



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
- 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



George Washington University

- Call: 202-994-7360
- Email: shcenter@gwu.edu



Howard University

- Call: 202-806-6991
- Email: HUSLHC@howard.edu



University District of Columbia

- Call: 202-274-6161
- Email: speechhearing@udc.edu



University Clinics: Maryland

Loyola University of Maryland

- Call: 410-617-1206
- Email: ahatticks@loyola.edu



Towson University

- Call: 410-704- 3095
- Email: iwb@towson.edu



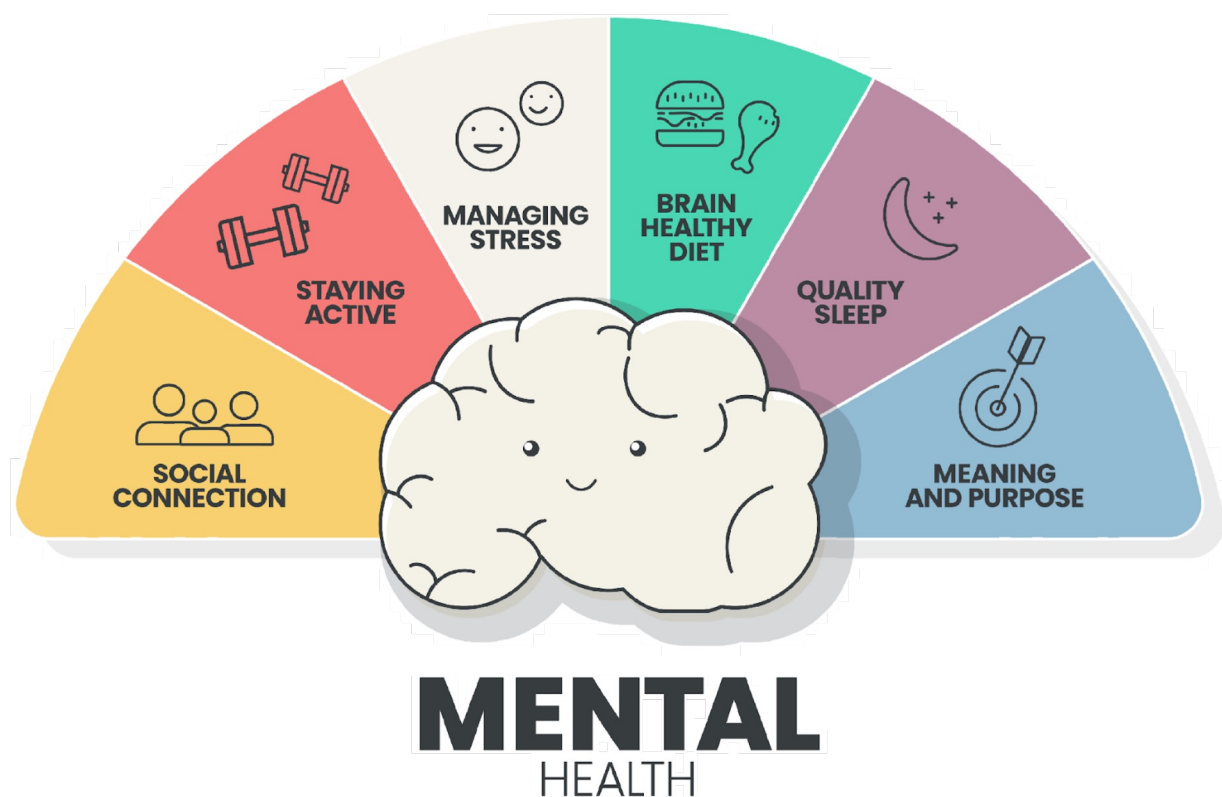
University of Maryland

- Call: 301-405-4218
- Email: hespclinic@umd.edu



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

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

CRL Conversation Group

- Virtual aphasia conversation group
- Call: 202-687-5205
- Email: 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

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 Health and Brain Injury Association

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

Support Groups: DC

[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

UMD Aphasia Research Center Aphasia Support Group

- Group for adults with aphasia
- Call: 240-314-8800

Support Groups: Virginia

Inova Loudoun Peer Mentor Program

- Connects stroke survivors with other survivors
- Call: 703-664-7044
- Email: 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

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

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

District Adaptive Yoga*

- Virtual and in-person adaptive yoga classes
- Email: hello@districtadaptiveyoga.com

Medstar: Adaptive Fitness Program

- Adaptive sports and fitness classes
- Call: 202-877-1420
- Email: 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: DC

