medical Records for copies of medical records or assistance with completing medical forms such as disability forms.*

**Orthotics** (Building 501) (562) 940-7655

**Clinical Social Work** (562) 385-7867  
(OPB, 2nd Floor)

### Other Telephone Numbers

**Inpatient Admissions Office** (562) 385-6554

**Outpatient Referral Office** (562) 385-6530

**Patient Advocate** (562) 385-7036

**Patient Financial Services** (562) 385-7320

**Rancho Foundation** (562) 385-7053

**Volunteer Services** (562) 385-7651

**TTY/TDD** (562) 385-8450



### Directions

#### From the 710 Freeway:

Take Imperial Highway East exit. Follow Imperial Highway approximately one mile to Old River School Road. Turn Left. Enter Rancho grounds and park in the Parking Structure.

#### From the 605 Freeway:

Take the 105 Freeway West to Paramount Blvd., exit, turn right, go to Imperial Highway, turn left to Old River School Road, turn right. Enter Rancho grounds and park in the Parking Structure.

Take Garfield Avenue exit, turn left, go to Imperial Highway, turn right, go to Old River School Road, turn left. Enter Rancho grounds and park in the Parking Structure.

#### From the 105 Freeway:

Take Paramount Blvd., exit, turn right, go to Imperial Highway, turn left, go to Old River School Road, turn right. Enter Rancho grounds and park in the Parking Structure.



## AMBULATORY CARE SERVICES



**Business Hours: 7:00 a.m.—6:00 p.m.**  
**Closed: Saturdays, Sundays, and Holidays**

### Rancho Los Amigos National Rehabilitation Center

7601 Imperial Hwy  
Downey, CA 90242

(562) 385-6535

<http://www.rancho.org>

**Rancho does not have Emergency Services**  
**— please call 9-1-1 for assistance.**





# Ambulatory Care Services Information Brochure

## Welcome!



With more than 125 years of excellence in rehabilitation, Rancho provides specialized rehabilitation, medical, and dental services to residents of Los Angeles County.

To make sure Rancho can help you, you will be seen by a Rancho doctor before you are referred for ongoing services.

## CENTERS OF EXCELLENCE

- ◆ Brain Injury
- ◆ Center for Applied Rehabilitation Technology (CART)
- ◆ Diabetes/Limb Preservation / Amputation
- ◆ Gerontology
- ◆ Neurology
- ◆ Orthotics/Prosthetics
- ◆ Pathokinesiology
- ◆ Pediatrics
- ◆ Post-Polio Program
- ◆ Pressure Ulcer Management
- ◆ Spinal Cord Injury
- ◆ Stroke
- ◆ Vocational Services

## Check-In

Please check-in 15 minutes before your clinic visit at the clinic or therapy area.

We are committed to limiting the spread of COVID-19. Please remember to:

- Keep provided face mask over your nose and mouth.
- Wait behind the line until you are called to the desk.
- Maintain physical distancing of 6 feet.
- Cover your coughs and sneezes.
- Wash your hands or use hand sanitizer frequently.
- Tell an employee if you have any symptoms.

## What to Bring to Your Outpatient Visit

For your safety, you must bring identification and verification of your current address to each visit. (This is not for immigration purposes)

- Rancho Clinic card
- Photo ID, Driver's License, or passport
- Appointment notification letter or current utility bill
- Verification of Pay Source or Insurance coverage. (Medi-Cal card, Medicare card, insurance card, ATP or ORSA form, or authorization from CCS/HMO.)

### Remember to bring:

- List of questions: any new symptoms or problems, such as pain, fever or weakness.
- Original medication containers or lists of all your medications (both prescribed & over-the-counter medications).
- X-rays or current medical records from your doctor or hospital (if other than Rancho.)



## How to Get Your First Clinic Visit at Rancho

### If you are a current inpatient at Rancho:

Your first visit will be scheduled before you leave the hospital.

### If you are not a patient at Rancho or have not been seen in Ambulatory Care for 3 years:

A doctor's referral is required. The referring doctor needs to call: (562) 385-6535 fax (562) 385-7604 for an Outpatient Evaluation.



