



*COGNITIVE RECOVERY LAB*



FAMA APHASIA  
RECOVERY LAB

# DMV Aphasia Resource Guide

This guide does not provide medical advice. It is intended for informational purposes only. Please consult your medical provider for medical advice and treatment.



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# How to Use this Guide

- This guide provides information about resources in the DC-Maryland-Virginia (DMV) area
- A brief description and contact information is provided
- Click on [Blue](#) text to go to the website

For questions about this guide, email:

- [crlab@georgetown.edu](mailto:crlab@georgetown.edu)
- [famalab@gwu.edu](mailto:famalab@gwu.edu)

# Communication Groups

In groups you can work on language, speech, and thinking skills with other people.



# Communication Groups

## Neuro Rehab Network

- In-person groups in Columbia, MD
- Call: 410-645-1001
- Email: Julie@neurorehabnetwork.org

## Stroke Comeback Center

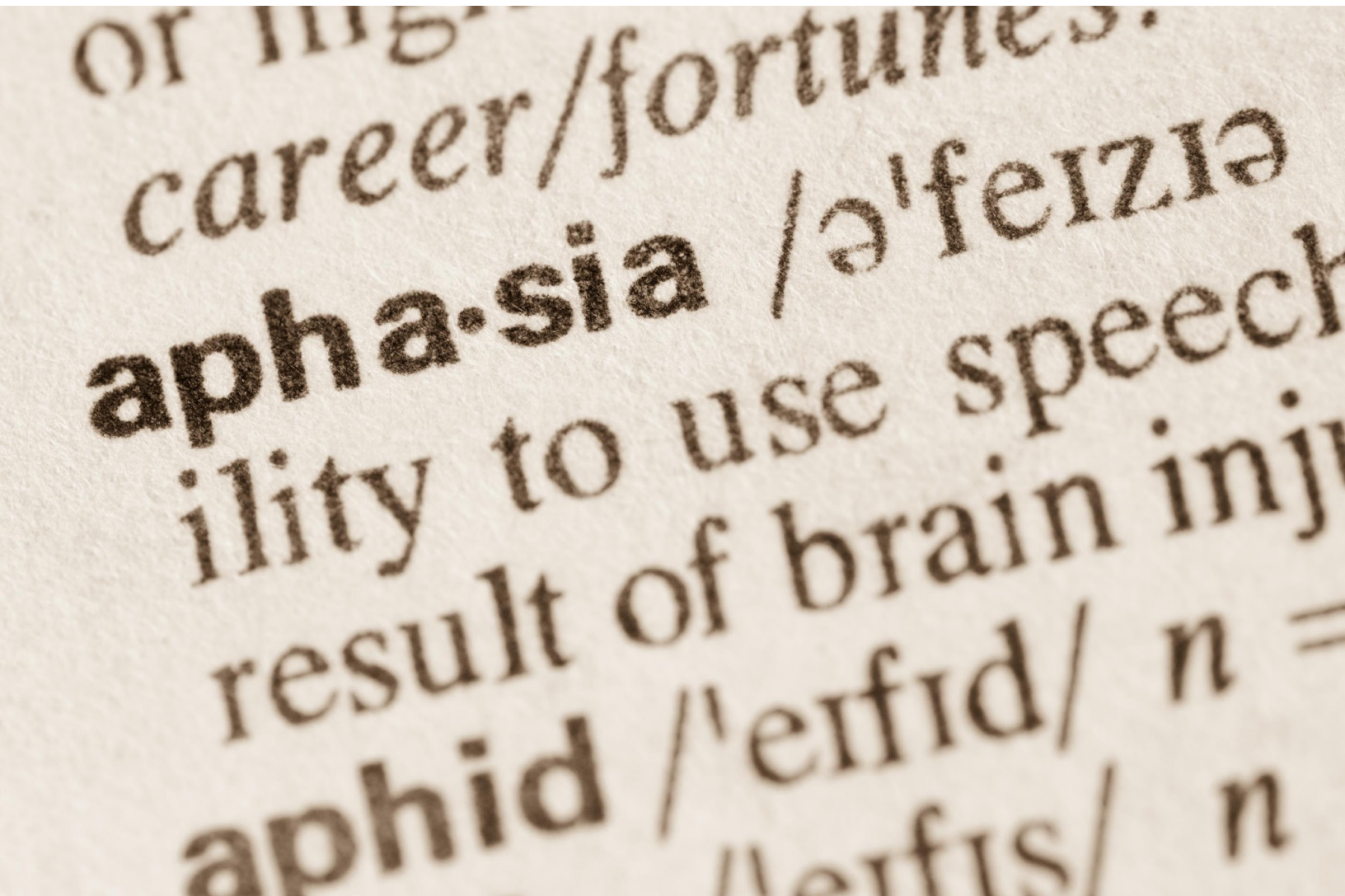
- Aphasia groups in Vienna, Rockville, online
- Call: 703-255-5221 (Vienna location)
- Call: 301-605-7620 (Rockville location)
- Email: info@strokecomebackcenter.org

## The League for People SCALE Aphasia Program

- Aphasia groups in Baltimore
- Call: 410-323-1777 (extension 501)
- Email: hmavrophilipos@leagueforpeople.org
- Email: lthornburg@leagueforpeople.org

# Private Practice Therapy

Some private practices take insurance and others accept private pay only. You can pay out of pocket for extra therapy.



