

Courage Center



We help people realize their full potential through comprehensive, holistic rehabilitation, sports and recreation, and advocacy.



COURAGE
CENTER

Quality services and so much more

At Courage Center, we specialize in treating people with brain injury, spinal cord injury, stroke, chronic pain, autism and developmental delays, bone and joint disorders, progressive neurological disorders (MS, Parkinsons), or disabilities experienced since birth.

Our therapy locations in Golden Valley, Burnsville, Forest Lake and Stillwater as well as other aquatic therapy partner locations, provide services for all ages – adults, teens, children and infants. Physician services are available in Golden Valley and Stillwater.

Our independent living, rehabilitation therapy, vocational services, recreational and sports activities, and summer camps bring Courage Center into the daily lives of people where they work, learn and play.

Welcoming all ages and all abilities

Our physicians, therapists and staff members are experienced in working with people of all ages and all abilities. At Courage Center, programs are customized to meet the needs of people with a variety of diagnoses:

- Autism spectrum disorders
- Brain injury (traumatic and non-traumatic)
- Chronic and auto-immune diseases (arthritis, fibromyalgia)
- Chronic pain and work-related injuries
- Congenital disabilities (muscular dystrophy, spina bifida, cerebral palsy)
- Developmental delays in children
- Neurological injury and/or diseases (Multiple Sclerosis, Parkinsons, Amyotrophic Lateral Sclerosis [ALS])
- Orthopedic conditions and injuries
- Sensory disorders and speech/language delays in children
- Spinal cord injury
- Stroke
- Weakness, deconditioning and/or obesity



Comprehensive services with a team approach

At Courage Center, we partner with our clients and their physicians to create a personalized therapy plan. Social workers provide family support services and link people with community resources.

Our therapists are experienced, skilled and friendly professionals who know that the key to success is to truly connect with each client. Individualized plans may include one or more of the following therapies and services:

- Physical, occupational and speech/language therapy
- Assistive technology services
- Behavior management
- Care navigation
- Chronic pain management
- Driver assessment and training
- Evaluation and treatment by physician specialists
- Functional capacity evaluations
- Independent living skills and other community services
- Neuropsychological services
- Psychological services
- Vocational services
- Warm-water pool therapy

Specialty services

- Augmentative communication
- Biofeedback
- Bioness
- Functional electrical stimulation (FES)
- Intensive therapy and fitness
- Urinary incontinence rehabilitation
- Vestibular rehabilitation

Getting started: Call us, we'll help

Golden Valley or Burnsville 763.520.0312

St. Croix (Stillwater) 651.351.2303

Forest Lake 651.464.5235

Individuals, healthcare providers, parents, schools and community agencies are welcome to make a referral to Courage Center. We are a participating provider with most health insurance plans including Medicare and Medical Assistance. We will work with you to answer questions regarding insurance coverage referrals and authorizations.



Courage Center at Home

Golden Valley 763.520.0280

Courage Center at Home is an innovative approach to people with neuro-rehabilitation needs due to a brain injury, stroke or other neurological condition. A comprehensive, inter-disciplinary medical rehabilitation team works with clients, families and caregivers in their home and community. Our treatment team consists of physical therapists, speech/language pathologists,



occupational therapists, rehabilitation nurses, clinical coordinators, clinical psychologists, clinical social workers or behavior analysts. Treatment is provided in settings where people need to function independently: in their home, grocery store, bank, school, pharmacy and other locations. Treatment provided in these settings is more effective and efficient for people who have difficulty associating how to perform a task or activity from one setting to another.

Courage Center Physicians:

-Physicians' Associates

-Health Care Home

Golden Valley 763.520.0453

Physicians' Associates include a team of experienced Physical Medicine and Rehabilitation physicians are specialists who treat people with spinal cord injuries, acquired brain injuries, stroke, congenital disabilities and other health concerns that are barriers to health and independence.

Our primary care clinic physicians treat patients with complex medical conditions and disabilities in a

health-care home model. Services include: evaluations and management of rehabilitation issues; neuro and musculoskeletal rehabilitation and comprehensive spasticity evaluation and management including therapy, oral medication, splinting, Botox and phenol injections and intrathecal Baclofen pump management and refills.

www.CourageCenter.org/doctors

Chronic Pain Rehabilitation Program

Golden Valley 763.520.0412

Our Chronic Pain Rehabilitation Program is a comprehensive, inpatient, three-week multidisciplinary program for people who, in spite of undergoing standard medical treatment, continue to experience chronic pain. Clients admitted into this program often have exhausted standard medical treatment options.

Outcome studies show that our program model provides the best opportunity to improve health and well-being and return to a functional lifestyle.

Outpatient pain management services are also available.

www.CourageCenter.org/chronicpain

Care Navigator

Adult Neurological 763.520.0234

Pediatric 763.520.0494

Our Care Navigators act as case managers who coordinate care. Services include client contact, scheduling of evaluation, and ongoing coordination of care with client, physician and team. This unique service gives Courage Center clients with complex needs a go-to person to assist them and the team, ensuring quality outcomes and client satisfaction.