## Check-In Locations

**Outpatient Clinics and Rehabilitation Therapy Services** check in at the service location in OPB.

**Center for Applied Rehabilitation Technology (CART)** check in at the CART Building

## To Cancel or Reschedule Your Appointments, Please Call:

**Outpatient Care Clinics** (562) 385-8390

**Dental Center** (562) 385-7251

### Rehabilitation Therapy Services

- Driver's Training (562) 385-7081

- Speech Therapy (562) 385-8329

- Day Rehabilitation Center (DRC) (562) 385-7664

- Vocational Evaluation (562) 385-7721

**Center for Applied Rehabilitation Technology (CART)** (562) 385-6800

**Psychology** (562) 385-8181

**Audiology** (562) 385-8258



# Rancho Virtual Wellness

by Don Knabe Wellness Center

[www.RLAFit.com](http://www.RLAFit.com)

Get • Ready • Optimize • Wellness

## Virtual Live Private Sessions

Pilates Sessions—\$75/session

Virtual Nutrition Session—\$90-\$150/session

\*by appointment only



\*To make an appointment email:

[rlawellness@dhs.lacounty.gov](mailto:rlawellness@dhs.lacounty.gov)

or text to (562) 396-5538



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>11:00 am</b> <b>Spanish ABI Support Group</b> To join the group email: <a href="mailto:rrohan@dhs.lacounty.gov">rrohan@dhs.lacounty.gov</a></p>	<p><b>9:00 am</b> <b>Live Zoom Guided Meditation for Relaxation and Peace</b> To join the group email: <a href="mailto:rlawellness@dhs.lacounty.gov">rlawellness@dhs.lacounty.gov</a></p>	<p><b>11:00 am</b> <b>Spanish Covid Recovery Support Group - on hold</b> For more information email: <a href="mailto:rlawellness@dhs.lacounty.gov">rlawellness@dhs.lacounty.gov</a></p>	<p><b>10:00 am</b> <b>English Aphasia Support Group</b> To join the group email: <a href="mailto:rlawellness@dhs.lacounty.gov">rlawellness@dhs.lacounty.gov</a></p>	<p><b>11:00 am</b> <b>Song Writing Class</b> with Charles To join the class email: <a href="mailto:rlawellness@dhs.lacounty.gov">rlawellness@dhs.lacounty.gov</a></p>
<p><b>12:00 pm</b> <b>English ABI Support Group</b> To join the group email: : <a href="mailto:rrohan@dhs.lacounty.gov">rrohan@dhs.lacounty.gov</a></p>	<p><b>12:00 pm</b> <b>English SCI Support Group</b> To join the group email: <a href="mailto:rrohan@dhs.lacounty.gov">rrohan@dhs.lacounty.gov</a></p>	<p><b>12:00 pm</b> <b>English Stroke Support Group</b> To join the group email: <a href="mailto:rrohan@dhs.lacounty.gov">rrohan@dhs.lacounty.gov</a></p>	<p><b>11:00 am</b> <b>Spanish Aphasia Support Group</b> To join the group email: <a href="mailto:rlawellness@dhs.lacounty.gov">rlawellness@dhs.lacounty.gov</a></p>	
	<p><b>1:00 pm</b> <b>COVID Recovery Support Group</b> 1st Tuesday of every month To join group email: <a href="mailto:rlawellness@dhs.lacounty.gov">rlawellness@dhs.lacounty.gov</a></p>	<p><b>12:00 pm</b> <b>Nutrition Workshop English</b> (May 23th, July 25th) To join the group email: <a href="mailto:rlawellness@dhs.lacounty.gov">rlawellness@dhs.lacounty.gov</a></p>	<p><b>12:00</b> <b>Spanish SCI Support Group</b> To join the group email: <a href="mailto:rrohan@dhs.lacounty.gov">rrohan@dhs.lacounty.gov</a></p>	
	<p><b>1:00 pm</b> <b>Driving Support Group</b> 2nd and 4th Tuesday of every month. To join group email: <a href="mailto:shayes@dhs.lacounty.gov">shayes@dhs.lacounty.gov</a> and <a href="mailto:lphillips2@dhs.lacounty.gov">lphillips2@dhs.lacounty.gov</a></p>	<p><b>2:00 pm</b> <b>Spanish Stroke Support Group</b> To join the group email: <a href="mailto:rrohan@dhs.lacounty.gov">rrohan@dhs.lacounty.gov</a></p>	<p><b>12:10 pm</b> <b>Live Zoom Virtual Adaptive Yoga</b> with Emily \$15 per class To join the class email: <a href="mailto:rlawellness@dhs.lacounty.gov">rlawellness@dhs.lacounty.gov</a></p>	
	<p><b>1:00 pm</b> <b>Brains in Motion -Spanish</b> To join the group email: <a href="mailto:rlawellness@dhs.lacounty.gov">rlawellness@dhs.lacounty.gov</a></p>		<p><b>2:00 pm</b> <b>Women's Support Group</b> To join the group email: <a href="mailto:rrohan@dhs.lacounty.gov">rrohan@dhs.lacounty.gov</a></p>	
	<p><b>2:00 pm</b> <b>Brains in Motion</b> To join the group email: <a href="mailto:rlawellness@dhs.lacounty.gov">rlawellness@dhs.lacounty.gov</a></p>			
	<p><b>6:00 pm</b> <b>Virtual Adaptive Pilates Class</b> with Toni \$15 per class To join the class email: <a href="mailto:rlawellness@dhs.lacounty.gov">rlawellness@dhs.lacounty.gov</a></p>			

