Infusing Excellence into Post-Acute Care

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Learning Objectives

Learners will be able to identify all necessary components of a comprehensive, post-acute rehabilitation program.

Learners will be aware of advances in technology used to optimize recovery after major brain and spinal cord injury.

TLC CONTINUUM OF CARE

Casa Colina's Transitional Living Center provides a full continuum of post-acute care including residential facility with 24 hr supervision, day treatment program, and a new advanced day treatment program that promotes a productive and meaningful day from the clients home.

Regardless of the setting, all clients have opportunities to work with physical therapy, occupation therapy, speech therapy, neuropsychology, and recreational therapy.

RESIDENTIAL
- 5 hours of therapy each day
- Evening activities
- Supported, living structure

DAY TREATMENT
- 5 hours of therapy each day
- Integration into the community

ADVANCED DAY TREATMENT
- Daily planning groups at start of day
- Daily check in at end of the day
- Personalized therapy session

INTENSITY IS OUR MAIN INGREDIENET

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REHABILITATION AT TLC

PHYSICAL THERAPY	OCCUPATIONAL THERAPY	SPEECH THERAPY
Pain Management	ADL Training	Cognitive Strategies
HIIT	Arm Function	Weekly Preparation
Circuit Training	Shoulder	Technology
Gait	Scapular Mobility	Productive Day
Sitting Balance	Mat Mobility	Cognitive Endurance
Standing Balance	Muscle Re-education	Language
Community Walk	Functional Cognition	Reading
Assisted Fitness	Vision	Problem Solving
LA Fitness	Yoga	Social Pragmatics
Endurance Hike	Meditation	News and Media
Core Strengthening	Home Management	Budgeting
Home Exercise Program	SCI Support Group	Healthy eating
Vestibular	Pool Therapy	Diabetes Management
Cardio-endurance		

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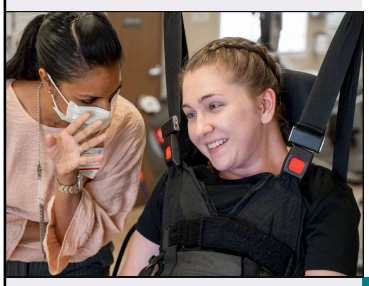

NEURO-PSYCHOLOGY

- Individual therapy
- Group therapy
  - Pain Management
  - Mood Management
  - Brain Injury Education
  - SCI Support Group
- Family/caregiver education and support
- Facility wide Behavioral Plan
- Individualized behavioral Plans

RECREATIONAL THERAPY

Woodshop
Gardening
Arts/Painting
Adaptive Painting
Sports group
Dance
Yoga
Cooking

Outdoor Adventures

TLC in the COMMUNITY

Weekly Community Outings

Social/Pragmatic Outings with Speech Therapy

Library Outings

Problem Solving Outings with Speech or Occupational Therapy

Sports Group with Physical and Recreational Therapy

Endurance Hike

Grocery Store Outing with Occupational Therapy

Daily outing to Target/Superior/Dollar Tree

Regular Outings

Navigating Public Transportation

Local Events (sporting games, car shows, county fair)

Weekend Outings (farmers market, mall, swap meet)

SUPPORTED LIVING

Residence	Apartments	Mulberry House
Consistent supervision	(Modified) Independent with mobility and self care	(Modified) Independent with mobility and self care
Assistance with mobility and self care as needed	Independent with cleaning room, kitchen and laundry	Independent with cleaning room, kitchen and laundry
Close proximity to tech and nursing station	Supervision not required for cooking	Supervision not required for cooking
Assistance with room management and laundry as needed	Monthly apartment council meetings	Monthly House council meetings
	Weekly grocery budget	Weekly grocery budget
	50 ft from residence	50 meters from residence with partitioned back yard and gated entrance