# Private Practice Speech Therapy

## Adult Speech Therapy Services

- Jessica Parker, M.A., CCC-SLP and team
- In-person therapy in Maryland
- Online therapy in Maryland and Virginia
- Call: 301-323-8486
- Email:  
Jessica@AdultSpeechTherapyServices.com

## Neuro Speech Services:

- Lauren Schwabish, M.S., CCC-SLP
- In-person therapy in Virginia
- Online therapy in Virginia and Maryland
- Call: 703-762-2601
- Email: lauren@neurospeechservices.com

# Private Practice Speech Therapy

## Neuro Rehab Network

- Julie Rowlett, M.S., CCC-SLP
- In-person and online therapy in Maryland
- Call: 410-645-1001
- Email: Julie@neurorehabnetwork.org

## Renew Speech-Language Pathology

- Dorinda Malcolm, M.S., CCC-SLP and team
- In-person and online therapy in Maryland
- Call: 410-656-2622
- Email: Dorinda@renewspeech.com



# University Speech Therapy Clinics

University clinics offer therapy provided by a graduate student. The student is supervised by a licensed speech language pathologist. Services are often offered at a discounted price.



# University Clinics: DC

## Gallaudet University

- Call: 202-651-5328
- Email: [guhsc@gallaudet.edu](mailto:guhsc@gallaudet.edu)



## George Washington University

- Call: 202-994-7360
- Email: [shcenter@gwu.edu](mailto:shcenter@gwu.edu)



## Howard University

- Call: 202-806-6991
- Email: [HUSLHC@howard.edu](mailto:HUSLHC@howard.edu)



## University District of Columbia

- Call: 202-274-6161
- Email: [speechhearing@udc.edu](mailto:speechhearing@udc.edu)



# University Clinics: Maryland

## Loyola University of Maryland

- Call: 410-617-1206
- Email: [ahatticks@loyola.edu](mailto:ahatticks@loyola.edu)



## Towson University

- Call: 410-704- 3095
- Email: [iwb@towson.edu](mailto:iwb@towson.edu)



## University of Maryland

- Call: 301-405-4218
- Email: [hespclinic@umd.edu](mailto:hespclinic@umd.edu)



# Aphasia Home Exercises

These websites provide information about apps and websites you can use to practice language skills.



# Aphasia Home Exercises

## [Aphasia Software Finder](#)

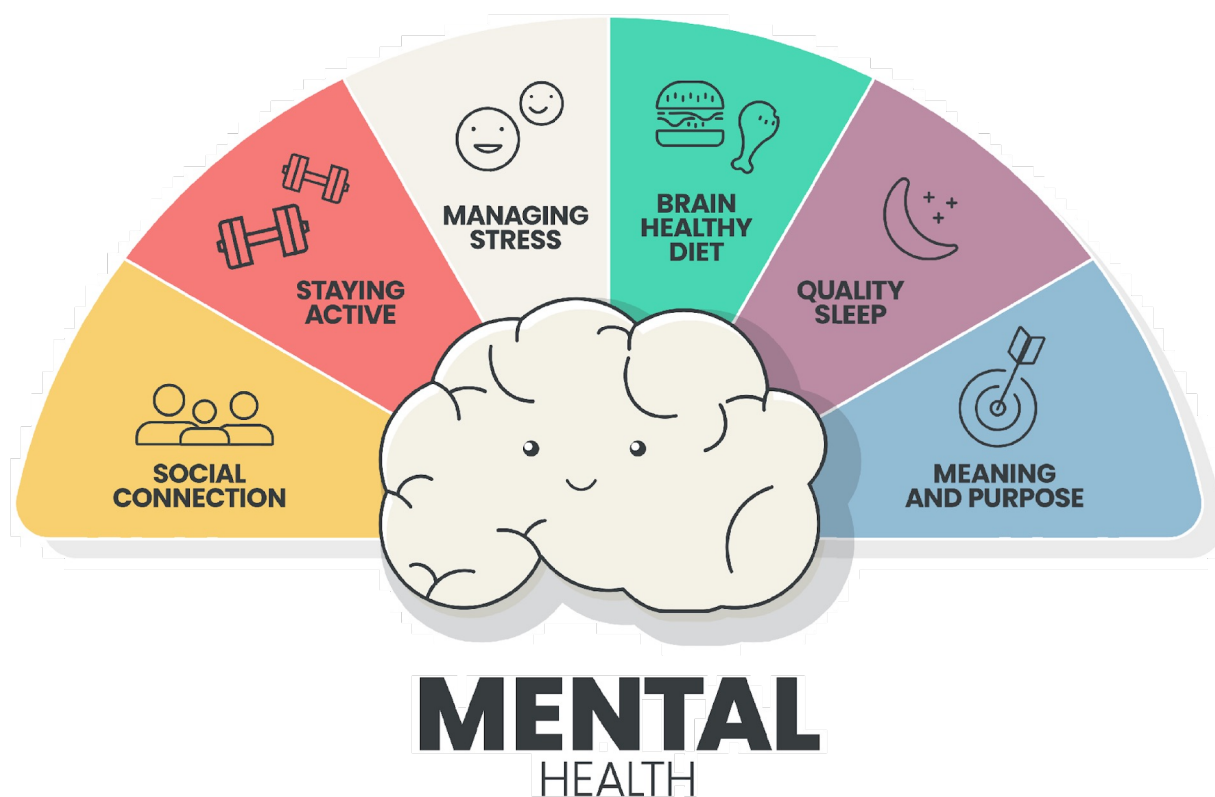
- Website to search for apps and software to work on different areas of communication

