The Mayo Brain Rehabilitation Clinic is the outpatient component of the Mayo Clinic Rochester Brain Rehabilitation and Research Programs in the Department of Physical Medicine and Rehabilitation. Our clinic evaluates and manages the rehabilitation needs of adults with acquired disorders of brain function.

There are many causes of brain dysfunction. Common among them are:

- stroke
- traumatic brain injury
- brain tumor or infection
- bleeding in the brain
- loss of oxygen to the brain (anoxia.)

Each individual has unique circumstances and needs related to these events.

To more easily describe our services in this brochure, “brain injury” will be used to refer to those who have acquired a disorder of brain function due to any cause.

Our Goal
The Mayo Brain Rehabilitation Clinic offers several programs with a single goal — to help people with brain injury succeed in living as independently as possible within their family and community.
Mayo Brain Rehabilitation Clinic Overview

Coming to the Mayo Brain Rehabilitation Clinic for an Evaluation

The Mayo Brain Rehabilitation Clinic programs provide rehabilitation evaluation and management services after hospital dismissal and for clinical referrals.

For new patient evaluations it is best to have your physician make the referral. Referrals are individually reviewed so the appropriate clinicians become involved based on particular needs.

A Brain Rehabilitation Clinic assessment can take many forms, from a comprehensive multidisciplinary two-day evaluation that includes psychometric testing and concludes with a patient/family conference detailing recommendations, to a single clinic visit with a brain rehabilitation physician for a specific problem.
The evaluation process determines what program or services best meet individual patient needs and may include specific referrals to a:

- Clinical social worker
- Rehabilitation nurse
- Physical therapist
- Vocational case coordinator
- Neuropsychologist
- Occupational therapist
- Speech-Language pathologist
- Neurologist
- Neuropsychiatrist
- Chemical dependency counselor
- Other medical specialist

When indicated, a neurologist, neuropsychiatrist, chemical dependency counselor, or other medical specialist contributes to the evaluation. The extensive medical and surgical services at Mayo Clinic Rochester are utilized when needed to complete an assessment of brain rehabilitation needs.

For individuals who need assistance with mobility or personal needs, it is best to have a family member or other supportive person accompany them during their clinic visits.

**Brain Rehabilitation Clinic Program Features**

The Brain Rehabilitation Clinic’s programs for people with brain injury meet individual needs. Yet, our programs have certain features in common, which include:

*Expert teams*

Programs are managed by a team of experts that may include:

- Physiatrist (a rehabilitation physician)
- Neuropsychologist
- Physical therapist
- Occupational therapist
- Speech-Language pathologist
- Clinical social worker
- Vocational case coordinator
- Rehabilitation nurse
- Appointment and secretarial staff
Comprehensive treatment
Team members work with patients, families and significant others at each step to:

– arrange appointment schedules
– address financial and insurance concerns related to clinical care
– find local housing and transportation if needed
– set treatment goals and choose ways to meet them

Close communication
Team members meet regularly with patients and family members to monitor treatment progress and set new goals.

Connection to family
Family and friends are invited to participate in a number of program activities such as:

• Support groups.
  On the second Wednesday of each month, current and former participants of the Brain Rehabilitation Clinic programs are welcome to attend a support group. These meetings are also open to family members, spouses or partners of current and past program participants.

• The Partnership Approach to Living with Brain Injury
  A nationally recognized five-hour educational program is offered twice per year. The program’s goal is to help family members learn more about brain injury and strategies to cope with common problems following brain injury.

  A clinic neuropsychologist, clinical social worker, and other specialists are present during these programs to provide family education and support.

Connection to community
Through contact with local agencies in our community, as well as agencies in communities where patients live, we work to help patients to live, work and flourish independently.
Individualized Brain Rehabilitation Therapy Program

This program evaluates and manages lasting disabling neurological impairment due to brain injury of any cause. It includes individualized therapy that addresses weakness, spasticity, disorders of movement and mobility, musculoskeletal disorders, cognitive impairment, swallowing difficulties, self-care and activities of daily living, homemaking, and communication.

After physician evaluation, treatment most commonly involves individual therapy sessions with physical, occupational and speech and language therapists who specialize in neurological rehabilitation. Innovative, contemporary, state-of-the-art restorative treatment approaches are used to positively influence brain function along the continuum of recovery.

The therapeutic approach, intensity and duration of treatment are determined by an individual’s needs, the evaluation of the treating therapists and the attending Brain Rehabilitation Clinic physician who coordinates care.

