Your case manager and social worker will work with you and your family to prepare you for discharge from Dodd Rehabilitation Hospital. Your care needs will be reviewed by your health care team. They will make recommendations on your length of stay and your date for discharge. **You and your family are the most important members of the team. Talk honestly with staff about your care needs.**

**Things to consider**

- **Family and caregivers are required to take part in training** to learn the skills needed to provide care at home. Therapists provide training weekdays between 9 am and 3 pm. Training by the nurses may be done in the evenings. Training can also be scheduled by appointment.
- **Most patients need ongoing therapy, care, and support.** Your case manager and social worker will help you to explore insurance coverage for needed services. There is a lot of variation in what insurance will and will not cover. Family members may need to provide 24 hour supervision.

**Service options**

Depending on your care needs and whether family and friends are available to help, these options may be considered:

- **Home with outpatient therapy:** Therapy appointments outside of the home, often 2 or 3 times each week.
- **Home with home health care:** Home visits by a therapist or nurse, often 1 to 3 times each week. Most insurance providers do not cover the cost of home health aides to help with personal care activities, such as bathing and grooming.
- **Skilled nursing facility:** If more services and special therapies are needed, a stay in a nursing facility may be recommended.

**Most services may require a co-payment.** Talk to your insurance provider for details. Your case manager and social worker will help you find services and advocate for you to get the care you need.

**Medical equipment needs**

Your case manager will help you to order the equipment needed for care. Insurance providers vary as to whether they’ll cover the cost of bathing equipment, commodes, raised toilet seats, and a hospital bed. Often, they will cover either a wheelchair or walker, but not both.

**Contact us**

Please call your case manager or social worker if you have questions or concerns about your plans for discharge:

- **Case Manager at 614-366-1829**
- **Social Worker at 614-293-7209**
Support Programs and Resources

Support Programs

Spinal Cord Injury Support Group

Please join our support group with patients who have had spinal cord injuries and their families.

- Meetings are first Thursday of each month at 4 PM
- Dodd Rehabilitation Hospital - Blue Gym
- 480 Medical Center Dr., Columbus, OH, 43210-1245

Groups are led by a medical social and spinal cord resource person. Call for more information at 614-293-7209 or 614-408-0085.

Spinal Cord Peer to Peer Program

Patients can visit or talk by phone with someone who will share their experiences and insights about adjusting to life after a spinal cord injury. These peer volunteers are certified with the Christopher Reeves Peer Mentor Program. Ask your team for a referral while you are at Dodd. You can also contact the Christopher Reeves Foundation for referrals.

Area Resources

Links to many resources in central Ohio. Listed below are some helpful resources as you return home. While they may be listed under one area, some provide services in many areas.

Home Health Services

Columbus Public Health
614-645-7417 or www.columbus.gov/publichealth
Offers many services including education, health and wellness, child health services, dental, and vision care for adults, and food services.

LifeCare Alliance
614-278-3130 or www.lifecarealliance.org
Provides home delivered meals to qualifying central Ohio residents, visiting nurses, nurse practitioners, dietitians, wellness center, senior centers, homemakers, and home health aides.

Housing

Creative Living
614-421-1226 or www.creative-living.com
Helps adults with severe physical disabilities live independently. It is a non-profit agency. Provides wheelchair accessible housing. Call or go to their website for information about facilities, residents, and programs.

Columbus Metropolitan Housing Authority
614-421-6091 or www.cmhanet.com
Helps people find affordable housing. Call or go to their website for more information.
Advocacy
United Spinal Association
718-803-3782 or www.unitedspinal.org
Offers its members many services including counseling, social services, sports and recreational opportunities, wheelchair and assistive technology consultation, veterans’ services, peer coaching, health care and service information, self-advocacy coaching, and discounts on devices.

Legal Assistance
Columbus Bar Association
614-221-0754 or www.cbalaw.org
Provides free lawyer referrals. Call 8:30 am to 5:00 pm weekdays and the operator will help match a lawyer to your need. Call or go to their website or more information.

Disability Rights Ohio
1-800-282-9181 or www.disabilityrightsohio.org
Protects and advocates for the rights of people with disabilities who live in Ohio. Provides help to people with disabilities who have been abused or neglected, denied services, or access to public facilities.

