



Questions to Ask Before Choosing Outpatient Rehabilitation

OVERVIEW

When choosing an outpatient rehabilitation facility to fit the needs of an individual who has sustained a brain injury, knowing what to ask can help you make the best possible selection. The checklist below is a good place to start. Check each box that can be answered with a “yes.” The facility that receives the most checkmarks is likely to be the best choice for your loved one. We urge you to visit the facility in person before making your decision. Additional considerations are listed at the end.

Criteria Checklist	YES	NO
Is the program covered by my insurance?	<input type="checkbox"/>	<input type="checkbox"/>
Is the program accredited/licensed by the following agencies? Commission of Accreditation of Rehabilitation Facilities (CARF) Joint Commission on Accreditation of Healthcare Orgs. (JCAHO)	<input type="checkbox"/>	<input type="checkbox"/>
Is the staff specifically trained to treat individuals with brain injuries?	<input type="checkbox"/>	<input type="checkbox"/>
Is the staff trained to treat individuals with neurological disorders?	<input type="checkbox"/>	<input type="checkbox"/>
Will the initial evaluation specify how long it will take to meet program goals?	<input type="checkbox"/>	<input type="checkbox"/>
Does the patient receive an individualized treatment plan?	<input type="checkbox"/>	<input type="checkbox"/>
Can family visit and observe the program prior to admission?	<input type="checkbox"/>	<input type="checkbox"/>
Does the initial rehab team work with the patient throughout treatment?	<input type="checkbox"/>	<input type="checkbox"/>
Does the Program include:		
• Physical Rehabilitation	<input type="checkbox"/>	<input type="checkbox"/>
• Behavioral Management	<input type="checkbox"/>	<input type="checkbox"/>
• Cognitive Rehabilitation	<input type="checkbox"/>	<input type="checkbox"/>
• Speech and Language Therapy	<input type="checkbox"/>	<input type="checkbox"/>
• Family Counseling/Therapy	<input type="checkbox"/>	<input type="checkbox"/>
• Vocational Rehabilitation	<input type="checkbox"/>	<input type="checkbox"/>
• Community Reintegration training	<input type="checkbox"/>	<input type="checkbox"/>
• Mobility Assessment and Assistance	<input type="checkbox"/>	<input type="checkbox"/>
• Exercise & Fitness or Adaptive Sports & Recreation	<input type="checkbox"/>	<input type="checkbox"/>
• Socialization	<input type="checkbox"/>	<input type="checkbox"/>
• Self-Advocacy	<input type="checkbox"/>	<input type="checkbox"/>
• Help returning to school	<input type="checkbox"/>	<input type="checkbox"/>

• Follow-up and Long-Term care	<input type="checkbox"/>	<input type="checkbox"/>
Are all therapists licensed and/or certified?	<input type="checkbox"/>	<input type="checkbox"/>
Does the program provide resources and services for caregivers?	<input type="checkbox"/>	<input type="checkbox"/>
Can the facility provide references from previous patients and/or families?	<input type="checkbox"/>	<input type="checkbox"/>

Additional Considerations:	Comments:
How many individuals with brain injuries does your facility treat each year?	
How many of these individuals have the same type of brain injury as my family member?	
Will therapy focus on regaining lost skills and compensating for abilities that have changed?	
Are aides and/or assistants used to perform therapy?	
Describe the evaluation process.	
Are team meetings held regularly to discuss progress and goals?	

How often are patients re-evaluated?	
How are the patient and family/caregivers involved in the team conferences?	
Are there follow-up services available to help with housing arrangements, health care and help obtaining other community services?	

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Our mission is to support and advocate for individuals affected by brain injury and raise public awareness through education and prevention.