



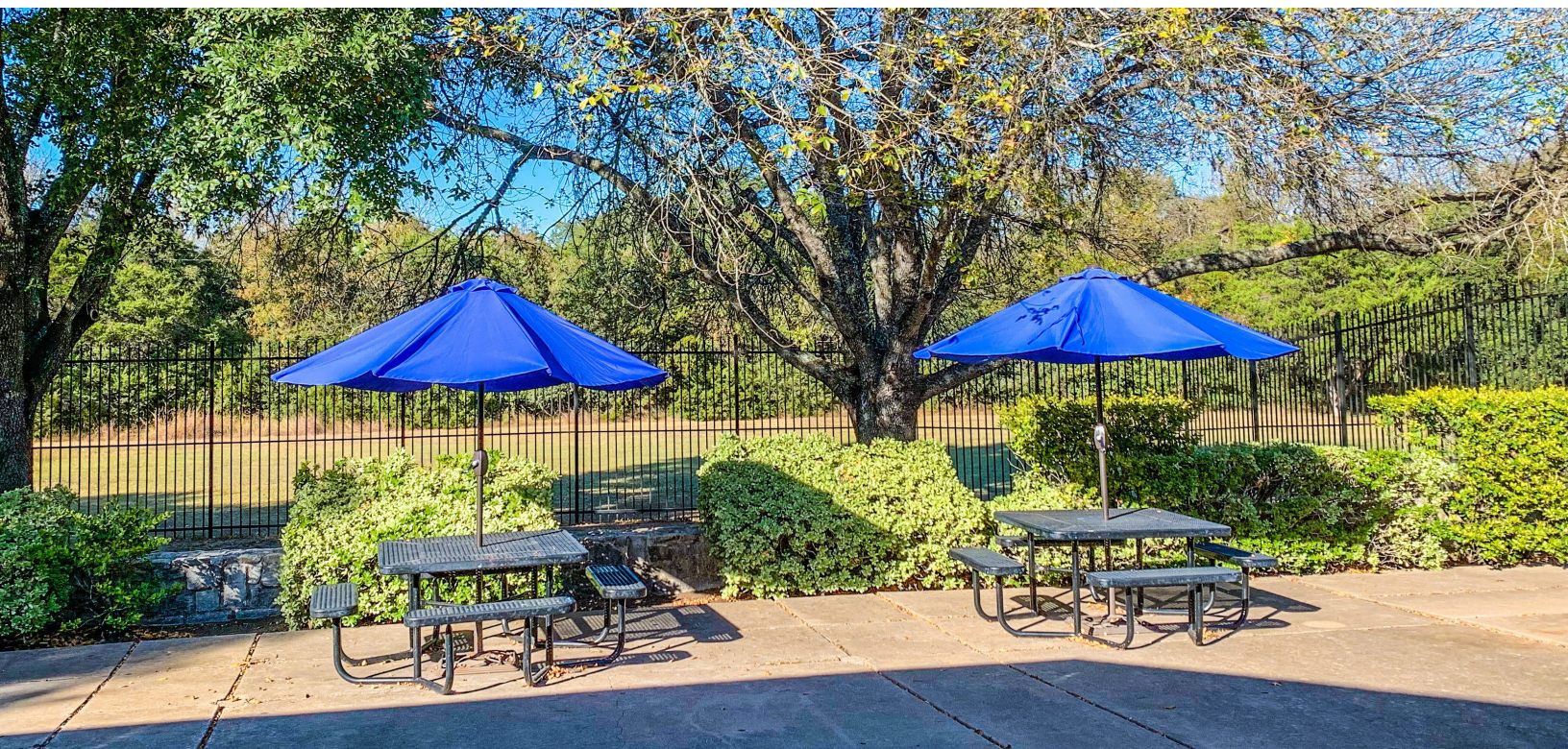
TEJAS

Post-Acute Brain Injury Program
at Texas NeuroRehab Center

Patient and Family Guide

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Welcome to Tejas



Ed Prettyman, PsyD
Chief Executive Officer

This guide provides patients and caregivers general information about the Tejas Post-Acute Brain Injury (PABI) Inpatient Program located on the Texas NeuroRehab Center (TNC) Campus in South Austin. We offer residential and outpatient neuro-rehabilitation for patients who have had a traumatic brain injury, stroke, spinal cord injuries and other neurologic conditions.

