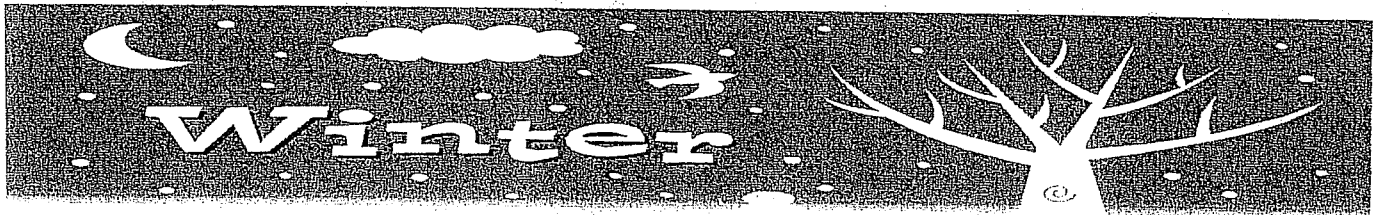


What's Happening at MLRA... January 2011



Happy New Year from all of us at Main Line!!!



CORE VALUES

Main Line Rehabilitation Associates will:

- Promote the rehabilitation process as a person centered approach.
- Protect the dignity and self worth of the individuals served
- Focus treatment on a quality of life that is important to the individuals served
- Respect and protect the rights of individuals served
- Promote the highest quality standard of service without regard to age, race, religion, gender in a cost effective environment
- Advocate for increased independence in the least restrictive setting
- Strive to be aware of the needs of consumers, families, staff and funders
- Respect and respond to diversity and cultural differences
- Protect the safety of staff and consumers
- Provide excellent services with compassion and integrity

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*Main Line Rehabilitation Associates is a
CARF Accredited Home & Community Based Brain Injury Program*



RESOURCES

DISABILITY RIGHTS NETWORK OF PENNSYLVANIA

The Disability Rights Network of PA (DRN) is a statewide, nonprofit organization to advance and protect the civil rights of adults and children with disabilities. DRN works with people with disabilities and their families to ensure their right:

- to live in their communities with the services they need
- to receive a full and inclusive education
- to live free of discrimination, abuse and neglect
- to have control and self-determination over their services

Their mission is to advance, protect, and advocate for the human, civil, and legal rights of Pennsylvanians with disabilities. DRN provides publications, toolkits, podcasts, conferences, alerts and information links for the population they serve. This valuable information may be found at their website, www.drnpa.org. The website also contains specific contact information to reach their offices throughout Pennsylvania. You can also call 1-800-692-7443 or (TDD) 1-877-375-7139, or email drnpa-hbg-drnpa.org.

PA CARES

Pennsylvania Americans showing Compassion, Assistance, and Reaching out with Empathy for Service members

PA CARES is an organization whose members are veterans, active duty military, clinicians, educators, volunteer organizations, and members from all levels of government. The group's mission is to make sure that veterans and returning service members are able to get the services they need and the benefits they deserve. This goal is accomplished by locating and identifying services for veterans and their families. The group includes providers of all aspects of community services who are assisting Pennsylvania's veterans with the many challenges they face.

Membership in PA CARES connects you to experts who are able to answer any questions veterans may have, and provides notification of veterans' events such as job fairs, events for homeless veterans, recognition ceremonies and training seminars. The group meets the second Thursday of each month from noon to 3 p.m. at the Harrisburg Armory on 14th and Calder Streets in Harrisburg, PA. You can also sign up on the web site at www.pacares.org, or by calling 610-717-7797.

FROM THE CLINICAL DIRECTOR.....

Common Problems After a Brain Injury Part 2 Sensorimotor Issues and the Ability to Complete ADLs

As we discussed last month, many changes can occur after a brain injury. Individuals with brain injuries and their families often notice differences in the way that they function after a brain injury. Last month we focused on changes with Psychosocial skills. This month, we want to focus on the impact that a brain injury can have on an area called "sensorimotor functioning" and the impact this has on the ability to complete ADLs.

The individual's personal history before the injury can also have an impact on how much the brain injury affects them. We must consider the impact that prior physical injuries, limited coping abilities, cultural barriers (language barriers, cultural behavioral differences, etc), cognitive deficits and active problems with substance abuse have on individuals and their ability to manage rehabilitation demands after a brain injury.

Sensorimotor refers to all aspects of movement and sensation and the interaction of the two. Impairments can include a wide variety of issues including muscle related problems like weakness on one side of the body (hemi-paresis), limited range of motion, trouble with pain management, changes in muscle tone, swallowing difficulties (dysphagia), difficulty with balance and walking, as well as increased susceptibility to fatigue. Sensorimotor problems also include issues with the other senses as well like problems with vision, hand-eye coordination, dexterity, depth perception, sensitivity to light, sound or touch, impaired ability to smell or taste and other areas of functioning.

It's easy to imagine how most of these deficits could impact the ability to complete ADLs, but with brain injury, there are often problems with multiple sensorimotor areas at the same time. This can result in even greater difficulty with completion of ADLs.

