

# Transitional Rehabilitation Program

## About the Transitional Rehabilitation Program

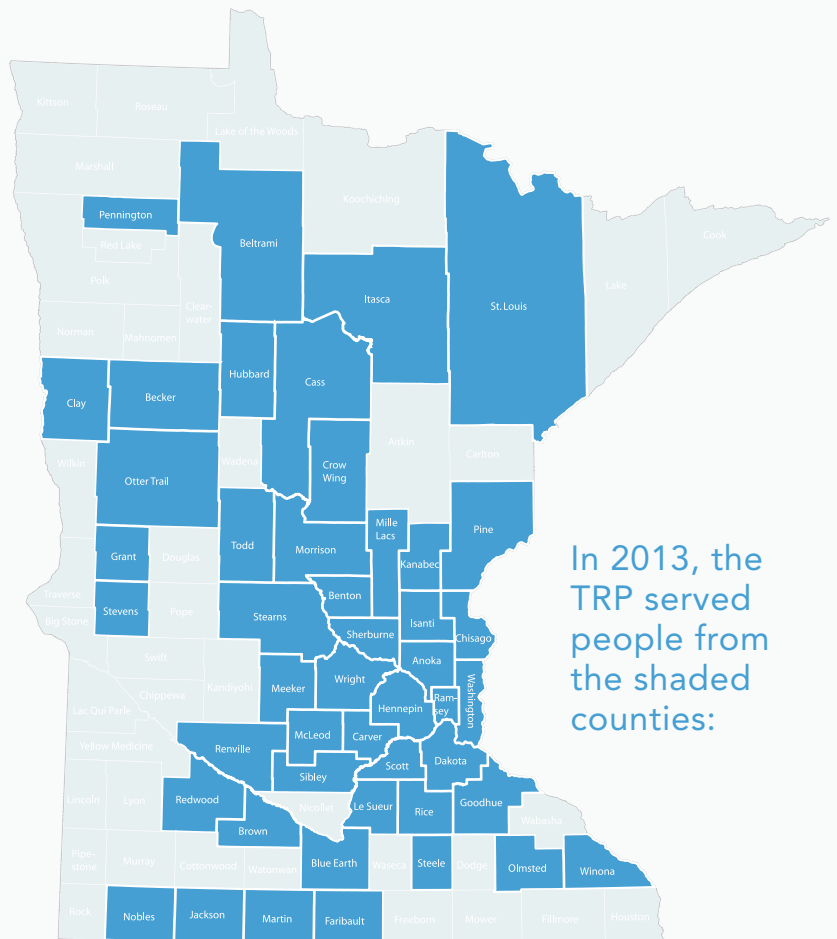
Courage Kenny Rehabilitation Institute's Transitional Rehabilitation Program (TRP) provides inpatient rehabilitation services as part of Allina Health. This nationally recognized, 44-bed skilled nursing facility (SNF) has served people with disabilities since 1976. From its beginnings as a residence for younger adults with disabilities, the TRP has grown into one of the leading specialized, sub-acute, inpatient rehabilitation facilities in the country. It serves as a bridge to assist individuals who require intensive and/or specialized rehabilitation in transitioning between acute care and return home or to another alternative community living setting. Today, the TRP helps people with disabilities and people recovering from illness, injury or surgery gain greater independence.

In 2014, the TRP received an overall quality "5 Star Rating" as calculated by the Centers for Medicare & Medicaid Services (CMS) for skilled nursing facilities. Only 10% of facilities statewide and 10% nationally attain the 5 Star rating.

## Unique patients served

- Most have special needs not typical of most nursing home residents
- 64% recently experienced a traumatic injury
- 90% have multiple, complex health conditions and disabilities
- 45% have had a cerebrovascular accidents (CVA) or stroke
- 19% have had a spinal cord injuries (SCI)
- 16% have experienced a traumatic brain Injuries (TBI)
- 20% have other complex medical conditions
- Average age is 49, and ranges from 18 to 90+.

The TRP served 186 clients in 2013, of which 155 were discharged to the community. More than 50% of admitted patients have medical assistance pending, have active MA or have dual MA/MC coverage.



In 2013, the TRP served people from the shaded counties:



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REHABILITATION  
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## A unique community service

The TRP provides a valuable service to the community by filling a unique niche in the health care continuum. The services offered are unparalleled in Minnesota and the region. These services have proven value with more than 80% of all clients discharging to a community setting.

The intensity of therapy services provided greatly exceeds that of a typical nursing home:

- The average clients receive 2 to 3+ hours of daily therapy.
- Patients also have access to advanced technology, adaptive technology and treatment.
- Therapists with special certification in treating traumatic brain injury, stroke and spinal cord injuries.
- Key to maximizing function and independence as well as preventing future health and social welfare costs.

## Transitional Rehabilitation Program vs. Traditional skilled nursing facility

### Courage Kenny Rehabilitation Institute

- on site physicians and providers who specialize in physical medicine & rehabilitation
- on site internal medicine/family practice providers
- nurse practitioners
- on site psychology and neuropsychology
- on site psychiatry
- integrative therapies (aquatics, intensive fitness)
- pain specialists
- comprehensive discharge planning
- education
- vocational services
- community services – independent living skills, drivers training, Community Reintegration Program
- specialized therapies (TBI, stroke, spinal cord)

### Traditional skilled nursing facility

- limited access to physicians and providers (required one time every 30 days)
- limited access to nurse practitioners (varies by facility)
- limited access to psychology and neuropsychology
- no access to onsite psychiatry
- no specialized and intensive therapy services

## House File 190/Senate File 109

### Our issue

- In fiscal year 2013, the TRP was operating with more than an \$110 per resident per day deficit and a \$1,381,562 annual deficit. At a time of declining margins in health care and before new payment models are in place, this loss is unsustainable.

### Our solution

- Close the funding gap by paying closer to actual cost of care for those on public programs (majority of patients)
- Preserve critical, one-of-a-kind state resource.

Courage Kenny Rehabilitation Institute, part of Allina Health, was created in 2013 by the merger of Courage Center and Sister Kenny Rehabilitation Institute. The Institute provides a continuum of rehabilitation services for people with short- and long-term conditions, injuries and disabilities in communities throughout Minnesota and western Wisconsin. The Institute's goal is to maximize quality of life for people of all ages and all abilities. We help people achieve health and wellness by offering excellent services, innovative programs, ground-breaking research and barrier-shattering advocacy. Courage Kenny Rehabilitation Institute has multiple locations, and numerous programs and services.