

Resources

Please call us or visit our website to explore these additional free resources.

- **Caregiver Program**
Resources, support, and education for caregivers and family members.
- **Farewell to Falls**
This home-based fall prevention program sends an occupational therapist to the home to look at the risk factors associated with falls.
- **Health Library**
Our medical librarians will help you find trustworthy information to answer your health-related questions.
- **Stanford Health Hub**
Find free and reduced-cost health resources and services at Stanford and in your community.



Neuroscience Supportive Care Program

We support the physical and emotional well-being of patients and caregivers. Sign up for virtual exercise and meditation classes, support groups, and more. All services are free and open to the community, regardless of where you receive care.

Call [650-725-8100](tel:650-725-8100), or email us at SupportiveCarePrograms@stanfordhealthcare.org

www.stanfordhealthcare.org/nscp



Scan QR code to learn more and register.

Online Classes and Workshops

- Advanced Care Planning Workshop
- Healing Strokes Art Therapy
- Mindfulness Meditation

Online Exercise and Fitness Classes

- Dance for Parkinson's
- Exercise for Parkinson's
- Qi Gong
- Sit and Be Fit
- Tai Chi (English / 普通話網上太極課)
- Tango for Parkinson's
- Yoga

Online Support Groups

Support groups provide encouragement, hope, and education to patients, family members, and caregivers.

- Acoustic Neuroma Support
- Atypical Parkinsonism Support
- Brain Tumor Support
- Huntington's Disease Support
- Live Fully Multiple Sclerosis Support
- Meningioma Support
- Myasthenia Gravis Support
- Parkinson's Disease Support
- Speech Communication Support
- Stroke Support
- Trigeminal Neuralgia Support