## [UC Berkeley Aphasia Recovery Lab App List](#)

- Website to easily see aphasia apps organized by area of communication

# Mental Health and Support Groups

Mental health providers and support groups can be helpful to cope with life changes after a stroke or brain injury.



# Mental Health Providers

## Laurinda Cameron

- Licensed Clinical Social Working
- Online and in-person in therapy in DC and VA
- Call: 855-652-7225 extension 4
- Email: cameronancompany@gmail.com

## Dr. Kayleigh Hale

- Clinical Psychologist & Neuropsychologist
- In-person therapy in VA
- Online therapy in VA and DC
- Call: 703-923-8965
- Email: info@hope-wellness.com

## Chris Hill

- Licensed Professional Counselor
- In-person and online therapy in DC
- Call: 202-641-0670
- Email: chill@wdcpsych.com

# Mental Health Providers

## [Dr. Larry Maucieri](#)

- Clinical Psychologist & Neuropsychologist
- Online therapy in DC, MD, and VA
- Call: 773-245-0509

## [Julie Powell](#)

- Licensed Clinical Social Worker
- Online therapy in DC
- Call: 202-831-1633
- Email: [jpowelllcsw@gmail.com](mailto:jpowelllcsw@gmail.com)



# Support Groups: Online and Hybrid

## Circle of Rights

- Virtual stroke support group for young stroke survivors (20-60 years)
- Call: 301-792-0781
- Email: [Susan@circleofrights.org](mailto:Susan@circleofrights.org)

## CRL Conversation Group

- Virtual aphasia conversation group
- Call: 202-687-5205
- Email: [crlab@georgetown.edu](mailto:crlab@georgetown.edu)

## GW Hospital Aphasia Conversation Group

- Virtual and in-person aphasia conversation group
- Call: 202-916-6201
- Email: [Rebecca.Boersma@gwu-hospital.com](mailto:Rebecca.Boersma@gwu-hospital.com)

# Support Groups: Online and Hybrid

## GW Hospital Stroke Support Group

- Hybrid stroke support group
- Email: karen.whitesell@gwu-hospital.com  
mary.busch@gwu-hospital.com  
natasha.chevalier-richards@gwu-hospital.com

## Inova Fairfax Stroke Support Group

- Virtual group for stroke survivors and family
- Email: Katherine.brown2@inova.org

## Inova Loudoun Stroke Support Group

- Virtual stroke support group for survivors and family
- Call: 703-664-7190
- Email: Jill.Lieb@inova.org

# Support Groups: Online and Hybrid

## MedStar Good Samaritan Hospital Stroke Support Group

- Virtual group for stroke survivors
- Call: 443-444-4618
- Email: kate.c.gerber@medstar.net
- Email: ariel.v.woodward@medstar.net

## MedStar St. Mary's Hospital Stroke Support Group

- Virtual and in-person group for stroke survivors
- Call: 301-475-6019

## Montgomery County Stroke Association

- Virtual group for stroke survivors and caregivers
- Call: 301-681-6272
- Email: MCStrokeInfo@gmail.com

