



REHABILITATION

Information on types of rehabilitation after a brain injury.

The rehabilitation community faces the incredible task of developing and delivering services which assist people with brain injuries to attain the highest functioning level possible.

What is Rehabilitation?

The purpose of rehabilitation is to help accelerate the process of regaining functional abilities by presenting the individual with challenges that promote learning and improvement of skills. The goal of rehabilitation is to help the individual return to a life that is as independent and productive as possible.

Brain injury rehabilitation involves a multi-disciplinary team approach to treatment. During the admission process, various professionals evaluate short and long term goals for the injured person. This allows a comprehensive and individualized treatment plan to be developed. Each discipline sets individual goals for evaluating and treating the person with a brain injury and shares the outcome with the other team members. As necessary, the treatment plan is revised.

Each person's rehabilitation program varies depending on the severity and type of injury, and on the individual's needs. Rehabilitation is a long process, and families must understand that short-term goals help reduce frustration and impatience. During recovery, people with brain injuries may fatigue easily, both mentally and physically.

A comprehensive rehabilitation program encourages individuals to reach their full potential. While the specific elements of each person's treatment plan may vary, most comprehensive rehabilitation programs try to achieve the same major goals. The general rehabilitation goals for a person with a brain injury are to show improvement and increase independence.

Types of Rehabilitation Programs

Acute rehabilitation begins once the injured person becomes medically stable. This program may exist within an acute care hospital or in a free standing rehabilitation hospital. A more intensive rehabilitation program begins as the person becomes more alert and responsive.

Subacute rehabilitation may follow acute rehabilitation, based on demonstrated improvement at a less intensive level for those unable to tolerate a full program. It provides specific and specialized therapies.

Subacute care is a comprehensive and outcome oriented approach to care for patients requiring complex medical and/or rehabilitation interventions. Typically used as an alternative to continued hospitalization.

Extended care provides 24-hour nursing care and may provide physical, speech and occupational therapy. These facilities can be short-term or may take place in a nursing home.

Post-acute rehabilitation provides extended therapies in a structured environment. The individual is medically stable.

Extended therapies include cognition, social behavior, work hardening and vocational training. Cognitive training aids in perception, memory, thinking, and problem solving.

Community re-entry programs are designed to accomplish functional outcomes focusing on home re-integration. Services may be in a residential facility, day treatment program or in the home.

Day treatment is a non-residential program that increases functional ability through therapeutic intervention and supervised activities. It may include physical therapy, occupational therapy, and speech therapy.

Day care is available for the person requiring supervision, including assistance with medication, meal preparation and dressing.

Residential programs include institutional settings, transitional living programs, group homes, supervised apartments, supervised living facilities, or family homes.

Specialized programs exist for behavior management, ventilator management, coma stimulation, pediatric, dual diagnosis, pain management, chemical dependency, as well as others.

In addition to traditional medical staff, specialized rehabilitation team members should include: **Neurologists** - a physician who specializes in the nervous system. **Physiatrist** - a physician who specializes in physical medicine and rehabilitation and is trained to diagnose and treat disabling conditions. **Neuropsychologist** - A psychologist specializing in evaluating brain/behavior relationships. To minimize effects of brain injury, the neuropsychologist plans training programs and recommends behavioral strategies.

Do you need suggestions for asking appropriate and in-depth questions on selecting a brain injury rehabilitation treatment program?

Our questions address:

Facility - Type and Services Provided

Expenses/Costs

Safety/Behavior Management

Personal Rights/Dignity

Treatment/Rehabilitation Plan

Discharge Planning/Continuum of Care

Empowerment/Advocacy

How Will BIA of IL Help Me?

The Brain Injury Association of Illinois is a statewide non-profit membership organization comprised of people with brain injuries, family members, friends and professionals. Our programs and services include:

Advocacy

Individual
Public Policy

Education

Annual Educational Conference
Educational Materials
Educational Training
Injury Prevention Program
Public Awareness

Social/Recreation

Camp FunZone (Pediatric Camp)
Wilderness Endeavor (Adult Camp)

Family Support Services

Information & Resources
Support Groups Statewide
Peer Support Program
Toll-free Family Resource Line



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