Behavioral Services

Golden Valley 763.520.0483

Challenging behavior often occurs as a result of a number of conditions. Many ineffective or inappropriate behaviors that develop (impulsivity, distractibility, anger, aggression, poor judgment, ineffective decision making) can be managed through behavior therapy and services coordination.

Courage Center offers comprehensive behavioral management services for children and adults with moderate to severe cognitive impairment. Staff members work with the client and family service providers in the home, at work or a work program, school, day program, or other locations in the community where behavioral difficulties occur. After a comprehensive assessment, an individual behavioral plan is developed and implemented with the goal of increased behavioral control and successful community involvement.



Psychological Services

Golden Valley 763.520.0312

Whether a person is born with a disability or acquires one later in life, disability presents unique challenges to the individual, the family and the support system. Courage Center's psychological professionals are experienced in working with people with disabilities in individual, family and group settings to promote health and optimal independence. Therapy can be coordinated with other rehabilitation therapies or used as a single service.

Transitional Rehabilitation Program

Golden Valley 763.520.0307

The Transitional Rehabilitation Program (TRP) is a short-term, intensive, inpatient rehabilitation unit that serves people with spinal cord injury, traumatic brain injury, stroke, and progressive neurological and congenital disabilities. While staying in the TRP, clients work toward living independently in the community. They participate in therapy as well as work on school and career goals, adjustment to life with a disability, or learn about the many available adapted sports and recreational opportunities.

www.CourageCenter.org/trp



Activity-Based Locomotor Exercise (ABLE)
Golden Valley 763.520.0600

This innovative new approach for people living with paralysis or neurological conditions uses emerging research about the benefits of activating muscles and nerves to promote a greater degree of neuro recovery. ABLE's non-traditional approach uses revolutionary locomotor training, Functional Electrical Stimulation (FES), the Giger MD therapy device and guided fitness activities to maximize recovery by challenging muscles below the level of injury.

www.CourageCenter.org/ABLE

Neuropsychological Services

Golden Valley 763.520.0312

Neuropsychological evaluation and consultation are available for people of all ages with acquired and traumatic brain injury. Our neuropsychologists can address the level of functioning, return to school or work, and community resources and supports.

Community Reintegration Program (CRP)

Golden Valley 763.520.0312

CRP is an outpatient program that helps adults with mild to moderate brain injury reintegrate life tasks and roles into their community. CRP's coordinated approach works with individuals to develop skills and strategies to address deficits in: attention, memory, problem solving, awareness, adjustment to disability, and other impairments caused by acquired brain injury. A medical referral is required for this service.

www.CourageCenter.org/crp

Driver Assessment and Training

Golden Valley 763.520.0425

Locations available throughout Minnesota

Courage Center provides services to older drivers and people with neurological, degenerative, mental or congenital disabilities. Lessons and assessments are provided for both the new and experienced driver to determine ability for safe residential, city or freeway driving. Services are offered in a sedan and/or state-of-the-art adapted van. A driver simulator is available for people not yet ready to go on the road. Ask about our discount for AAA members.

www.CourageCenter.org/drivers

Living more independently

Many of Courage Center's services, such as vocational rehabilitation and independent living skills, are designed to help people live more independently in the community. For some, that means preparing to transition to adulthood: managing their own affairs and preparing for college or work. For others, it means assistance re-entering the workforce after an injury or illness, or learning how to manage household tasks with new physical challenges.

Courage Center offers many services that go beyond traditional rehabilitation therapies. Our non-traditional services help boost self-confidence and independence, improve health and well-being, and provide opportunities to get a job, get involved and have fun.

Adult Rehabilitative Mental Health Services (ARMHS)

Golden Valley 763.520.0378

ARMHS is a program for people on Medical Assistance who also have a mental health diagnosis or brain injury and could benefit from services to regain skills related to independent living, involvement in the community or managing their mental health. Services are offered in the home and the community.

www.CourageCenter.org/armhs



Assistive Technology

Golden Valley or Burnsville 763.520.0312

St. Croix (Stillwater) 651.351.2303

Forest Lake 651.464.5235

Assistive technology (AT) can be as simple as a wheelchair cup holder or as complex as a head-controlled computer system. At Courage Center, we offer an array of services to help people with disabilities find assistive technology solutions. Assistive technology is part of everything we do, every service we offer; from outpatient therapy to driver assessment and training, from aquatics to sports and recreation, for people of all ages and all abilities.

www.CourageCenter.org/at

Independent Living Skills (ILS)

Golden Valley 763.520.0312

ILS staff work with people to strengthen their daily living skills so they can learn to do more for themselves. They provide assistance in all areas related to community living, including managing a household and finances; finding or maintaining affordable, accessible housing; developing a healthy lifestyle;

identifying recreational and vocational opportunities; and accessing the community. Our in-home services are provided throughout the metropolitan area.

