

Chapter 8: Resources

Allina Health Resources

- **Allina Health Home Health**
651-635-9173
- **Courage Kenny Rehabilitation Institute**
612-863-4200 or 1-866-880-3550
 - Adaptive Sports & Recreation:
612-775-2277 or allinahealth.org/adaptivesports
 - Aquatics, fitness and wellness:
612-775-2306
 - Driver Assessment and Training:
612-262-7855
 - Vocational Services:
612-775-2569
- **Financial assistance**
612-262-9000 or 1-800-859-5077
- **Mental Health & Addiction Connection**
1-866-603-0016
- **Penny George® Institute for Health and Healing**
612-863-3333 or allinahealth.org/pennygeorge
- **Transportation**
 - Allina Health Emergency Medical Services:
651-241-4400
 - non-emergency medical transportation:
651-222-0555
- **Neuroscience Research**
 - research and clinical studies
 - allinahealth.org/research/areas-of-research/neuroscience-research

Community Resources

- **Adaptive recreation**
 - Capable Partners:
612-299-1329
 - Reach for Resources, Inc.:
952-200-3030
 - Wilderness Inquiry:
612-676-9400
 - Parks and Recreation Department:
You can find information on local programs through your city.
Visit your city's website to learn more.
- **Adult day care programs**
 - Minnesota Department of Human Services:
Visit mn.gov/dhs to learn more about local licensed service providers.
Click *General public* and then *Licensing*.
 - Wisconsin Adult Day Services Association:
wadsa.org
- **Adult protective services**
 - Minnesota Adult Abuse Reporting Center:
1-844-880-1574
 - Wisconsin:
Visit dhs.wisconsin.gov/aps to learn more about adult protective services.
Click *Elderly Adults-at-Risk Helplines* in the left navigation bar to find your county agency and contact information.
- **Brain Injury Alliance**
 - Minnesota:
612-378-2742 or 1-800-669-6442
 - Wisconsin:
262-790-9660 or admin@biaw.org
- **Courage Kenny Rehabilitation Institute Adaptive Sports & Recreation:**
612-775-2277 or allinahealth.org/adaptivesports

■ Suicide & Crisis Lifeline (Minnesota)

- Suicide & Crisis Lifeline:
988

■ Crisis services (Wisconsin)

- HOPELINE:
Text “HOPELINE” to 741741
- Prevent Suicide Wisconsin:
Visit preventsuicidewi.org to find a suicide prevention coalition or crisis line near you. Under Learn, click *Wisconsin Suicide Prevention Plan*.

■ Resource centers (Minnesota)

- Disability Linkage Line®:
1-866-333-2466
- Senior LinkAge Line®:
1-800-333-2433

■ Resource centers (Wisconsin)

- Aging and Disability Resource Centers:
dhs.wi.gov/adrc

■ Respite care

- Call your local nursing homes, home health agencies, adult day care centers or county Department of Social Services.

■ Stroke associations

- American Stroke Association®:
stroke.org or 1-888-478-7653
- Minnesota Stroke Association:
strokemn.org or 763-553-0088
- National Institute of Neurological Disorders and Stroke:
ninds.nih.gov

■ Transportation (Minnesota)

- Metro Mobility:
Call 651-602-1111 or visit mnhelp.info to find local transportation services. Type “medical appointment transportation” in the search bar.

■ Transportation (Wisconsin)

- Medicaid and BadgerCare Plus non-emergency medical transportation:
1-866-907-1493
- Tender Care Transport:
715-835-2435

■ Transportation (National)

- Independent Living Research Utilization:
ilru.org
- United Way:
211 or 651-291-0211

■ Department of Veterans Affairs

- Minnesota:
1-888-546-5838
- Wisconsin:
1-800-947-8387

■ Disability parking permits (Minnesota)

- Driver and Vehicle Services:
Call 651-297-3377 or visit dmv.org/mn-minnesota/disabled-drivers.php to learn more about disability parking permits.

■ Disability parking permits (Wisconsin)

- Wisconsin Division of Motor Vehicles:
Call 608-264-7169 or visit dmv.org/wi-wisconsin/disabled-drivers.php to learn more about disability parking permits.

■ Meals on Wheels (Minnesota)

- Metro area:
612-623-3363
- Greater Minnesota:
Visit meals-on-wheels.com and click *Get Meals* to learn more about home-delivered meals.

■ Meals on Wheels (Wisconsin)

- Visit gwaar.org to learn more about home-delivered meals. Click *Technical Assistance* and then *Nutrition Program*.

■ **Vocational rehabilitation services (Minnesota)**

- Minnesota Employment and Economic Development:
 - Metro area: 651-259-7114
 - Greater Minnesota: 1-800-657-3858

■ **Vocational rehabilitation services (Wisconsin)**

- Wisconsin Division of Vocational Rehabilitation:
608-261-0050 or 1-800-442-3477

