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 healthcare 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 healthcare:** 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.

**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**

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**Brain Injury Planning Discharge**

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After leaving the hospital, treatment depends on the patient’s ability to take part in rehabilitation or rehab. Recovery happens in many stages. The healthcare team will recommend the best place for your loved one for care.

Care options may include:
- Extended care facility
- Sub-acute rehabilitation
- Outpatient therapy
- Home healthcare

If the patient has severe injuries that are life threatening, hospice services may be offered. Hospice is available to help with care and comfort. Hospice services may be available at a facility or in the home with caregivers.

### Extended care facility

Some patients are not yet able to take part in their rehabilitation, yet they are ready to leave the hospital. The care team may recommend an extended care facility if more healing time is needed. Some therapies and nursing care are available for long and short term stays.

- **Long term stay**: Some patients need ongoing care for their injury. They may stay for months or longer, or move from one type of extended care facility to another to get the care needed.
- **Short term stay**: The stay may last for several weeks. When the treatment goals are met, the patient is either moved to a sub-acute facility for more rehabilitation or home for outpatient therapy.

### Sub-acute rehab

This type of rehab facility is for patients who may still have nursing care needs but can take part in some of their rehab treatment. The goal is to develop skills for daily living, such as how to dress, eat, walk, or speak.

Patients who have IV therapy or other special care needs may benefit from this rehab option. Physical, occupational, speech, and recreational therapies are available. Therapists work with the medical care team to provide rehab services to improve function and quality of life. Programs may last a few weeks to several months.
Outpatient therapy

Outpatient therapy may last months or years after the initial brain injury. The goal of therapy is to improve skills for daily living. There are many types of programs that are part of outpatient therapy.

- **Day Treatment Rehab**
  Full or half day programs may be available in your area. Some programs are everyday and some are less often. During the day, the patient moves from one rehab skill set to another. For example, the morning session may focus on recreational and physical therapy while the afternoon focuses on speech and occupational therapy. Patients benefit from these programs and still get to return home at night.

- **Neurobehavioral Programs**
  These programs can be inpatient or outpatient to address behavior after a brain injury. The goal is behavior management at home, in a social setting or at work. Behavior management is often combined with physical or occupational therapy.

- **Community Re-Entry Programs**
  These programs focus on work and social skills. Some programs offer training for different job roles than the person had before injury. Others offer support for money management, decision-making, and making goals and plans for daily living. Most have the patient practice going into the community through field trips, such as to the grocery store, mall or a restaurant. It provides a safe, real world experience to practice their new skills.

Home healthcare

Home healthcare may be needed during recovery. Nurses may come to the home to help with complicated dressing changes, injections, IV care or therapies. Home health aides may help with activities such as bathing, grooming, eating and getting out of bed. These trained personnel help to provide needed care while checking progress made in other rehab programs.

Covering the costs of rehabilitation and therapy

You are probably concerned about the cost of the services needed. The cost of services may depend on your income and insurance status. Members of the discharge team will help you explore coverage for needed services within your budget. Insurance plans vary in what they will and will not cover. Medicare, Medicaid, and private insurance may only pay for some of the costs.

**Contact your insurance company before discharge from the hospital and before placement in any rehabilitation program or facility.** Social workers, case managers, and financial counselors are available to answer questions and help those with limited or no insurance coverage.

If you have issues or concerns after you leave the hospital, please call your doctor or social worker. They can help guide you through the emotional and physical challenges of your illness. Information about community resources in your area will also be provided.

For more information call:

- Social Work at 614-293-7209
- Financial Assistance at 614-293-0860
Brain Injury Resources

**National brain injury resources**
American Speech, Language, Hearing Association (ASHA) (National Office)
301-296-5700 or www.asha.org
Can connect you to an Audiologist or Speech Language Pathologist (SLP) in your area.

Acoustic Neuroma Association
1-877-200-8211 or www.anausa.org
Can help you find support groups, peer support programs, and patient and caregiver resources.

Brain Injury Association of America
703-761-0750 or www.biausa.org
Provides network access to quality healthcare and support groups.