# Support Groups: Online and Hybrid

## Prince George's Hospital Center Traumatic Brain Injury Support Group

- Virtual traumatic brain injury support group
- Call: 240-677-2022
- Email: dawn.moreland@dimensionshealth.org
- Email: anna.cleveland@dimensionshealth.org

## Sibley Memorial Hospital Stroke Support Group

- Virtual support group for stroke survivors and their families
- Call: 202-660-7413
- Email: achew6@jh.edu

# Support Groups: DC

## GW Hospital Aphasia Conversation Group

- Virtual and in-person aphasia conversation group
- Call: 202-916-6201
- Email: Rebecca.Boersma@gwu-hospital.com

## GW Hospital Stroke Support Group

- Hybrid stroke support group
- Email: karen.whitesell@gwu-hospital.com  
mary.busch@gwu-hospital.com  
natasha.chevalier-richards@gwu-hospital.com

## MedStar Expressions Club

- Member led support group for stroke and brain injury survivors
- Call: 202-877-1966
- Email: deanna.y.cho@medstar.net

# Support Groups: DC

## [MedStar Health and Brain Injury Association](#)

- In-person support group for brain injury survivors and their families
- Call: 301-641-4793

## [MedStar NRH Stroke Comeback Club](#)

- In-person group for stroke survivors, family, and friends
- Call: 202-877-1026

# Support Groups: Maryland

## Adventist Rehabilitation Hospital Aphasia Group

- Group for stroke survivors with aphasia
- Call: 240-864-6033
- Email: SLancas2@adventisthealthcare.com

## Brain and Balance Center Aphasia Group

- Group for stroke survivors with aphasia
- Call: 301-662-1997
- Email:  
sandra.lancaster@bakerrehabgroup.com

## Luminis Health

- Group for stroke survivors
- Call: 443-481-4100

# Support Groups: Maryland

## MedStar St. Mary's Hospital

- Virtual and in-person group for stroke survivors
- Call: 301-475-6019

## MedStar Stroke Comeback Club

- Group for stroke survivors and loved ones
- Mitchellville, MD: Call: 301-390-3076
- Bel Air, MD: Call: 410-638-9400 x extension 2

## University of Maryland: Baltimore Washington Medical Center

- Group for stroke survivors, friends, and family
- Call: 410-787-4138



# Support Groups: Virginia

## Inova Loudoun Peer Mentor Program

- Connects stroke survivors with other survivors
- Call: 703-664-7044
- Email: [valerie.scarano@inova.org](mailto:valerie.scarano@inova.org)

## Inova Mount Vernon Meet the Survivor

- Support group led by stroke survivors
- Call: 703-664-7190

## Mary Washington Healthcare: Stroke Support Group

- Group for stroke survivors
- Call: 540-741-4815
- Email: [susan.halpin@mwhc.com](mailto:susan.halpin@mwhc.com)

# Vision

Neuro-ophthalmologist or neuro-optometrist can assess and treat vision changes after a stroke or brain injury.



# Neuro-Ophthalmologists and Neuro-Optometrists

## Center for Vision Development

- Dr. Marsha Benshir: Neuro-optometrist
- Call: 301-865-1800
- Email: newmarketod@gmail.com

## MedStar Washington Hospital

- Dr. Martin Kolsky: Neuro-ophthalmologist
- Call: 202-882-0200

## MedStar Georgetown University Hospital

- Dr. Benjamin Osborne: Neuro-ophthalmologist
- Call: 202-295-0540

## NeuroVision Therapy Center

- Dr. Jacqueline Doerr: Neuro-optometrist
- Rockville, MD
- Call: 240-669-6930
- Email: info@neurovisiontc.net

# Hearing

Hearing problems can make it hard to communicate. When scheduling a hearing test, tell the audiologist if you have aphasia. Audiologists can plan a hearing test using less language.



# Audiology Clinics

## [Gallaudet University Clinic](#)

- A graduate student does the hearing test
- Call: 202-651-5328

## [GW Audiologist](#)

- Make an appointment with an audiologist
- Call: 202-741-3275

## [George Washington University Clinic](#)

- A graduate student does the hearing test
- Call: 202-994-7360
- Email: shcenter@gwu.edu

## [MedStar Audiology](#)

- [Georgetown](#)
  - Call: 202-295-0556
- [McLean, VA](#)
  - Call: 202-944-5300
- [Washington Hospital Center](#)
  - Call: 202-877-6717

# Nutrition

Nutrition can help manage risk factors for stroke and keep your brain and body healthy.