Our goal is to help return our patients to the most independent level of functioning as possible so that they can resume the former social roles and activities they were doing prior to their injury or illness. At Tejas, we strive to offer superior rehabilitation care with intensive therapy leading to the most positive outcomes.

Accommodations

The Tejas Residential Program is a 22-bed facility, consisting of one 8-bed building (Willow) and one 14-bed building (Magnolia). All of the buildings are located on the 67-acre TNC Campus. All bedrooms are private in both buildings with semi-private bathrooms. Each Tejas Unit has a large common dining area, common area rooms with flat screen televisions, gym space, garden, laundry facilities and outdoor patio space.



Serene, countryside setting on a 67-acre campus

Programs, Services & Admission Criteria

Inpatient Residential Program

The Tejas residential program includes 6-8 hours of therapeutic activities and skilled therapies including individual and group physical, occupational and speech therapy Monday-Friday. On the weekends, patients will receive four hours of therapeutic activities, as well as personal time where visitors are welcome, or patients may receive a day pass to visit family and friends.

Services

1. Comprehensive initial evaluation and treatment by our interdisciplinary team including: physicians, nurses, dietitians, physical therapists, speech therapists, occupational therapists, vision therapist, case management, neuropsychologists, chaplain and social worker.
2. Comprehensive medical treatment supervised by two neurologists.
3. On call physician available 24/7.
4. Registered Nurse with experience in rehabilitation available 24/7.
5. Registered Nurses on-site seven days per week, 12 hours per day for managing nursing staff and medications, assessment and treatment planning. Central Nurse Supervisor on-site for facility overnight.
6. Personal Care Technicians onsite 24/7.
7. Weekly interdisciplinary team rounds led by physicians to assess progress, barriers, and to reassess treatment goals.
8. A written individualized treatment plan based on discharge goals. This plan is revised monthly (or as soon as needed) in conjunction with monthly team & family conferences. The treatment plan also includes discharge planning to prepare the patient and family for community reintegration or the next level of care.
9. The program can accommodate different cultural needs including specialized diets, different languages, and celebration of religious or culturally significant holidays.

Admission Criteria to Tejas

1. Patient is in the post-acute phase of brain injury rehabilitation and is Rancho Los Amigos Levels IV-V or above.
2. Medically stable and not bed bound.
3. Requires medical supervision and availability of a physician with specialized training or experience in brain injury rehabilitation.
4. Does not require 24-hour nursing care or extended skilled nursing tasks (unless it can be managed by a home health agency).
5. Patient behaviors/psychological status must not require restraints or pose risk of harm to self or others.
6. Impairment or dependence in at least two of the following areas and documented need for assistance or training in these areas: Continence, Mobility, Communication, Cognition, Swallowing, Basic Activities of Daily Living, and Community Re-entry.
7. Patient can tolerate an intensive rehabilitative program.
8. Has a definable rehabilitation goal which may lead to improvement in functional abilities and higher levels of independence or decreased levels of care.

Treatment Team

Your treatment team may consist of the following interdisciplinary members:

Medical - Medical oversight is primarily provided by David Morledge, MD, Neurologist and Gregory Tempest, MD, Neurologist. Dr. Morledge has served as the Texas NeuroRehab Center Brain Injury Program Director for 33 years. Dr. Tempest specializes in sleep medicine and neurology and has been at Texas NeuroRehab Center for 11 years. Medical oversight is also provided by several physicians with specialized experience in physiatry, wound care, internal medicine and other areas of expertise specific to the patient's healthcare needs.



David Morledge, MD
Neurologist
Brain Injury
Program Director

Nursing - All facets of our program are guided by a Registered Nurse with experience in rehabilitation. The nurse will work with the therapy and personal care technicians to coordinate patient schedules, activities and education for patients and their family or caregiver/s.

Physical Therapy - Physical therapists help patients gain strength, coordination, endurance and skills needed to maximize independence with functional mobility and return to independent living in the home and community. Therapeutic intervention goals include restoration of balance, normal gait, upright tolerance, postural control, improved coordination, safety awareness and transfer ability. Our physical therapists utilize aquatic therapy, FES and the newest gait technology for patient's individualized programs.

