



# Spinal Cord Injury Optimization Program

The Spinal Cord Injury Optimization Program at The Children's Center Rehabilitation Hospital focuses on optimizing independence in children and adolescents with spinal cord injuries. **The program is a one to two-week inpatient stay for patients who have completed their initial inpatient rehabilitation program but would benefit from additional therapy and medical management.** Patients will receive equipment evaluations, assistive technology evaluations, and training to optimize independence as they grow and develop.

Patients who may benefit from the program generally have had their spinal cord injury for at least one year. These patients may admit at times of transition and change, such as puberty, transitioning to junior high or high school, or when there is a need for greater independence. As children grow, abilities and needs can change drastically, so re-evaluation of equipment, technology, function, medical management and their home and school environment is vital.

The rehabilitation team includes:

- Physicians
- Advanced Practice Nurses
- Clinical Dietitians
- Physical Therapists
- Occupational Therapists
- Special Education Teachers
- Child Life Specialists
- Nurses
- Recreation Therapists
- Speech Language Pathologists
- Psychologist
- Case Managers
- Clinical Social Workers
- Music Therapists
- Respiratory Therapists
- Patient Activity Aides



## Families

The patient and family are the most important members of our rehabilitation team. Accommodations are available for one parent or caregiver to stay with the patient. Depending on the patient's goals, sometimes having time to practice independence and new skills without as much parental involvement may be encouraged as well. The interdisciplinary team meets with the family and patient to discuss goals and discharge planning weekly. The family and patient will receive hands-on training with medications and adaptive equipment with nurses and therapists. Our social services department and psychologist provide the families with resources and support during and after the inpatient stay. Case managers collaborate with the patient, family, and rehabilitation team to plan for discharge, and assist with scheduling follow up visits, ordering equipment, and communicating with your insurance company.