



MedStar National Rehabilitation Network

Brain Injury & Stroke System of Care Day Program

The Brain Injury and Stroke Day Program is designed for people who are medically stable and able to live at home, but whose daily lives can be improved through organized, intensive outpatient therapy within a daily routine. The program stresses both functional and practical individual and group therapy and is organized into two tracks. The "Home Alone" track focuses on gaining independence in the home setting. The "Community Re-Entry" track focuses on successful reintegration into the community or job setting. The program is a dynamic, highly-individualized program offering the ability to move between tracks. Sessions last up to six hours-a-day, three- to five-days-a-week.

Services available

Day program participants receive intensive individual and group Physical, Occupational, and Speech therapies, as well as individualized Neuropsychology and Social Work services. Depending on your needs, your day program treatment plan may also include, at additional cost:

- Aphasia Mentorship Program
- Aquatic Therapy
- Augmentative Communication Clinic
- Community outings
- Driver's training
- Education Coordination
- Medical rehabilitation management
- Participation in research studies
- Rehabilitation Engineering consultations
- Reiki Therapy for relaxation
- Spasticity Clinic
- Spiritual Care services
- Stroke Comeback Club
- Substance abuse group
- Therapeutic Recreation
- Vocational Rehabilitation
- Wheelchair Seating and Mobility Clinic

Therapeutic technology available

Therapy areas include state of the art equipment including weight training, Functional Electrical Stimulation (FES), Bioness[®], ZeroG, gliders, Dynavision[™], Wii[™], and splinting.

What you can expect

Most services are delivered in the outpatient department, Independence Square, the therapeutic garden, and as needed, the pool, the Seating and Mobility Clinic, and the community for outings. In addition, you can expect the following:

- Interdisciplinary team conferences, every other week.
- Family training and education sessions.
- Average cost of \$500.00-\$600.00 daily.
- Average length of stay of 40 therapy days (approximately 6-12 weeks of therapy).
- Lunch is provided.
- Interpreter Services are not provided for those with limited English proficiency, but are available for patients who are hearing-impaired

How we measure quality

We ask that you complete a patient satisfaction survey to provide us with confidential information by which we can improve the program. The Day Program Coordinator will provide you with the survey and you may return it confidentially in a marked box in the reception area.

Your opinion about the care you receive while here is very important. The information you provide about your hospital stay is extremely valuable. It will help us improve our future care for you, your family and friends. We will listen. Your honest opinions, suggestions, and comments will remain confidential. Your responses are grouped into data/numbers that the hospital uses to determine where we need to improve.

For more information, please contact:

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