Legal Aid Society of Columbus
(614) 224-8374 or (614) 241-2001 or www.columbuslegalaid.org
Provides legal support in civil cases for people with low income who cannot afford to hire an attorney. If you meet resource and income limits, there is no charge for services. You may need to pay for some court costs. Call for advice on housing problems, domestic violence, and other legal issues. They do not do criminal cases.

Return to Work or School
Columbus City Schools - Special Needs Education: Orthopedically Impaired
614-365-6001 or www.ccsoh.us/Page/1220
Provides opportunities to learn the skills that will lead to an independent, productive, and self-fulfilling adult life. This includes skills in academic areas, functional daily living skills, pre-vocational and vocational skills, and job opportunities.

Columbus Urban League
www.cul.org or 614-221-0544
Offers programs including career services, education, and housing services.

Opportunities for Ohioans with Disabilities (OOD)
1-800-282-4536 or 614-438-1200 or www.ood.ohio.gov
Works with partners in business, education, and non-profit organizations to help Ohioans with disabilities to have quality employment and gain independence.

The Ohio State University, Office for Disability Services
614-292-3307 or www.ods.osu.edu
Offers a variety of services for students with disabilities. Services include exam accommodations, specialized adaptive equipment and technical training assistance, counseling, and advocacy.
Financial Assistance

Franklin County Department of Job and Family Services
614-462-4000 or www.franklincountyohio.gov/commissioners/jafs
Provides career and support services, and assists with signing up for programs, such as Medicaid and food assistance.

Medicare
800-633-4227, TTY/TDD 1-877-486-2048 or www.medicare.gov
Provides health insurance to people aged 65 or older, people under the age of 65 with certain disabilities, and people with permanent kidney failure.

NeedyMeds
800-503-6897 or www.needymeds.org
Provides information about discounted medicines or pharmacy assistance.

Ohio Best Rx Program
1-866-923-7879 or www.ohiobestrxprogram.org
Helps low income, uninsured Ohio residents get free or discounted brand name medicines. Call or go to their website to determine your eligibility. If eligible, you will need to have your doctor approve and sign an application form which you will then mail directly to the drug manufacturer.

Ohio State University Wexner Medical Center Financial Counseling
614-293-0860 or wexnermedical.osu.edu/patient-and-visitor-guide/financial-assistance
Provides help with completing applications for government-sponsored programs, explains other assistance programs, or helps create a payment plan for medical treatment if you meet criteria.

Social Security - Local office
614-469-6855 1-800-772-1213, TTY 1-800-325-0778 or www.ssa.gov
Provides financial assistance to people with disabilities with the Social Security Disability Insurance (SSDI) program and the Supplemental Security Income (SSI) program. Those with spinal cord injury can receive benefits from Social Security, SSI, and SSDI. Apply by calling or applying online as soon as you become disabled.

Transportation

Transportation Resources Guide
patienteducation.osumc.edu/Documents/trans-resources.pdf
Lists transportation resources for Franklin County and surrounding Ohio counties.

Drug/Alcohol Counseling Services

24 Hour Hotline
614-228-HOPE or (614) 228-4673

Alcoholic’s Anonymous
614-253-8501 or www.aa.org
Hours of operation are 8:30 am to 8:00 pm, Monday through Friday and 8:30 am to 1:00 pm Saturday. Call or go to their website for more information.
Columbus Area Integrated Health Services
614-252-0711 or www.columbus-area.com
Provides mental health and substance abuse counseling services. There is a sliding fee scale. They accept Medicaid and Medicare.

House of Hope for Alcoholics, Inc.
614-291-4691 or www.hofhope.org
- Alcohol and drug abuse treatment services.
- Adult residential and outpatient programs. Call 614-276-4840.
- Residential treatment program for adolescent males lasting a minimum of six months. Call 614-443-0720.

Maryhaven
614-445-8131 or www.maryhaven.com
Provides drug and alcohol rehabilitation regardless of ability to pay. Provides programs across cultures, ages, and severity of addiction. Call or go to their website for more information.

Nicotine Anonymous
614-487-9025 or www.nicotine-anonymous.org
- Provides a program built off of Alcoholics Anonymous (12 steps).
- Provides meetings via telephone if you are unable to or if it is difficult to leave your home. Call to get the phone schedule and conference codes.
- Nicotine Anonymous World Services’ toll free phone number is 1-877-879-6422.

