

STROKE SERVICES OVERVIEW

1. CCT / SEPTA Access Transportation Services

CCT Connect, Philadelphia's paratransit and shared-ride service, has been rebranded as **SEPTA Access**.

SEPTA Access can be an important transportation resource for stroke patients who need assistance traveling to rehabilitation, medical appointments, therapy, and other essential services.

Shared-Ride Program — Seniors Age 65+

Philadelphia residents who are **65 years of age or older** may qualify for the Shared-Ride Program.

How to Apply

1. Get an application

Download the SEPTA Access Shared-Ride application or call SEPTA Customer Service at **215-580-7145** and select **prompt 6** to request that an application be mailed to you.

2. Provide proof of age

Include a copy of an accepted government-issued document, such as:

3. Pennsylvania driver's license

4. State-issued identification card

5. Passport

6. Birth certificate

7. Submit the application

Complete the application and mail it with the required proof of age to the address provided on the SEPTA application.

8. Complete the SEPTA Access card process

Once approved, follow SEPTA's instructions for obtaining your SEPTA Access Key card. This may include scheduling an appointment for your photograph and card issuance.

SEPTA Customer Service: 215-580-7145

SEPTA Headquarters: 1234 Market Street, Philadelphia, PA

Why Transportation Matters After a Stroke

SEPTA Access may help eligible stroke patients and seniors get transportation to:

- Rehabilitation appointments
- Physical therapy
- Occupational therapy
- Speech therapy
- Neurology appointments
- Primary-care appointments
- Medical testing
- Pharmacy and other eligible destinations

Transportation planning should be incorporated into the patient's overall continuity-of-care and recovery plan.

2. Reading Materials

- Educational resources for stroke recovery
- Patient guides and caregiver support materials
- Lifestyle and prevention information

3. Jefferson Moss-Magee Rehabilitation

- Specialized stroke rehabilitation services
- Physical, occupational, and speech therapy
- Neurological recovery programs

4. Rehabilitation

- Physical therapy — mobility and strength
- Occupational therapy — daily living skills
- Speech therapy — communication and swallowing

5. Meal Planning Services

- Heart-healthy and stroke-recovery meal planning
- Low-sodium, nutrient-dense meal plans
- Support for patients and caregivers

6. Medical Supplies

- Mobility aids, including walkers and wheelchairs
- Home safety equipment
- Monitoring devices, including blood pressure monitors

7. Stress & Music Therapy

- Techniques to reduce stress and anxiety
- Music therapy for cognitive and emotional support
- Mind-body wellness practices

8. Home Health Care Agencies

- In-home nursing and therapy services
- Assistance with activities of daily living
- Medication management and monitoring

9. Home Exercise Program

- Customized exercise routines for recovery
- Strength, balance, and coordination training
- Daily movement plans designed to support independence