

Ongoing Research Projects

Physical Effects and Cost Effectiveness of Exercise for Individuals with Disabilities	7/23/2007	11/30/2009	This project will assess cost and charge information for individuals who begin an exercise program. We will look at this information for the 6 months prior to beginning exercise, and for the 6 months after these individuals began exercising.
Pain Management in a Skilled Nursing Facility	10/1/2007	4/1/2010	In a grant from the Department of Human Services, through the Pay for Performance Program, Courage Center is measuring pain severity and the impact of pain on activity on a regular basis for those clients in our transitional rehabilitation program. Based on our findings, we are implementing programs to decrease pain severity and decrease the impact of pain on functional activities.
College Preview Camp	5/1/2008	5/1/2009	In a grant from the Travelers Foundation, Courage Center is examining the results from College Preview Camp. College Preview Camp is designed to give young adults with disabilities information and direction to make their transition to college successful. The grant also covers the cost of new computers and scholarships for campers.
Effectiveness of Re-evaluation and Upgrade of Exercise Programs	12/1/2007	2/1/2009	In a grant from the UCare Foundation, Courage Center is evaluating 90 current clients of the Health, Wellness and Fitness Center. Those clients will receive an upgrade of their exercise program, and be re-evaluated in 6 months. The goal is to evaluate the need for re-evaluation and upgrading of exercise programs for individuals with disabilities and complex health conditions. This grant also covered the cost of purchasing of equipment in the Fitness Centers of both Courage Center Golden Valley and Courage Center St. Croix.
Evaluation of a Curriculum for Mind Body Integration in Rehabilitation	2/1/2008	2/1/2009	In collaboration with Matt Sanford and Matt Taylor, a cohort of Courage Center staff attended an 8-week course, learning to integrate Mind-Body techniques into their lives and jobs. The effectiveness of these techniques will be evaluated through the year, examining job satisfaction, job stress, and job commitment.