

HOURS OF OPERATION

Our hours of operation are from 8 a.m. to 4 p.m., Monday through Friday. Specific days and hours of treatment are tailored to fit the needs of each individual patient.

ADDITIONAL INFORMATION

Absence from program

If a patient anticipates an absence from a scheduled day in the program, we ask that he/she or a relative call to notify us. A known upcoming absence can also be placed on the central calendar.

Inclement weather

In case of inclement weather, please use your best judgment and/or call the facility before leaving your home.

Clothing/grooming

Clients are encouraged to wear casual attire during their treatments at the Head Injury Resource Center (HIRC).

Lunch

Clients can bring their own lunch on days of treatment at HIRC. There is a refrigerator and microwave available for use. There is also a cafeteria on the first floor of St. John's Mercy Rehabilitation Hospital.

Smoking

Smoking is not permitted in or around the facility. This includes restroom areas.



WE ARE HERE TO HELP

All programs offered by the St. John's Mercy Head Injury Resource Center are designed to help individuals with brain injuries receive the most appropriate services for their specific needs. At St. John's Mercy, our mission is to help recovering individuals successfully readjust to and develop fulfilling lifestyles.

For more information on how we can help, call the St. John's Mercy Head Injury Resource Center at 314-881-4220.

LOCATION



14561 North Outer Forty
Chesterfield, MO 63017
314-881-4200
www.sportsandtherapy.com

Head Injury Resource Center



WELCOME TO ST. JOHN'S MERCY HEAD INJURY RESOURCE CENTER (HIRC)

This pamphlet will serve as a guide to some of the many services available through our program, as well as what to expect during your time with us.

The St. John's Mercy Head Injury Resource Center specializes in rehabilitation services for individuals with brain injuries. The center utilizes a team of highly qualified and dedicated professionals which include psychiatrists, neuropsychologists, psychologists, occupational therapists, speech therapists and physical therapists to deliver the most current treatment approaches available in the brain injury rehabilitation. Together, these medical professionals help each individual recover and cope with the many changes that can result from brain injury including:

Personality/Emotional Changes

Decreased motivation, impulsivity, decreased sensitivity to others, social difficulties, irritability, depression, and/or lack of emotion.

Cognitive (thinking) Changes

Difficulty with memory and attention, inability to organize thoughts or activities, poor judgment, problem solving difficulty and/or slowed thinking ability.

Speech/Language Difficulties

Difficulty expressing thoughts/ideas clearly, understanding and/or using speech.

Physical Changes

Loss of strength, difficulty in controlling movements, decreased coordination and/or balance.

SERVICES AVAILABLE

Evaluation Services

Comprehensive evaluations, including neuropsychological and rehabilitation evaluation, are performed to understand the patient's strengths and weaknesses, and to provide recommendations. Recommendations may include participation in HIRC's Comprehensive Day Treatment Program and/or referral to other appropriate services.

Comprehensive Day Treatment Program

Full and partial day treatment programs are available to help individuals recover from brain injuries and to successfully readjust to their home, community, family, work and/or school environment. Treatment, provided within an interdisciplinary team approach, is tailored to meet each individual's needs. Progress toward goals is reviewed on a monthly basis with the client, family and treatment team members. The program offers intensive individual and group therapies to address the changes that can occur after brain injury.

When appropriate, some therapies may be performed in an individual's home or community to better understand and deal with the individual or family's special needs. These may include preparing meals, doing laundry, grocery shopping, addressing transportation issues and assisting in various adaptations at home. Depending on an individual's goals, special focus may be placed on gaining the skills and the abilities to return to work or school. Specialized rehabilitation tracts are available to suit individual needs/goals.

The program is designed to assist both the patient and family to better understand brain injury, as well as how to deal with possible long-term changes that can result following an injury.

Transitional Treatment and Follow-up Services

After completion of the Day Treatment Program, transitional therapy services may be offered according to individual needs as he/she re-enters the community, work or school. These therapy services continue rehabilitation on a less intensive basis, allowing the individual to follow through with the skills and abilities learned during the program, as well as to provide any additional support needed to succeed in reaching his or her goals. Participation in routine scheduled follow-up appointments is recommended to ensure that progress continues after discharge. The program also assists with coordination of community and vocational referrals.

HOW TO ACCESS SERVICES Screening and Referral Services

A program coordinator is available to answer questions about head injuries, discuss various programs offered, and provide recommendations and referrals regarding individual cases. Intake appointments may be arranged through the program coordinator, at no charge, for the following purposes:

- Informally interview the prospective patient and family
- Provide recommendations for future evaluation or therapy services
- Familiarize the patient, family and/or referral source with services offered at HIRC, and to provide a tour of the facility.



Admission Criteria

In order to participate and benefit from the program, patients must be (as determined by pre-admission assessment):

- Referred and followed actively by a physician
- Supported by family/significant others who are able to participate in family conferences
- 15 years of age or older
- Able to communicate at least at a minimal level
- Able to have reasonable potential to walk or maneuver independently in a wheelchair
- Able to have reasonable potential to become independent in basic self care skills
- Without active drug or alcohol abuse problems
- Without active, severe psychiatric problems
- Without behavior problems that are dangerous or highly disruptive to self or others.