Imagine the impact that any 3 impairments from the examples above would have on lifting, carrying, sorting or folding when trying to complete the laundry. Imagine trying to find and cook healthy recipes when you have balance, range of motor and swallowing difficulties. It is important to be aware of the impact that these deficits have on the ability to complete ADLs. There are many assistive devices and strategies available that can help. These strategies and devices can then allow you to be more independent. Your therapist can help you to identify any sensorimotor problems you may be experiencing and ways to prevent them from limiting your independence. - *Bridget Lowery*

PHILOSOPHY AND MISSION STATEMENT

Main Line Rehabilitation Associates provides person centered home and community based rehabilitation services to individuals whose primary diagnosis results in cognitive deficits or learning difficulties. We evaluate and address individual needs, develop individualized treatment plans, and provide support services to consumers, and when appropriate, their families, caregivers, employers, teachers, and friends.

Services are provided within the individual's home, school, workplace, and/or community to ensure effective intervention and immediate feedback. Providing services in this manner allows individuals to reach the optimal level of independence in their actual communities and results in improved quality of life. Through the development of compensatory strategies, and improved skills and awareness, consumers are able to achieve their goals and greater independence with activities of daily living that are often affected by problems with learning.

Main Line Rehabilitation Associates matches staff with consumers to assure the best opportunity for success through one-on-one individualized services. Services are designed to meet the needs of each individual. The one-on-one strategy allows for immediate feedback to consumers and results in improved skills, less reliance on others and increased confidence. Staff members do not complete tasks for the consumer, but help the consumer to learn how to successfully accomplish things with greater independence.

With the approval of the consumer, Main Line Rehabilitation Associates works actively with families and other support systems to promote long term success. The consumer's team collaborates with agencies, schools, and other support systems to foster inter-agency cooperation.

Main Line staff members are provided with educational opportunities and accessible supervision on an ongoing basis. This ensures that staff members have a thorough understanding of the needs of the consumer and how to best meet them. Main Line Rehabilitation Associates' Code of Ethics directs staff to protect the welfare of consumers, respect the integrity of the individual, respond to diversity, and advocate for consumer rights. In doing so, the individuality, privacy, and personal goals of each consumer are respected and protected.

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ACCESSIBILITY

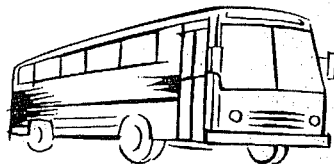
Accessibility issues continue to confront consumers with brain injuries, autism and other neurological diagnoses. Each year, Main Line conducts a Strategic Planning Survey. Once again, consumers, families and professionals identified ongoing issues and barriers, including access to funding, transportation, housing and employment.

Accessibility refers to the degree to which products or services are available to as many different types of people as possible. Accessibility most often refers to how easily these services can be used by those with disabilities. The Americans with Disabilities Act not only advocates for equal physical access to public places, but also equal access to the same services, resources, tools and facilities that we all enjoy. The United States Access Board releases information on updates to accessibility law as well as resources and suggestions for increasing accessibility (<http://www.access-board.gov>).

Accessibility might be improving the home or public space in order to make it easier for those with physical disabilities to enter in, use the stairs, etc. This can be in the form of ramps, chair lifts, larger bathrooms, walk-in showers, installation of hand rails, etc. Contact your Clinical Coordinator or talk to your Main Line staff member if you have concerns about the accessibility in your home or neighborhood.

Transportation can also cause problems with accessibility. If this is a concern for you, you can discuss this with your staff member or take steps to access public transportation.

Some of the resources mentioned in this newsletter can also help with accessibility issues, such as the Disability Rights Network and PA CARES.



Main Line Rehabilitation Associates 2010 Strategic Planning Survey Results

Each year, Main Line sends out a strategic planning survey to consumers, family members, staff, advocates, funders, and members of affiliate agencies and networks in an effort to determine the needs of individuals with neurological diagnoses and identify accessibility issues and barriers. This year, ten of the 55 surveys (18%) that were sent out were returned. Respondents included advocates, family members, staff, funders and therapists from other agencies. The responses reflect an overall satisfaction with the services that Main Line provides, but also help to identify some of the perceived barriers and needs.

Comments expressing satisfaction included:

“You are a rare provider and I wish you served more counties.”

“I have heard appreciative comments from consumers. Some related to good listening skills, trustworthy, reliable, creative, kind, and understanding.”

“Since starting services, many of my consumers have been able to improve their independent skills and coping strategies.”

“Many of my consumers have reported to me on numerous occasions their satisfaction with the services that Main Line Rehab provides and offers them.”

The most frequently identified accessibility issues and barriers were:

- access to funding
- transportation limitations and restrictions
- housing and employment
- access to services and resources

Additional comments were made related to:

- the need for educating professionals, families, and individuals with brain injuries, as a means to fast track the diagnosis process and access to funding for appropriate services.
- the lack of services for individuals in rural areas

Main Line will incorporate these issues into our 2011 Strategic Plan. We share this information through our consumer and outreach newsletters, as well as through individual emails to advocates state agencies and other stakeholders.