

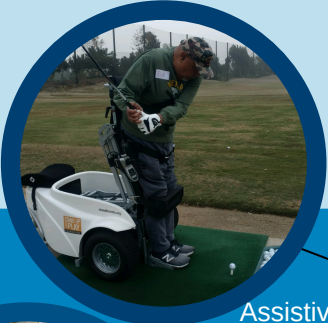
# Rehabilitation Programs

The Ernest Bors, MD Spinal Cord Injury/Disorders (SCI) Center in Long Beach is the largest in the VA system, providing comprehensive specialty services to Veterans throughout Southern California and parts of Nevada. We have a long history of excellence and dedication to the highest quality of care.



## What is a Spinal Cord Injury?

SCI is any kind of damage to the spinal cord that causes weakness that may result in conditions that effect body function.



Assistive technology supports adaptive golfing practice

## What Can Rehab Offer?

The rehab team of specialist partners with the Veteran and family/support system to develop an individualized treatment program that addresses your unique needs.



Luna provides animal-assisted intervention



Adaptive cycling



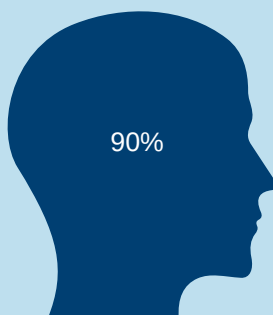
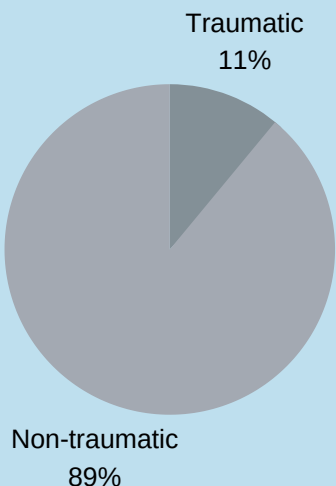
Seating evaluation with therapist

## A Lifetime of Care

We offer a continuum of inpatient through outpatient care. Our comprehensive SCI rehabilitation programs help Veterans continue to build strength, gain function and mobility, and optimize independence.

## Who We Serve

- Average age of person served is 66 years
- Race-ethnicity of persons served: 47% white-non-Hispanic; 23% white-Hispanic; 12% black or African American; 18% declined to answer
- Number of persons served was 22
- 100% of persons served completed inpatient rehab without transfer to acute medical facility
- 90% remained in the community 90 days after discharge



Average Rehab Length of Stay

### What to Expect

State-of-the-art services are part of your comprehensive rehab program. You will spend up to 3 hours per day in therapies. Additional time is spent in activities including classes and group sessions. Rehabilitation nursing and other medical care needs are key components of the rehab process.

### Requirements for Rehab

- Medically and neurologically stable
  - Benefit from intensive rehab team approach
  - Motivated to work towards optimal independence
- Projected discharge to a home environment
  - Achievable functional goals that can be met within a reasonable time

### Discharge to Home/Community

The SCI Rehab Programs at VA Long Beach have one of the highest rates of discharge to home compared to national averages. Outpatient rehab services are available after discharge as needed.



82%  
Discharge  
to Home  
➤➤➤



### Functional Outcome

Rehab Program participants improve their functional skills and independence. Progress is measured by the Functional Independence Measure™ (FIM™).



21.1 points

98% of our patients would recommend us to a friend



### Overall Satisfaction



Respect for my culture



Used language I understood



Respected as a Person



Staff treated me with respect/ courtesy

### Contact Us



To learn more about spinal cord injury services and how you can participate in the SCI Rehab Programs call (562) 826-8000 X12349



VA Long Beach Healthcare System  
SCI/D Administration  
5901 E. 7th Street  
Bldg. 150, Mail Code 07/128  
Long Beach, CA 90822

### Resources

VA Long Beach SCI Center  
<https://www.va.gov/long-beach-health-care/>

VHA SCI System of Care  
<https://www.sci.va.gov/>

Paralyzed Veterans of America  
<https://pva.org/>

