2014

Honoring Those Who Served

Annual Report

Community Living Center
Extended Care and Rehabilitation
VA Central Iowa Health Care System

VA | Central Iowa Health Care System

Honoring Service. Empowering Health.

The Extended Care and Rehabilitation Service Line promotes innovative Veteran centered care that provides the right care, at the right time and in the right setting. We continue to transform the culture of our Community Living Center (CLC) to improve Veteran's quality of life and to provide support to their families while allowing patients to return to prior living arrangement.

We provide innovative home and community based care programs that promote Veteran health care in their homes or in their communities.

We strive to improve access and quality of care of hospice and palliative care for Veterans in the advanced stages of illness and at end of life. We promote the support of families and caregivers through education, respite services and bereavement care.

The VA provides value to our Veterans, their families and our employees through continual improvements and innovations in the delivery of health care services throughout the rehabilitation continuum.

Mark Havran DPT, LAT, CSCS
Director Extended Care & Rehab Central Iowa Healthcare System

Mission

Provide a continuum of Extended Care & Rehabilitation services that will promote quality of life in the safest, least restrictive environment

Vision

Provide access to a full continuum of Extended Care and Rehabilitation services for all VA central Iowa Health Care System Veterans.

Services

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Recreation Therapy
- Music Therapy
- Kinesiotherapy
- Driver's Evaluation
- Visual Impairment and Low Vision Services

Other Services Available

- Home Based Primary Care
- Home Tele-Health
- Spinal Cord Injury Clinic
- Geriatric Problem Focus Clinic and GeriPACT Clinic
- Polytrauma Support/Traumatic Brain Injury Services

The CARF Inpatient Rehabilitation Program requires the patient to participate in a minimum of 2.5 - 3.0 hours of therapy for six days per week.

CLC Accreditations/Certifications:

The Community Living Center (CLC) has been accredited by The Joint Commission (TJC) since 2004 and by the Commission on the Accreditation for Rehabilitation Facilities (CARF) for Comprehensive Integrated Inpatient Rehabilitation since 1999. We also participate in external monitoring of quality of care and services through the Long Term Care Institute, Inc. since 2008.

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DEPARTMENT OF VETERANS AFFAIRS

A Veteran's Story

Chris Markin was a 56 year old Veteran who was living with his sister. He had a stroke in March 2013 and his life seriously changed. He had trouble walking, talking, and taking care of himself. He needed help to get his life back.

He came to the rehabilitation unit at the Community Living Center (CLC) in Des Moines at the end of March 2013 to continue with getting his life back.

Chris says he will never forget the care he received at the VA. "The nurses, speech therapists, recreation therapists, everyone was so encouraging to me. They encourage you to get-up and try your best, even if you don't feel like doing anything." He goes on to say that "their positive attitude was contagious and so genuine and soon I was finding out that could do things that I never thought I could do again."

Chris successfully completed his rehabilitation in June 2013. He lives independently in an apartment, drives, and makes his own meals. He can ride a bike, swim, play power soccer, and even snow ski in a sit-ski. Chris competed in his first National Veterans Golden Age Games in 2014 in bowling and shuffleboard.

Adapted Sports and Recreation

The Extended Care and Rehabilitation Service Department provides adapted sports and recreation activities in the community for people who desire a healthy and active lifestyle.

Recreation Therapists, Occupational Therapists, and Kinesiotherapists work alongside Veterans to identify specific goals, determine adapted equipment needs, and develop activites that fit the specific interests of Veterans.

Adapted Sports and Recreation activities have included bi-monthly bike rides, "I Tried SCUBA" events, equine therapy, and participating in a unique adapted snow skiing event. The interest is growing for Iowa Veterans to stay healthy and active through recreation events and activities.

Support Group Information

Central Iowa Amputee Support Group – This group provides networking, education, and advocacy for people, and their families/care givers, who have experienced an amputation. There is a speaker or educational topic each month and a chance to support and socialize with peers and caregivers.

Location: VA Central Iowa Health Care System
Building 12, Community Living Center, Room B109
3600, 30th Street, Des Moines, Iowa
Time: 1st Monday of each month, 6:00pm

Community Resources

Stroke Support Group – This group provides education on stroke, its causes, prevention, and adjusting to disability caused by stroke. There is a guest speaker or special topic each month and a chance to support and socialize with peers and caregivers.
Location: New Hope United Methodist Church
4525 Beaver Avenue, Des Moines, Iowa
Time: 3rd Tuesday of each month, 7-9pm (February – October)

Spinal Cord Injury Association of Iowa

This group provides a quarterly newsletter and quarterly activities in the community to include Veterans with spinal cord injuries. www.spinalcord.org

For Assistance in Contacting the Above Groups:

VA Central Iowa Recreation Therapy
(515) 699-5999 ext. 4982 or 4939

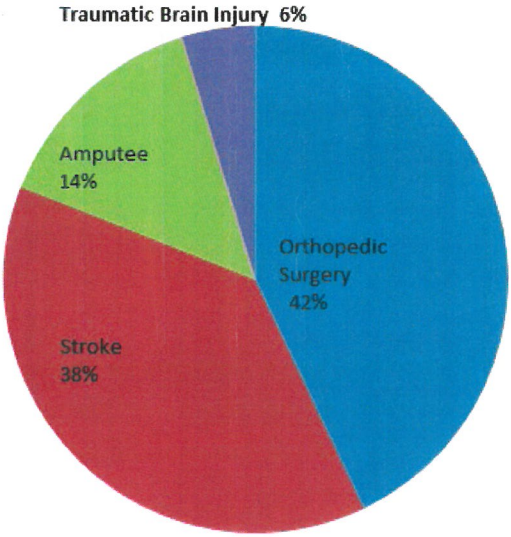
Rehab Data

Veteran Statistics and Characteristics

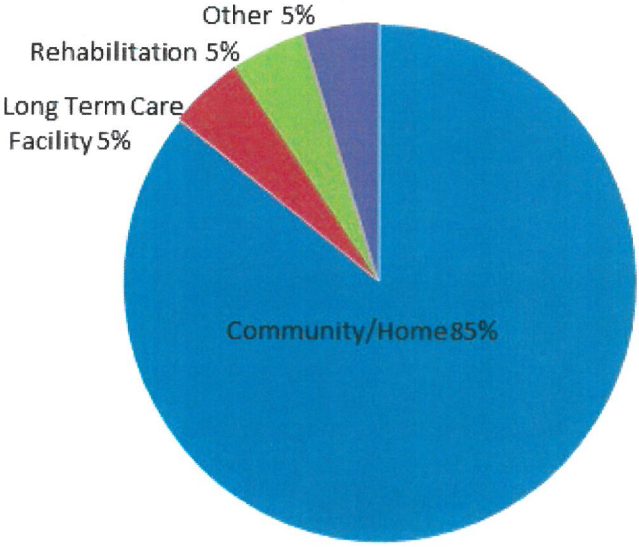
(September 1, 2013 – October 31, 2014)

CARF Admissions	21
Gender	100% Male
Average Age	62 years old
Average Length of Stay (days)	24
Number of Discharges	21

Rehab Diagnosis



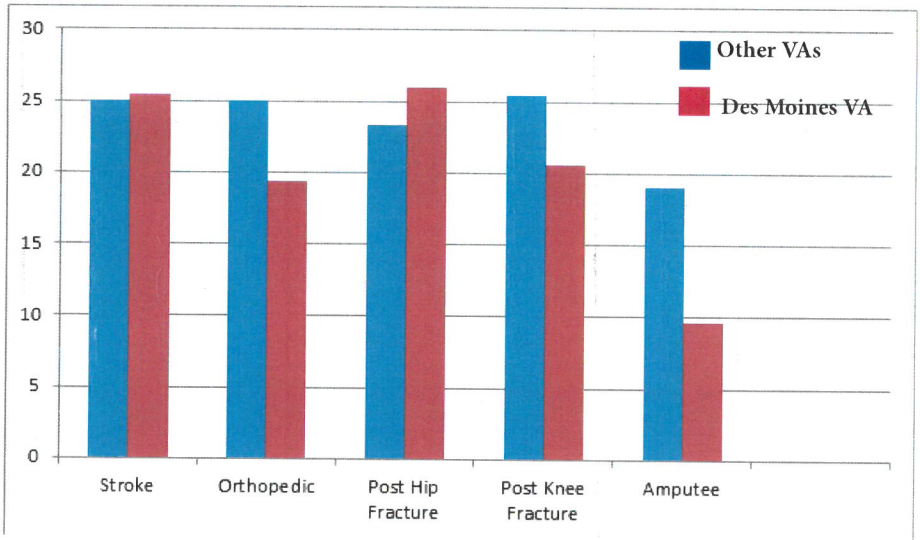
Rehab Discharge Placement



For 2014 100% of CARF Inpatient Rehabilitation patients achieved their plan goals upon discharge. Also during this time there were no unplanned transfers of Rehab patients.

Functional Independent Measurement (2014)

Average FIM Gain from Admission to Discharge



Patient Satisfaction (MedTel Outcomes Survey 2014)

100% of all rehabilitationVeteran's either agreed or strongly agreed that they were satisfied with the care they received during their stay at the VA. Veterans responded to the following questions:

- My social activity level is similar to or better than before my rehabilitation stay.
- I was involved with decision making during my rehabilitation program.
- The rehabilitation program prepared me for going home.
- The progress I made in rehabilitation met my expectations.
- The rehabilitation program improved my quality of life.

For tour information contact:
Social Work Service 515-699-5999 x3332
For admissions information contact: 515-699-5704