Scholarships are available for  
Virtual Private Sessions  
and LIVE ZOOM Classes  
For more information, email  
us at  
[rlawellness@dhs.lacounty.gov](mailto:rlawellness@dhs.lacounty.gov)  
or text to (562) 396-5538

# Don Knabe Wellness Center

Open for in-person services

Get • Ready • Optimize • Wellness

Hours : 7:00am – 5:00pm, Monday through Friday

By appointment only

To book your appointment, call (562) 385-6600



For updates and information visit: [RLAFit.com](http://RLAFit.com)



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>10:00 am</b> English Class Room 105</p>	<p><b>11:00 am</b> Seated Therapeutic Tai Chi (Last Tuesday of the month) Room 105</p> <p><b>12:15pm</b> Zumba Room 105</p> <p><b>12:30 pm</b> Artist on the Rise Room 105</p> <p><b>1:00 pm</b> Driving Support Group (2nd and 4th Tuesday of every month) OPB, OP1019</p>	<p><b>9:00 am</b> Knitting Class (1st and 3rd Wed) Outside of DKWC</p> <p><b>10:00 am</b> English Class Room 105</p> <p><b>11:00 am</b> Aromatherapy/ Relaxation (2nd Wednesday of every month) Room 110</p> <p><b>12:00 pm Nutrition Workshop in English</b> Room 105 (May 25th, July 27th)</p> <p><b>12:15 pm</b> Zumba Room 105</p> <p><b>1:30 pm</b> Bingo (1st and 3rd Wednesday of every month) Room 104</p>	<p><b>9:30am</b> Wheelchair Sports Class (2nd and 4th Thursday of every month) OBP Basketball Courts</p> <p><b>12:15 pm</b> Zumba Room 105</p>	<p><b>10:00 am</b> English Class Room 105</p> <p><b>11:00</b> Songwriting Class with Charles Room 105</p>

## Covid-19 Considerations

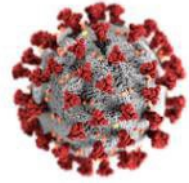
- Covid-19 self screening at the entrance
- Rancho approved masks are required
- Six feet distance is required among all participants
- Towel service is not provided
- Group formations are not permitted outside of classes
- Cleaning and disinfectant protocols in place
- Food or beverages are not permitted



Scholarships are available for Wellness Center memberships  
For more information, call us at (562) 385-6600 or email us at  
[rllawellness@dhs.lacounty.gov](mailto:rllawellness@dhs.lacounty.gov) or text us to (562) 396-5538



# Coronavirus (COVID-19)



## What You Need to Know

### What is Coronavirus?

Coronavirus is a new virus that has made a lot of people very sick around the world. It causes a range of illnesses in humans, from mild common cold to more serious respiratory illness.

