

Table of Contents

Choosing a Florida State Designated Rehabilitation Center...	2
Understanding Rehabilitation	4
List of Accreditations.....	5
Physician Consultation	6
State Definition of Brain Injury	7
State Definition of Spinal Cord Injury	8
Brain and Spinal Cord Injury Program Regional Offices.....	9
Client Testimonies	10
Resource Centers	13
Frequently Asked Questions	14

Choosing a Florida State Designated Rehabilitation Center

While the patient is still in the intensive care unit, therapies are started. To assist the family with future planning, they should be given information about choices for rehabilitation centers, based on the patient's current and anticipated needs. There is a difference in **Rehabilitation Centers**.

Early intervention by a comprehensive rehabilitation center has shown to result in increased independence and fewer complications.

Florida currently has several Rehabilitation Centers that have met the additional standards and criteria necessary to become a **State Designated Brain and/or Spinal Cord Injury Program**.

- **The licensed rehabilitation center is accredited** by the Commission on the Accreditation of Rehabilitation Facilities (CARF) and the center is required to maintain expertise in the areas of Brain Injury, Spinal Cord Injury, or Pediatric Rehabilitation.

- **All Inpatient Rehabilitation Centers must be subscribers of the Uniform Data System (UDS-Pro)** to collect patients' outcomes.
- **The center is required to undergo surveys at least every 3 years** by the Florida Department of Health, Brain and Spinal Cord Injury Program to determine compliance with the rehabilitation standards. The Center must meet the standards and criteria established by the Advisory Council.

The mission of the **State Designated Rehabilitation Centers** includes the following:

- Individuals with brain and/or spinal cord injuries will have available the highest quality rehabilitation program possible.
- Individuals with brain and/or spinal cord injuries will be rehabilitated to optimal independence within the context of the rehabilitation program.
- Adult and pediatric rehabilitation centers are systems with expertise in providing optimal comprehensive care for persons with brain and/or spinal cord injury and their families.
- Rehabilitation centers provide a continuum of care by developing an efficient referral pattern with hospitals.

Understanding Rehabilitation

Rehabilitation is the process of assisting each injured individual in reaching their maximum level of physical, mental, social, vocational, and economic independence as possible. Family and friends must also be included in the rehabilitation process if the person is to be successful in reaching goals.

During the initial hospitalization, the subject of medical rehabilitation is identified. Even though this is a traumatic time for all involved, this is the time to visit rehabilitation centers before the individual is ready to be transferred.

When touring a Rehabilitation Center, you will want to ask several questions to help you select a quality program. (See questions at end of the brochure.)



Accreditations

List of accreditations that the state Designated Rehabilitation Facilities 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

Consult with your Physician, Case Manager, and Insurance Representative before Selecting a Rehabilitation Facility

Choosing a state designated rehabilitation facility is of extreme importance. There are many factors to consider in deciding which facility is most appropriate for yourself or your loved one. In addition to taking into account the reputation and location factors of a certain facility, it is also essential to consult your physician, case manager and insurance representatives to discuss with them your choice of a state designated rehabilitation facility.

Referral and transfer to a rehabilitation center usually comes from several acute care hospitals. 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 savings both economically and emotionally are realized.

Coordination with acute care hospitals ensures an efficient and smooth transfer to a state designated rehabilitation program. Care extends beyond the initial admission and must be directed towards developing a satisfactory lifetime program with monitoring, reevaluation, upgrading inpatient performances, and early detection of potential complications.

BRAIN INJURY

State Definition

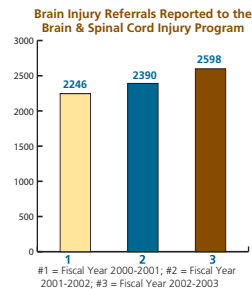
An insult to the skull, brain or its covering, resulting from external trauma, which produces an altered state of consciousness or anatomic, motor, sensory, cognitive or behavioral deficit.

Common Causes

- Motor vehicle accidents result in more than half of all brain injuries
- Falls
- Industrial/sports accidents
- Gunshot wounds
- Abuse

Long-Term Consequences

- Memory loss (short/long term)
- Difficulty with judgment and recognition of limitations
- Anxiety and/or depression
- Loss of social networking
- Feeling of isolation
- Slowness and/or difficulty with speech
- Decreased physical coordination/mobility
- Difficulty in initiating, planning and completing tasks
- Decreased anger management
- Decreased safety awareness



SPINAL CORD INJURY

State Definition

A lesion to the spinal cord or cauda equina resulting from external trauma with evidence of significant involvement of two of the following—motor deficit, sensory deficit, bowel and bladder dysfunction.

Common Causes

- Motor Vehicle Accidents
- Violence
- Falls
- Sports/Diving Accidents

Long-Term Consequences

- Loss of sensation
- Paralysis or weakness of muscles
- Poor ability to regulate body temperature
- Bowel/bladder difficulties
- Impaired circulation
- Muscle spasticity
- Decrease in joint mobility
- Impairment of sexual function
- Decrease in physical mobility
- Decrease in skin integrity

BSCIP Regional Offices

BSCIP services are provided through five regional offices. For more information please contact the regional office nearest to you.