# Nutrition: DC

## Department of Aging and Community Living

- Provides nutritional counseling and home-delivered meals to adults 60 and older living in DC
- Call: 202-724-5626
- Email: [dacl@dc.gov](mailto:dacl@dc.gov)

## GW Medical Faculty Associates Lifestyle Medicine

- Create healthy habits by working with a lifestyle medicine clinician
- Call: 833-694-9362

# Nutrition: Maryland

## Baltimore Washington Medical Center

- Nutrition and cooking classes
- Call: 410-553-8103

## Medstar Franklin Square Medical Center

- Provides nutrition counseling
- Call: 443-777-6528

## MedStar Good Samaritan Hospital

- Provides nutrition counseling
- Call: 443-444-4912

## Medstar Montgomery Medical Center

- Provides a medical (non-surgical) weight loss program and nutrition counseling
- Call: 301-774-8828



# Adaptive Sports and Exercise

Adaptive sports and exercise programs can help you stay active, even with physical limitations.



# Adaptive Sports and Exercise: DMV

## Body Wise Dance

- Virtual adaptive dance classes
- Email: [margot@bodywisedance.com](mailto:margot@bodywisedance.com)

## District Adaptive Yoga\*

- Virtual and in-person adaptive yoga classes
- Email: [hello@districtadaptiveyoga.com](mailto:hello@districtadaptiveyoga.com)

## Medstar: Adaptive Fitness Program

- Adaptive sports and fitness classes
- Call: 202-877-1420
- Email: [harsh.v.thakkar@medstar.net](mailto:harsh.v.thakkar@medstar.net)

## Pursuit Adaptive Sports and Recreation

- Offers adaptive recreational activities

\*Disclaimer: District Adaptive Yoga is co-owned by Alycia Laks, speech-language pathologist at CRL

# Adaptive Sports and Exercise: Maryland

## [Chesapeake Region Accessible Boating](#)

- Offers therapeutic sailing
- Annapolis, MD
- Call: 410-266-5722
- Email: [info@crabsailing.org](mailto:info@crabsailing.org)

## [Stroke Comeback Center: THRIVE](#)

- Virtual and in-person group fitness classes
- Rockville, MD
- Call: 301-605-7620
- Email: [registration@strokecomebackcenter.org](mailto:registration@strokecomebackcenter.org)

## [The Wellness Center at The League for People With Disabilities](#)

- Fitness center with group classes
- Baltimore, MD
- Call: 443-961-3079
- Email: [info@leagueforpeople.org](mailto:info@leagueforpeople.org)

# Adaptive Sports and Exercise: Virginia

## DPI Adaptive Fitness

- Offers 1:1 and group adaptive fitness training
- Call: 877-264-5836
- Email: [DPIadaptivefitness@gmail.com](mailto:DPIadaptivefitness@gmail.com)

## Catalyst Sports

- Offers adaptive sports, including cycling and climbing
- Email: [GreaterDC@CatalystSports.org](mailto:GreaterDC@CatalystSports.org)

## Shenandoah University Adaptive Sports

- Offers adaptive pickleball, dance, and golf
- Email: [mwolff@su.edu](mailto:mwolff@su.edu)

# Adaptive Sports and Exercise: Virginia

## Stroke Comeback Center: THRIVE

- Virtual and in-person group fitness classes
- Vienna, VA
- Call: 703-255-5221
- Email: [registration@strokecomebackcenter.org](mailto:registration@strokecomebackcenter.org)

# Adaptive Hobbies

Adaptive hobbies are a fun way to stay mentally and socially active.



Last Updated: April 2024



# Adaptive Hobbies

## Arts for the Aging

- Offers art programs for aging adults
- Call: 301-255-0103
- Email: [info@AFTAarts.org](mailto:info@AFTAarts.org)

## Beyond High C

- Offers group and 1:1 music for aphasia
- Email: [hello@beyondhighc.com](mailto:hello@beyondhighc.com)
- Call: 714-728-2144

## Brain Choir at Inova Loudoun

- Choir for people with neurological challenges
- Email: [Valerie.Scarano@inova.org](mailto:Valerie.Scarano@inova.org)
- Call: 703-858-6390

# Adaptive Equipment

The resources in this section provide free and discounted adaptive equipment, such as walkers, canes, and wheelchairs.





# Adaptive Equipment: DC

## Department of Aging and Community Living: Safe at Home

- Provides in-home adaptations to reduce the risk of falling, including handrails, grab bars, shower seats, and stair lifts
- Call: 202-724-5626

## DC Shares

- Provides free medical equipment, including: walkers, canes, wheelchairs, dressing aides, etc.
- Call: 202-332-2595
- Email: [rtaylor@uls-dc.org](mailto:rtaylor@uls-dc.org)

## Iona Senior Services

- Loan closet that includes wheelchairs, walkers, canes, tub seats, transfer benches, hand-held grabbers, etc.
- Call: 202-895-9448
- Email: [frontdesk@iona.org](mailto:frontdesk@iona.org)

