

REHABILITATION INSTITUTE OF CHICAGO

2016 COMMUNITY HEALTH NEEDS ASSESSMENT IMPLEMENTATION STRATEGY FOR FISCAL YEAR 2017-2019

RIC's Implementation Strategy ("Implementation Strategy") identifies each significant community health need identified in its 2016 Community Health Needs Assessment ("Assessment"). The Implementation Strategy further describes how RIC plans to meet the needs identified, specifies the programs and resources that RIC plans to commit to meeting the need, describes the anticipated impact of its programs and resources on the need and, where appropriate, describes planned collaboration with related organizations to meet the need.

The Implementation Strategy was reviewed and approved by RIC's Board of Directors. The Implementation Strategy involves continuing support in the areas of Rehabilitation Health Needs, Research and Rehabilitation Engineering, Improved Access to Information, Education and Training, and Support Programs.

- RIC's clinical expertise in multiple programs and resources will continue to provide for the needs of RIC patients in the areas of stroke, spinal cord injury, brain injury, neuro-musculoskeletal conditions, pediatric care, and cancer.
- RIC is nearing completion of the innovative new Shirley Ryan AbilityLab®. The innovative design of the Shirley Ryan AbilityLab will integrate all aspects of human subject research and rehabilitation medicine. Additionally, RIC will assess continued demand for rehabilitation engineering services.
- RIC's LIFE Center, a virtual and multimedia education center that provides the community thousands of peer-reviewed resources across key topics relevant to the life-long needs of people with physical disabilities, will be integrated into the new Shirley Ryan AbilityLab website. RIC also will take steps to make other hospitals in the community aware of the resources the LIFE Center offers.
- As the Northwestern Feinberg School of Medicine's Department of Physical Medicine and Rehabilitation physiatry residency program, RIC will continue to support the education needs of PM&R physicians. RIC will continue its robust educational programming for allied health, patients, and their families in the community. RIC also will develop continuing medical education courses for providers.

- RIC will continue to provide high-quality support programs to the community, including adolescent support programs, accessible physical fitness, and programs for servicemembers, veterans, and individuals with aphasia.

1. Rehabilitation Health Needs

RIC's Assessment identified continued rehabilitation health needs in the areas of stroke, spinal cord injury, brain injury, neuro-musculoskeletal conditions, pediatric care, and cancer. RIC provides programs for the care and treatment of patients who require rehabilitation in these areas. Thousands of patients in the community will benefit from the programs of care and treatment in rehabilitation health. RIC will continue to provide programs and resources for:

- Amputation and limb deficiencies
- Arthritis and joint conditions
- Brain injuries
- Cancer rehabilitation
- Chronic pain
- Neurological rehabilitation, including rehabilitative services for multiple sclerosis, spasticity, and Parkinson's Disease
- Pediatric rehabilitation
- Prosthetics & orthotics
- Spinal cord injury rehabilitation
- Musculoskeletal rehabilitation
- Stroke rehabilitation
- Vestibular rehabilitation
- Women's health rehabilitation

2. Research and Rehabilitation Engineering

RIC's Assessment identified the continued need for rehabilitation research into new and more promising treatments to improve and eliminate the effects of injury, disease, and debilitating health conditions of the community RIC serves. The Searle Rehabilitation Research Center at RIC is the largest physical rehabilitation research center in the world. The impact of RIC's research programs is national in scope, building on the Searle Center's mission of helping people with disabilities gain as independent and fulfilling life as possible.

RIC collaborates with public and private entities worldwide in conducting its rehabilitation research. RIC is the sole academic and clinical partner of the Department of Physical Medicine & Rehabilitation at Northwestern University in the Feinberg School

of Medicine. This relationship provides an academic framework for RIC's research efforts. A range of researchers are supported through this partnership, including post-doctoral researchers, pre-doctoral research graduates, physicians, residents, and other clinical fellows.

