

# Choosing a Rehab Hospital



## Brain & Spinal Cord Injury Program

Florida Department of Health

The Florida Department of Health's Brain and Spinal Cord Injury Program (BSCIP) is a state government administered program whose mission is "to provide all eligible residents who sustain a moderate-to-severe traumatic brain or spinal cord injury the opportunity to obtain the necessary services enabling them to return to their community."



**Mission: Promote, protect and improve the health of all people in Florida.**



## **Understanding Rehabilitation**

Rehabilitation is the process of assisting an injured individual in reaching their maximum level of physical, mental, social, vocational, and economic independence. Including family and friends in the rehabilitation process is recommended as it often contributes to successful rehabilitation and community reintegration.

Rehabilitation therapies actually begin while the patient is still in the intensive care unit. Examples of therapies are physical therapy, speech therapy, occupational therapy, and cognitive therapy, among others.

## **Paying for Rehabilitation**

Recovery from a traumatic injury can be very expensive. Private insurance, Medicare, Medicaid, or worker's compensation may cover some or all of your family member's rehabilitation. Once the above sources of funding have been exhausted, BSCIP may be able to offer assistance. BSCIP will only pay for services administered in state designated facilities. The assigned BSCIP case manager will review all available options.

## **What You Should Know About Choosing a State-Designated Rehabilitation Center**

The state of Florida has a network of acute, inpatient and outpatient rehabilitation centers. In order to qualify as a state-designated brain and/or spinal cord injury facility, each of these facilities must meet specific criteria established by the department. When choosing a rehabilitation center, be assured that all of our designated centers have been assessed and qualify as a center that is able to provide acute care and inpatient/outpatient rehabilitation services for brain and spinal cord injury patients.

Although this is a traumatic and probably confusing time for the survivor and family, the search for and visitation of a rehabilitation center should be carried out before the patient is transferred. Should you be unable to physically visit a rehabilitation facility, please visit our Web site ([www.myflorida.com](http://www.myflorida.com), key words, brain or spinal cord) or call the facility to speak with a representative who can provide further assistance. It is highly recommended that you choose a facility that is in close proximity to the planned discharge location.

When touring a rehabilitation center, there are several questions you should ask to help you select a quality program. These questions are located at the back of this brochure.

## **What to Look For: Accreditations**

Below is a list of accreditations that a state-designated rehabilitation facility must have:

### **Inpatient Rehabilitation Facilities**

- Joint Commission on Accreditation of Healthcare Organizations (JCAHO)
- Commission on Accreditation of Rehabilitation Facilities (CARF) – specific to brain and/or spinal cord injuries
- Florida Brain & Spinal Cord Injury Program designation
- Licensed by the Agency for Health Care Administration (AHCA)
- Appropriate local licenses

### **Outpatient Rehabilitation Facilities**

- Florida Brain & Spinal Cord Injury Program designation
- Licensed by the Agency for Health Care Administration (AHCA)
- Appropriate local licenses

Choosing the right state-designated rehabilitation facility is vital. There are many factors to consider in deciding which facility is most appropriate for you or your loved one. It is important to consult your physician, case manager, and insurance representative when making this decision.

Referral and transfer to a rehabilitation center usually comes from an acute care hospital. Early referral to and initiation of a rehabilitation program in a comprehensive rehabilitation center has been documented to result in increased independence and fewer complications for patients with brain and/or spinal cord injuries. Considerable long-term economic and emotional savings can be realized by doing this early.

### **BSCIP Definition of Brain Injury**

“An injury to the skull, brain or its covering, resulting from external trauma, which produces an altered state of consciousness or anatomic, motor, sensory, cognitive, or behavioral deficit.” This may mean you have been in a coma, have difficulty walking, talking, or moving, or have no feeling in some parts of your body. You may have trouble remembering persons or events and even find yourself becoming confused. All of these events could potentially cause you to feel uneasy or angry.

## Common Causes of Traumatic Brain Injury

- Motor vehicle accidents
- Falls
- Sports accidents
- Gunshot wounds
- Domestic violence or abuse, including shaken baby syndrome

## State Definition of Spinal Cord Injury

“A lesion to the spinal cord or cauda equina resulting from external trauma with evidence of significant involvement of two or more of the following: motor deficit, sensory deficit, bowel and bladder dysfunction”. The injury to your spinal cord could limit your walking ability. You could experience loss of feeling or numbness in parts of your body and a loss of muscle control. The injury may also affect your ability to use the bathroom without assistance.