### How does it Spread?

- When an infected person coughs or sneezes
- Close contact with people including touching, shaking hands, hugging, sharing food or drinks
- Touching a surface with the virus and then touching your mouth, nose, eyes with unwashed hands
- Even if someone does not have any symptoms, they can pass the virus onto others

### Prevent the Spread!



Practice **social distancing**. If you need to go out, stay at least **6 feet** away from others



Avoid the **three C's**: confined spaces, crowds, close contact!



Wash your hands **frequently** with soap and water for at least **20 seconds**



Wear a **face mask** (something that covers your mouth and nose) when out



**Avoid touching your face!** Especially your eyes, mouth, and nose.



**Clean and disinfect** surfaces that are frequently touched. Ex. Tables, door knobs, light switches, & Phones



Stay **home** if you don't feel well

### Seek Medical Care if...

- You have a **fever**
- You have a **cough**
- You have **difficulty breathing**



### Is there a vaccine or medication available?



Yes, there are currently 3 FDA vaccines available that are approved. The best way to prevent the infection is to avoid close contact with other people and to wash your hands frequently.

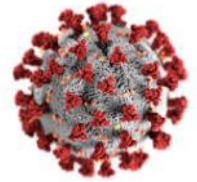
Sources: CDC.GOV AND PUBLIC HEALTH.LACOUNTY.GOV





# Coronavirus (COVID-19)

## Resources



### Los Angeles County Resources

<http://publichealth.lacounty.gov/media/Coronavirus/resources.htm>

- **Resources including:**
  - Food: food banks, individuals/families (giftcards for groceries), health coverage, pregnancy
  - Health: health coverage, pregnancy and breastfeeding
  - Financial resources: unemployment insurance claim, social security benefit information, economic impact payments (stimulus package), income tax filing assistance
  - Other resources: shelters, housing and eviction prevention assistance, public social services, childcare, hotlines, resources to connect virtually

### COVID-19: Updates, Information, and Additional Resources

- LA County Department of Public Health:
  - <http://publichealth.lacounty.gov/media/Coronavirus/>
- Centers for Disease Control and Prevention
  - <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- The City of Los Angeles
  - <https://corona-virus.la>

### Mental Health & Coping Resources

- A Reference for Maintaining Mental Health & Well-being  
<http://publichealth.lacounty.gov/media/Coronavirus/docs/help/StrategiesForCoping.pdf>
- Guide to Mental Health Resources for COVID-19:  
<https://www.massgeneral.org/psychiatry/guide-to-mental-health-resources>
- Beyond COVID: Living Well During & Beyond the Coronavirus Pandemic  
<https://beyondcovid-19.comhttps://beyondcovid-19.com>





## Community Resources

Re-entering the community after an injury be may be challenging. There are numerous organizations and programs to help you regain your independence at home and in the community. Below is a list of resources that you might find helpful.

### **Community Participation**

- City calendar, free / low cost community events (City specific)
- LA County Information line – large variety of resources **Call 2-1- 1**
- LA County Public Library (by zip code) <https://lacountylibrary.org/Library-locator>
- Volunteer opportunities (by zip code) [www.volunteermatch.org](http://www.volunteermatch.org)

