

Transitional Rehabilitation Program

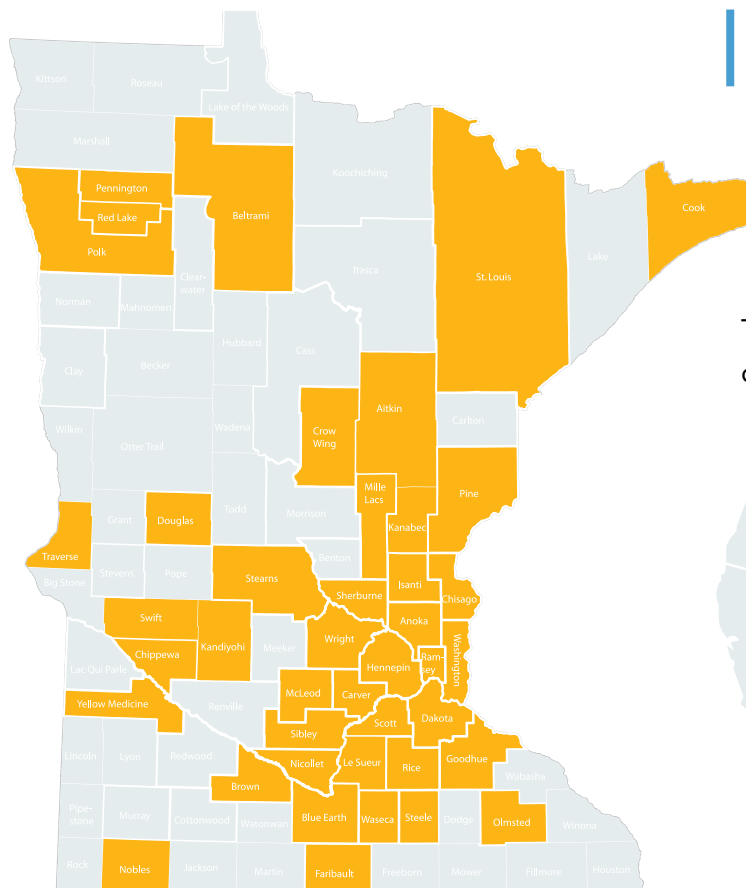
About the Transitional Rehabilitation Program

Courage Kenny Rehabilitation Institute's Transitional Rehabilitation Program (TRP) provides inpatient rehabilitation services as part of Allina Health. This nationally recognized, 48-bed skilled nursing facility (SNF) has served people with disabilities since 1976.

From its beginnings as a residence for younger adults with disabilities, the TRP has grown into one of the leading

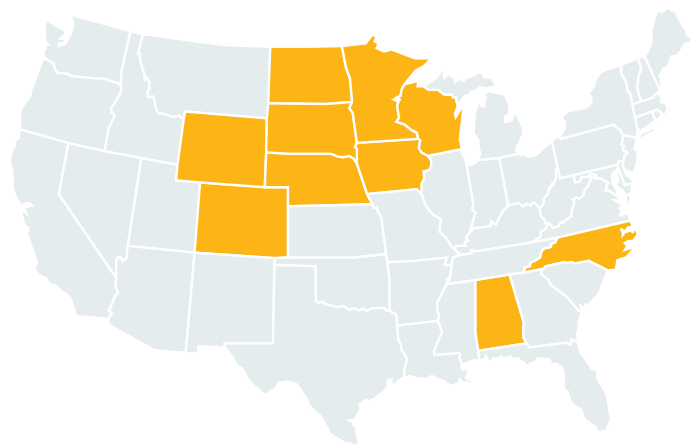
specialized, sub-acute, inpatient rehabilitation facilities in the country. It serves as a bridge to assist individuals who require intensive specialized neurological rehabilitation in transitioning between acute care and return home or to another alternative community living setting. The TRP provides holistic, comprehensive inpatient neurological rehabilitation services to adults recovering from neurological conditions caused by illness or injury.

2020-2021 admits to Transitional Rehabilitation Program



The TRP served 406 clients in 2020-2021 of which 86% were discharged to the community. Admitting patients from 10 states and 47 different counties in Minnesota.

The TRP served people from these shaded counties and states.



Unique clients served

- Our clients have complex neurological needs that are not typical of most nursing home residents
- 41% have had a spinal cord injury (SCI)
- 44% residents have had a stroke
- 10% have experienced a traumatic brain injury (TBI)
- 5% have other neurological and complex medical conditions
- All of our clients require specialized rehabilitation
- Average age is 60, and ranges from 18 to 90+.

A unique community service

The TRP provides a valuable service to the community by filling a unique niche in the health care continuum. The services offered are unparalleled in Minnesota and the region. These services have proven value with more than 92% of all clients discharging to a community setting.

The scope of therapy services provided greatly exceeds that of a typical nursing home:

- The average client receives 2 to 3+ hours of therapy 5-6 days a week.
- Clients have access to state of the art rehabilitation technologies and therapies.
- Adaptive technologies are available to promote independent access of the environment.
- Therapists have special certification in treating traumatic brain injury, stroke and spinal cord injuries.
- Key to maximizing function and independence as well as preventing future health and social welfare costs.

Transitional Rehabilitation Program vs. traditional skilled nursing facility

Courage Kenny Rehabilitation Institute

- on site physicians and providers who specialize in physical medicine & rehabilitation
- consultation by hospitalists from Abbott Northwestern Hospital
- nurse practitioners
- on site psychology and neuropsychology
- on site psychiatry
- integrative therapies (aquatics, intensive fitness massage, acupuncture)
- pain specialists
- comprehensive discharge planning
- education
- Adaptive Technology
- community services – independent living skills, drivers training, Community Reintegration Program
- TBI and SCI Peer mentors

Traditional skilled nursing facility

- limited access to physicians and providers (required one time every 30 days)
- limited access to nurse practitioners (varies by facility)
- limited access to psychology and neuropsychology
- no access to onsite psychiatry
- no specialized and intensive therapy services

Courage Kenny Rehabilitation Institute, part of Allina Health, provides a continuum of rehabilitation services for people with short- and long-term conditions, injuries and disabilities in communities throughout Minnesota and western Wisconsin. The goal is to maximize quality of life for people of all ages and all abilities. We help people achieve health and wellness by offering excellent services, innovative programs, ground-breaking research and barrier-shattering advocacy. Courage Kenny Rehabilitation Institute has multiple locations, and numerous programs and services.