Transitions Neuro Day Treatment Program
General Guidelines

- Patients are expected to be an active member of their treatment team. Prepare to collaborate with your therapists in the following ways:
  - Identifying personal goals
  - Identifying functional tasks at home that you would like to improve
  - Practicing strategies at home
  - Asking your therapists questions when you have them
  - Letting your therapists know when you do not understand something

- Patients will be working with the following disciplines in individual and group formats:
  - Physical Therapy
  - Occupational Therapy
  - Speech-Language Pathology
  - Social Work/Case Management
  - Neuropsychology

- Most services are delivered in the following areas:
  - Outpatient Department
  - Independence Square
  - Therapeutic Garden
  - Small-group outings to Washington Hospital Center, the VA, or other close building
  - For some patients, group outings in community settings (e.g., Target, Botanical Gardens, Union Station, Air & Space Museum, etc.)

- Patients may spend their own money on outings. However, it is highly recommended that this decision be made during the planning sessions that occur prior to outings.

- Please come prepared to manage your medical conditions and personal comfort.
  - Medication regimen, snacks if managing hypoglycemia, etc.
  - Jacket, sweater, etc.
  - Importantly, patients will be asked to manage their own bags and personal effects, so please limit personal items to only the essentials.

- Please note that patients will be responsible for the safety and security of their belongings. The program does not have a secure storage option available, and patients are asked to keep valuable items (e.g. wallet, cell phone, purse, etc.) on their person.

- Lunch will not be provided except in specific circumstances, so please plan accordingly.

- When needed, escorts will be available for patients as they travel to each therapy session during the day.
Attendance Information

- Schedules for the following week will be distributed on Friday of each week.

- Please notify Lissa Nackley and/or Judson Richardson of schedule conflicts as soon as possible. Schedules are created for each individual **two weeks** in advance, and it is very difficult to make changes once schedules have been made. Potential conflicts may include:
  - Doctors appointments
  - Special occasions
  - Known transportation conflicts

*We understand that early notification of schedule conflicts is not always possible, and will do our best to make adjustments as needed.*

- In order for each patient to attain the most therapeutic benefit from the Transitions Program, we must closely adhere to our attendance policy:
  - If you miss three (3) therapy sessions within one month, even if you call to cancel, you will be discharged from therapy.
  - If you miss two (2) therapy sessions in a row and do not call to cancel, or if you fail to attend 2 evaluation appointments you will be discharged from therapy.
  - If you miss three (3) treatment sessions at any time during your course of therapy and do not call to cancel those sessions, you will be discharged from therapy.
  - If you arrive late for treatment, your treatment team will meet with you for the following purposes:
    - Identification of possible barriers (e.g., logistic, motivational, medical, etc.).
    - Collaborative problem-solving with patient and support network for ways to potentially address barriers to adhering to the attendance policy.
    - Collaborative action plan.
    - In cases that barriers cannot be addressed in a way that results in consistent attendance as discussed in the action plan, dismissal from the program may be the most appropriate course of action.
Discharge Information

- Following discharge from the Transitions Neuro Day Treatment Program, your therapists will change.

- The process for scheduling appointments will also change.
  - Scheduling your outpatient appointments will no longer be coordinated.
  - You may have gaps in your therapy schedule each day depending on outpatient therapist availability.

- You will be responsible for scheduling your own transportation.

- Please be knowledgeable about each outpatient clinic’s attendance policy.

- Escorts will no longer be available. In some cases, patients will need someone from home to ensure they can safely arrive at their outpatient appointments.

*If you have any questions or concerns related to the general guidelines outlined above, please do not hesitate to speak directly with your Transitions team members.*