

Supportive Care Hours and Schedule

The Supportive Care team is available
Monday – Friday from 8:30am to 5:00pm.

Most offerings are not available during the
following dates:

- June 28 - July 4, 2021
- September 5 - 12, 2021
- November 21 - 28, 2021
- December 20 - January 2, 2022

For the most up to date information, go to
www.stanfordhealthcare.org/nscp.

For more information

Stanford Neuroscience Health Center
213 Quarry Road, Palo Alto, CA 94304



Lauren Stroshane, MSN, RN
Nurse Coordinator
650-721-8500

Email: nscp@stanfordhealthcare.org
Online: www.stanfordhealthcare.org/nscp



Virtual Neuroscience Supportive Care Program

The Neuroscience Supportive Care Program
is here for you and those close to you as you
manage a condition over time. We provide
FREE, personalized nursing consultations and
connections to evidence-based resources to
support your physical, emotional, and social
well-being.

All services are tailored to the unique needs of
neuroscience patients and developed to help
patients manage conditions to improve their
quality of life.

www.stanfordhealthcare.org/nscp



Scan QR code to view
details online.

Keeping You Safe

Keeping you safe is important. We follow Stanford Health Care and county guidance for location (in-person vs. online) of our program offerings.

For the most up-to-date information, please check our online calendar at:

www.stanfordhealthcare.org/nscp

Classes and Workshops

- Coping with Caregiving Series
- Healing Strokes
- Inside Out: 8 Weeks to a Healthier You
- Mindfulness Meditation

Exercise and Fitness

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

Current as of 8/2021
Stanford Health Care Patient Experience/
Health Education, Engagement, and Promotion
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Online Platforms

- **Stanford Health Hub**
A website that lists free and reduced-cost health resources and services within the community and at Stanford.
<https://stanford.auntbertha.com>
- **Smart Patients**
An online place for you to share your story, connect with and learn from others.
 - **Caregivers**
<https://www.smartpatients.com/partners/stanford-caregivers>
 - **Stroke Community**
<https://www.smartpatients.com/partners/shc-stroke>

Resources

- Caregiver Program
- Health Library
- Palliative Care

Support Groups

- Brain Injury Peer Support
- Brain Tumor Support
- Live Fully MS Discussion Group
- Memory Disorder Caregiver Support