

# Stroke Care Coordination: Jumping those Barriers

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## UNC Lenoir Health Care

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- Located in Rural Eastern North Carolina
- Lenoir County is designated Tier 1 (most distressed) by NC Department of Commerce
- 1:5 people has a disability
- High need, Low resourced community

# Our Most Common Barriers in Transition Post Discharge

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1.Transportation

2.Medications (cost, health literacy)

3.Access to services for uninsured/underinsured

# Resources

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<b><i>Barrier</i></b>	<b><i>Resources</i></b>
<b>Transportation</b>	Community Transit
	Vouchers for Uber or Cab for OP therapies at hospital
	Faith based groups (if church doesn't already have a group ask if they would consider creating one)
	Baptist Disaster Relief--- Family Foundations (some will help with transportation, others will help with ramp building)
<b>Medications</b>	Recruit help of Pharmacist/ community pharmacist programs
	Blister packaging (particularly if health literacy or compliance is issue)
	Some of the smaller pharmacies will work with patients so they can afford. Biweekly fills .
	Financial Aid Prescription programs (Compassionate Care)
	VA-if appointment is greater than 30 days out, call and ask to speak to pharmacist. (will require hard copy RX but I have gotten refills in the interim for patients.)

# Resources

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<b>Barrier</b>	<b>Resources</b>
Services	ECU Student Run PT/OT Clinic (can self refer)
	Some HH agencies have limited slots for "medicaid pending"
	Community Centers
	<b>The Believe Stroke Recovery Foundation</b> - NC nonprofit that assists with resources dedicated to the quality of life of survivors and their families (919-916-5200)
	Area agency on Aging
Outside the Box Ideas	Art Center Classes (great for patients that are too good for OT but still not to baseline)
	Walking groups at fitness centers
	Farmers Market
	Fitness Centers (some have classes /programming for people overcoming disability)
	Adaptive CrossFit classes
	Water Fitness Classes
	Shopping Buddies



**Thank you**