


Stanford Neuroscience Supportive Care Program
Fostering Communities Virtually Through Exercise, Workshops, and Support Groups
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What is Supportive Care?

We provide tools and support to all neuro patients & caregivers (*not only Stanford-affiliated*) to promote the best quality of life possible.



Virtual resources during Covid-19
 While we all do our best to maintain a safe social distance in public and shelter in place at home, the Neuroscience Supportive Care Program is still available to support you through a variety of telephone and online resources.

All programs are currently on Zoom:

- Exercise classes
- Other types of classes & workshops
- Support groups

Classes & Workshops

- 50/50 Workshop
- Healing Stories
- Mindful Meditation
- Huntington Disease
- Lark & Heidi 40 Discussion Group
- Memory Disorders Complex Support

Exercise & Fitness

- Chair Yoga
- Dance for Parkinson's
- Parkinson's Exercise Class
- Sit and Be Fit
- Tai Chi
- Yoga for PD
- Yoga for Strength



Registration for online programs is required. For more information or to register call:

Available:
 StanfordHealthCare.org/ncsp
 Clinical Services Programs
 Telephone: 650-711-2000




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Exercise classes

<p>General:</p> <ul style="list-style-type: none"> • Tai Chi (soon in Mandarin, too!) • Qi Gong • Yoga for Strength 	<p>Parkinson's specific:</p> <ul style="list-style-type: none"> • PD Exercise • Dance for PD • Tango for PD 	<p>Seat-based:</p> <ul style="list-style-type: none"> • Chair Yoga • Sit & Be Fit 
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Classes & Workshops

<p>Mindfulness Meditation <i>Mon, Tues, or Thurs</i> An ancient practice of maintaining awareness through a gentle and nurturing lens.</p> 	<p>Healing Strokes <i>Saturday afternoons</i> An art therapy-based class for stroke survivors and their caregivers.</p> 
<p>Coming in January 2021: A series of workshops for memory disorders caregivers</p> 	

See our website for more!

Support groups & platforms

- **Memory Disorders Caregiver Telephone Support Group** (meets monthly): Are you caring for a loved one with a diagnosed with Mild Cognitive Impairment, Alzheimer's disease, or a related dementia? Join our telephone support group and connect with others experiencing similar challenges.
- **Huntington's Disease Telephone Support Group** (meets quarterly): For those who have HD, or their family members or caregiver.
- **Live Fully with Multiple Sclerosis Discussion Group** (meets weekly): Come connect with others living with MS, in a friendly environment, where we share, discuss, and support each other's efforts to manage our health and wellness.
- **SmartPatients Stroke Community:** A secure, supportive online community where those affected by stroke or brain injury can connect, share questions and concerns, and learn from each other.

Learn more on our website stanfordhealthcare.org/NSCP

Scroll down our homepage to the list of our current offerings. Updated weekly!

Click on the headers to see details of our classes

- Fall Prevention Resources
- Classes & Workshops
- Exercise & Fitness
- Support Groups
- Additional Resources

Learn more on our website stanfordhealthcare.org/NSCP

FITNESS
Chair Yoga

This chair yoga class is designed to safely provide caregivers and patients with a set of moderate, stretching, strengthening, and balance exercises. This yoga sequence proceeds with gentle breathing, attitude bolstering, warmups, and standing balances (with chair support). For deepening relaxation, it uses a mindfulness bell to promote one-pointed focus.

Registration is required. Click REGISTER or call us. To better prepare you for this online offering, the following items are recommended:

- A sturdy upright chair, such as a dining table chair.
- Preferable one that doesn't swivel or have wheels.
- Your feet should touch the ground.
- Folded blanket or thin pad on the seat for comfort.

The Stanford Supportive Care Program provides free classes.

EVENT DETAILS
10:30 a.m. - 11:30 a.m.
Every Wednesday
No class 8/9, 11/25, 12/23, 12/30
ONLINE
FREE
For questions call or email us.
Cancer Supportive Care patients
650-725-9456
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Register on our website

Neuroscience Supportive Care Program

Virtual offerings are now available. See categories below, call or email us for more information.

In-person Supportive Care Programs have been temporarily canceled until further notice. For instructions on how to register for online programs, click [here](#).

RESOURCES DURING COVID-19

Click here to sign the participant agreement & register on our calendar

CATALOG OF SERVICES

CLASS CALENDAR

Support for Neuroscience Patients and Family


How to Contact Us

- Which exercise class or workshop might be a good fit for me?

- What other resources and services are available to me?

We can help!

→ Learn more & register:
stanfordhealthcare.org/NSCP

→ Call us: 650-721-8500 

→ Email us: 
nscp@stanfordhealthcare.org