# Adaptive Equipment: Maryland

## [Holiday Park Senior Center – Loan Closet](#)

- Provides walkers, commodes, and wheelchairs
- Short-term loan
- Call: 240-777-4999

## [Laytonsville Lions Club](#)

- Includes wheelchairs, crutches, canes, hospital beds, scooters, shower seats, and toilet seats
- Call: 301-525-5542

# Adaptive Equipment: Maryland

## [Lutheran Church of Saint Andrew](#)

- Includes walkers, canes, power chairs
- Call: 301-384-2727
- Email: [mtollefson@mystandrew.org](mailto:mtollefson@mystandrew.org)

## [Mishkan HaShofar Messianic Jewish Congregation](#)

- Includes hospital beds, wheelchairs, walkers, and crutches
- Call: 301-871-8701
- Email: [rabbi@mishkanhashofar.org](mailto:rabbi@mishkanhashofar.org)

# Transportation

The resources in this section include transportation programs if you cannot drive. It also includes return to driving programs.



# Transportation: DMV

## Go-Go-Grandparent

- Order rides, groceries, prescriptions, and meals without a smartphone
- Call: 855-464-6872

## Metro Access

- Door to door transportation service for people with disabilities
- Call: 301-562-5360
- Email: [eligibility@wmata.com](mailto:eligibility@wmata.com)

## Village to Village Network

- Volunteers in your community may assist with tasks, such as grocery shopping and driving you to appointments

## Mobility Works

- Wheelchair van dealer
- Alexandria, VA – Call: 571-421-2647
- Laurel, MD – Call: 301-200-1050
- Milford, MD – Call: 443-333-1388

# Transportation: DC

## Senior MedExpress

- Free transportation to medical appointments
- DC residents that are 60+ years old
- Call: 202-724-5626

## Transport DC

- On-demand alternative to Metro Access
- Call: 202-962-1100
- Email: [transportdc@dc.gov](mailto:transportdc@dc.gov)

# Transportation: Maryland

## Call-N-Ride

- Low-cost taxi rides for low-income adults with disabilities
- Call: 301-948-5409
- Email: [cnrorder@montgomerycountymd.gov](mailto:cnrorder@montgomerycountymd.gov)

## JCA - Connect-A-Ride

- Find accessible transportation options
- Montgomery County
- Call: 301-738-3252

# Transportation: Virginia

## Fastran

- Transportation to and from medical appointments, senior centers, and recreational activities
- Residents in Fairfax County
- Call: 703-222-9764
- Email: [NCSHST-TOPS@fairfaxcounty.gov](mailto:NCSHST-TOPS@fairfaxcounty.gov)

## STAR

- Transportation for adults who have disabilities
- Residents in Arlington
- Call: 703-228-1900
- Email: [STAR@arlingtonstar.com](mailto:STAR@arlingtonstar.com)