### **Financial Support / Benefit Programs**

- California Lifeline Telephone Service (ULTS) <https://www.cpuc.ca.gov/Lifeline>
- California Telephone Access Program (CTAP) <http://www.CaliforniaPhones.org>
- CARE and other utility rebate programs
  - Southern California Edison (SCE) <https://www.sce.com/residential/assistance/care-fera>
  - Los Angeles Department of Water & Power (LADWP) <https://www.ladwpnews.com>
  - So CA Gas Company <https://www.socalgas.com/save-money-and-energy/assistance-programs/california-alternate-rates-for-energy>
- IHSS Personal Assistant Service Council <http://www.pascla.org/>
- Medical Baseline Allocation (SCE & So CA Gas Co) [www.sce.com/residential/rates/medical-baseline-allocation.htm](http://www.sce.com/residential/rates/medical-baseline-allocation.htm)
- Utility Users Tax Exemption <https://utility-tax-exemption.pdfFiller.com>

### **Home Modification Programs**

- Handy Worker / Home Secure [www.lacity.org/lahd/hndywrkr.htm](http://www.lacity.org/lahd/hndywrkr.htm)
- City Development Block Grant (CDBG) funds (City specific) <https://www.dmv.ca.gov/portal/dmv/dmv/offices/driversafetyoffices>

### **Meal / Food Assistance Programs**

- Cal Fresh <http://dpss.lacounty.gov/wps/portal/dpss/main/programs-and-services/calfresh>
- LA County Restaurant Meal Program <http://dpss.lacounty.gov/wps/portal/dpss/main/programs-and-services/restaurant-meal>
- L.A. Regional Food Bank-<https://www.lafoodbank.org>
- Home delivered meal program by city [www.mealcall.org/locations/ca.htm](http://www.mealcall.org/locations/ca.htm)
- Meals on Ride (City Specific) <https://www.mealsonwheelsamerica.org/>





## Community Resources



### Rancho Resource Center

To learn more about services at Rancho or in the community stop by and speak with our *life experts*.

**KnowBarriers** Peer Mentors are ready to assist you!

Outpatient Building, 1<sup>st</sup> floor Lobby  
Monday – Friday, 8am – 430pm

### Recreation

- Accessibility features of CA State Parks <http://access.parks.ca.gov>
- Adaptive equipment for recreation <https://store.accesstr.com>
- America the Beautiful Land Access Pass <https://www.nps.gov/planyourvisit/passes>
- California Aquatic Therapy & Wellness Pools of Hope <https://www.caaquatictherapy.com>
- Don Knabe Wellness Center <https://www.ranchoresearch.org/don-knabe-wellness-center>
- Free Sport Fishing License <https://wildlife.ca.gov/Licensing/Fishing/Free-Fishing-Days>
- Los Angeles Department of Recreation & Parks [www.laparks.org](http://www.laparks.org)
- Outdoor adventure / adaptive recreation programs
  - Rancho Adaptive Outdoor Adventure program <http://ranchofoundation.org/adaptive-outdoor-adventure>
  - UCLA <https://www.recreation.ucla.edu/Adaptiveprograms>
  - US Adaptive Recreation Center [www.usarc.org](http://www.usarc.org)
- Southern California beaches with beach wheelchairs [www.coastal.ca.gov/access/beach-wheelchairs.html#ventura](http://www.coastal.ca.gov/access/beach-wheelchairs.html#ventura)

### Return to Driving

- California DMV (status of license, test material etc.) <https://www.dmv.ca.gov/portal/dmv>
- DMV Driver Safety <https://www.dmv.ca.gov/portal/dmv/dmv/offices/driversafetyoffices>
- Rancho Driver Training (RRI) <http://ranchofoundation.org/drivers-education-training-program>

### Return to School / Work

- Centers for Independent Living (by zip code) [www.cfilc.org](http://www.cfilc.org)
- Rancho Occupational Therapy Vocational Service
- State Department of Vocational Rehabilitation <https://www.dor.ca.gov/Home/VocationalRehabilitio>





The Americans with Disabilities Act (ADA) enacted in 1990, is a civil rights law that prohibits discrimination against individuals with disabilities in all areas of public life, including jobs, schools, transportation, and all public and private places that are open to the public. An individual with a disability is defined as a person who:

- Has a physical or mental impairment that substantially limits one or more major life activities
- Has a record of such impairment
- Is regarded as having such an impairment

The ADA is divided into 5 titles (or sections) that relate to different areas of public life.

