

# **Transitions Neuro Day Treatment Program**

*Regain Your Independence!*

## **Program Snapshot**

The “*Transitions*” Neuro Day Treatment Program for stroke, brain injury, and other conditions affecting the brain is designed especially for people who are medically stable and able to live at home, but whose daily lives can be improved through organized, intensive outpatient therapy. The program uses a coordinated interdisciplinary team approach that offers opportunities to practice cognitive and physical skills in patients’ own communities with support from their therapists.

The program focuses on successfully reintegrating people into their homes, communities, and/or jobs through comprehensive skilled therapy. During the program, individualized treatment plans are developed to help facilitate patients’ maximum function and wellness. Psychology services are available and address adjustment and barriers to maximum participation in the community.

The Neuro Day Treatment Program differs from other typical outpatient therapy programs by utilizing a collaboration of individual and group therapy sessions, as well as day trips, community outings, and other social activities to help patients gain confidence in “real world” environments. The program is designed as a bridge between inpatient and outpatient treatment, at a critical time of rehabilitation when patients can benefit from structure, intensity, and a safe and nurturing environment.

## **Your Care Team May Include:**

Physical Therapists (PT)

Occupational Therapists (OT)

Speech and Language Pathologists (SLP)

Social Worker (SW)

Neuropsychologist (NP)

Other specialized rehabilitation professionals as appropriate

## **Length of Program:**

Therapy sessions can take up to five hours a day, three to five days a week, as clinically appropriate. The average length of stay within the program was almost seven weeks, and is determined by the Transitions interdisciplinary team, based on progress toward clinical goals.

## **Location:**

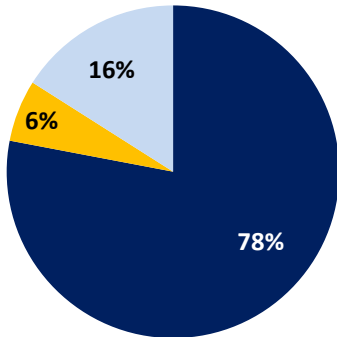
The Transitions Neuro Day Treatment Program is only available at MedStar National Rehabilitation Hospital.

## 2019 Demographics and Outcomes

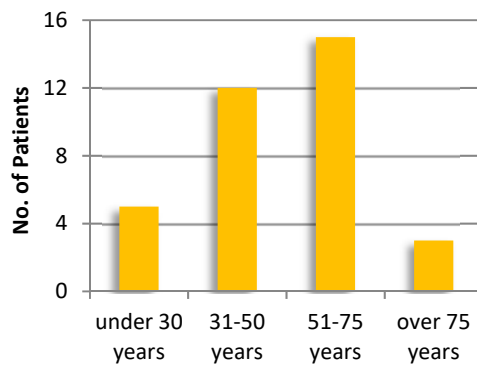
Between January-October 2019, 30 patients were discharged from the Neuro Day Treatment Program. What did our patients look like?

**Type of Neurological Injury**

■ Stroke ■ Brain Injury ■ Other



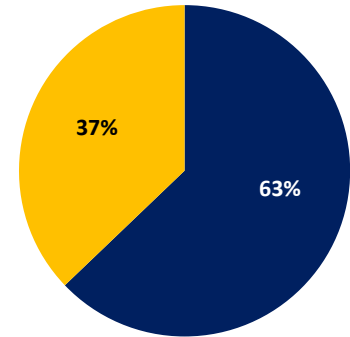
**Patient Age\***



\*No patients under the age of 18

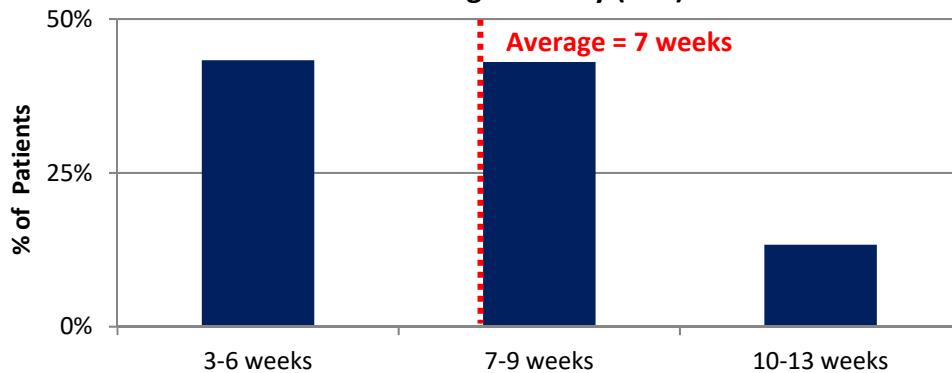
**Patient Gender**

■ Male ■ Female



How long did patients stay in the Neuro Day Treatment Program?

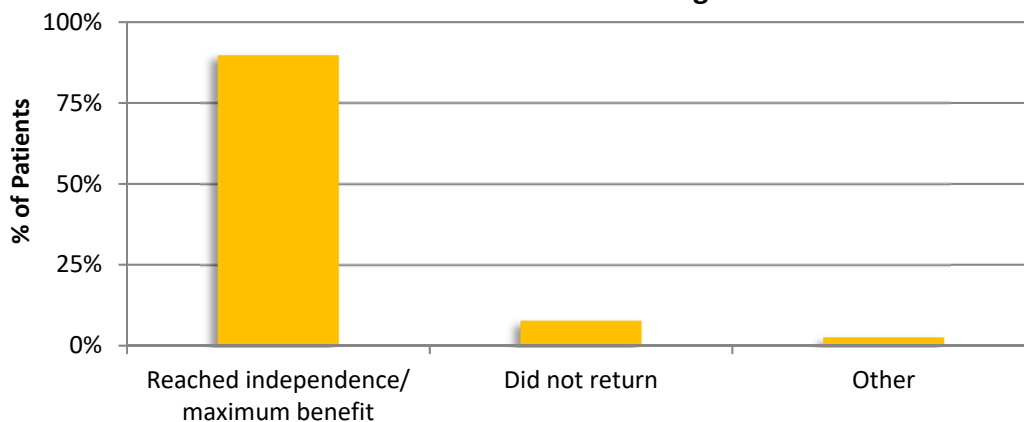
**Length of Stay (LOS)**



How effective is the Neuro Day Treatment Program?

Patients are discharged from the Day Program for a variety of reasons, some of which may not be under patients' control. However, the majority of patients are discharged because they have greatly benefitted from the program and reached a substantial level of independence. On average, 82% of patients met their goals.

**Reason for Discharge**



The Day Program team helps patients establish goals related to being home alone safely for varying amounts of time and going out into the community safely with varying levels of independence. At discharge, 73% of patients were able to be home alone safely for four or more hours. In addition, 53% of patients were able to be home alone safely for eight or more hours. Many patients who have not yet met their goals continue to work toward them in outpatient therapies after their discharge from the Day Program.

**How satisfied were patients with the Neuro Day Treatment Program?**

Patients appear to be satisfied with the Neuro Day Treatment Program, with 87.5% patients reporting to be *Very Satisfied*, and 12.5% *Satisfied*.