

MEDICAL REHABILITATION SERVICES

SCOPE OF SERVICE

Within the scope of Courage Center's Mission, the focus of the Medical Rehabilitation Services is to serve individuals with physical, sensory, developmental, and/or cognitive impairment who require specialized program services and program coordination to achieve their full functional potential. The client's physical, cognitive, or sensory involvement indicates a need for a unique level of specialized, integrated therapy services or modalities.

SERVICES PROVIDED DIRECTLY (MEDICAL REHABILITATION SERVICES)

- Occupational Therapy
- Physical Therapy
- Aquatic Physical Therapy
- Speech Therapy
- Social Work services
- Medical services
- Neuropsychological assessment
- Neuropsychological consult
- Neuropsychological treatment
- Counseling (individual and family)
- Support groups
- Behavior management
- Care navigation
- Assistive Technology assessment and training
- Health, Wellness, Aquatics and Fitness

SERVICES AVAILABLE WITHIN COURAGE CENTER

- Inpatient Transitional Rehabilitation Program (SNF)
- Vocational Rehabilitation
- Job coaching
- Drivers assessment and training
- Recreational therapy
- Sports and recreation opportunities
- Camping opportunities
- Inpatient chronic pain management

HOURS OF SERVICE (varies by location)

Golden Valley

7 – 6:30 Monday, Wednesday and Friday
7 – 8:30 PM Tuesday and Thursday
8 – 12 PM Saturday

Burnsville

7:30 – 6:30 PM Monday - Friday

Stillwater

7 – 6:30 Monday – Friday
8 – 1 Saturday

Forest Lake

7:30 – 6 PM Monday – Friday

INTENDED DISCHARGE/TRANSITION ENVIRONMENTS

Persons served are generally living in community settings (i.e. private home, supported living environments in community) and treatment is intended to improve or maintain independence in these settings or enable transition to least restrictive environment.

PRIMARY PAYER SOURCES

Health insurance plans, Medicare, Medical Assistance, Workers Compensation, Auto insurance, contracted services funded by school, county waivers. Prior authorization, if required by payer, will be obtained.

Criteria for client groups to receive occupational, speech and/or physical therapy within this context fall into three (3) areas:

1. Client has physical, sensory, developmental, and/or cognitive impairment requiring comprehensive or limited therapy service and service coordination.
2. Client requires specialized services from therapists with clinical expertise.
3. Client requires specialized therapy services.

FEE SCHEDULE

Current fee schedule is available to clients and payer sources upon request.

APPLICATION OF CRITERIA

ADULT CLIENTS (18 and above) (Physical therapy, occupational therapy and speech-language pathology)

General Criteria

- Clients with the following neurologic/neuromuscular diagnoses who require specialized rehabilitation services to learn/regain daily living skills for living in the home, in the community, and at work. Diagnoses include but are not limited to:
 - spinal cord injury
 - stroke
 - traumatic brain injury
 - multiple sclerosis
 - cerebral palsy
 - muscular dystrophy/ALS
 - degenerative joint disease
 - amputations
 - musculoskeletal injuries
 - myofascial pain syndrome
 - inflammatory joint disease
 - repetitive strain injuries
 - low vision diagnosis
 - fibromyalgia

Programming may include specialized treatment in occupational, physical and/or speech therapy, program coordination, case management, specialty clinics (Positioning/Mobility Evaluation, Augmentative Communication Evaluation), equipment fabrication and adaptation, or unique modalities (aquatic therapy, Functional Electrical Stimulation) to improve/regain independent function in daily living skills (in the home, community, and at work).

- Clients with musculoskeletal injuries or disabilities that require specialized evaluations related to returning to work.
- Clients with an acquired or congenital condition resulting in a permanent or long-term disability who require specialized treatment to learn to use adaptive equipment (e.g., augmentative communication devices) or to learn/regain functional skills for community living and/or vocational placement.