# Return to Driving

## Brant's Driving School

- Call: 814-255-3313
- Email: info@brantsdrivingschool.com

## MedStar Adapted Driver Training

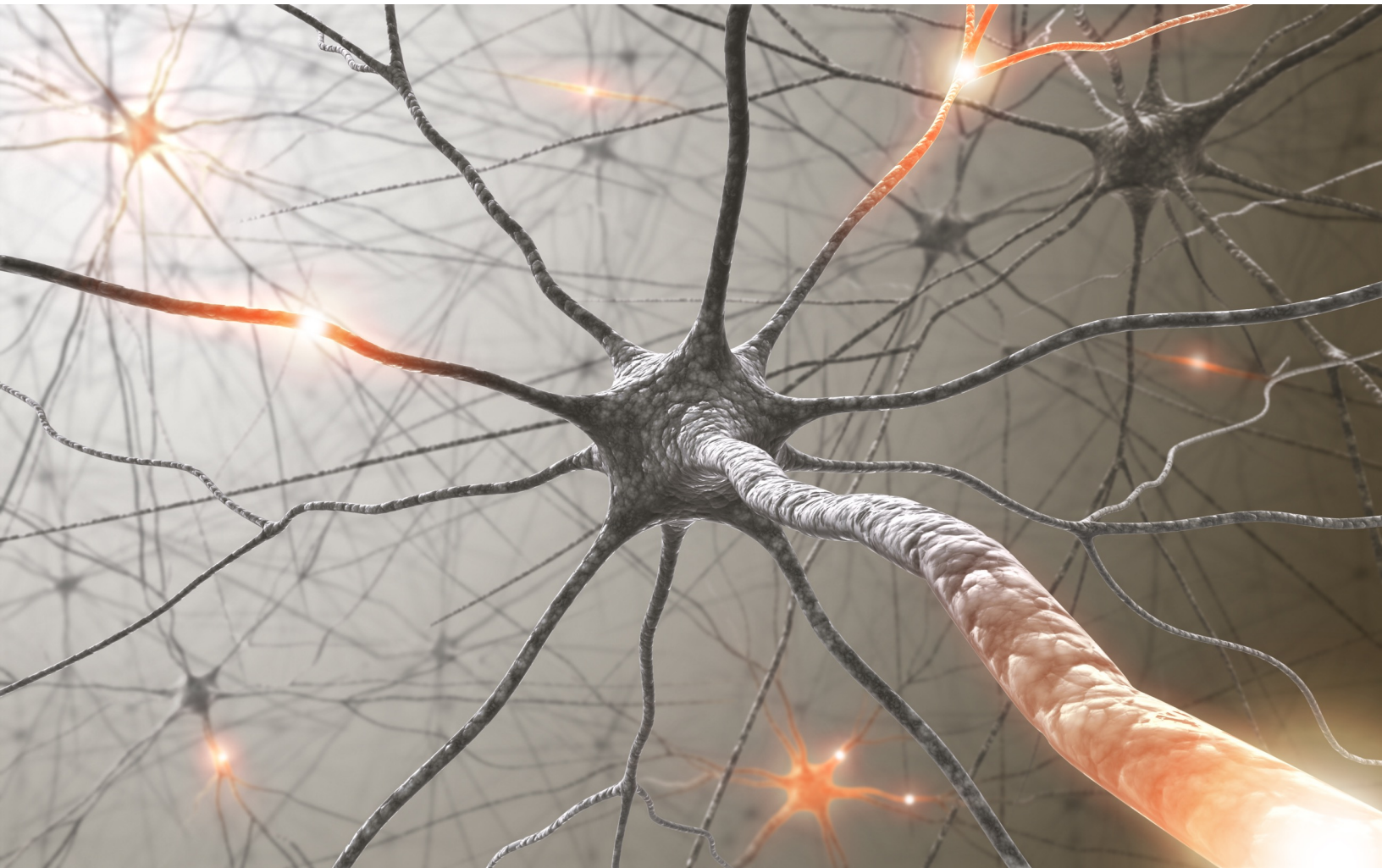
- MedStar National Rehabilitation Hospital
  - Call: 202-877-1035
- McLean, Virginia
  - Call: 703-288-8260
- MedStar Good Samaritan Hospital
  - Call: 443-444-5500

## Inova Driving Evaluation Program

- Inova Mount Vernon Hospital
  - Call: 703-664-7190
- Inova Loudoun Hospital
  - Call: 703-585-6873

# Research Opportunities

Participating in research allows you to contribute to the science of aphasia, stroke, and brain injury recovery.



# Language and Cognitive Studies

## [Aphasia Research Center](#)

- Aphasia treatment studies at the University of Maryland
- Call: 301-405-2477
- Email: [aphasia@umd.edu](mailto:aphasia@umd.edu)

## [Center for Aphasia Research and Rehabilitation \(CARR\)](#)

- Alexia and Primary Progressive Aphasia studies at Georgetown University
- Call: 202-687-7109
- Email: [aphasiaresearch@georgetown.edu](mailto:aphasiaresearch@georgetown.edu)

## [Cognitive Recovery Lab \(CRL\)](#)

- Aphasia and alexia studies at Georgetown University
- Call: 202-687-5205
- Email: [crlab@georgetown.edu](mailto:crlab@georgetown.edu)

# Language and Cognitive Studies

## Fama Aphasia Recovery (FAR) Lab

- Aphasia studies at George Washington University
- Email: [famalab@gwu.edu](mailto:famalab@gwu.edu)

## Stroke Cognitive Outcomes and REcovery (SCORE) Lab

- Aphasia and Primary Progressive Aphasia studies at Johns Hopkins
- Call: 410-502-6045

## Dr. Rajani Sebastian's Lab

- Aphasia studies at Johns Hopkins
- Call: 410-502-5012
- Email: [rsebast3@jhmi.edu](mailto:rsebast3@jhmi.edu)

# Language and Cognitive Studies

## Right Hemisphere Emotion, Cognition, and Recovery (RHECO) Lab

- Stroke studies at Georgetown University
- Call: 202-687-8620
- Email: [rhecolab@georgetown.edu](mailto:rhecolab@georgetown.edu)

# Hand and Arm Studies

## MedStar Exoskeleton and Virtual Reality Hand Study

- Call: 785-766-0208
- Email: ab3832@georgetown.edu

## MedStar FAST Hand and Arm Study

- Call: 202-877-1464
- Email: megan.i.grainger@medstar.net

## MedStar TRANSPORT2 Study

- Call: 202-877-1071
- Email: margot.gianetti@medstar.net

## MedStar Robotic Exoskeleton Hand Study

- Call: 301-437-7168
- Email: rogers@cua.edu

## Catholic University of America Robotic Exoskeleton Arm Study

- Email: casas@cua.edu

# Brain Healthy Behaviors

Following a healthy lifestyle can help protect your brain.