Ohio Department of Alcohol and Drug Addiction Services (ODADAS)
614-466-3445 or www.odadas.state.oh.us
Call the number listed to learn about treatment options. Have the administrative assistant direct you to the appropriate party for your concerns. They should be able to mail you a list of service options in Columbus or elsewhere.

Parkside Behavioral Health Care
614-471-1601 or www.thewoodsatparkside.com
Provides alcoholism and drug addiction services. Call for more information.

Other Counseling Services

Catholic Social Services
614-221-5891 or www.colscss.org
Offers counseling, parenting services, and parenting counseling. Offers career development counseling specifically for the Hispanic Community. Offers social worker consults for the elderly for housing, medical appointments, insurance, transportation, and other health care needs. Provides homemaker and transportation services for seniors. Provides bill payment assistance for seniors and individuals with disabilities.

North Central Mental Health Services
614-299-6600 or www.ncmhs.org
Provides mental health and recovery services. Offers an outpatient clinic for mental health and chemical dependence. Provides psychiatry consults. NCMHS Hotlines:
- Suicide Prevention Hotline: 221-5445
- Teen Hotline: 294-3300
- Senior Hotline: 294-3309
Syntero
www.syntero.org
Offers a comprehensive range of behavioral health care services to meet the needs of you and your family at 4 locations in central Ohio. Accepts a number of payer sources including private insurance, Medicaid, Medicare, self-pay, and a sliding fee scale for uninsured Franklin, Delaware and Morrow County residents.

Ohio State Rehabilitation Psychology
614-293-3830 or wexnermedical.osu.edu/physical-therapy-rehabilitation/rehabilitation-psychology
Rehabilitation Psychology focuses on behavioral and psychological treatment for patients and families coping with chronic illness, chronic pain and disability. Our specialists treat adults with disabilities related to physical, sensory, cognitive and emotional functioning.

Resource Directories and Coordinating Agencies

Action for Children
614-224-0222 or www.actionforchildren.org
Helps individuals find local child care agencies. This is a free service. Call to request written materials or to make an appointment. You can also go to their website for more information.

Hands-On Central Ohio
211centralohio.org or call 2-1-1
Reach thousands of social service, government, and community resources in Franklin County to address any problem you may be facing or to be connected to volunteer opportunities.

Netcare Access
614-274-9500 or (614) 276-2273 (crisis hotline) or www.netcareaccess.org
Connects people to mental health, crisis intervention, and substance abuse services. Serves anyone regardless of income. Located at 199 South Central Ave. and 741 E. Broad St., Columbus, OH.

Ohio Department of Job and Family Services
1-800-852-0010 or 614-466-2100 or jfs.ohio.gov
Assists people by connecting them with agencies like many of the ones in this directory. They help connect to employment, child care, medical services, financial and legal services, and housing.

Veterans Administration
1-877-222-8387 or 1-800-273-TALK (Suicide Hotline) or www.va.gov
Assists veterans with issues on education, health care, insurance, burials, housing, etc. Helps
locate local VA sites. Call or go to their website for more information.

Helpful Websites

Automotive Manufacturer Reimbursement Programs
www.adamobility.com/consumers/finance-affordability/manufacturer-rebate-programs
Some vehicle manufacturers provide reimbursement for automotive adaptive equipment when added to a new vehicle that is purchased or leased. Website gives a summary of these programs and links to find more details on each.

Christopher and Dana Reeve Foundation - www.christopherreeve.org
Information for people living with spinal cord injury and for their caregivers, including paralysis, research, news, and advocacy.

SCI Network - www.spinalcordinjury.net
Provides a support network for those with spinal cord injuries and their families. Provides information on referral, advocacy and visitation, peer and family support groups, and referrals from the Personal Assistant Registry.

Spinal Cord Injury Model Systems - www.msktc.org/sci
Consumer factsheets on spinal cord injury topics are created through a collaboration between the MSKTC and the SCI Model System. The Ohio State University Wexner Medical Center is designated as a Model System for spinal cord injury.

Keeps people updated with the latest news in spinal cord injuries, including helpful links to resources.