Comprehensive Brain Rehabilitation Day Program

The Comprehensive Brain Rehabilitation Day Program is an intensive group-oriented outpatient program that meets Monday through Friday with primary goals of developing skills for successful independent living and competitive employment. A multidisciplinary team develops, organizes, and facilitates treatment that addresses the needs of the group and its members.
Day Program requirements
For a patient to be considered for entry into this program, a comprehensive multidisciplinary two-day evaluation is completed in the Brain Rehabilitation Clinic. People who take part in the Brain Rehabilitation Day Program must be able to:

- Move independently, using a wheelchair, walking aid or similar device if needed
- Manage bowel and bladder needs
- Demonstrate functional communication skills
- Show some carryover of new learning from day to day

Setting and meeting goals
On admission, program participants are assigned a team leader who coordinates their care. Participants and their team develop short- and long-term program goals. Weekly meetings among the program team leaders provide time to discuss participants’ progress and related issues.

The treatment team holds formal conferences every two weeks to review short-term goals and measure progress toward long-term goals. Through group activities and individual meetings with treatment team members, participants practice skills needed to meet their goals.

Group activities are small, with a maximum of eight people taking part in the program at any one time. The small size promotes effective communication and understanding between the group and treatment team, while facilitating peer-group feedback.

The length of stay is based on individual need and progress. After two months, the treatment team meets in conference with the participant and family or significant other to determine whether the program is beneficial. A mutually agreeable plan is set forth with graduation goals and a tentative program completion date. An average stay in the Brain Rehabilitation Day Program is six months.

Program schedule
The program meets Monday through Friday from 8 a.m. to noon in group sessions. Topics for these sessions include:

- **Orientation** — planning and organizing the day’s activities and personal schedule
- **Thinking skills** — building attention, memory and problem-solving skills and compensation techniques
- **Social and emotional skills** — improving personal adjustment, social behavior and self-awareness through role-playing and group interaction
- **Communication skills** — practicing reading, writing, speaking and listening skills needed for daily life
- **Health skills** — learning fitness, nutrition and other health habits
- **Life skills** — practicing skills for independent living and applying those skills in community activities
Additional time is scheduled for individual activities based on personal needs. These activities may include:

- Physical, occupational or speech therapy
- Vocational counseling to explore work interests and prepare for a job in the community
- Individual, family or marriage psychotherapy
- More activities to build thinking, social, communication, health, life and job skills

Community support
The Brain Rehabilitation Day Program works with many community agencies to help participants apply skills learned in the Program. The treatment team may make referrals to:

- The Ability Building Center (ABC), which helps people prepare for work, find jobs, and succeed at work
- The Southeastern Minnesota Center for Independent Living (SEMCIL), which offers independent living skills training, support groups, and peer mentors
- Abilities Unlimited, a structured day activity program
- State agencies for vocational rehabilitation
- Local educational and social service agencies
- Assisted living facilities
- Adult foster care
- The Brain Injury Association of America as well as state associations.

Housing and transportation
Since the Brain Rehabilitation Day Program occurs on weekdays, our clinical social worker will help participants find local housing and transportation. Options include rooming houses, hotels, adult foster care homes and assisted living facilities.

Through these programs, our goal is to help people with brain injury gain skills needed to rebuild their lives.
Brain Rehabilitation Day Program outcomes
From 1988 through 2005:

- 182 people entered the program
- 161 people completed the program
- 70 percent of those who completed the Day Program met their major goals

Since 1988, Brain Rehabilitation Clinic staff has contacted participants one year after completing the program to find out how they are doing. 61 participants completed the program for the 7 year period from January, 1999 through December, 2005.

At program admission, 8 percent of these participants were living with complete independence and 10 percent were either independently employed, involved in education/training or supported/volunteer employment in the community.

Results from these program participants at one year after completing the program include:

**Independent Living**
- 57 percent live with complete independence
- 43 percent live with limited support — for example, in a group home or foster care
- None require 24-hour supervision

**Employment**
- 60 percent were employed productively in the community
- 5 percent were in sheltered employment
- 35 percent were unemployed
The Community Reintegration Group

The Community Reintegration Group serves individuals who do not need the intensity of programming offered in the Day Program, but have persistent problems after brain injury with:

- thinking
- social awareness
- behavior
- independent living skills

A physician evaluation in the Brain Rehabilitation Clinic determines the indication for this group. Participants must be mobile and capable of handling routine self-care. Treatment is generally group based. These sessions are augmented by individual sessions with occupational or physical therapists as indicated. In addition, a clinical social worker or neuropsychologist will work with group members individually, using psychotherapy to address cognitive and behavioral difficulties that persist after brain injury.