Therapeutic Recreation Center

- Offers adaptive sports and aquatics through the DC Department of Parks and Recreation
- Call: 202-698-1794
- Email: dpr@dc.gov

Adaptive Sports and Exercise: Maryland

Chesapeake Region Accessible Boating

- Offers therapeutic sailing
- Annapolis, MD
- Call: 410-266-5722
- Email: info@crabsailing.org

Stroke Comeback Center: THRIVE

- Virtual and in-person group fitness classes
- Rockville, MD
- Call: 301-605-7620
- Email: 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

Adaptive Sports and Exercise: Virginia

DPI Adaptive Fitness

- Offers 1:1 and group adaptive fitness training
- Call: 877-264-5836
- Email: DPIadaptivefitness@gmail.com

Catalyst Sports

- Offers adaptive sports, including cycling and climbing
- Email: GreaterDC@CatalystSports.org

Shenandoah University Adaptive Sports

- Offers adaptive pickleball, dance, and golf
- Email: 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

Adaptive Hobbies

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



Adaptive Hobbies

Arts for the Aging

- Offers art programs for aging adults
- Call: 301-255-0103
- Email: info@AFTAarts.org

Beyond High C

- Offers group and 1:1 music for aphasia
- Call: 714-728-2144
- Email: hello@beyondhighc.com

Brain Choir at Inova Loudoun

- Choir for people with neurological challenges
- Call: 703-858-6390
- Email: Valerie.Scarano@inova.org

Therapeutic Recreation Center

- Offers arts, crafts, and social activities
- Call: 202-698-1794
- Email: dpr@dc.gov

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

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

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

Mishkan HaShofar Messianic Jewish Congregation

- Includes hospital beds, wheelchairs, walkers, and crutches
- Call: 301-871-8701
- Email: 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

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

Transportation: Maryland

Call-N-Ride

- Low-cost taxi rides for low-income adults with disabilities
- Call: 301-948-5409
- Email: 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

STAR

- Transportation for adults who have disabilities
- Residents in Arlington
- Call: 703-228-1900
- Email: 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

Aphasia Neurologists

These neurologists specialize in the medical management of aphasia.



Aphasia Neurologists

Dr. Argye Hillis

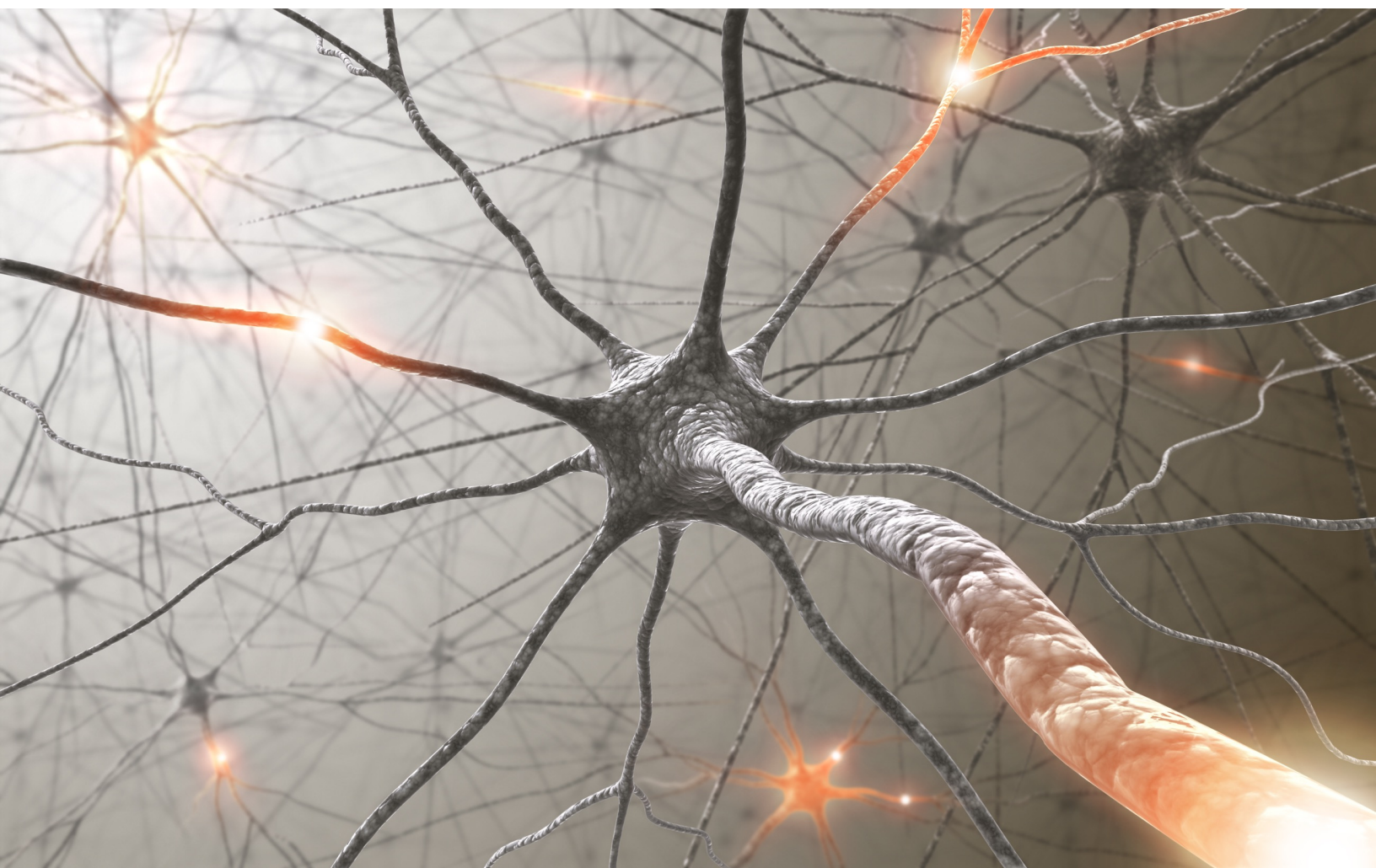
- Aphasia neurologist at Johns Hopkins Hospital
- Call: 410-955-2228