RIC is nearing completion of the Shirley Ryan AbilityLab®. RIC's scientific approach to Advancing Human Ability™ will be implemented in the Shirley Ryan AbilityLab, scheduled to open in early 2017. The new building will comprise 900,000 square feet dedicated to research and clinical programs and 242 beds. It will include five AbilityLabs™, each of which represents a hub of patient activity. The Ability Lab™ is where the majority of day-time activities

take place, such as traditional patient therapies as well as applied research activities. It will be designed as an integrated space of therapy and research, where doctors, scientists, and therapists will work together to treat patients and conduct research. It will include a combination of equipment, smart devices and cutting-edge technology that will represent not only current best practice rehabilitation care but also new and innovative practices that hold promise for future methods of advancing patient ability. Clinical and research staff will move through this space together and through their activities create mutual motivation and learning. The AbilityLabs™ will represent the bridge between research and direct patient care where solutions to real patient problems will be solved better and faster than anywhere else. The innovative design of the new hospital will integrate all aspects of human subject research and rehabilitation medicine.

The Assessment also identified a continued need for rehabilitation engineering services. RIC's Rehabilitation Engineering department modifies equipment and fabricates custom-made tools to meet patient's particular needs. RIC will assess continued demand for rehabilitation engineering services and strengthen the department with additional resources in response to the assessment, as appropriate.



The northwest facade of the new Shirley Ryan AbilityLab®, scheduled to open in March 2017.

3. Improved Access to Information

The Assessment identified a continued need for access to information about existing resources and services for the community. RIC's LIFE Center, a virtual and multimedia education center, provides the community with thousands of peer-reviewed resources across key topics relevant to the life-long needs of people with physical disabilities. Patients and families in the community who utilize the LIFE Center will enjoy an increased awareness of the existing resources provided by RIC and others to improve the lives and health of people with disabilities, at levels similar to those provided in 2012 and discussed in further detail below.

In connection with opening the Shirley Ryan AbilityLab, RIC is preparing an entirely new website in order to increase access to clinical information, research data, and support materials. The new website will house information related to core medical conditions, such as stroke and traumatic brain injury, for which RIC provides care. It also will integrate materials from the LIFE Center in order to provide visibility to all relevant webpages in ways never before possible. Through a single site search, visitors to the new site will be able to find the entire breadth of the Shirley Ryan AbilityLab's offerings. The website also allows its users to receive information specific to their condition or interest, through a customized, personal dashboard. Additionally, users will have tools to socialize related pages across the site experiences. RIC expects the website to be operational by March 2017, and will continue to make improvements to access, functionality, and visibility in the future, as appropriate, in response to feedback from its users and others in the community.

RIC will increase awareness of the LIFE Center by communicating with acute care and inpatient rehabilitation hospitals in the community, asking them to make their patients appropriately aware of the resources the LIFE Center offers.

4. Education and Training

The Assessment identified a continued need for education and training of medical providers, patients, and their families. As part of its Implementation Strategy, RIC will continue to support its education and training programs for these populations in the community.

RIC is the Northwestern Feinberg School of Medicine's Department of Physical Medicine and Rehabilitation physiatry residency program. The Residency Program is one of the largest physical medicine and rehabilitation training programs in the country.

Each of RIC's physicians is a faculty member of the Feinberg School of Medicine, and the Chairman of the Department of Physical Medicine and Rehabilitation for the Feinberg School of Medicine is an attending physician on staff at RIC. In addition to the residency training program, RIC provides American College of Graduate Medical Education ("ACGME") Fellowship training in the following specialty areas: Spinal Cord, Pain and Pediatrics. In addition, RIC sponsors Fellowship training for Musculoskeletal (Sports and Spine), Stroke and Traumatic Brain Injury.

Education and training for health care providers. RIC provides the largest psychiatry medical resident training program in the country and hosts regular continuing education seminars, workshops, and courses to allied health, nursing, and medical professionals throughout the year through the RIC Academy.

Education and training for patients and their families. Patient and family education classes are provided daily at RIC to inpatients and outpatients to strengthen skill and resource knowledge and to support transition to the community. Education topics include fall prevention, medication management, bowel and bladder management, skin care, respiratory care, social support systems, interpersonal relationships, community resources, accessible housing, transportation, accessible travel, fitness, and independent living.