## Common Causes

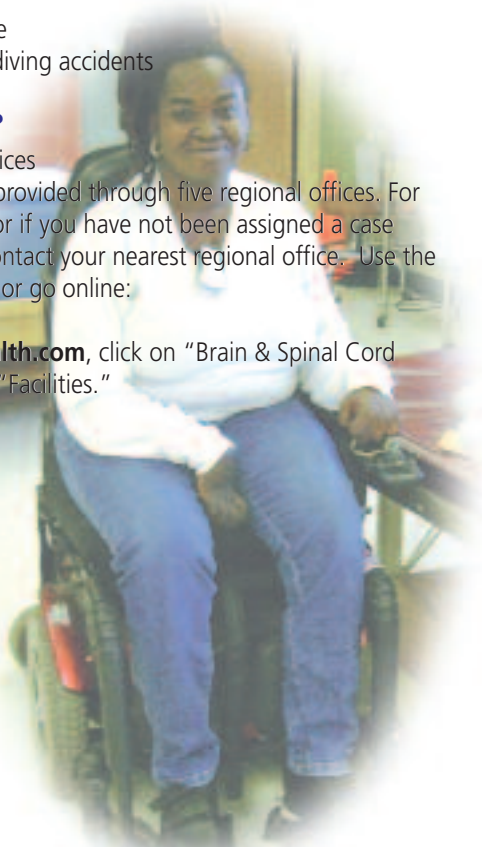
- Motor vehicle accidents, including motorcycles and ATV's
- Falls
- Violence
- Sports/diving accidents

## Where Are We?

BSCIP Regional Offices

BSCIP services are provided through five regional offices. For more information or if you have not been assigned a case manager, please contact your nearest regional office. Use the information below or go online:

**[www.floridashealth.com](http://www.floridashealth.com)**, click on “Brain & Spinal Cord Injury,” and select “Facilities.”



## Region I

Jacksonville, FL

Phone: 904-348-2755

Serving counties: Alachua, Baker, Bay, Bradford, Calhoun, Clay, Columbia, Dixie, Duval, Escambia, Franklin, Gadsden, Gilchrist, Gulf, Hamilton, Holmes, Jackson, Jefferson, Lafayette, Leon, Levy, Liberty, Madison, Nassau, Okaloosa, Santa Rosa, St. Johns, Suwanee, Taylor, Union, Wakulla, Walton, Washington

### Inpatient Rehabilitation Facilities

Shands Rehabilitation Hospital

Gainesville, FL

Phone: 352-265-5491

[www.shands.org](http://www.shands.org)

Brooks Rehabilitation Hospital

Jacksonville, FL

Phone: 904-858-7600

[www.brooksrehab.org](http://www.brooksrehab.org)

The West Florida Rehabilitation

Institute, Pensacola, FL

Phone: 850-494-6100

[www.westfloridahospital.com](http://www.westfloridahospital.com)



### Outpatient Rehabilitation Facilities

Brooks Rehabilitation Hospitals

Jacksonville, FL

Phone: 904-858-7223

[www.brooksrehab.org](http://www.brooksrehab.org)

## Region II

Orlando, FL

Phone: 407-897-5964

Serving counties: Brevard, Citrus, Flagler, Hernando, Lake, Marion, Orange, Osceola, Putnam, Seminole, Sumter, Volusia

### Inpatient Rehabilitation Facilities

Orlando Regional Rehabilitation Institute

Orlando, FL

Phone 321-841-4161

[www.orlandohealth.com](http://www.orlandohealth.com)

## Outpatient Rehabilitation Facilities

Orlando Regional Rehabilitation Institute/Outpatient Rehabilitation  
Orlando, FL  
Phone: 407-841-8911  
[www.orlandohealth.com](http://www.orlandohealth.com)

## Region III

St. Petersburg, FL  
Phone: 727-570-3427  
Serving counties: : DeSoto, Hardee, Highlands, Hillsborough, Manatee, Pasco, Pinellas, Polk, Sarasota

## Inpatient Rehabilitation Facilities

Bayfront Medical Center  
St. Petersburg, FL  
Phone: 727-893-6864  
[www.bayfront.org](http://www.bayfront.org)

Tampa General Rehabilitation Center  
Tampa, FL  
Phone: 813-844-7701  
[www.tgh.org](http://www.tgh.org)

Joy-Fuller Rehabilitation Center  
Winter Haven, FL  
Phone: 863-293-1121  
[www.winterhavenhospital.org](http://www.winterhavenhospital.org)

## Outpatient Rehabilitation Facilities

Bayfront Medical Center  
St. Petersburg, FL  
Phone: 727-893-6808  
[www.bayfront.org](http://www.bayfront.org)

Tampa General Rehabilitation Center  
Tampa, FL  
Phone: 813-844-7701  
[www.tgh.org](http://www.tgh.org)