Setting and meeting goals
With the guidance of group facilitators, participants determine short- and long-term goals for each member and for the group. Facilitators assist group members in identifying barriers that exist due to cognitive impairment or behavioral dysfunction and help them find strategies to effectively cope with these barriers. This includes building skills that assist in handling common difficulties with thinking, behaviors, feelings and emotion.

Participants attend staff-facilitated group meetings, which allow them to interact and support each other, to help develop skills that address individual and group goals. A common goal is learning to use a calendar. Calendars help participants develop their own system of checks and balances by creating a tool that helps compensate for difficulties with memory impairment, concentration and organization. Facilitators also practice calendar use with participants to improve dependability and independence. This helps participants manage such tasks as independent living, work, home and health management, leisure and fitness activities.

Program schedule
The Community Reintegration Group meets for one hour twice a week in the Brain Rehabilitation Clinic at Saint Marys Hospital, with treatment content and progress documented at each session. The duration of an individual stay in the Community Reintegration Group depends on the participant’s need and overall progress toward individual goals. Participants are usually involved in the group for four to 10 months.
The Cognitive Rehabilitation Program

The Cognitive Rehabilitation Program uses individual therapy sessions with a cognitive rehabilitation occupational therapist to address specific areas of cognitive impairment:

- attention and concentration
- memory
- organization
- problem solving
- other cognitive skills that affect life management

To best benefit from this program, participants should have some insight and be able to identify their thinking problems. Indication for this program is determined by a Brain Rehabilitation Clinic physician and neuropsychological evaluations.

Setting and meeting goals
Participants meet individually with a cognitive rehabilitation occupational therapist to set treatment goals and create a treatment plan. Additional Brain Rehabilitation Clinic resources and services can be incorporated into the treatment plan as indicated by individual need. Members of the treatment team meet regularly to monitor progress and update the treatment plan. Family members also may take part in treatment sessions.

The number of treatment sessions and duration of the program are based on individual need and progress toward meeting treatment goals.

Mayo Clinic Brain Rehabilitation Research

Mayo Traumatic Brain Injury Model System
With funding from the National Institute on Disability and Rehabilitation Research (NIDRR), Mayo Clinic is a Traumatic Brain Injury Model System, studying new ways to improve treatment for people with brain injury. In collaboration with the other Traumatic Brain Injury Model Systems across the country, Mayo shares its research with programs worldwide. Individuals in the Brain Rehabilitation Clinic programs may be invited to participate in this research.
Stroke recovery research
Mayo Clinic basic science brain rehabilitation research involves using models of stroke recovery to study the cellular mechanisms that regulate changes in strength and mobility after stroke.

Mayo Clinic Brain Rehabilitation and Research integrates patient care and education by involving medical students, graduate students and postdoctoral fellows in its programs.

Accreditation
The Commission on Accreditation of Rehabilitation Facilities (CARF) has accredited the Mayo Brain Rehabilitation Clinic program as a Brain Injury Outpatient Rehabilitation Program and to provide Brain Injury Vocational Services.

More Brain Rehabilitation Clinic Information

Where to find us
The Brain Rehabilitation Clinic and programs are located in Saint Marys Hospital, part of Mayo Clinic in Rochester, Minn.

Located in southeastern Minnesota, Rochester is home to approximately 93,000 people. Major airlines and bus lines serve the city.

Many hotels, apartments, restaurants and shops are within walking distance of Saint Marys Hospital. City agencies offer wheelchair-accessible transportation.

Paying for the programs and program cost
Program cost varies, depending on individual need. Please call the Brain Rehabilitation Clinic for information related to cost estimates, 507-538-1576.

Many insurance companies, workers’ compensation, Medicare and Medicaid may pay for these programs. Before or during the Brain Rehabilitation Clinic evaluation process, a clinical social worker will assist in assessing financial concerns.
Referral to the Brain Rehabilitation Clinic

It is best to have your physician make a referral to the Brain Rehabilitation Clinic.

For information regarding referral and appointments for the Brain Rehabilitation Clinic, please call 507-538-1576.

People with severe psychiatric or substance abuse problems can be considered for our programs, but these problems should be stable and generally managed by their primary physician. Additional referral to other Mayo Clinic Rochester specialists is available as indicated.

To learn more

Call: Mayo’s Brain Rehabilitation and Research programs at 507-255-3116.

Write: Mayo Clinic
        Attention: Brain Rehabilitation Program Secretary
        Department of Physical Medicine and Rehabilitation
        Saint Marys Hospital, Domitilla 1
        200 First Street SW
        Rochester, MN 55905

Or Visit: http://www.mayoclinic.org/physicalmedicine-rst/
          http://mayoresearch mayo.edu/mayo/research/tbims/
          http://www.mayoclinic.org/physicalmedicine-rst/tbims.html