Aquatic Therapy - Aquatic therapy is performed by a physical or occupational therapist and takes place in a pool or other aquatic environment. Aquatic therapy is also known as water therapy, aquatic rehabilitation, aqua therapy, pool therapy, therapeutic aquatic exercise or hydrotherapy. TNC offers aquatic therapy as part of our Inpatient Post-Acute Brain Injury Program. Our indoor aquatic therapy pool is located in our Outpatient Medical building and is heated to 90-92 degrees year round.

Occupational Therapy - Occupational therapists help patients make the most of their abilities to develop the skills for the job of living. Therapeutic intervention engages the individual in meaningful ways to regain and improve skills of activities of daily living (ADLs) including eating, grooming, dressing, toileting, bathing; and instrumental activities of daily living (IADLs) including cooking, cleaning, laundry, shopping, money management, education, work, leisure and social participation.



Margaret Stuart, DPT
Clinical Services Director

Speech Language Pathology - Speech therapists help patients develop independence in communication, cognition and swallowing abilities. Therapeutic interventions aid patients' return to and participation in former educational, occupational, family and social roles. These interventions include restoration and/or compensation of communication for comprehension and expression of language including reading and writing as well as cognitive functions including memory, attention, problem solving and executive function skills. Speech therapy may address swallowing (dysphagia) treatment to safely transition the patient to the least restrictive diet and assess the need for an alternative and augmentative communication system (AAC).

Psychological - A staff neuro-psychologist is available to you and your family for evaluation and consultations. Support groups for patients and families are also available.

Vision Therapy-Following brain injury, patient eye health is often frequently changing or even overlooked. At TNC, we can optimize your patient experience by providing timely and accurate assessment of eye health and an effective therapeutic plan to recovery. Our on-site vision therapist can provide a screened assessment of impairment and recommendations for therapy.

Clinical Nutrition-Registered dietitians are available to assist with achieving optimum nutritional levels within prescribed dietary needs or restrictions to prevent further complications.

Psychosocial-A staff neuropsychologist is available to patients and families/caregivers for evaluation and consultations. Social work services are available to provide 1:1 counseling, family counseling and group session when needed.

Case Management-A case manager will assist your family and treatment team in developing appropriate goals and plans for discharge as well as providing updates on funding status.

Pastoral Care-The Campus Chaplain makes rounds on a routine basis; however the chaplain can also be contacted through your nurse case manager by request. You may wish to inform your clergy that you are at Tejas and we can assist in locating a clergy member of your faith or denomination.

***All therapists work closely with family, caregivers and personal care technicians to ensure carryover of therapeutic activities.**

Therapy

Therapy Schedule-Individualized therapy schedules are created after a series of evaluations to determine rehabilitation needs. Although each patient's schedule will be different in terms of types and amounts of therapies, there is a general daily schedule that patients follow. Most sessions will end by 4:00pm on weekdays. Weekend therapies are provided as needed, allowing pursuit of leisure activities and time for visitors. Family participation is encouraged.

The following therapies are offered and may be included in your personal daily schedule:

- Individual 1:1 Therapies (physical, occupational, speech)
- Therapeutic activities (individual and/or group lead by one of the disciplines or personal care technicians)
- Aquatic therapy (on-site heated pool)

Adjunct therapies include:

- Vision evaluation and therapy
- Recreational Therapy (individual and/or group)
- Vestibular Therapy

Group therapies may include:

- | | |
|---|--|
| • Orientation | • Strength and Endurance |
| • Goal planning | • Expressive and Receptive Language Skills |
| • Cognitive skills (memory, attention, problem solving, executive function) | • Yoga |
| • Balance | • Leisure activities |
| • Life skills (cooking, budgeting, home management) | • Community re-entry |
| | • Arts and Crafts |
| | • Gardening |

Family Visitation Hours & Guidelines

Family Participation-We encourage family to participate in the patient's rehabilitation and may be asked to attend treatment team meetings or therapy sessions to learn strategies and techniques to be used after discharge.

Visiting hours are:

Monday-Friday 4pm-9pm

Saturday and Sunday 12pm-9pm

*Please check with your case manager if additional visiting times are needed.

*Overnight stays cannot be accommodated.

