

How Do I Apply Or Learn More?

- Further information about the program can be found on our website:
 - Search for the keywords: MedStar NRH Neuro Day Program
- Or call Judson Richardson, LICSW at 202-877-1467
- To apply, find our Admission Application on the website
- Anyone associated with the patient can apply for him/her, including physicians, case managers, other treatment providers, or family/support persons; however, a physician's orders for PT, OT, Speech, and Neuropsychology services will be needed before the person can be evaluated and treated.



**MedStar National
Rehabilitation Network**

MedStar National Rehabilitation Hospital
102 Irving Street, NW
Washington, DC 20010



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Rehabilitation Network**



**Transitions
Neuro Day
Treatment Program**

Overview

The Transitions Neuro Day Treatment Program is designed for people who are medically stable and able to live at home, but whose day-to-day lives can be improved through coordinated, structured, intensive outpatient therapy. Our goal is to help people who have had a stroke, traumatic brain injury, or other neurological condition gain more independence, whether it be at home or in the community.

This dynamic program is a highly individualized plan of care that includes both individual and group therapy sessions. These sessions include physical, occupational, and speech therapy, as well as neuropsychology and social work services with a team of seasoned professionals who specialize in brain injury and stroke rehabilitation. We are experts at targeting the physical, visual, cognitive/thinking, and behavioral challenges caused by an acquired brain injury.

What Does The Program Look Like?

A patient typically attends the program four to five days per week, each day participating in a half-day of treatments that are coordinated into morning and afternoon “tracks” based on patient therapeutic needs. Individuals may progress from one track to another during their course of treatment within the program. Each daily session is typically 3-4 hours, but can last up to six. The average length of time in the program is 8.5 weeks, but can range from a few weeks to a few months depending on the patient’s needs and progress.



How Is Day Program Different?

The Neuro Day Treatment Program differs from other traditional outpatient therapy programs in the following ways:

- Collaborative, interdisciplinary approach to improve the patient’s independence at home and their ability to get back into their community
 - Twice weekly interdisciplinary team conferences to review progress, coordinate efforts, and update the team therapy plan
 - Individualized family conferences or training sessions as needed
- Structure, intensity, and safety monitoring
 - Assistance provided to safely escort patient to therapies as needed
 - Regular team assessment of safety to be home alone or in the community, with input from all disciplines
- Frequent opportunities for community outings with therapists
 - Help patients gain skills and confidence in “real world” environments
- Therapy groups not offered in traditional outpatient (e.g. goal setting, thinking skills, coping skills, cooking, brain injury education, communication skills, etc.)
- Social Work and Neuropsychology supports to help the patient and their loved ones with adjustment to disability and navigating their next steps
 - Coordination of the patient’s care and therapies while in the program, with referrals to outside resources as needed
 - Social work provides main point of contact between loved ones and treatment team and provides regular updates on patient progress
- Benefits from being in a group program
 - Support and feedback from peers going through a similar experience
 - Opportunities to practice social skills and improve behavioral control

Who Is Appropriate?

- Diagnosis of brain injury (traumatic brain injury, stroke, brain tumor, anoxia, or other neurological dysfunction) within the past 12 months
- Age 14 years or older
- Medical stability and physician’s referral
- Has home and community re-entry goals (for example: medication/health management, managing finances, keeping track of appointments, being home alone safely, safely getting around public spaces, using public transportation, grocery shopping or running errands, full/part-time work/school/volunteering, etc.)
- Able to consistently participate and communicate in group activities and discussions
- Can understand simple sentences and express basic needs via a reliable mode of communication
- Able to change behavior when given direct feedback
- Can walk safely (with or without an assistive device, such as a walker, cane, rollator, crutch, etc.) with assistance for balance, if needed

OR

- If using a wheelchair, can propel self safely from place to place
- Able to get onto toilet without lifting assistance, and is independent with toilet hygiene
- If more assistance is required in the bathroom, a caregiver must be present at all times
- Willing and able to tolerate at least 3 hours of therapy, plus travel time to and from the program, 3 – 5 days per week
- Continent during the daytime
- Insurance coverage, and/or other funding, for outpatient individual and group therapies
- Reliable transportation (family/friends, Metro Access, transportation service)

Please note that patients who do not meet all of the above stated criteria will be considered on a case-by-case basis.