### **Title I: Employment**

The ADA states that no covered employer shall discriminate against any qualified person with a disability in regards to all terms, conditions or privileges of employment.

- Employers with 15 or more employees or a state or local government regardless of the number of employees
- Persons with a disability that are required to perform the functions of a position with or without reasonable accommodations (**reasonable accommodation refers to a modification in the work environment or in the job itself that will allow an individual with disabilities to perform a specific job**)
- Enforced by Equal Employment Opportunity Commission (EEOC) making existing facilities accessible, assistive devices, interpreters etc.)
- Claims must be filed within 180 days of the discrimination action
- If a settlement cannot be reached, the complainant has the right to go to court

### **Title II: Public Services**

Public Services shall operate their programs so that when viewed in their entirety, they are readily accessible to and usable by individuals with disabilities.

- May not refuse to allow a person with a disability to participate in a service, program or activity simply because of a person's disability
- Must make reasonable modifications to rules, practices and procedures that deny equal access
- Must ensure that individuals with disabilities are not excluded from services, programs and activities because buildings are inaccessible
- Must provide auxiliary aids and services when necessary to ensure effective communication. i.e. large print, Braille, sign language interpreters, assisted listening systems



### **Title III: Public Accommodations**

Address public accommodations operated by a private entity such as restaurants, movie theaters, museums, hotels, hospitals, stores, day care centers, zoos, amusements parks etc.

- Remove architectural and structural communication barriers in existing facilities where readily achievable, i.e. installation of grab bars, accessible parking, installing ramps etc.
- Furnish auxiliary aids when necessary to ensure effective communication unless an undue burden or fundamental alteration would result
- Make reasonable modifications in policies, practices and procedures that deny equal access

### **Title IV: Telecommunications**

Requires that any public–service announcement funded in part or whole by Federal Government be closed-captioned

- Addresses telecommunication services for persons having speech or hearing impairments
- Phone companies are required to provide telecommunication access for persons with hearing and speech disabilities

### **Title V: Miscellaneous**

Address miscellaneous provisions

- Allows states to protect persons seeking their rights from retaliation
- Allows states to be sued under ADA
- Encourages alternative methods of resolutions

### **ADA Resources**

- ADA Information Line: 800-514-0301(Voice) / 800-514-0383(TTY)
- Disability Rights California. Largest disability rights group in the United States. Non-profit. See Resource page. [www.disabilityrightsca.org](http://www.disabilityrightsca.org) 800.776.5746

To request reasonable accommodations for services at Rancho, contact the ADA Coordinator's office at (562) 385-7428 or by e-mail [lawong@dhs.lacounty.gov](mailto:lawong@dhs.lacounty.gov) 5 days in advance



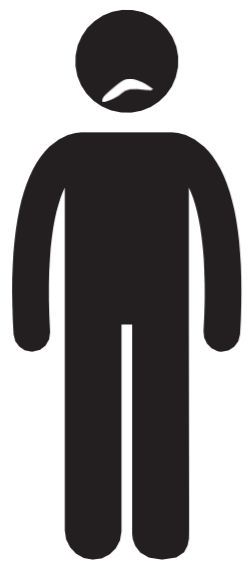


American Stroke Association®  
A division of the American Heart Association.

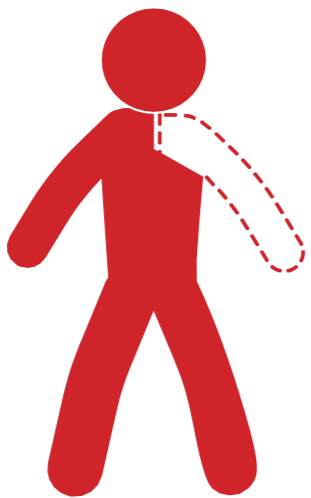
Together to End Stroke®

# SPOT A STROKE™

# F.A.S.T.



**F**ACE Drooping



**A**RM Weakness



**S**PEECH Difficulty



**T**IME to Call 911

Learn more at [stroke.org](https://www.stroke.org)

2020 Edition