This guide does not provide medical advice. It is intended for informational purposes only. Please consult your medical provider for medical advice and treatment.



# Brain Healthy Behaviors

\*All information comes from the CDC or American Heart Association

## Exercise

- 150 minutes of moderate intensity aerobic activity a week
- 2 days of strength training a week
- Activities to improve balance

## Sleep

- Sleep 7-8 hours a night

## Diet

- Eat a whole food diet, like the Mediterranean diet

## Social Engagement

- Participate in frequent social activities with family and friends

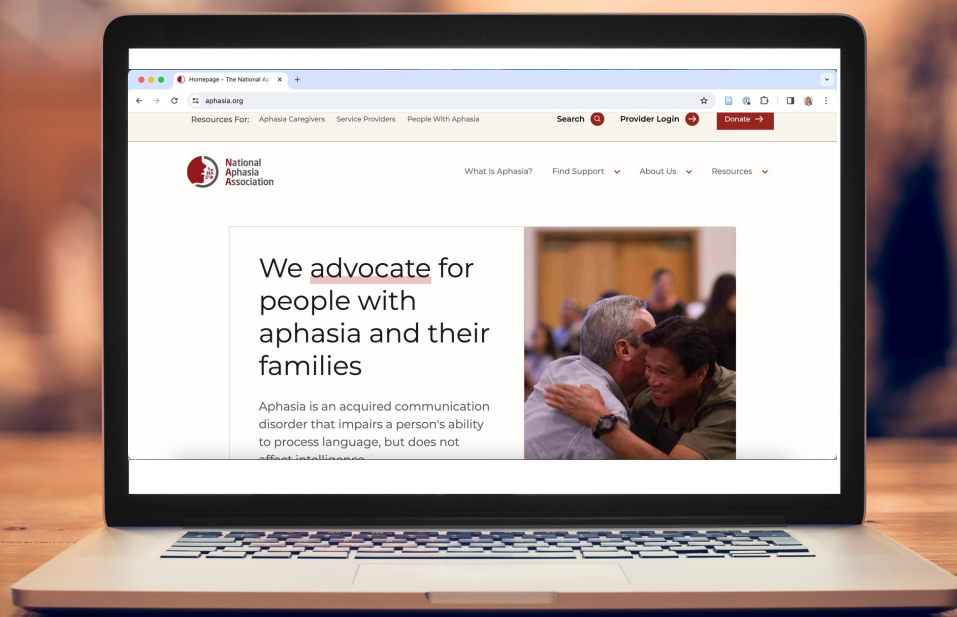
## Mental Engagement

- Learn a new skill or activity



# Online Resources

Here are resources to learn more about aphasia.



Last Updated: April 2024



# Online Resources

## [Aphasia Recovery Connection](#)

- A non-profit focused on ending the isolation of aphasia
- Offers free online groups

## [Clinical Trials](#)

- NIH sponsored website to search for clinical trials around the world

## [National Aphasia Association](#)

- Non-profit focused on advocacy, education, and research to support people with aphasia and their caregivers
- Offers free online groups
- Has a search function to find therapists, research studies, and intensive aphasia treatment programs

# Online Resources: Podcasts

## Brain Friends

- A podcast that discusses all things aphasia, language recovery, and community

## Slow Road to Better

- Stroke Comeback Center podcast sharing stories of adapting to life after stroke and brain trauma

# Online Resources: For Caregivers

## [Aphasia Recovery Connection](#)

- Offers free online information and training sessions to help caregivers communicate with their loved one

## [Triangle Aphasia Project](#)

- Offers a free online class called “Learning to Speak Aphasia” to help caregivers learn strategies for communicating with their loved one with aphasia

## [Voices of Hope for Aphasia](#)

- Has an aphasia simulation to help caregivers understand what their loved one may be experiencing

# Aphasia Neurologists

These neurologists specialize in the medical management of aphasia.



# Aphasia Neurologists

## Dr. Argye Hillis

- Aphasia neurologist at Johns Hopkins Hospital
- Call: 410-955-2228

## Dr. Peter Turkeltaub

- Aphasia Neurologist at MedStar National Rehabilitation Hospital
- Call: 202-877-1621



For questions about this guide, email:

[crlab@georgetown.edu](mailto:crlab@georgetown.edu)

[famalab@gwu.edu](mailto:famalab@gwu.edu)

This guide does not provide medical advice. It is intended for informational purposes only. Please consult your medical provider for medical advice and treatment.

