

Independent Living Skills (ILS) and Adult Rehabilitation Mental Health Services (ARMHS)

ILS helps you learn the skills you need to better manage your day-to-day life and make decisions that lead to self-determination. ARMHS provides services for people who have a mental health diagnosis along with a brain injury or other physical disability, and who could benefit from services to regain independent living skills or tools to better manage their mental health.

Aquatics and fitness center

Continue exercising independently after your therapy has ended in our warm-water pools and accessible fitness centers. Intensive, specialized exercise programs are also available.

Driver Assessment and Training

Our comprehensive program will evaluate your ability to be a safe, successful driver. Adaptive vans and sedans are used for assessment and training.

Vocational Services

Vocational experts can help you develop an individual vocational plan and identify any assistive technology that could make you more successful in school or the workplace.



Camp and Sports and Recreation

Our special Brain Gains camp provides an outlet for social interaction in a beautiful, natural setting with the goal of improving your cognitive and social skills. Courage Center also offers many lifetime sports and recreation activities you and your family can enjoy, including downhill skiing, swimming, water skiing, golf, archery and handcycling. Competitive team sports such as wheelchair basketball, track and field, softball and power soccer are also offered.

Courage Center Locations

Courage Center Golden Valley
3915 Golden Valley Road
Minneapolis, Minnesota 55422
763.520.0312

Courage Center Burnsville
100 Cobblestone Lane
Burnsville, Minnesota 55337
952.898.5700

Courage Center Forest Lake
146 North Lake Street, Suite 100
Forest Lake, Minnesota 55025
651.464.5235

Courage Center St. Croix
1460 Curve Crest Boulevard
Stillwater, Minnesota 55082
651.439.8283

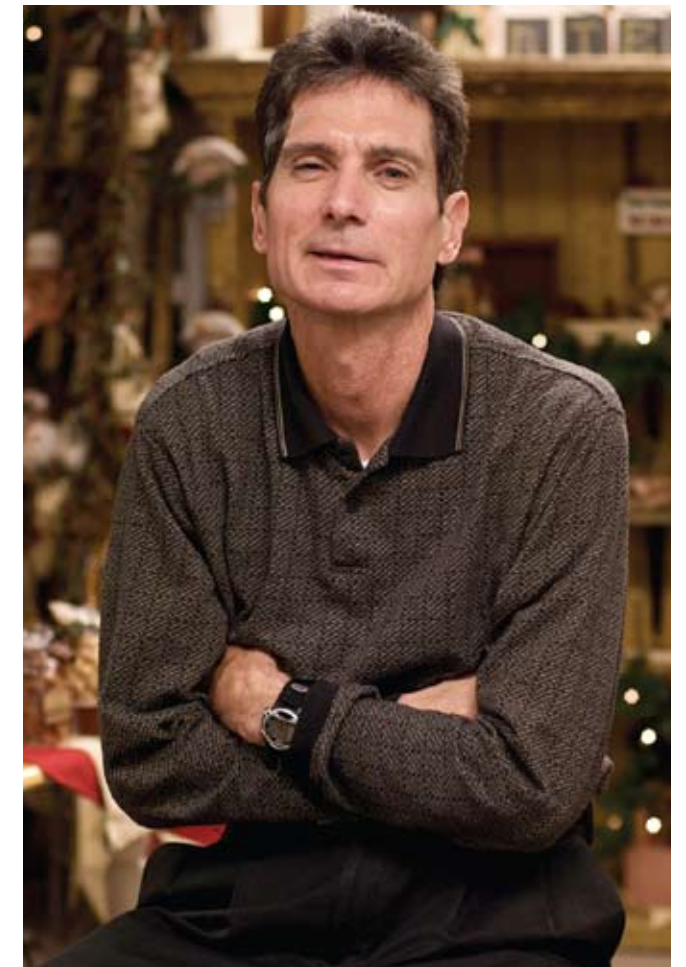


www.CourageCenter.org



Courage Center

Services for People with Brain Injuries or Stroke



Dealing with the after-effects of a brain injury, stroke or other neurological condition can be complicated. At Courage Center, our experienced brain injury team provides coordinated care throughout this often complex rehabilitation process. Our comprehensive services for children, teens and adults can help people regain lost skills and function, as well as introduce new tools and strategies that improve or support independence.

More than 50 Courage Center staff members are Certified Brain Injury Specialists (CBIS) through the Brain Injury Association of America.



A continuum of care

Inpatient Services (Transitional Rehabilitation Program)

Courage Center's team approach to rehabilitation includes on-site physicians, nursing, a full range of therapies, psychology and neuropsychology, and recreational therapy. Physical, occupational and speech therapies help improve your independence with mobility, daily living skills and communication. This includes working on balance, coordination, strength, memory, problem solving, speech and language. Our inpatient Transitional Rehabilitation Program (TRP) offers specialized services and access to programs with a warm water pool and advanced rehabilitation technologies.

Physician services

Our physicians specialize in areas including physical medicine and rehabilitation, primary care and psychiatry. A holistic approach is used to address the complex medical rehabilitation needs often associated with brain injury.

Outpatient services

Our continuum of care makes it easy to transition to begin outpatient care. Outpatient physical, occupational and speech therapy, aquatic and land-based fitness, and home and community-based therapy programs are offered through Courage Center.

Brain injury teams

At Courage Center you are served by a Brain Injury Team, which includes a primary therapist in occupational therapy, physical therapy, and/or speech-language pathology, as well



as a social worker and care coordinator. Each team meets weekly to discuss progress, solve problems and identify additional services that may be needed.

Courage Center provides treatment based on the most current research using the most up-to-date technology to deliver effective, functional outcomes. Specialties include vestibular rehabilitation, fatigue management, urinary incontinence, spasticity management, vision impairment and other sensory needs.

Neuropsychology and psychology

Neuropsychological evaluations include a clinical interview, standardized neuropsychological tests, and behavioral observations. These evaluations can identify personal strengths and weaknesses and help you develop goals and strategies to maximize your independence.

Psychological services include individual, family, couple and group therapy.

Courage Center at Home

This comprehensive rehabilitation team works with you in all the places that you need to function more independently: at home, in your neighborhood, at the grocery store, or in school or the workplace. We teach you how to apply therapeutic techniques and strategies while in your familiar environments.

Behavior management services

Our experts work with you to develop and implement an individual behavioral plan. The goal: increased self-control and successful community involvement.

Community Reintegration Program (CRP)

This cognitive rehabilitation program maximizes the abilities and independence of people with mild- to - moderate brain injuries. Participants establish individual goals while also working in a group setting where they receive support, gain independence and improve pre-vocational skills.