Region 1

3974 Woodcock Drive,
Suite 101B
Midtown Centre, 2000 Building
Jacksonville, FL 32207
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,
Suwannee, Taylor, Union,
Wakulla, Walton, Washington

Region 2

3751 Maguire Boulevard, Langley
Building Suite 212
Orlando, FL 32803
Phone: 407/897-5964
Serving counties: Brevard,
Citrus, Flagler, Hernando,
Lake, Marion, Orange,
Osceola, Putnam, Seminole,
Sumter, Volusia

Region 3

9400 4th Street North, Suite 212
St. Petersburg, FL 33702
Phone: 727/570-3429
Serving counties: DeSoto,
Hardee, Highlands,
Hillsborough, Manatee,
Pasco, Pinellas, Polk,
Sarasota

Region 4

2550 W. Oakland Park Boulevard
Ft. Lauderdale, FL 33311
Phone: 954/677-5639
Serving counties: Broward,
Charlotte, Collier,
Glades, Hendry, Indian River,
Lee, Martin, Okeechobee,
Palm Beach, St. Lucie

Region 5

401 NW 2nd Avenue,
Room S-221
Miami, FL 33128
Phone: 305/377-5464
Serving counties: Dade,
Monroe



Patient Testimonies

Patient Testimony #1

"I was hit by lightning and it ruined my life. I lost my memory. With the help of my therapists it is starting to come back and someday will be better than it is now.

I get a lot of memory skills training that got me to where I am. They also do a lot of testing with me to see how far I've come. I used to not be able to walk after my accident. I came to the (Brain & Spinal Cord Injury Program Designated Rehabilitation Facility) and started doing physical therapy. I can walk on my own today!

They have also been giving me therapy services that include my family and me. They are helping us have a good relationship again. I look forward to coming to rehab because it is making me better."

-Susan (Patient with Brain Injury)

Patient Testimony # 2

"I was in a motorcycle accident. I hit a wet spot and the bike went in a spin and hit the guardrail and broke my neck. I was in the hospital 2 weeks and then came to rehab. I don't remember anything until I came over.

My brother and mother investigated various rehab hospitals and decided this was the best place for me. They liked the therapy and had heard a lot of information from other people that the therapists were very good.

Since being in rehab, I have progressed well. I could do nothing. Now I can move my arms and sit up. I am starting to get movement in my hands. They have done wonders for me. The therapists are the "best in the business". They push me, but that is what it takes. They let me know my progress. Each week they go over what I was able to do the week before and what I am able to do now. The nurses know me so well, they know when I don't feel good or when something is "going on" before I tell them. They check on me regularly and take the time to sit and talk with me to see how I am doing and if I have any questions about what is going on.

When I had to leave rehab for a while, waiting for my halo to come off, my mother and my wife had been trained to assist with my care. They felt very comfortable with the training. When I left they reviewed everything with me and even gave me phone numbers to call if I had any questions."

-Terry (Patient with Spinal Cord Injury)

Patient Testimony #3

“Just last April, 17-year-old Danielle went with her father to visit friends in their small Volusia County community of Deltona. Anthony crossed the street first and turned to see Danielle waiting on the side of the road for the traffic to clear. As he looked back, he saw a car drift into the opposite lane, overcorrect and head straight for Danielle, who was still standing on the grass.

She was hit with such impact that she flew 40 feet into the air and landed across the hood of the car with a force that fractured her pelvis and knocked the earrings out of her pierced ears. Her head collided with the reinforced area of the car body over the wheel well, fracturing her skull and injuring her brain.

When the local acute care hospital had done everything it could to help Danielle, she was brought to a State Designated Rehabilitation Facility to begin her journey back to good health and to her former life.

In addition to the broken pelvis, Danielle’s brain injury left her with serious cognitive problems, balance deficiencies and a drastically weakened left side. She immediately began physical therapy on her legs, her left arm and left hand for both grip and dexterity. Cognitive therapy and lessons in life management skills also help her on her way to independence.

Along with her physical and cognitive rehab, Danielle is continuing her high school education and preparing for graduation. After an assessment to see what she remembered and what she still needed to fulfill her graduation requirements, Danielle found herself lacking only one and a half credits. She now is taught three days a week at a State Designated Rehabilitation Facility.”

–Danielle (Pediatric Brain Injury Patient)

Resource Centers

The BSCIP also supports two comprehensive statewide resource centers. These centers maintain information on the most up-to-date information pertaining to brain and spinal cord injury, medical, rehabilitation, social and financial resources, and other information. They provide linkages to current research initiatives and other specific information to help individuals and their families cope with injury and its aftermath.

Brain Injury Association of Florida North Broward Medical Center

201 E. Sample Road
Pompano Beach, FL 33064
Family Helpline, *Toll-free:*
800/992-3442,
Phone: 954/786-2400
Fax: 954/786-2437
Website: www.biaf.org,
Email: info@biaf.org

Florida Spinal Cord Injury Resource Center Tampa General Hospital, Suite R 212

P.O. Box 1289
Tampa, FL 33601
Toll-free: 800/995-8544,
Phone: 813/844-4286 or
813/844-4287
Fax: 813/844-4322
Website: www.flspinalcord.us,
Email: Info@fscirc.com

Department of Health Brain and Spinal Cord Injury Program

Headquarters Office
4052 Bald Cypress Way, Bin C-
25
Tallahassee, FL 32399-1744
Phone/Toll-free: 866/875-5660
Local: 850/245-4045
Fax: 850/921-0499
Website: www.myflorida.com
Key word: Brain and Spinal Cord
Injury Program

Frequently Asked Questions

1. How many people with brain or spinal cord injuries does your facility treat a year? Are they the same type of traumatic injuries as my family member?
2. Is your staff specialized in treating 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 rehab? 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 rehab program? How long will each therapy session be?
5. How do family members participate in the therapy sessions?
6. Can I see some samples of your educational material? 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 cord injury centers' outcomes?

