

## **Day Programs for People with Brain Injury in New Jersey**

By René Carfi, MSW, LSW

At different times following brain injury, family members find themselves looking for day programs for a variety of different reasons. Reasons can include further rehabilitation, a need for supervision, socialization or activity outside the home during the day while other family members return to work, and the need to transition back into the community. Just as there are a variety of reasons for seeking a day program there are also a variety of funding sources for these programs. The information provided below is meant to be a starting point for learning about the different types of day programming available for people with brain injury in New Jersey, and the different funding sources for such programs. For further information, please contact the Brain Injury Association of New Jersey's Information & Resources Helpline at 1-800-669-4323, 732-745-0200, or [info@bianj.org](mailto:info@bianj.org).

### **Choosing a program**

In choosing any type of program for your family member, the Brain Injury Association of New Jersey always suggests contacting and visiting several programs to find the program that will best suit your family member's needs. To assist you in selecting a program the Brain Injury Association of America developed A Guide to Selecting & Monitoring a Brain Injury Rehabilitation Services, which is available at <http://www.bianj.org/Websites/bianj/Images/PDFs/Guide.to.Selecting.Monitoring.Brain.Injury.Rehabilit.pdf> or by contacting the Brain Injury Association of New Jersey.

### **Day treatment in a brain injury rehabilitation facility**

Following acute and subacute rehabilitation, an individual's rehabilitation team may recommend a day rehabilitation program for further treatment. A number of brain injury rehabilitation facilities provide such day programs that focus on rehabilitation and offer therapies. For information on brain injury day programs in your area see the listing below. You can also contact a Brain Injury Association of New Jersey Information & Resource Specialist or view the New Jersey Brain Injury Resource Guide at <http://www.bianj.org/Websites/bianj/Images/PDFs/NJBIResourcesGuideJune2008.pdf>.

If you have a private health insurance carrier, contact your insurance carrier to inquire about funding such a day program. The social worker at your family member's current rehabilitation program or at the day program you have chosen may be able to assist you with obtaining funding. Other funding sources can include personal injury protection through your auto insurance if the injury was related to a motor vehicle crash, worker's compensation if the injury was work related, the Traumatic Brain Injury (TBI) Fund (as funds will allow – the yearly cap for the TBI Fund is \$15,000 and the cost of a day treatment program can exceed that cap in a given year), the Division of Vocational Rehabilitation Services (DVRS) if rehabilitation is focused on the goal of returning to work, and the Traumatic Brain Injury (TBI) Medicaid Waiver for those individuals injured after their 21<sup>st</sup> birthday who meet the criteria for this program.

### **Adult Day Health Services in Your Community**

For those individuals no longer in need of rehabilitative day programming in a brain injury specific day program adult day health services in your community may be an option. Adult day health services may be necessary when supervision is needed during the day while other family members return to work. New Jersey's Department of Health & Senior Services defines adult day health services as "a facility or a distinct part of a facility which is licensed by the New

Jersey Department of Health and Senior Services to provide preventive, diagnostic, therapeutic, and rehabilitative services under medical and nursing supervision to meet the needs of functionally impaired adult participants.” To search for adult day health services in your area visit the Department of Health & Seniors Services website at <http://web.doh.state.nj.us/apps2/healthfacilities/fsSetSearch.aspx?by=county>. Keep in mind that these facilities are often attended by older adults, but some may serve more adults with disabilities than others. It is always good to call and visit several in your area to find the right one for your family member.

Funding for adult day health services can include private health insurance, Medicaid Waivers, such as the Community Care Program for the Elderly & Disabled (CCPED) Waiver or the Medicaid Waiver for the Elderly & Disabled to Provide Enhanced Community Options (ECO) Waiver, which are administered through the Department of Health & Senior Services at 609-943-4060, or the Traumatic Brain Injury Fund. The social worker at the adult day health program you choose may be aware of additional sources of funding.

### **Day Programming Through the Division of Developmental Disabilities**

The Division of Developmental Disabilities (DDD) serves New Jersey residents who have a disability that manifested before age 22, and have lifelong limitations in certain areas of living. Some people with brain injury meet the criteria for services under the Division of Developmental Disabilities, and may be eligible to attend a day program funded through this agency. Day programming offered through DDD is typically attended by individuals with different types and severity of disability. As with other programs it is good to contact and visit several to find the most appropriate program for your family member. If you are registered with DDD, contact your DDD case manager to learn more about day programming. Ask your DDD case manager if there is a brain injury specific day program in your area that your family member could attend, or see the listing below and contact day programs to see if they accept DDD funding. Keep in mind that there may be a waiting list for day programming services through DDD. To learn more about whether or not your family is eligible for services through DDD contact the Division at 1-800-832-9173 or visit their website at [http://www.state.nj.us/humanservices/ddd/about\\_ddd.html](http://www.state.nj.us/humanservices/ddd/about_ddd.html).