EXCELLENCE IS THE SPECIAL SAUCE

PHYSICIAN LED PROGRAM
ON CALL PM&R PHYSICAINS
ONSIGHT NURSING 24 HR/DAY
CASE MANAGEMENT TEAM
PHYSICAL THERAPY RESIDENTS
NEUROLOGIC CLINICAL SPECIALISTS
OCCUPATIONAL THERAPY FELLOW
CERTIFIED DRIVER REHABILITATION SPECIALIST
ASSISTIVE TECHNOLOGY PROFESSIONALS
CERTIFIED BRAIN INJURY SPECIALISTS
NEUROPSYCOLOGY TEAM

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EXCELLENCE IS THE SPECIAL SAUCE

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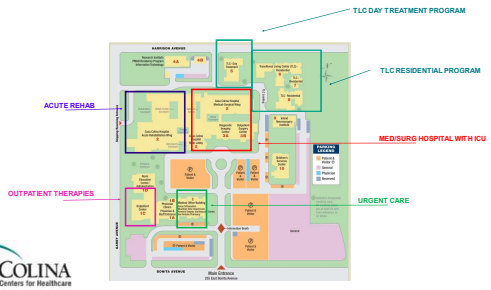
TLC ACCESS TO CARE



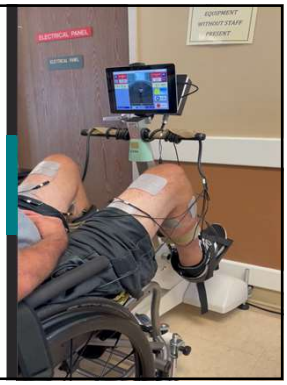
REHABILITATIVE TECHNOLOGIES

Motor Recovery
Vision
Driving
Vestibular
Cognitive

RTI FUNCTIONAL ESTIM CYCLE

TECHNOLOGY FOR MOTOR RECOVERY

Benefits:
Reduce muscle atrophy
Reduce muscle spasms
Improve local circulation
Maintain or increase range of motion
Facilitate muscle re-education
Increased respiration and circulation
Decreased secondary medical conditions

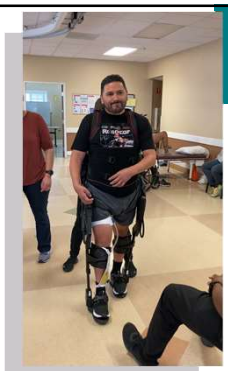


RTI XCITE

TECHNOLOGY FOR MOTOR RECOVERY

Multi-channeled electric stimulation programmed to activate muscles in pattern to produce task specific movement.

Examples:
- Feeding
- Sit to stand
- Grasping a cup
- Brushing teeth
- Transfers



EXO Skeleton

TECHNOLOGY FOR MOTOR RECOVERY

Battery powered robotic suit that enable a patient to stand and walk.

Benefits:
- Improved circulation
- Increased oxygen intake
- Decreased pain
- Improve bowel and bladder function
- Maintenance of joint and bone density
- Psychological benefits

VECTOR: BODY WEIGHT SUPPORT SYSTEM

TECHNOLOGY FOR MOTOR RECOVERY

Bioness L300, H200

TECHNOLOGY FOR MOTOR RECOVERY

Electric stimulation programed to activate during a task to re-educate muscle to normal movement.

COMPLEX SEATING
TECHNOLOGY FOR FUNCTION

COMPLEX SEATING
SMART DRIVE
TECHNOLOGY FOR FUNCTION

BITS
TECHNOLOGY FOR VISION RECOVERY

Impairments addressed:

Attention
Memory
Visual scanning
Reaction time
Coordination
Sequencing
Balance
Range of motion
Endurance

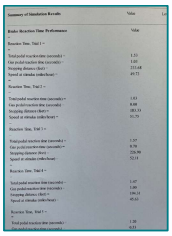
BITS BALANCE
TECHNOLOGY FOR VESTIBULAR REHABILITATION

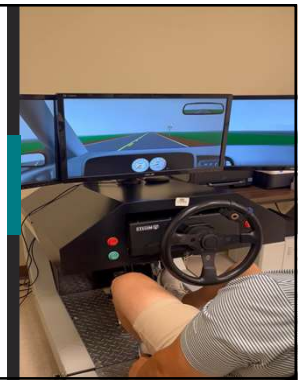
The Bioness Integrated Therapy System for Balance (BITS Balance) combines visual, cognitive, motor, and balance training into one system.