- Adult clients/adolescents/school staff/group home staff/Vocational or Day program staff/primary caregivers and family members who require therapy expertise and consultative services for recommendations regarding evaluation, specialized programming, and the implementation of adaptive equipment.
- Client/family/caregivers who require expertise and consultation services for recommendations regarding evaluation, programming, equipment or splinting.

DISCHARGE/TRANSITION CRITERIA

1. Goals have been achieved.
2. No significant progress made in restorative programs in 60 days.
3. Client, guardian or family requests discharge.
4. Medical/emotional/behavioral status change so as to inhibit progress in treatment.
5. Failure to meet attendance policy guidelines.
6. Failure to meet financial obligation.
7. Poses a threat to other clients or staff (i.e., disruptive, abusive, or dangerous behavior).
8. More appropriate programming becomes available in other agency.
9. Service is being duplicated by another provider.
10. Does not possess the ability or cannot consistently provide the necessary assistance for personal cares.
11. Hospitalization or significant change in medical condition.

Note: The focus of programming is for rehabilitative therapy services, with the goal of improving a client's function in his/her environment, community, educational or vocational setting. Ongoing maintenance therapy is not provided. As clinically necessary, specialized maintenance may be provided with supportive documentation and prior authorization as required. Home programs, periodic monitoring and other short-term programs may be provided, where appropriate, to maintain functional gains.

PEDIATRIC CLIENTS (birth through 17) (Physical therapy, occupational therapy and speech-language pathology)

General Criteria

- Children with **neurologic or motor control deficits** who have the potential to regain/ learn skills to improve mobility, developmental, functional speech/language/communication skills, and self-care skills. The condition is medically diagnosed and known to hinder normal development, including but not limited to cerebral palsy, spina bifida, sensory processing disorders (e.g., PDD, Autism), spinal cord injury, neuromuscular disorders, spinal cord injuries, and brain injuries.
- Children with an **orthopedic condition** who require specialized treatment to regain/learn skills for mobility, safety and self-care in the community. Condition may be congenital or acquired and would include but not be limited to arthritis (JRA), arthrogryposis, hand dysfunction dislocations, uneven bone growth, and other orthopedic dysfunction or surgery.
- Children **following a surgical procedure** who require specialized pediatric therapy techniques. This would include, but not be limited to, rhizotomy, Botox, tendon lengthening and transfers, derotation osteotomies, spinal surgery, cleft palate surgery, palatal lift placement, cochlear implant, head, and neck surgeries resulting in a communication/oral-motor disorder, or other surgeries requiring rehabilitation services.

- Child/family/school staff members who require therapy expertise and **consultative services for recommendations** regarding evaluation, programming, equipment, casting, or home program activities.
- Children with **developmental apraxia and/or visual perceptual and auditory language disorders** requiring specialized therapeutic techniques.
- Children with congenital or acquired conditions who require specialized therapy to regain/learn skills to improve mobility, functional speech/language/communication skills.

Clients Who Do Not Meet the Criteria (Transition criteria)

- Children with a physical disability whose decreased cognition limits the potential for changes in mobility or self-care function.
Note: Short-term programming may be appropriate for these clients to adapt the environment (i.e. Positioning Clinic) or to instruct caregivers.
- Children who have achieved maximal function and independence in their environment.
- Children with speech-language-communicative disorders whose receptive and/or expressive language skills are commensurate with their level of cognitive functioning.
- Children who no longer require Courage Center's therapy services but can benefit from continued appropriate programming in the community.

Note: The focus of programming is for habilitative therapy services with the goal of improving the child's functioning in his/her environment, community or educational setting. Ongoing maintenance therapy is not provided. Home programs, periodic monitoring and other short-term programs may be provided, where appropriate, to maintain functional gains.

**** See service criteria for Community Reintegration Program (CRP), Community Behavior Services and Psychotherapy for specifics of these programs******