



BROOKS REHABILITATION COMMUNITY NEEDS ASSESSMENT STRATEGIC IMPLEMENTATION PLAN



## BROOKS REHABILITATION COMMUNITY NEEDS ASSESSMENT PRIORITIES/GOALS/OBJECTIVES

***Health Priority - Physical Activity***

**Goal:** Encourage people with disabilities to adopt a healthy, active lifestyle.

**Objective:** By 2015, increase the number of sports, recreation and exercise activities each program participant attends by 10%.

**Strategy:** Provide adaptive sports and recreation activities to the community through Brooks Adaptive Sports and Recreation Program

*Includes:* Adaptive Rugby, Adaptive Rowing, Adaptive Surfing, Horseback Riding, Adaptive Tennis, Adaptive Golf, Handcycling, Wheelchair Basketball, Adaptive Waterskiing and other recreational activities

**Strategy:** Provide an exercise component to Brooks Brain Injury Clubhouse program

*Includes:* Regular exercise classes during the program day  
Transport members to special YMCA activities

**Strategy:** Provide a Stroke Wellness Program that includes regular exercise opportunities with specialized equipment for Stroke survivors in the community

**Process Evaluation/Measure of Success**

Each member and their attendance at activities will be tracked through Shape.net, a data base that records individual participation in program activities.

***Health Priority – Stroke***

**Goal:** Provide stroke survivors the benefits of an active lifestyle through our Stroke Wellness Program which has secondary benefits of decreased falls, prevention of 2nd stroke, increased mobility weight control, and better mental health.

**Objective:** By 2015, increase the number of people who are served through our stroke wellness programs by 100%.

**Strategy:** Community Education Activities including annual Celebrate Independence event, presentations by stroke staff members at various community events and health fairs

**Strategy:** Recommendations for participation in Stroke Wellness program by patient discharge planning team

**Strategy:** Promote referrals from area healthcare professionals

**Strategy:** Identify prospective participants through Caretracker program that follows high risk stroke survivors post discharge.

**Process Evaluation/Measure of Success:**

Record the level of participation.

## BROOKS REHABILITATION COMMUNITY NEEDS ASSESSMENT PRIORITIES/GOALS/OBJECTIVES

***Health Priority – Mental Health/Depression***

**Goal:** Improve quality of life for people living with disabilities.

**Objectives:** Improve the quality of life for people with disabilities who participate in Brooks community based programs. Specifics will be developed when Quality of Life measurement tool has been determined.

**Strategy:** Provide purpose of life opportunities for survivors of brain injury through Brooks Clubhouse

**Strategy:** Provide Adaptive Sports and Recreation programs to the disability community

**Strategy:** Provide wellness and exercise programs to Brain Injury survivors through BI Wellness program

**Strategy:** Provide wellness and exercise programs to Stroke survivors through Stroke wellness program

**Evaluation Process/Measure of Success:**

Work with other Rehab programs and professionals to identify/develop a Quality of Life measurement tool that can be used across the system to effectively measure the improvements in each participant's perspective on their quality of life.

***Health Priority – Head and Spinal Cord Injury***

**Goal:** Improve the health and wellness of people living with acquired brain and spinal cord injuries in the community by encouraging survivors to adopt a healthy lifestyle.

**Objective:** By 2015, increase the number of people with BI and SCI who participate in the Brooks community based Brain Injury and Adaptive Sports and Recreation programs by 100%.

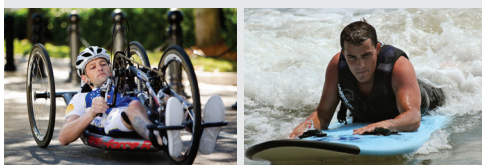
**Strategy:** Provide purpose of life and wellness opportunities for Brooks Brain Injury Clubhouse Program members

**Strategy:** Offer various Adaptive Sports and Recreation programs to the community, including Stroke Wellness and Brain Injury Wellness programs

**Strategy:** Support and promote Spinal Cord and Brain Injury support groups

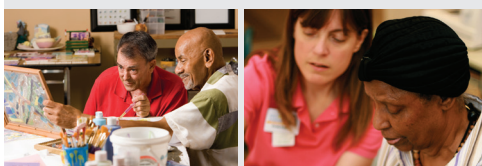
**Evaluation Process/Measure of Success:**

Track the number of unique members and the number of times each person attends an activity through Shape.net database.



### ***Adaptive Sports and Recreation***

The Brooks Adaptive Sports and Recreation Program enables those living with a physical disability to enhance their quality of life through participation in sports and recreational activities. Activities include: Adaptive Rugby, Adaptive Rowing, Adaptive Surfing, Horseback Riding, Adaptive Tennis, Adaptive Golf, Handcycling, Wheelchair Basketball, Adaptive Waterskiing and other recreational activities. Individuals may participate at a competitive or recreational level. Equipment and expert instruction are provided at no cost to the individual. The mission is to provide the inspiration, education and opportunity to participate. The overall program goal is to enable a higher quality of life as evidenced by enhanced physical, emotional, and social health and well-being.



### ***Brooks Clubhouse***

The Brooks Clubhouse is a full-time day program that provides for the long-term recovery needs of individuals who have suffered from an acquired neurological injury. It expands the continuum of care provided by Brooks Rehabilitation and serves as a bridge to community and vocational re-integration. Brooks is pleased to offer the only clubhouse program for people with an acquired brain injury in the state of Florida. The program follows the guidelines established by the International Center for Clubhouse Development (ICCD). Membership is available to any adult, age 16 or older, who would benefit from activities to enhance social, physical, cognitive and vocational outcome following an acquired brain injury. This includes individuals with a diagnosis of traumatic brain injury, stroke, anoxia, or other acquired central nervous system dysfunction.



### ***Stroke Wellness***

The Brooks Stroke Wellness program is a partnership between Brooks, the YMCA and Halifax Medical Center. The Stroke Wellness Program provides patients with customized exercise programs and nutrition education to support the goal of restoring strength, endurance and agility after a stroke. Designed by the Brooks team of stroke experts, this program is the only one of its kind in Northeast Florida. Under the guidance of your Brooks physical therapist and the Stroke Wellness Program staff, participants are evaluated and provided with their own personal fitness plan, which is designed to start with their current abilities and gradually change as strength and endurance improves.



### ***Celebrate Independence***

Since 1991 Brooks Rehabilitation has been Celebrating Independence through its annual free, community-wide event honoring the spirit and accomplishments of people with disabilities. This event commemorates individual and community accomplishments, honors those making a difference in the lives of persons with disabilities, and raises general awareness of the issues in our area. The event includes informational exhibitions centered on recreational, cultural, physiological and physical opportunities that can further recovery and improve quality of life for those with disabilities.

