STROKE SUPPORT ASSOCIATION

Stroke Support Association presents:

Beyond Your Support Group:

Finding Help and Resources

Tuesday, October 23, 2018

10:00-10:40 AM

Followed by our regular support groups

Kate Adamson, MSW, stroke survivor, speaker, author, and staff member of Disabled Resources Center in Long Beach will speak about her own experience with stroke and highlight the many free programs and services that DRC offers, including workshops, and courses covering:

- Medicare
- Housing
- Independent Living Skills
- Employment Services
- Assistive Technology
- Help in finding care providers
- Mobility Training (learn how to use public transportation)
- Computer Classes

Kate Adamson, MSW, suffered a stroke at the age of 33, which resulted in total paralysis from head to toe. In her book, *Paralyzed but not Powerless*, she touched the hearts of thousands with her story of hope, courage, and determination. She has testified before Congress for increased funding on stroke and heart research. Kate is a powerful advocate for the right to live and be recognized as a viable contributing individual, employee, parent or spouse despite severe disabilities. Having served as a national spokesperson for the American Stroke Association, she now works as a Job Developer and Community Liaison for Employment Services at Disabled Resources Center in Long Beach. *For more information on Kate, visit her website:* www.kateadamsonMSW.com

DRC: Disabled Resources Center
The Key to Independence