

SPINAL CORD INJURY SPECIALTY PROGRAM

Scope of Service

Program Purpose

- To provide evaluation, intervention, education and training for persons served and family members of all ages who exhibit rehabilitation needs after a spinal cord injury or impairment.
- The program goal is to aid the person served in achieving their highest level of function in self care activities, motor development, address and provide resources for life roles/activities, self-advocacy, emergency preparedness, leisure and recreation and social and emotional adjustment.
- The family/caregiver(s) are integral members of the persons served rehabilitation team. We seek their involvement in developing goals, in education, carrying through home programs and preparing for community integration is encouraged and facilitated.
- The program will explore technology that will support patients long-term needs.

Population(s) Served

- People will be admitted to the program based on the following:
 - Cervical, Thoracic, Lumbar, Sacral and caudal equina syndrome dysfunction
 - Any ASIA level of impairment
 - Etiology may be related but not limited to MVA, spinal cord trauma, neurological disease, orthopedic disease, congenital spinal dysfunction, spinal tumor or spinal infarct
- People referred for outpatient or day treatment services demonstrate a variety of rehabilitation needs on admission. They may include, but are not limited to, one or more of the following:
 - Medical / physiological sequelae such as, but not limited to; abnormal tone, autonomic function, body composition, circulation, medication, musculoskeletal, dysphagia, respiratory, etc.
 - Functional / IADL concerns such as, but not limited to; assistive technology, behavior, cognition, seating, communication, mobility, etc.
 - Psychosocial needs such as, but not limited to; adjustment to disability, family/support system counseling, sexual adjustment, peer support services etc.
 - Other impairments identified by the team.

- Children 12 years and under will be admitted to the pediatric program, adolescents between the ages of 13 years and 18 years (or up to 21 if they are still in high school) will be admitted to the adolescent program and all other ages will be admitted to our adult program.
- People who have had a spinal cord injury and require a vent will not be admitted to the program unless they can benefit from program and have a caregiver who will be responsible for vent management.
- Co-morbidities will be assessed on an individual basis and a determination will be made if these can be managed by the team.

Setting/Hours/Frequency of Service

- Services are offered at our Main Campus, 3011 Baltimore Ave, Kansas City, MO.
- Day treatment services are between 9 AM – 4 PM with drop off and pick-up 20 minutes before or after the scheduled start and end time. Day program services are offered Monday through Friday.
- Outpatient services are offered between 7:30 AM – 6 PM, Monday through Thursday and 7:30 AM – 4 PM on Friday.
- Services are determined based on medical need. Frequency of service is determined by evaluation, physician recommendation, and ability to access services. Frequency of services will be discussed after the evaluation.

Funding Sources

Services are funded by a variety of sources which may include but are not limited to:

- Commercial Insurance
- Medicaid/Medicare
- Self-pay – fees can be discussed, at time of referral, with business office
- Other funding sources (Cerner Charitable Foundation, Clay County Children's Services Fund, Falling Forward, Caring Program, uncompensated care) may be available and explored with responsible party.



Program/Services Offered

The Team consists of the person served, their family and professionals, as appropriate, from the specialties of:

- Assistive Technology – employed by Ability KC
- Aquatics – employed by Ability KC
- Case Management – employed by Ability KC
- Driver's evaluation and training – employed by Ability KC
- Education Specialist – employed by Ability KC
- Neuropsychology/Psychology – employed by Ability KC
- Nursing – employed by Ability KC or agency
- Occupational Therapy – employed by Ability KC or agency
- Patient representative – employed by Ability KC
- Peer mentoring – employed by Ability KC
- Physiatry – under contract
- Physical Therapy – employed by Ability KC or agency
- Social Work – employed by Ability KC
- Speech and Language Pathology – employed by Ability KC or agency
- Therapeutic Recreational Specialist – employed by Ability KC
- Return to work Navigator – employed by Ability KC
- Social Work/Resource Management – employed by Ability KC
- Speech and Language Pathology – employed by Ability KC or agency
- Health and wellness promotion and prevention of secondary health conditions across the lifespan is encouraged throughout the rehabilitation process including education, therapy involvement and community education.
- If a wound is present prior to admission Ability KC's team, under the direction of an external wound care management team, will help monitor healing process, assist with dressing changes and provide education and prevention strategies.
- If a wound develops after admission Ability KC's team will monitor healing process and make appropriate referrals to external physician or wound care management as needed. Under direction of the external physician will continue to monitor healing process, assist with dressing changes and provide education and prevention strategies.
- Due to the unique need of the spinal cord injury population each discipline provides education and training within their scope, but is not limited, to address the following: autonomic dysfunction, bowel and bladder, body composition, sexuality and fertility. Training is available to persons served, families/support systems and other stakeholders in the community
- Transitions across the life span will be addressed by the appropriate program as needed.
- When implicated, specialty services (including ACCT and psychology) may be provided via telehealth for residents of Kansas or Missouri.