Support Groups

■ **American Stroke Association**

- 1-888-478-7653 or stroke.org

Allina Health

■ **Abbott Northwestern Hospital:**

- 612-863-4317 or 612-863-4576

■ **Abbott Northwestern Hospital YESS (Young Enthusiastic Stroke Survivors):**

- 612-863-4317 or 612-863-4896

■ **Buffalo Hospital:**

- 763-684-3855

■ **Cambridge Medical Center:**

- 763-688-7782

■ **Courage Kenny Rehabilitation Institute Stroke Program coordinator**

- 612-863-4317

■ **Courage Kenny Rehabilitation Institute – Golden Valley Campus:**

- 612-863-4872

■ **Mercy Hospital:**

- 763-236-8910

■ **New Ulm Medical Center:**

- 1-507-217-5685 or 1-507-217-5686

■ **United Hospital:**

- 651-241-4823

Directions for My Medicine List

1. **ALWAYS KEEP THIS FORM WITH YOU.** You may want to fold it and keep it in your wallet along with your driver's license. Then it will be available in case of an emergency.
2. Write down all of the medicines you are taking and list all of your allergies. Add information on medicines taken in clinics, hospitals and other health care settings — as well as at home.
3. Take this form with you on all visits to your clinic, pharmacy, hospital, physician, or other providers.
4. **WRITE DOWN ALL CHANGES MADE TO YOUR MEDICINES** on this form. When you stop taking a certain medicine, write the date it was stopped. If help is needed, ask your doctor, nurse, pharmacist, or family member to help you keep it up-to-date.
5. In the "Notes" column, write down why you are taking the medicine (Examples: high blood pressure, high blood sugar, high cholesterol).
6. When you are discharged from the hospital, someone will talk with you about which medicines to take and which medicines to stop taking. Since many changes are often made after a hospital stay, a new list may be filled out. When you return to your doctor, take your list with you. This will keep everyone up-to-date on your medicines.

How does this form help you?

- This form helps you and your family members remember all of the medicines you are taking.
- It provides your doctors and other providers with a current list of ALL of your medicines. They need to know the herbals, vitamins, and over-the-counter medicines you take!
- With this information, doctors and other providers can prevent potential health problems, triggered by how different medicines interact.



For copies of the My Medicine List and a brochure with more tips, visit the Minnesota Alliance for Patient Safety's Web site at www.mnpatientsafety.org or call (651) 641-1121.

Minnesota Stroke Association

2277 Highway 36 West, Ste 200 | Roseville, MN | 55113-3830 | 612-378-2742 | 800-669-6442

Authorization to Participate in Resource Facilitation

As part of your rehabilitation, we offer follow-up services through the Minnesota Brain Injury Alliance/Minnesota Stroke Association Resource Facilitation Program. This confidential and voluntary telephone follow-up service DOES NOT REPLACE any medical or rehabilitation follow-up care that you may need. It is intended to provide you and your family with information about brain injury or stroke and assistance in accessing services and supports. Participation begins on the date signed. A Resource Facilitator will contact you by telephone approximately six (6) weeks from the time you return this form. If you prefer contact sooner, please call the number listed above.

I, _____, give permission for myself or my child to be part of the Resource Facilitation Follow-Up Program with the Minnesota Brain Injury Alliance/Minnesota Stroke Association.

Name: _____ Telephone: _____

Address: _____ Email: _____

City: _____ State: _____ Zip: _____ Best Time to Call: _____

Date of Birth: _____ Gender: Male Female Language Spoken _____

Brain Injury Cause: _____

Stroke

Date of Incident: _____ Date of Hospital Discharge: _____

Caregiver or Guardian of Patient/Individual: _____ Relationship: _____

Address (if different then Patient/Individual): _____

Email: _____ Telephone: _____

Signature of Patient/Individual or Guardian

Date

Professional Completing this Referral (Social Worker, Discharge Planner, Health Care/Rehabilitation Professional, etc):

Name/Title of Professional

Organization

Email/Phone

Send Completed Form to: Minnesota Brain Injury Alliance / Minnesota Stroke Association
Attn: Resource Facilitation
2277 Highway 36 West, Suite 200
Roseville, MN 55113-3830

Fax to: 612-378-2789 or Scan and E-mail to: info@braininjurymn.org [subject line: RF Referral]
allinahealth.org/stroke

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Learn more about the Allina Health account



Easy appointment scheduling
In-person and virtual visits,
appointment reminders and updates



Care for the whole family
Gain access to another person's
account (proxy access)



Virtual care options
On-demand urgent care and
scheduled virtual visits



Prescriptions and billing
Manage payments, order refills and
track prescriptions



Info all in one place
Health records, lab results and
appointment notes



**Communicate with your
care team**
Send and review messages

Make health care easier with an online, all-in-one way to manage care.

Get started at
AllinaHealth.org/account

Allina Health 

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allinahealth.org/stroke

Nondiscrimination in Health Programs and Activities

Affordable Care Act – Section 1557

Allina Health complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, gender identity or sex. Allina Health does not exclude people or treat them differently because of race, color, national origin, age, disability, gender identity or sex.

Allina Health:

- provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - ◊ qualified sign language interpreters, and
 - ◊ written information in other formats (large print, audio, accessible electronic formats, other formats)
- provides free language services to people whose primary language is not English, such as:
 - ◊ qualified interpreters, and
 - ◊ information written in other languages.

If you need these services, ask a member of your care team.

If you believe that Allina Health has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, gender identity or sex, you can file a grievance with:

Allina Health Grievance Coordinator
P.O. Box 43
Minneapolis, MN 55440-0043
Phone: 612-262-0900
Fax: 612-262-4370
GrievanceCoordinator@allina.com

You can file a grievance in person or by mail, fax or email. If you need help filing a grievance, the Allina Health Grievance Coordinator can help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.





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