

Can We Do This?

Community Integration with the Slow-to-Recover client

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HHS- ABI STR Program

Presentation Overview

- Introduction
- Data Review
- What do you need to prepare
- Why do you do it
- How do you do it
- Conclusion

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Introduction

- Overview of Hamilton Health Sciences, Slow to Recover programs
- What is Slow to Recover
 - RLA II-III
 - Total physical care
 - Significant nursing needs
 - Number of months post-injury

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Subject - Criteria

- Admitted and discharged from the STR program at the HHS between January 1, 2000 – September 30, 2006
- Length of stay greater than 4 weeks
- Had not participated in community integration activities since injury
- Alive at least 2 months post discharge

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Subjects

- 63 subjects met criteria (88 clients admitted and discharged within criteria timeframe)
- Of those that did not meet criteria:
 - 5 had LOS < 4 weeks,
 - 4 deceased,
 - 16 involved in community integration activities at least once prior to admission (living at home, group or individual outing outside of hospital grounds)

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Subjects - Description

- 26 women, 37 men
- Average length of time from injury to admission – 8.5 months (range 2 – 24 months)
- Average age upon admission - 41 years
- 21 of 63 had motor vehicle insurance funds available

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Results

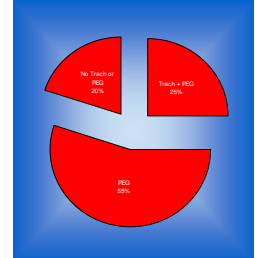
- 100% (63/63) participated in group and/or individual community activities while an in-patient – staff support with/without family



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Results

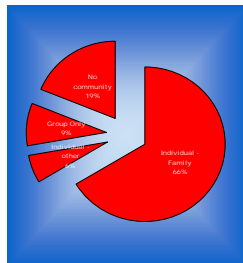
- By discharge, approximately 63% (40/63) were able to participate in community activities with only family/significant other supports



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Results

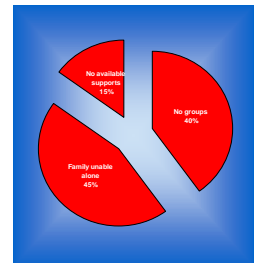
- At 2 months post-discharge, approximately 81% of clients were involved in community based activities (group and/or individual)



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Results

- Approximately 19% (12/63) were not involved in community activities 2 mos. post discharge
- All 12 did not have additional funding sources available to them



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What do we need to do to prepare?

- Mobility device(s)
- Tolerance
- Family training
- Transportation
- Transfers
- Other



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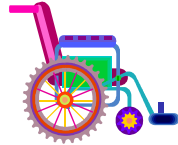
Mobility Devices

- Wheelchair, seating and positioning assessment
- Sitting tolerance
- Additional devices (IV pole, feed pump etc.)
- Transportation (car, van, disabled transit etc)

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Sitting Tolerance

- Build up to 4-6 hours
- Monitor skin integrity
- Tracking sheets
- 7 days a week



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Tracking Sheet

Date	Time OUT of bed	Time IN bed	Redness on Back (Y/N)	Redness on bottom (Y/N)	Distressed look (Y/N)	Vocalizing (Y/N)	Comments

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Family Training

- Administration of medications
- Suctioning (as appropriate)
- Repositioning
- Transfers
- G-J tube, feeding, flushing
- Personal Care

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Transportation

- Completion of forms for disabled transit systems
- Booking
- Pre-planning vs. spontaneity



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Transfers

- Pivot, slide board or mechanical lift
- Car transfers as appropriate
- Folding up chair as appropriate
- Repositioning

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Why Outings???



- Improve quality of life opportunities for our patients and their families
- Provide hands on education, training and support for caregivers
- Provide opportunities to maximize rehabilitation goals through functional recreational activities

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Quality of life



- Trying new things
- Spending time doing things you enjoy
- Being involved the community
- Being with people you like
- Feeling well
- Being involved in meaningful activities

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Education and Training

- Opportunity for family and caregivers to get practical experience
- Practice skills to increase confidence
- Community resources
- Peer support and Advocacy
- Modeling

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Functional goals

- Sensory Stimulation
- Orientation
- Communication
- Visual Tracking
- Auditory Tracking
- Arousal



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More Functional goals

- Head Control
- Voluntary Movement
- Seating Tolerance
- Stimulate Long term Memory
- Making Choices
- Initiation

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Outing Checklist



- Individual vs. Group?
- Where
- Is it accessible?
- How do we get there?
- How much does it cost?
- Duration of the outing?
- What support /training is needed?
- What equipment is needed?

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How to make sure an outing is successful..

- Have a supportive team
- Know your client and family
- Plan ahead
- Be Prepared
- Communication
- Learn from successes and mistakes

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Where to go??

- Based on client and family interests
- Encourage choice making
- Check Newspapers
- City Web sites
- Accessibility



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Transportation

- Regional Transportation
- Wheelchair Accessible taxis
- City Bus
- Family Transportation
- Chartered Vehicles



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Financing

- Volunteer Funding
- Fundraising
- Personal Needs Allowance
- Motor Vehicle Insurance
- Donations



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Resources

- Family
- Friends
- Team members
- Students
- Volunteers



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Can We Do This??

- Yes **we** can!
- Yes **families** can!
- Yes **you** can!

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