***Please check with the liaison or case manager for the most current visitation guidelines.

We recognize the importance and therapeutic value of family and friends support to patients at Tejas. Due to the nature of the programs we offer, and the importance of consistency and continuity of therapy, we ask that you follow these guidelines while visiting our facility:

1. Some of our patients are cognitively impaired and may show a decrease in judgement; therefore, it is imperative that we maintain a safe environment. Please do not bring: Sharp objects (e.g., razors, pocket knives) or glass of any kind on the unit. Please check with staff before giving patients something if you are unsure of the safety risks. Weapons of any kind are strictly forbidden anywhere on our campus.
2. Please inform the nursing staff if the patient you are visiting requests food, drink or assistance. Our patients often have complex needs and require complex interventions.
3. Do not bring in large quantities of outside food and drinks. Storage is problematic and many patients are on special diets. If you bring in outside food and drink, please check with the staff on duty before giving this to the patient you are visiting or any other patient.
4. It is unsafe for our patient to have visitors that are ill. If you or a family member is running a fever or have an infection, please refrain from visiting.
5. Do not bring alcohol or drugs to the facility. In addition, please do not administer over-the-counter medications, vitamins, herbs or any other alternative preparations to the patients. There may be drug interactions of which you may not be aware.
6. To protect the privacy of all of our patients, please do not take pictures or videos of the patient you are visiting that might include other patients at the residence.
7. Your case manager is a good resource for any additional questions concerning the facility.
8. Please supervise all children.

Policies and Other Useful Information

Security- Please do not keep large amounts of money, credit cards or valuables in the patient's room

Smoking- We are smoke free facility and smoking is prohibited on the campus by patients, visitors and staff.

Pets- Pets may visit, but must remain outside of the building on a leash at all times (service dogs excluded). We do partner with some local organizations that bring trained therapy pets to visit patients.

Statement of Confidentiality-All patients at Tejas are entitled to protection of confidentiality. All records and materials related to the patient's stay are confidential, and as a visitor you are obligated to maintain that confidentiality. By signing the visitor register, you agree to maintain all information about the patients here in confidence.

Phones- One phone is available for client use. Personal cell phones are permitted. Phones should be left in the room during therapy sessions.

Electronics- Personal tablets and laptops are permitted. Free wifi is provided. Televisions with cable are available for viewing in the common areas at Tejas. Patients may bring a personal TV to set up in their room.

Driving-Patients will need to be transported by family or friends on the day of admission and at discharge. Driving is not permitted during the patient's stay at Tejas. We can provide van transportation for necessary medical appointments and other needs as requested.

Medications-Please bring medications from home for medical review. Our on-campus pharmacy will provide all prescription and over-the-counter medications. Home medications will be sent with a family member/caregiver or secured in the pharmacy until discharge.

Alternative Medications-Please inform the admitting nurse and the Tejas physician of all alternative medications, vitamins, and herbs the patient has been taking or would like to continue taking during their stay. Due to interactions between prescription and over-the-counter medications, it is essential that we are notified of any alternative medications.

Billing-Coverage of room and board, food and therapies is determined prior to admission. The case manager will discuss funding (and any other expenses) with the patient and/or family member/s or caregiver/s on the day of admission. Changes in funding status will also be communicated regularly.

Food Services-Our Food Services Department provides healthy, home cooked meals catered to dietary guidelines. Each patient's individual diet needs are addressed with the dietician. Outside food is not permitted unless approved by physician or dietitian. In room food storage is also not permitted.

Meal times are as follows:

8am Breakfast

12pm Lunch

5pm Dinner

Home Management Skills-Depending on the patient's abilities and progress, they may be taught to do certain chores for themselves, such as laundry, making the bed, loading the dishwasher, etc. This is part of increasing their independence and preparing for a successful return home.

Hygiene and Personal Care-Bathing time is in the evening or morning. Patients needing assistance will be assigned a scheduled bathing time, so time can be spent learning bathing techniques.

Patient Advocates-We will work closely with the patient and family or caregiver/s to see that the patient's needs are met and outcomes are maximized. If conflicts arise during the stay, and the Tejas Unit Staff are unable to resolve them to satisfaction, we have a patient advocacy system in place which can be accessed through any staff member.

Ethics Committee-At certain times treatment decisions are complex. Tejas has an Ethics Committee available to patients, family and staff to access for such situations. Patients and families may contact the Ethics Committee through any staff member.

Corporate Compliance-Tejas is committed to ethical business practices and to operating in accordance with all applicable laws and regulations. The Corporate Compliance Program provides all employees with a framework for ethical practices and establishes mechanisms to identify and correct violations.