Referral Procedures

- Referrals to the programs may be made directly by family members, physicians and others in the community.
- Referrals are initiated by contacting the admissions department, community liaisons or case managers.
- A written prescription for treatment from the physician is required. This must come from a M.D. or D.O.
- Consulting services are available upon referral in the following areas:

Adolescent medicine	Orthotics/prosthetics
Audiology	Pain management
Clinical trials or research opportunities	Primary care physician
Community resources to support adaptive sports and recreation	Psychology/Psychiatry
Dentistry	Rehabilitation engineering
Durable medical equipment	Resources for spiritual needs
Fertility	Respiratory management
Gastroenterology	Substance abuse
Infectious Disease	Swallow assessments
Neurology	Urology
Nutrition	Women's / men's health
Ophthalmology/optometry	Wound care
	Other resources as identified by treatment team

Program Admission Criteria

For admission, the patient must:

- Have a spinal cord dysfunction/injury diagnosis resulting in a change in their previous functional daily activity status;
- Have a reasonable expectation for greater functional independence and the ability to achieve goals and show progress;
- Have the potential to comprehend and cooperate with the plan of care; and be medically stable.
- There are no restrictions placed on acceptance, and every attempt is made to meet the needs of the person served and their family in relation to geographic location, age, sex, race, sexual orientation, gender identity, culture or financial status.



- For those who do not live in the greater metropolitan area, assistance to locate housing is available.
- Persons diagnosed with communicable diseases and/or tuberculosis are not admitted for rehabilitation services.
- Persons are not admitted for psychiatric care or for treatment of alcohol or drug dependency.
- Individuals with behavioral issues related to physical or neurological impairment will be admitted if it is determined the program can effectively manage in this environment. Ongoing assessment of behavior and persons served ability to benefit from program occurs formally and informally throughout length of stay.

Discharge Planning & Criteria

- Discharge planning begins upon admission to the program with persons served, family, staff and community agency participation as appropriate.
- The case manager facilitates and coordinates discharge planning and the transfer of information to community, physician, other agencies, etc.
- Family conferences and home visits are scheduled as necessary and may be an integral part of discharge planning.
- Projected discharge dates are established with person served/family/caregiver and the treatment team.
- Referrals are made, as appropriate, to other community agencies during and upon completion of the program.
- Discharge planning and decisions consider the following:
 - Persons served, family/caregivers and support system's preferences, needs and resources
 - Ability to safely re-enter the home, school and/or community environment
 - Progress toward achievement of program goals
 - Potential to continue to make progress
 - Person served or family/caregiver's desire to receive or obtain alternative services
 - Compliance with organizational policies
 - Need for further health-care intervention/service



Intended Discharge Environment

- The program prepares the person served who is already living in a home setting with support to be more independent in the home, school and community.
- The program can support the exploration of transitional or independent living environments.
- The program can support in providing resources and education/training for personal care assistance.
- The program provides education regarding prevention related to potential risks and secondary health conditions.

Follow-Up Services

- At discharge from the program, a follow-up evaluation is scheduled, if indicated, to determine if functional status has been maintained or improved upon.
- If an onsite follow-up is not indicated a phone follow-up will be completed.
- The timeframes for follow-ups are based on what is appropriate for the person served and as determined by the team.
- If problems are identified at follow-up, recommendations are made to assist the person served/ family/caregivers to resolve the problem or receive necessary support services.

Expected Program Outcome

The person served will transition to home, school and/or community and continue the recovery process toward maximum independence.

