

Welcome to YASS!

We were wondering how many people would show up! Thanks for coming!

Please ask volunteers if you need help.

Restrooms are in the hallway behind us.

Caregiver meeting at 1:30

Please feel free to borrow a book or DVD from our library

It's hard to understand what's going on if other people are talking. Please be quiet when people are presenting. Please turn off cell phones.

If you're new, please see Stan and Jan to sign up for our roster for information about the group.

We have grippy shelf liner that is really helpful if you can only use one hand. Please feel free to take some.

Happy birthday, April Babies!

Have you had any improvements that you want to share with the group.

Marie is graduating from physical therapy!

Gerrit is walking farther and farther. He went a different route the other day and it was much longer. He was really amazed and proud.

Mike Tran created the Stroke Determination Foundation, and they have activities to enjoy.

Next week, come to the Village Theater (Issaquah) on Saturday at 2 o'clock and get 50% off of your ticket.

Mike would like your support to keep the Stroke Determination Foundation alive.

One member and his dog got flashing lights for their walking vests so they can stay safe when they're out walking.

Mike's play: "A Proper Place"

Tickets \$30

Call Mike 206-713-8859

Mariners Strike Out Stroke

Saturday May 20th, 7:10 PM

Safeco Field

Tickets \$25 or \$37

Proceeds benefit support groups

You can be nominated or nominate someone else to participate in the pre-game events

Mike Gordon

Mike has come up ways to carry things in one hand! Tell Gerrit if you want one of Mike's gadgets.

Caregivers meeting!

Reva, from UW Aphasia lab. Aphasia Walk, May 13th Saturday, Little Mountain Park in Marysville.

10am, 2 paths: 0.25 mile or a longer path.

Caregivers and people with aphasia we need you there :)

Any questions please contact Reva or UW Aphasia lab!

Anyone interested in giving a ride to a member?

Nate Lee, a development engineer. Wants to find out your main concerns with the health care system. He has a list of questions.

As far as doctors are concerned, people are not showing up to their appointments.

Wants to hear you concerns with the health care system in order to come up with solutions.

Any format for responses.

What are the steps you usually take to schedule your appointments?

How do you get to your appointments?

Do you use public transportation? Your own car? Taxis or ride share?

What are ways you prefer to be reminded about your appointments?

- Integration between MyChart system and Google calendars

- Phone calls before the appointment

- Send reminders to the caregiver

- Doctors are scheduling appointments with patients who cannot manage their own calendars

How many of you use a smart phone?

Do you have one primary caregiver?

Lack of exchange between different facilities and programs

- Feeling like you're going back and forth between caregivers

After your stroke, how did you learn the special terminology that medical professions use?

- Trial and error
- Make the staff explain what they mean

How many people have more than one caregiver?

- Spouse?
- Close family?

John had multiple caregivers at "Rehab without Walls" – home health service

- Speech therapy
- Occupational therapy
- Physical therapy

Were you in a rural environment when you had your stroke?

Even in the city, you can be isolated and it's hard to get to the hospital.

Shoreline has good emergency services.

How many appointments did you have after your stroke?

What would help you when you have a lot of doctors to see?

How often do you miss appointments?

Caregivers can help keep appointments organized.

How much of your day is used up for one appointment?

- Half a day
- All day

It takes a lot to get to and from appointments!

- Getting dressed
- Getting transportation
- Waiting at the doctor's office
- Going home

How long it takes depends on:

- What kind of transportation
- Your disabilities (mild, severe)
- What kind of doctor

PATE (9am-3pm) service provides shuttle bus, come and get you to your appointment and have stuff for you to do there. very useful service.

Steve wanted more independence. It was a big deal for him to ask for pills. but people in the rehab center kept telling him that he was

not ready. Sometimes it can be a bad thing for them to take care of everything for me.

What are some functions of phone you would like see in order to help you?

- integration of Google calendar
- a preview of reminder
- signal of light on the calendar, linked to you of what you are looking at
- phone recording?
- motivational device, congratulation notice

orientation phone call from caregiver helps organize the life

telehealth(video conference with doctor) ?

Any other questions you think he should ask ?

-next step?

develop products with the hospital

Thank you very much guys!!

Explore the YASS website