Abuse, Neglect or Exploitation Reporting

If you have cause to believe that the physical or mental health or welfare of a resident has been or may be adversely affected by abuse, neglect or exploitation or that the resident has died due to abuse or neglect, you may report to: Texas Department of State Health Services at 1-888-973-0022.



Spacious therapy gyms

Preadmission and What to Bring

Prior to admission, the clinical liaison will contact the patient's family or caregiver/s. Once the patient has been clinically accepted and funding is approved, our case manager will help to coordinate transfer to our facility. Our team will coordinate medication orders, discharge instructions, transportation and equipment needs with the discharging facility or family.

What to bring to Tejas:

-  **Enough clothing for 7-10 days that can include: athletic style T-shirts and short or long pants with elastic bands**
** The summers here are hot and last until mid-October. Cool, casual, and comfortable clothes are most appropriate for our climate, activities, and therapies. In the fall, our temperatures usually stay in the 70's or 80's, and winters are usually mild (50-60 degrees most days). *We do have on site laundry available for patient use.*
-  **Tennis shoes (tie-on or Velcro)**
-  **Jacket, sweater or hoodie**
-  **Swimsuit**
-  **Lightweight blanket or throw**
-  **Personal toiletries**
-  **Personal mementos-photos**
-  **Cell phone & charger and/or Ipad/tablet & charger**
**Although theft/loss/damage are rare/unlikely events, clients should not bring expensive or irreplaceable items unless absolutely necessary, as we cannot be held responsible for their loss.*
-  **Undergarments (for female patients, please bring bras or sports bras)**
-  **Socks**
-  **Pajamas and a bathrobe**
-  **Driver's License or other form of ID card**
-  **Social Security Card**
-  **Medicare/Medicaid Cards**
-  **Insurance Cards**
-  **Pharmacy Insurance Cards**
-  **Legal Documentation –**
Guardianship, Power of Attorney, Living Will, Advance Directives if applicable.

Rooms-

- All of our rooms are private with semi-private bathrooms.
- Willow residence:
 - Each room has a double bed equipped, closet, dresser, desk with a lamp and chair and window overlooking the grounds.
- Magnolia residence:
 - Each room has a double bed equipped, clothes storage and hanging space, small dresser, nightstand, lamp, small table with chairs and window overlooking the grounds.
- Tejas provides pillows and bed and bath linens.
- Flat screen televisions are provided in common areas.

Discharge Goals & Plan

Discharge planning begins on the day of admission and continues throughout rehabilitation. Length of stay is based on medical necessity. Upon discharge the following is provided for the patient:

- Resource folder is provided containing future appointments with doctor or clinics
- Home Health or outpatient therapy instructions
- Home exercise programs
- Diet recommendations
- Prescriptions
- Special instructions may be necessary if patient suffered from a drug-resistant infection, such as MRSA or C. difficile.
- Any other special instructions

Discharge instructions should be followed in order to maintain a healthy living environment at home.

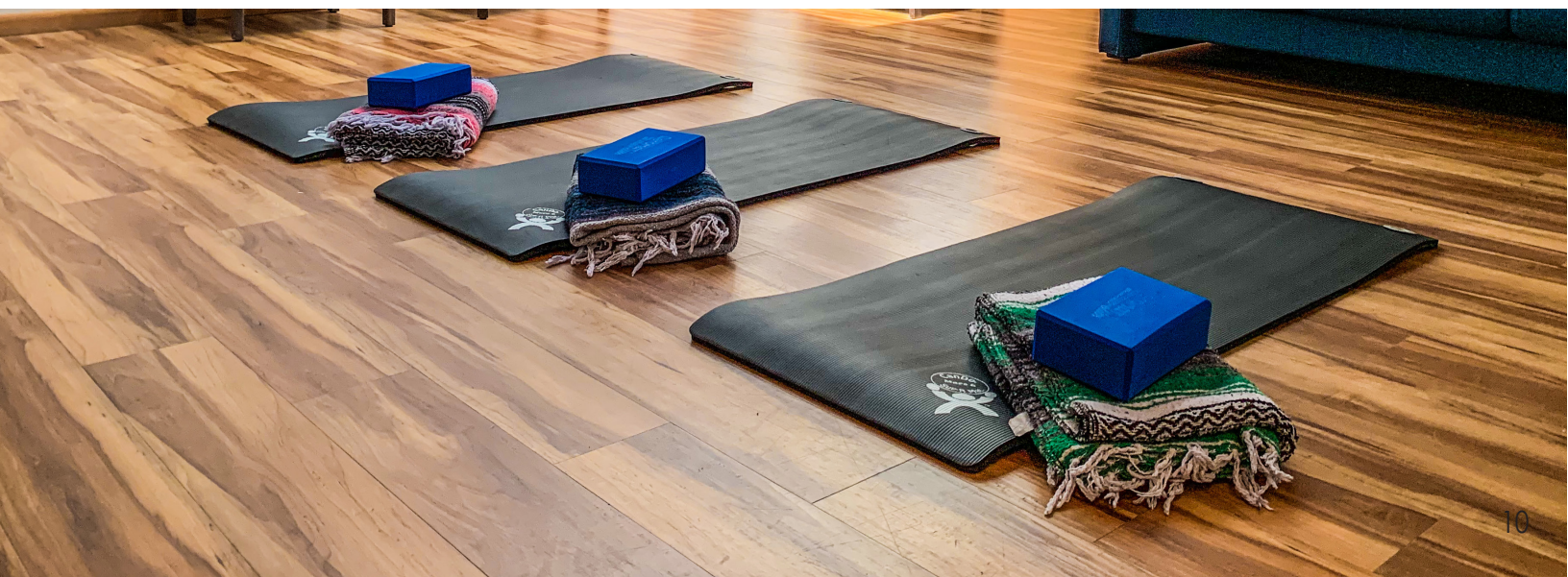
In preparation to return home, please keep the following procedures in mind:

1. Discharge papers will be completed and signed by physician. If the patient leaves before the physician signs their papers, the patient's (or legal guardian) signature on a statement assuming complete responsibility for leaving without medical approval is required.
2. A follow-up appointment with their personal physician may be arranged on the day of discharge.
3. Check-out is between 10-11 am. Family or caregiver/s are responsible for arranging transportation. Please inform the case manager if alternate arrangements are necessary.
4. Prior to leaving, please check room carefully to ensure that all of belongings and any special equipment is taken.
5. Please return all items that belong to Tejas.
6. If the patient's address has changed since admission, please inform the case manager.

We also offer an outpatient neuro-rehabilitation program on our campus, that may be included in your discharge plan. More information is below.

In the event of changes in medical status a transition to a sub-acute or acute level of care may be required. The following could cause a resident to transition: 24-hour skilled nursing care and behaviors that place the resident or other residents at risk for harm.

Bluebonnet Medical Rehab. Outpatient Program- Our Outpatient Program, also located on the TNC Campus, offers neuro-rehabilitation in an outpatient setting Monday-Friday, 9:00am-5:00pm. Patients can attend the program anywhere from 1-5 days/week, up to three hours of individual therapies a day. Each patient will receive an initial evaluation that will determine recommended therapies and schedule. For more information, please ask your case manager or any staff.



Helpful Information

Program Manager
Holly Schneider, MA CCC-SLP
512.462.6642

Assistant Program Manager
Shondra Zinnecker, RN
512.462.6729

Case Manager
Cheryl Olson, M.Ed., CRC, CCM
512.462.7880

Director of Clinical Services
Margaret Stuart, DPT
512.462.6639

Director of Nursing
Jessica Brading, BSN, RN, CBIST
512.462.6723

Texas NeuroRehab Center
Main number
512.444.4835

Mailing address:
Texas NeuroRehab Center-Tejas Unit
1106 W. Dittmar Rd. Austin, TX 78745



Your Treatment Team

Physicians:

Nurses:

Case Manager:

Physical Therapists:

Occupational Therapists:

Speech Therapists:

Vision Therapist:

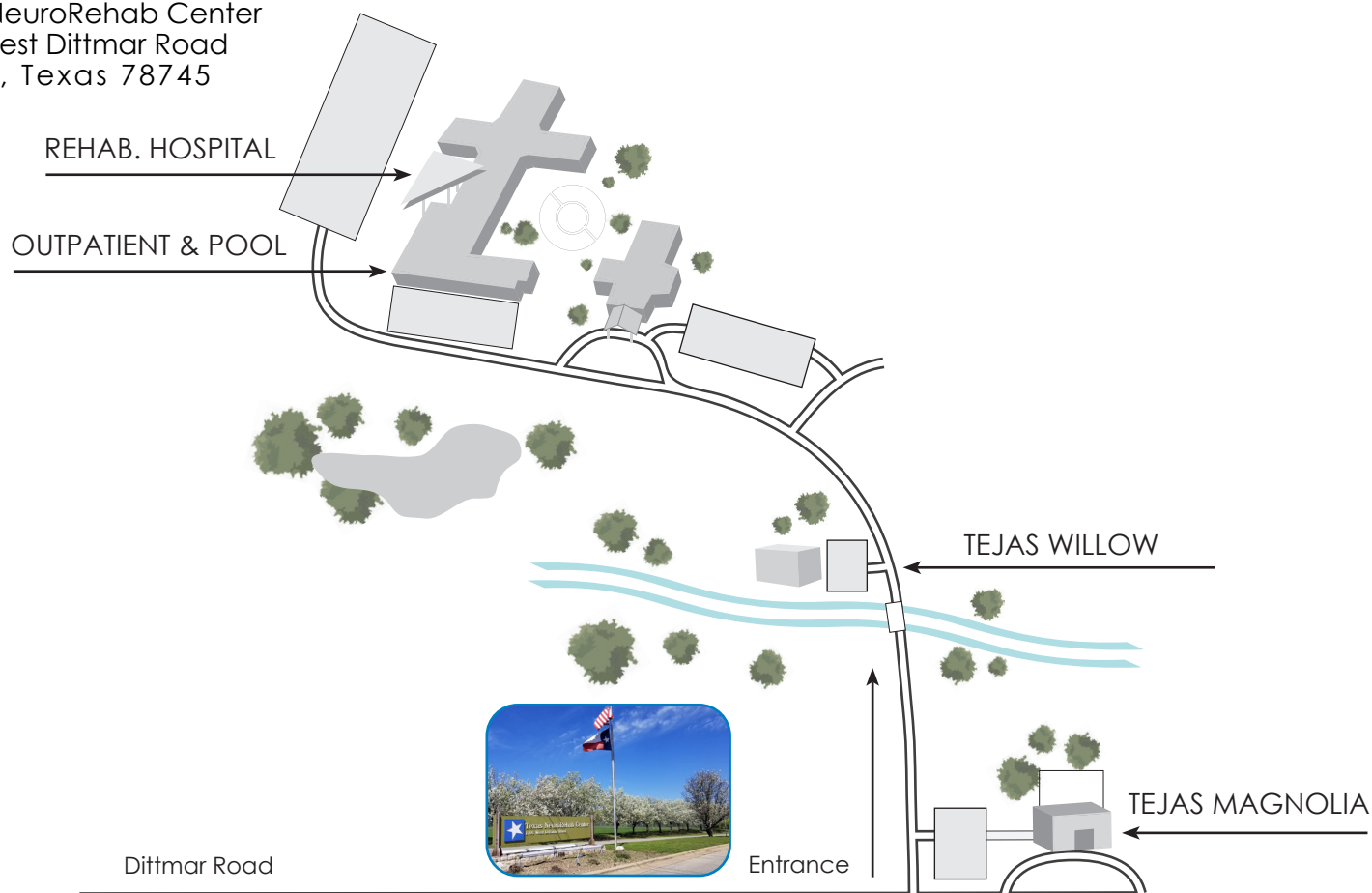
Personal Care Technicians:

Progress & Goals



Directions and Map

Texas NeuroRehab Center
1106 West Dittmar Road
Austin, Texas 78745



From the South:

I-35 North : exit Slaughter Lane
West (left) on Slaughter to South First Street
Right on South First Street
Left at light/Dittmar Road
Entrance approximately 1 mile on right

From the West:

Highway 71 or 290 to William Cannon
East (right) on William Cannon to Manchaca
Right on Manchaca
Left at second light/Dittmar Road
Entrance approximately 1 mile on the left

From the North:

I-35 South: exit William Cannon
West (right) on William Cannon
to South First Street
Right at light/Dittmar Road
Entrance is approximately 1 mile on the right

From the Northwest:

Mopac/Loop South: exit William Cannon
East (left) on William Cannon to Manchaca
Right on Manchaca
Left at second light/Dittmar Road
Entrance is approximately 1 mile on the left

Follow road at main entrance, Tejas Magnolia will be the first building on your right, follow the road and Tejas Willow will be the first building on your left after the water crossing.



Tejas Post-Acute Brain Injury Program

1106 W. Dittmar Rd. Austin, TX 78745

512-444-4835 or 800-252-5151

www.texasneurorehab.com

