

IGNITE

UNDERSTANDING
FOR CHANGE



ABILITY^YKC[®]
2023 ANNUAL REPORT

A note from the CEO and Executive Director

At Ability KC, we ignite possibilities that transform lives. As a regional center of excellence and a nationally recognized leader in specialized rehabilitation and therapies, we drive change that profoundly impacts the quality of life for those we serve. Our integrated model combines traditional rehabilitation with specialized services and real-life experiences, creating pathways across communities to help every individual reach their fullest potential.

The transformative journeys of the individuals we serve, along with those of their families and caregivers, are remarkable. Their stories, like those of Brandi and Tripp highlighted in this report, offer inspiration and hope, exemplifying what determination coupled with this unique model of care can do.

By identifying and addressing gaps in care, adapting, and innovating, we provide a value-based approach that enhances quality of life. Each year, as the demand for our services grows, we also encounter patients with injuries, illnesses and disabilities that are increasingly complex. In 2023, we again served over 3,000 individuals—spanning all ages, genders, races, ethnicities, and socioeconomic statuses, reflecting the rich diversity of our community. Without Ability KC, these individuals and their families would face the burden of traveling to multiple locations, often in different cities, to receive necessary therapies, resulting in additional expenses, inefficiencies, and fragmented care.

Driven by an unwavering commitment of inclusion and belonging, we are honored to help people navigate life transitions in education, employment, and community independence. Our success is closely linked to the support of our partners, volunteers, and community champions—we couldn't do it without you.

On behalf of the entire Ability KC family, we extend our deepest gratitude to the hundreds of community supporters, volunteers, and partners who have joined us on this incredible journey. Your support ensures that we will continue to meet the needs of the diverse Kansas City community for years to come. Together, we can ignite understanding, conversations, and connections for change for every individual and family receiving services at Ability KC.



Amy Castillo
CEO and Executive Director



Left to right: Recent Groundhog Run Chairs, the Elliott family, Amy Castillo, and Hunt Midwest's Connie Kamps

What we do

Building brighter futures, helping people get back to independence at home, work, school and communities.



cancer **stroke**
brain injury autism
 developmental disabilities **amputation**
spinal cord injury
 dementia/memory mental health diagnoses

IGNITING INDEPENDENCE ACROSS ALL AGES AND STAGES OF LIFE



Who we serve



Learn about
Brandi's story

BREAKING BARRIERS ON THE PATH TO EMPLOYMENT

In its first full year, Ability KC's Return-to-Work Navigator Program significantly accelerated and simplified the process for individuals transitioning back to work after medical rehabilitation. The program provides comprehensive support, removes barriers and enables individuals like Brandi to achieve their professional and personal goals more efficiently.

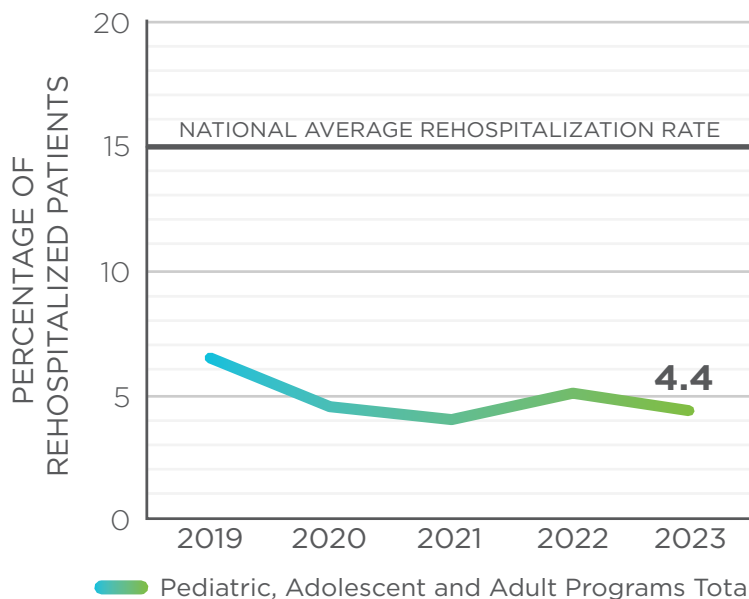
152 individuals served

Return-to-Work timeline reduced from 2-4 months post-discharge to **1-2 weeks**

Higher rehab completion rates for return-to-work participants, especially in the driving program

