

## After the Hospital: SCI Management

Our SCI/D team will provide you with treatment and services after you go home. These services are here to give you support during your ongoing recovery.

### SCI HOME HEALTH CARE

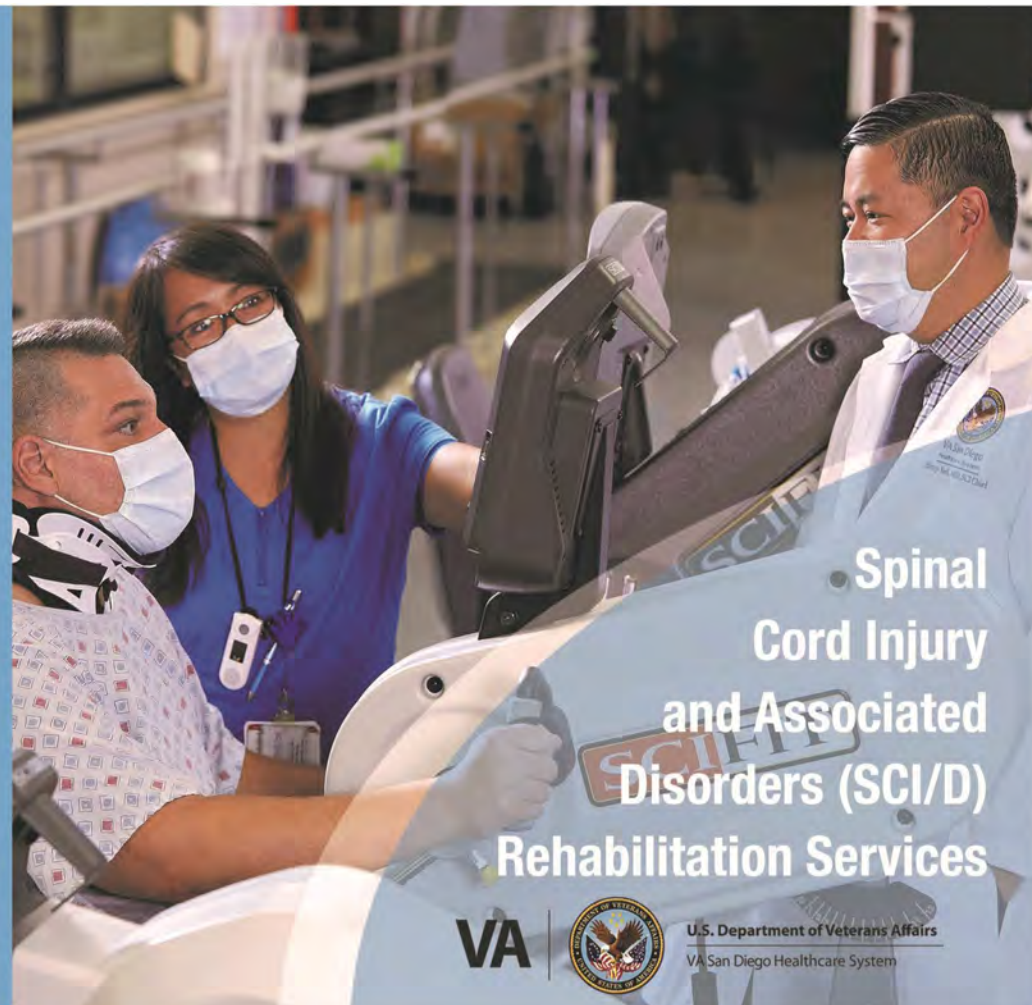
The SCI/D home health nurse and the social worker, will make sure that you have made a smooth move from hospital to home. The home health nurse will also make sure that your caretaker knows how to care for you. They will also check that all equipment needs are met. If you have any issues, such as lack of caretaker training or equipment, the SCI/D home health nurse will act as your point of contact so that your needs can be met.

### SCI OUTPATIENT CLINIC

The SCI/D outpatient nurse can help you with any issues that come up after you go home. The outpatient team will follow up with you at 3 and 12-months to monitor your progress. If you need to contact the outpatient team, you can reach them at (858) 642-3184 or via Secure Message.

### TELEHEALTH

Online services are also available. You can have video visits with your team or send secure messages. We make every effort to have different ways to contact your team to provide support and fill any gaps in care.



Spinal  
Cord Injury  
and Associated  
Disorders (SCI/D)  
Rehabilitation Services

VA



U.S. Department of Veterans Affairs  
VA San Diego Healthcare System

**+ Contact us**

3350 La Jolla Village Dr.  
San Diego, CA 92161

858-642-3128  
[www.sci.va.gov](http://www.sci.va.gov)

**Take Charge of Your Health**

New advances in healthcare help people with spinal cord injury and disorders (SCI/D) lead full lives. Veterans with SCI/D are able to resume active roles in their families, communities, and the workplace. The CARF Accredited System of Care provides expertise to help Veterans with SCI/D achieve their goals.



TOGETHER  
we can do so much

## Teamwork

Our team creates a rehab program for each person and their injury or illness. Your doctor will lead the team to work with you and your family to reach your rehab goals. Team members depend on many factors including need and resources.



Your rehab team may include, but is not limited to, these members:

VETERAN AND FAMILY	RECREATIONAL THERAPIST	PSYCHIATRIST, PSYCHOLOGIST, OR NEUROPSYCHOLOGIST
PHYSICIAN	PHARMACIST	ORTHOTIST AND PROSTHETIST
REHABILITATION NURSE	REGISTERED DIETICIAN	CASE MANAGER
PHYSICAL THERAPIST	CLINICAL SOCIAL WORKER	SPIRITUAL SUPPORT
OCCUPATIONAL THERAPIST	SPEECH/LANGUAGE PATHOLOGIST	PARALYZED VETERANS OF AMERICA (PVA)

## What to Expect During Inpatient Rehabilitation

The team will help you to create a routine for home to take care of your bladder, bowels, and skin. They will help to teach you about topics related to your injury through SCI/D group classes and one-on-one. During your stay, the team will aid you in becoming as independent as possible.

As you move forward in your rehab program, your day may stretch longer. Family members and partners are welcome to take part in your rehab activities to help you reach your goals.

### TYPICAL DAY

You will be busy! You will be out of bed and involved in therapy, dining, and personal care as soon as you're safe to do so. A daily schedule will be provided to assist in mapping your plan of care.

- Schedule starts at 7:30am and ends at 4:15pm
- Minimum of 15 hours of therapy per week
- Saturday/Sunday - limited therapies

### REHAB TEAM MEETING

A weekly meeting will be conducted to cover the following topics:

- Plan of care
- Length of stay
- Discharge planning
- Progress
- Short- and long-term goals
- Patient and family learning needs



## PATIENT OUTCOMES

Our SCI/D team works hard to give you the best care and support you need to reach your rehab goals. We track your progress and satisfaction throughout your rehab program. We value your input and use your suggestions to make the program better.