Dr. Peter Turkeltaub

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

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

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

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

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

- Aphasia and alexia studies at Georgetown University
- Call: 202-687-5205
- Email: crlab@georgetown.edu

Language and Cognitive Studies

Fama Aphasia Recovery (FAR) Lab

- Aphasia studies at George Washington University
- Email: 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

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

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

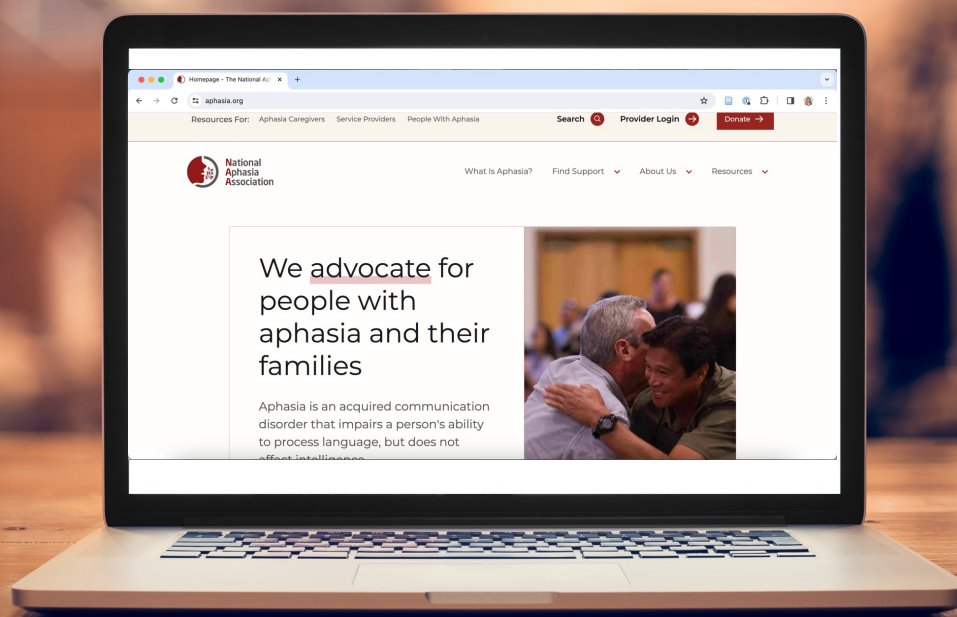
- Participate in frequent social activities with family and friends

Mental Engagement

- Learn a new skill or activity

Online Resources

Here are resources to learn more about aphasia.



Last Updated: May 2024



Online Resources

[Aphasia Recovery Connection](#)

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

[Aphasia Software Finder](#)

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

[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

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

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

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



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famalab@gwu.edu

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