



U.S. Department of Veterans Affairs

Veterans Health Administration
Boston Healthcare System

SPINAL CORD INJURY & DISORDERS (SCI/D) REHABILITATION PROGRAMS

Our nationally recognized SCI/D Center at the VA Boston Health Care System serves Veterans and active-duty service members with spinal cord injuries and disorders throughout New England and beyond. We have a long history of excellence and dedication to the highest quality of care. We serve 450-500 Veterans each year in our SCI/D Center.



A LIFETIME OF CARE

Our mission is to promote the health, independence, quality of life & productivity of Veterans with SCI/D throughout their life. We offer a continuum of inpatient, outpatient, and home care in an integrated system with life-long access to needed care and resources.

A TEAM APPROACH

We provide comprehensive rehabilitation in a team approach with multiple disciplines and professions working together with the Veteran as the most important member of the SCI team, in an individualized program to work on your unique needs and goals and achieve the best outcomes.



STATE-OF-THE-ART SERVICES

- Rehabilitation, medical & surgical care
- Mobility, strength & endurance training
- Specialized wheelchair seating services
- Assistive Technology, Self-care training
- Medications, supplies and equipment
- Pool therapy, Driver's training
- Adaptive Sports, Recreational programs
- Mental health wellness & counseling
- Vocational rehabilitation services
- Skin protection & wound management
- Rehabilitation nursing & education
- Neuro-urology, bowel & bladder training
- On-site orthotic and prosthetic services
- Adaptive complementary activities (Yoga, Tai Chi, guided imagery)
- Spasticity and pain management
- Respiratory and ventilator management
- Individualized RN Case Management
- Telehealth services and virtual care
- Caregiver support, Respite care
- Assistance with benefits and resources

ELIGIBILITY

Your spinal cord injury or disorder may have been acquired during or after your military service. If you served in active military service and were separated under any condition other than dishonorable, you may qualify for many of our services and benefits.

INPATIENT REHABILITATION PROGRAM FACTS

- 67 persons served between 2021-2023
- Age range was 22-90, average age 69 years
- 98% male, 2% female
- 47% had a traumatic SCI (e.g., fall, car accident), 53% non-traumatic (e.g., spine narrowing, infection)
- 22% with quadriplegia, 12% paraplegia, 66% with incomplete injury (either paraplegia or quadriplegia)



Average length of rehabilitation

WHAT TO EXPECT

State-of-the-art services are part of your comprehensive rehab program. Daily intensity, duration, and type of therapy varies based on individual needs, but is typically 3 hours or more on weekdays, with weekend therapy also available if indicated. Additional time maybe spent in activities including classes and group sessions.



DISCHARGE TO HOME/COMMUNITY

Typically, over 80% of persons served in our initial inpatient rehabilitation program are discharged home and even more return to the community within 90 days of discharge.

Outpatient rehabilitation, home care, and telehealth services are offered after discharge, and close coordination with your local VA SCI team as needed.



SUPERIOR OUTCOMES

While the extent of functional gain (Functional Independence Measure/FIM) for an individual with SCI/D depends on many factors, average gain in motor function (self-care, mobility) for persons served in our program compare favorably with national benchmarks. Our recent 3-year data (Fiscal Year/FY 2021-2023) indicates that these gains in function are achieved in shorter time (FIM efficiency) and with greater durability than the national benchmark for VA SCI Centers.

ENGAGED, CARING TEAM

Our SCI staff consistently report high overall satisfaction in the anonymous VA All Employee Survey compared to all other VA groups. The Best Places to Work score reflects overall staff satisfaction & engagement at work.

Best Places to Work	VA Boston SCI Staff	VA Average
FY 21	82	70
FY 22	73	68
FY23	85	72

OVERALL SATISFACTION OF PERSONS SERVED*

Higher than national benchmarks for all domains



ENABLED ME TO
DO THINGS BETTER



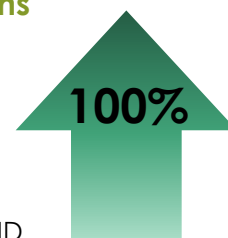
MET MY NEED



ENABLED ME TO
DO THINGS BETTER



WOULD RECOMMEND
TO A FRIEND



OVERALL
SATISFACTION
WITH SERVICES
RECEIVED

*Results of uSPEQ Consumer Survey FY21-23 (n=36)

CONTACT US



To learn more about spinal cord injury services and how you can participate in the SCI Rehabilitation Programs call (857) 203-6574



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RESOURCES

VA Boston SCI Center

<https://www.va.gov/boston-health-care/programs/spinal-cord-injury-center/>

VHA Spinal Cord Injury System of Care

www.sci.va.gov/

Paralyzed Veterans of America

www.pva.org/