ESTEEM Outpatient Program  
Winter Haven, FL  
Phone: 863-292-4061  
[www.winterhavenhospital.org](http://www.winterhavenhospital.org)



## Region IV

Ft. Lauderdale, FL

Phone: 954-677-5639

Service counties: Broward, Charlotte, Collier, Glades, Hendry, Indian River, Lee, Martin, Okeechobee, Palm Beach, St. Lucie

### Inpatient Rehabilitation Facilities

Pinecrest Rehabilitation Hospital

Delray Beach, FL

Phone: 561-495-0400

[www.pinecrestrehab.com](http://www.pinecrestrehab.com)

### Outpatient Rehabilitation Facilities

HealthSouth Rehabilitation & The Bridge

Ft. Lauderdale, FL

Phone: 954-202-3445

[www.healthsouth.com](http://www.healthsouth.com)

HealthSouth Sunrise Rehabilitation Hospital

Sunrise, FL

Phone: 954-746-1342

[www.healthsouth.com](http://www.healthsouth.com)

## Region V

Miami, FL

Phone: 305-377-5464

Serving counties: Dade, Monroe

### Inpatient Rehabilitation Facilities

Jackson Memorial Rehab Center

Miami, FL

Phone: 305-585-7112

[www.jhsmiami.org](http://www.jhsmiami.org)

### Outpatient Rehabilitation Facilities

Biscayne Institutes of Health & Living

Aventura, FL

Phone: 305-932-8994

[www.biscayneinstitutes.org](http://www.biscayneinstitutes.org)

Baptist Hospital – Davis Center for Rehabilitation

Miami, FL

Phone: 786-596-6520

[www.baptisthealth.net](http://www.baptisthealth.net)

HealthSouth Rehabilitation Hospital – Miami  
Miami, FL  
Phone: 305-251-3800  
[www.healthsouth.com](http://www.healthsouth.com)

Jackson Memorial Rehabilitation Center  
Miami, FL  
Phone: 305-585-7112  
[www.jhsmiami.org](http://www.jhsmiami.org)



### **Additional Resources**

BSCIP supports three comprehensive statewide resource centers. These centers provide the most up-to-date information pertaining to brain and spinal cord injury; medical, rehabilitation, assistive technology, social and financial resources; and much more. They provide links to current research initiatives and specific information to help individuals and their families cope with injury and its aftermath.

#### **Brain Injury Association of Florida**

Toll-free phone: 800-992-3442  
Website: [www.biaf.org](http://www.biaf.org)  
Email: [info@biaf.org](mailto:info@biaf.org)

#### **Florida Spinal Cord Injury Resource Center**

Toll-free phone: 800-995-8544  
Website: [www.flspinalcord.us](http://www.flspinalcord.us)  
Email: [info@flspinalcord.us](mailto:info@flspinalcord.us)

#### **Florida Alliance for Assistive Services and Technology**

Toll-free phone: 888-788-9261  
Website: [www.faast.org](http://www.faast.org)  
Email: [faast@faast.org](mailto:faast@faast.org)

#### **Department of Health Brain and Spinal Cord Injury Program**

Toll-free Phone: 866-875-5660  
Website: [www.myflorida.com](http://www.myflorida.com)  
Keywords: **Brain, Spinal Cord**

## Questions to Ask a Rehabilitation Center

1. How many people with brain or spinal cord injuries does your facility treat each year? Are they the same type of traumatic injuries as my family member?
2. Is your staff specifically trained to treat people with brain or spinal cord injuries?
3. What is the ratio of staff to patient in nursing and therapy? Are therapists licensed or are they aides? Are the nurses certified in rehabilitation? Do you use outside agency nurses?
4. How long will my family member be in therapy each day? Will there be therapy on the weekends? What kind of therapy will be included in the rehabilitation program? How long will each therapy session be?
5. How do family members participate in therapy sessions?
6. Can I see some samples of your educational materials? Is there a formal education program for patients and family? Are there support groups for patients and families?
7. What is your rehabilitation doctor's role on the interdisciplinary team?
8. Does your interdisciplinary team include: medical management, behavioral management, cognitive retraining, family counseling/therapy, speech/language therapy, psychological services, physical therapy, occupational therapy, rehabilitation nursing, therapeutic recreation, functional daily living skills training, community reintegration skills training, social skills training, sexual functioning education and training?
9. How does your team handle my family member's emergencies?
10. How often are patient conferences held? How are the patient and the family involved in the team conference?
11. What kind of outpatient and follow-up services does your facility provide?
12. How do your patient outcomes compare to other brain and/or spinal injury centers' outcomes?