EXCEPTIONAL CARE, LASTING IMPACT

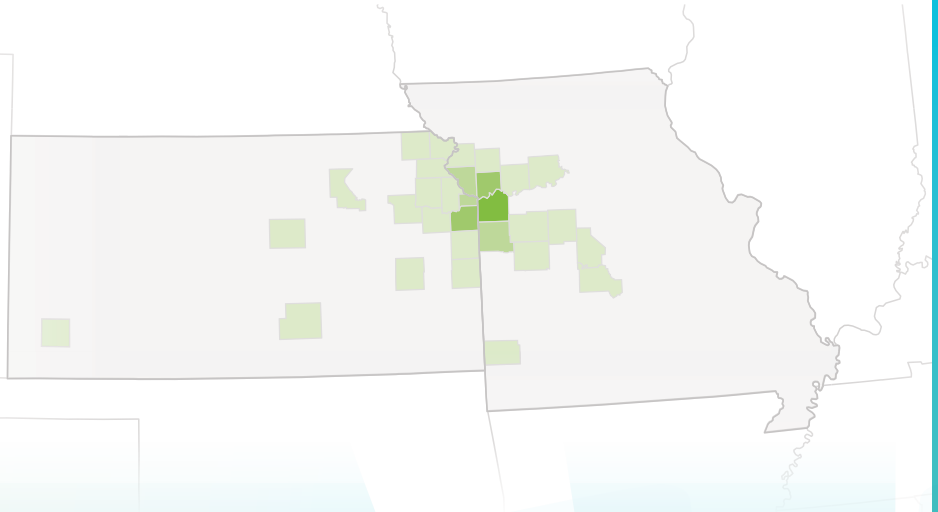
Our model helps people avoid going back to the hospital, with a rehospitalization rate well below the national average.



A CENTER OF EXCELLENCE, BRIDGING ACROSS COMMUNITIES

In 2023, Ability KC...

- Provided services to individuals across multiple states, with 39% of those we serve considered to be low income
- Partnered with 15 regional universities/colleges
- Provided clinical rotations for 28 students
- Hosted 22 summer interns
- Helped 23 students achieve clinical observation hours



“Patients are transitioning through health systems faster ... and our day rehab program meets this critical gap by providing comprehensive therapy and medical monitoring.”

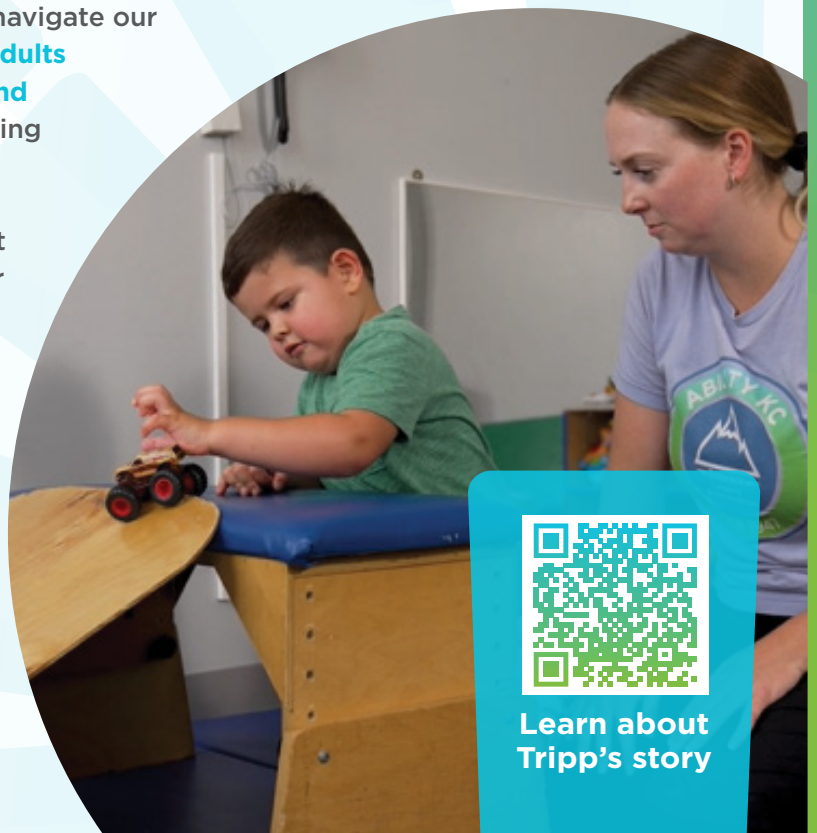
Brad Steinle, MD, Medical Director of Adult Med Rehabilitation

RIISING TO THE CHALLENGE

Specialized Care for Complex and Multiple Conditions

As **patient acuity increases** and **hospital stays shorten**, Ability KC continues to invest in our team’s expertise and expand our staff with specialized nurses and social workers to navigate our patients’ complex medical needs. With **1 in 4 adults** presenting higher acuity and **1 in 2 pediatric and adolescent patients** requiring specialized feeding support, we are committed to providing immediate, high-level care and emotional support for families. This ensures every patient receives the comprehensive care they need for recovery and resilience in our community.

In healthcare, acuity is a measure of a patient’s medical condition severity and the level of care they need



Learn about Tripp’s story

Thank you to our generous donors

\$100,000+

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Impact = mission + sustainability

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In millions; years end December 31



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Jordan Fuller, Ph.D., Licensed Psychologist | Ability KC
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Ability KC currently partners with **more than 300 community partners and providers.**



Get involved!

Join us to continue the positive impact in our community and in the lives of many, next year and beyond.



**Become a Champion | Volunteer | Donate
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