Epilepsy Foundation
1-800-332-1000 or www.epilepsy.com
Learn about epilepsy, get tips for managing epilepsy, and connect with others.

Family Caregiver Alliance (FCA) / National Center on Caregiving
415-434-3388 or www.caregiver.org
Provides caregiver education and online support groups.

National Association for Home Care and Hospice
202-547-7424 or www.nahc.org
Provides a home care and hospice locator.

National Library Service for the Blind and Physically Handicapped
1-888-657-7323 or www.loc.gov/nls
Provides free braille and audio reading materials.

**Local brain injury resources**
Brain Injury Association (BIA) of Ohio
614-481-7100 or www.biaoh.org
Provides resources and education to help caregivers and those living with brain injury.

Epilepsy Foundation of Central Ohio
1-800-878-3226 or www.epilepsy-ohio.org
Provides information on counseling referral services and supports groups.
General resources
Listed below are some helpful resources in central Ohio.

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.

The Ohio Home Care Waiver Program
1-800-324-8680 or www.medicaid.ohio.gov/FOROHIOANS/Programs/OhioHomeCareWaiver.aspx
Allows people with physical disabilities and unstable medical conditions to receive care in their homes.

Housing

Creative Living
614-421-1226 or http://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 http://cmhanet.com
Helps people find affordable housing. Call or go to their website for more information.

Ohio Department of Aging, Assisted Living Waiver Program
www.aging.ohio.gov/HomeCommunityCare#71534-assisted-living-waiver
Pays the cost of care in an assisted living facility for certain people with Medicaid, allowing the consumer to use his or her resources to cover “room and board” expenses. Must meet eligibility requirements.

Ohio Department of Aging, PASSPORT Medicaid Waiver Program
www.aging.ohio.gov/HomeCommunityCare#71533-passport
Helps Medicaid-eligible older Ohioans get the long-term services and supports they need to stay in their homes.
Legal Assistance

Columbus Bar Association
614-221-0754 or www.cbalaw.org/cba_prod/Main/Resources/Resources_for_the_Public/Find_a_Lawyer/Main/Resources/Public/Find-Lawyer.aspx
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

Bureau of Vocational Rehabilitation (BVR)
614-438-1200 or www.ood.ohio.gov/BVR-BSVI/BVR
Provides people with disabilities help attaining and maintaining employment.

Columbus Urban League
614-221-0544 or www.cul.org
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, Student Life Disability Services
614-292-3307 or http://slds.osu.edu
Offers a variety of services for Ohio State 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 https://jfs.franklincountyohio.gov
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.ohiobestrx.org/en/index.aspx
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 Assistance
614-293-0860 or https://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
https://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 https://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 https://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 Mental Health and Addiction Services (OhioMHAS)
877-275-6364 or http://mha.ohio.gov
Call the number or visit the website for information and referral.

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

Traumatic Brain Injury (TBI) Network
614-685-8511 or http://tbi-network.org
Located at Ohio State Martha Morehouse Outpatient Care, the TBI Network treats adults dealing with both brain injury and drug or alcohol abuse.

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 healthcare 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
Ohio State Rehabilitation Psychology
614-293-3830 or https://wexnermedical.osu.edu/physical-therapy-rehabilitation/rehabilitation-psychology
The Division of Rehabilitation Psychology at the Ohio State Wexner Medical Center is located in Dodd Rehabilitation Hospital. It has support programs for those with disabilities, which arose from injury or illness. Psychologists work with other members of the healthcare team to ensure the best care.

Syntero
614-221-5445 (Crisis Hotline) or www.syntero.org
Provides both mental health and substance abuse counseling and community based services.

General 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
Call 2-1-1 or visit https://211centralohio.org
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 http://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, healthcare, insurance, burials, housing, etc. Helps locate local VA sites. Call or go to their website for more information.

Talk to your doctor or healthcare team if you have any questions about your care.

The Library for Health Information is available to help you find more health information at (614) 293-3707 or e-mail: health-info@osu.edu.

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