### **Brain Injury Clubhouse Programs**

A newer type of program that is emerging in New Jersey and around the country is the brain injury clubhouse model. The clubhouse model, in contrast to traditional day programs, refers to attendees as “members” rather than “patients” or “clients”, and focuses on strengths and abilities, rather than disabilities. Members are involved in all aspects of running the program in order to gain self-worth, purpose and confidence. Typical clubhouses are easily accessible and located within the community; provide community supports including help with benefits, transportation, housing, advocacy, medical and finances; provide opportunities for member education both in house and external; and have social programs. Members and staff work together to determine activities, and members set their own goals, with staff assistance as needed. For those individuals who no longer need or would benefit from a traditional brain injury rehabilitation day program, a clubhouse model may be an option for helping that individual work towards community re-entry. Currently in New Jersey two Brain Injury Clubhouse programs exist, Opportunity Project in Essex County and Drucker Brain Injury Center in Gloucester County. These programs provide unique clubhouse models that are less rehabilitative and more focused on community integration.

Funding for a clubhouse model program can include the TBI Medicaid Waiver, the TBI Fund, DDD, or DVRS. Staff at these programs may also assist you in learning about additional ways to fund such programs. For information on these programs see the listing below. You can also contact a Brain Injury Association of New Jersey Information & Resource Specialist or view the New Jersey Brain Injury Resource Guide at <http://www.bianj.org/Websites/bianj/Images/PDFs/NJBIResourcesGuideJune2008.pdf>.

### **In Conclusion**

In addition to the day programs mentioned above there may be more available at your local level. To find out what is available to you at the local level contact your County Office for the Disabled, or, for older adults, your Area Agency on Aging. A new resource also exists called 211 (simply dial 211 from your land or cell phone) which can put you in touch with social services at your local level. Always remember that the Brain Injury Association of New Jersey's Helpline is there to assist you with any questions you might have about day programming or funding. Keep in mind that you know your family member best and it is important that you feel comfortable with the day program you choose.

#### **Atlantic County**

##### **PLUS NeuroRehab**

235 White Horse Pike  
Egg Harbor City, NJ 08215  
Telephone: 856-824-0011 x213

#### **PLUS NeuroRehab**

8008 Route 130  
Delran, NJ 08075  
Telephone: 856-824-0011 x213

#### **Essex County**

##### **Universal Institute**

15-17 Microlab Road  
Livingston, NJ 07039  
Telephone: 973-992-8181

#### **Bacharach Institute for Rehabilitation**

61 West Jim Leeds Road  
Pomona, NJ 08240  
Telephone: 609-652-7000

#### **Marlton Rehab Hospital**

92 Brick Road  
Marlton, NJ 08053  
Telephone: 856-988-4106

#### **Kessler Institute for Rehabilitation**

1199 Pleasant Valley Way  
West Orange, NJ 07052  
Telephone: 973-243-3600

#### **Bergen County**

##### **Rehabilitation Specialists**

18-01 Pollitt Drive, Suite 1A  
Fair Lawn, NJ  
Telephone: 201-478-4200

#### **Weisman Children's Rehabilitation Hospital (pediatric)**

92 Brick Road, 3<sup>rd</sup> Floor  
Marlton, NJ 08053  
Telephone: 856-489-4520

#### **Opportunity Project (Clubhouse model – non-rehabilitative)**

60 East Willow Street  
Millburn, NJ 07041  
Telephone: 973-921-1000

#### **Kessler Institute for Rehabilitation**

300 Market Street  
Saddle Brook, NJ 07663  
Telephone: 201-368-6000

#### **Camden County**

##### **Bancroft NeuroHealth**

201 Kings Highway South  
Cherry Hill, NJ 08034  
Telephone: 800-774-5516

#### **Gloucester County**

##### **Bancroft NeuroHealth**

6 Commissioners Road  
Mullica Hill, NJ 08062  
Telephone: 800-774-5516

#### **Burlington County**

##### **PLUS NeuroRehab**

131 Cropwell Drive  
Maple Shade, NJ 08052  
Telephone: 856-824-0011 x213

#### **Independence Rehab**

1030 N. Kings Hwy, Suite 210  
Cherry Hill, NJ 08034  
Telephone: 800-356-7360

#### **Drucker Brain Injury Center**

135 South Broad Street  
Woodbury, NJ 08096  
Telephone: 800-225-5667

**Mercer County**  
**St. Lawrence Rehab Hospital**  
2381 Lawrenceville Road  
Lawrenceville, NJ 08648  
Telephone: 609-896-9500

**Monmouth County**  
**Lifespan Neuropsychology  
Rehabilitation Services**  
1944 Route 33, Ste 202,  
Neptune, NJ 07753  
Telephone: 732-988-3441

**Union County**  
**Children's Specialized  
Hospital (pediatric)**  
150 New Providence Road  
Mountainside, NJ 07092  
Telephone: 800-244-5373

**Middlesex County**  
**Bancroft NeuroHealth**  
666 Plainsboro Road, Suite  
2000C  
Plainsboro, NJ 08536  
Telephone: 609-799-8400 x13

**Morris County**  
**Kessler Institute for  
Rehabilitation**  
Pleasant Hill Road  
Chester, NJ 07930  
Telephone: 973-252-6404

**Warren County**  
**NJ Acquired Brain Injury  
Services**  
1 Shimer Blvd.  
Phillipsburg, NJ 08865  
Telephone: 800-962-4429

**JFK Rehabilitation Institute  
Center for Head Injuries**  
2048 Oak Tree Road  
Edison, NJ 08818  
Telephone: 732-906-2640

**Ocean County**  
**Bancroft NeuroHealth**  
1200 Route 70  
Brick, NJ 08723  
Telephone: 800-774-5516

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