BITS Balance adds proprietary motion sensors to track patient movements and a balance platform for challenging weight shift.

Specific aspects of the new technology allow providers to track patients' limits of stability, fall risk, range of motion, body sway, and more

DRIVING SIMULATOR
TECHNOLOGY FOR FUNCTIONAL RECOVERY





SMARTFIT
TECHNOLOGY FOR MOTOR AND COGNITIVE RECOVERY

BLAZEPODS

TECHNOLOGY FOR MOTOR AND COGNITIVE RECOVERY



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IDEAL CANDIDATE FOR TLC

IDEAL CANDIDATE

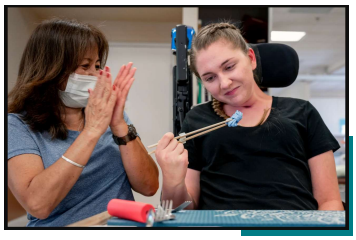
Brain injury, stroke, spinal cord injury, multi-trauma

Can tolerate 6 hours of therapy per day

Require interdisciplinary team approach

Need physician involvement

Requires training for community re-integration



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CASE STUDY JULIANA

Background

Juliana is a 28-year-old woman who was found unconscious by her husband when the horse she was riding returned back to the stable without her. She was comatose upon arrival, found to have a skull fracture in the septal region as well as bilateral frontal contusions. The patient was intubated, sedated and mechanically ventilated, for 5 days. Once medically stabilized, she was referred to acute rehabilitation. She was noted to have poor balance, dizziness, endurance, headaches, impulsivity and delayed executive functioning. She returned home with her husband after 1 week in acute rehabilitation. Prior to her accident, Juliana was working full time as a program manager for Loan Depot. Her goals are to return to work, driving, and horseback riding.

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CASE STUDY JULIANA

Presentation

Juliana was admitted to TLC Day Treatment program, receiving 5 hours of therapy, 3 days per week.
Initial Presentation

Occupational Therapy
L eye asymmetry
Photosensitivity -Can only tolerate being on phone for 30 min
Maximum assistance for all IADL

Physical Therapy
Impaired endurance
Poor balance
Poor agility- inability to run/hop

Speech Therapy
Decreased Processing Speed
Poor tolerance to community
Blunted affect

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CASE STUDY JULIANA

Treatment

Juliana received 5 hours of therapy per day, 3 days per week

Occupational Therapy
Vision Therapy
Driving Training

Physical Therapy
High level balance/agility
Return to prior fitness activity

Speech Therapy
Planning Tasks
Return to work
Reintegration into the Community

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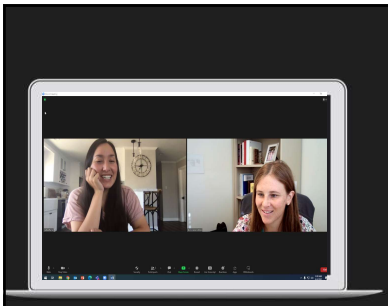

CASE STUDY
JULIANA

Advanced Day Treat

Juliana transitioned to 2 days per week at home and 1 day on campus to continue driver training.

Advanced Day Treatment:
- In home assessment with family
- Coached through creation and execution of productive day that included components of fitness, home/family responsibilities, return to work tasks, self-care, and social re-integration
- Assignment for return to work tasks
- Individual neuropsychology and couple counseling

THANK YOU!

FOR MORE INFORMATION

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