RIC will develop continuing medical education (CME) that focuses on individuals with disabilities. Examples may include CME for clinicians that highlight existing prevalence disparities, the difficulties patients with disabilities may have in managing their chronic conditions, or connecting patients to the right resources.

5. Support Programs

The Assessment identified a continued need for a variety of support programs. As part of its Implementation Strategy, RIC will continue to offer the support programs described below.

Transition programs for adolescents and their families. The RIC outpatient pediatric team developed a comprehensive "Transitions Planning Program for Adolescents" addressing seven skill areas that focus on independence and caregiver involvement. The "Beginner Transition Group" is for youth between the ages of 9 and 13 years. The "Young Adult Transition Group" is for those between 14 and 22 years of age. Participation in the group requires a prescription for Occupational and Speech Therapy group treatment from the child's physician.

The Transitions Program includes skill building activities for Medical Management, including understanding diagnosis, symptoms, and implications for daily life, preparing for medical appointments, exploring community resources, and coordinating home care; Education and Employment, including student involvement in the Individualized Education Plan (IEP) process, job site field trips, and understanding of the ADA; Money Management, including functional math skills and basic budgeting; Household Management, including adaptations for chores and hiring personal assistants; Sports and Recreation, including options for free time, social interaction, and healthy living; Cooking, including planning, shopping, and preparing cold and hot meals; and Transportation, including practice using accessible public transportation and planning trips.

In addition, the RIC Sports & Fitness Center provides a year-round “Caring for Kids” program that further provides opportunities for children, teens, and parents to build social interaction skills, expand leisure interests, and social support networks. The Rehabilitation Institute of Chicago Caring for Kids program is for any youth aged 6–17 who has a physical disability and is independent in daily living skills. It offers adaptive sports, recreation, special events and social activities. All programs promote positive quality of life through physical fitness, independence, socialization, activity, and adaptive resources. Once children exceed the age limits they are able to transition to a wide variety of sports and recreational programs offered to adults through the Center.

Caring for Kids is able to provide free door-to-door wheelchair accessible bus transportation service to/from most programs for participants living within Chicago city limits. Caring for Kids is generously funded through grants from the John Dolan Golf Challenge, the Blackhawk Charities, Polk Bros. Foundation, and Cubs Care. Caring for Kids' philanthropic support allows RIC to offer programming at very little cost to participants.

Accessible fitness programs. In 2012, RIC moved its adapted Sports & Fitness Center into a newly designed and expanded, state-of-the-art accessible Fitness Center. The Fitness Center includes the latest designs in adapted weight training and aerobic equipment, and provides experts in exercise physiology and therapeutic recreation to lead programs and assist participants. In response to consumer needs for community based integrated exercise programs, the RIC Sports & Fitness Center developed a “Functional Fitness” program to transition patients after hospitalization into customized exercised programs that continue to work on health and fitness goals. Additional fitness programs have been added to the Center’s program offerings and also have been extended to the community at RIC Day Rehabilitation Centers in suburban locations.

To maximize participation in fitness programs and use of the Center's accessible weight training equipment, Center membership includes personalized training programs that are created for each participant. Membership is open to any person with a disability at a very reasonable cost. The Center further provides adaptive recreation and competitive sports programming at no cost to participants. Center competitive sports and Paralympic programs are among the best in the United States, and are offered for both adults and children. Participation in the RIC Sports & Fitness Center and its programs requires a written membership application that includes medical approval from a doctor, nurse, or physical therapist.

Military Sports Camp. RIC's Military Sports Camp is designed for injured military personnel with a primary physical disability. Introductory level athletes are invited to learn from elite level coaches while enjoying all that Chicago has to offer.

RIC offers the camp each year, usually over multiple days in the summer. All individuals who have or are currently serving in the US Armed Forces and have a primary physical disability are welcome to apply. 2016 camp participants represented every military branch and came from 15 states.

Aphasia Program. RIC sponsors weekly programming for community members with aphasia. Participants are charged a nominal fee of \$6 per session, with alternate arrangements available if a participant cannot afford the fee. Programming includes conversation groups, book clubs, and collaborative sessions with The Institute for Therapy Through the Arts.