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 Claudia Guzman (202-877-1439) and/or Judson Richardson (202-877-1467) 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.*

If you are sick, running late, or cannot come in for therapy for any other reason – please call the Speech desk at **202-877-1440** ASAP

- **Lateness:** If you are more than 15 minutes late three (3) times during your course of therapy, we will re-evaluate your appropriateness for the Day Program.

- **Cancelling for the day:** If you miss three (3) therapy days with less than 24 hour notice within the course of your care, we will re-evaluate your appropriateness for the Day Program. You may be discharged from the Day Program after cancelling 3 full days.

- **Cancelling for part days:** If you miss three (3) sessions of one type of therapy (3 physical therapy, 3 occupational therapy, or 3 speech therapy) with less than 24 hour notice at any time during your course of care, you will be discharged from that therapy.

- **No Show:** If you miss two (2) sessions of any type of therapy (2 physical therapy, 2 occupational therapy, or 2 speech therapy) in a row and do not call to cancel those sessions, you will be discharged from that therapy.
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.*