Vocational Services

Golden Valley 763.520.0564

St. Croix (Stillwater) 651.351.2323

Every job seeker has unique abilities, interests and barriers to employment. Courage Center's knowledgeable and dedicated vocational staff help identify any assistive technologies that may be needed to help a person succeed in work or school. We also provide training to develop or strengthen computer- and job-related skills and to build self-esteem. We also offer employment services to help people with disabilities secure and retain employment.



Handiham System

Toll Free 1.866.426.3442

The Handiham System provides tools for people with physical disabilities and sensory impairments to learn technology skills and earn their amateur radio license. We also provide distance learning, assistive technology advice and opportunities to attend week-long respite and learning sessions through Courage Center Camps.

Sports and Recreation

Golden Valley 763.520.0537

St. Croix (Stillwater) 651.439.8283

Duluth 218.726.4762

Courage Center is the place for adapted sports and recreation. Many of our wheelchair sports teams are national champions and many of our athletes and coaches are nationally and internationally recognized. We offer lifetime sports to enjoy with your family such as skiing or horseback riding, as well as competitive team sports such as basketball, softball and power soccer. We have something to offer just about everyone, regardless of age or ability. Check our *Class Catalog* for more information and schedules.

www.CourageCenter.org/sports

Wellness and Fitness

Golden Valley 763.520.0400

St. Croix (Stillwater) 651.439.8283

Burnsville (children and teens) 952.898.5700

Fitness is important for everyone, and especially for people with disabilities who are prone to secondary health conditions such as weight gain, high blood pressure and diabetes. Courage Center Fitness Centers have stationary bikes, treadmills and other fitness equipment that is accessible for use by people of all abilities, including those who use wheelchairs.



Warm-Water Pool

Golden Valley 763.520.0400

St. Croix (Stillwater) 651.351.2306

The aquatic program at Courage Center offers low-impact, physical activity in warm water that helps increase flexibility and strength, stamina and balance. Authorization from your doctor is required for pool therapy. Recreational pool programs are available without a physician referral. First-time pool users must complete an initial assessment and orientation. During the assessment, a recreation therapist specializing in aquatic therapy designs a program that meets a person's individual needs and goals. Our experienced, certified recreational therapists offer:

- One-on-one pool therapy
- Independent therapeutic exercise
- Group classes
- Swim lessons
- Relaxation techniques
- Watsu, a highly-regarded, gentle form of body therapy performed in warm water

Activities may vary by location.

www.CourageCenter.org/pools

Courage Center Camps

Maple Lake and Lake George, Minnesota
763.520.0504

Since 1955, Courage Center Camps have provided residential camping programs for youth and adults with disabilities. Campers learn to grow, make friends and have fun in safe and accessible natural settings. We serve children and adults with disabilities. Our camp staff provide mentoring and role modeling, while making sure campers have a fun, safe experience. Conference and retreat facilities, as well as individual cabins are available for rent.

www.CourageCenter.org/camps

Shop Services

Golden Valley 763.520.0491

Service available through all sites

For more than 25 years, we have been designing and producing custom adaptive equipment for clients. In collaboration with our therapy team, we are uniquely qualified to assess individual needs, find a solution and work together to design and fabricate equipment that is not commercially available.





Other ways to get involved with Courage Center

The comprehensive services Courage Center offers are made possible in part through the efforts of thousands of volunteers and donors. There are many ways for you to make a difference in the lives of people who use Courage Center services, including attending a fundraising event, purchasing fine art holiday cards, donating a vehicle, donating clothing, and/or making a cash or estate plan gift.

www.CourageCenter.org/donate

Volunteer Services

Golden Valley or Burnsville 763.520.0214

St. Croix or Forest Lake 651.351.2337

Duluth 218.726.4834

Our volunteers are the heart of Courage Center. More than 2,200 volunteers donate more than 89,000 hours of service each year. Courage Center recruits volunteers on an ongoing basis. For more information on how you can use your talents and volunteer, please call one of the numbers above.

www.CourageCenter.org/volunteer



Make a Gift to Courage Center
Golden Valley 763.520.0539

The generous support of donors, our Cars for Courage vehicle donation program and annual fundraising events provide Courage Center with approximately one-third of its operating budget. Every gift, no matter the size, makes a difference and helps Courage Center change lives for the better.

For more information on how to support Courage Center through your charitable contribution, visit our web site.

www.CourageCenter.org/donate

Cars for Courage

Golden Valley 763.520.0540

Donate a car, boat or other vehicle to Courage Center and receive a tax deduction.

www.CourageCenter.org/cars

Clothing Donations

952.881.1100

Donate used clothing and household items. Call or schedule a pickup online.

www.couragepickup.org.

Courage Cards

Toll Free 800.992.6872

Send fine art greeting cards each holiday season. Courage Cards feature the artwork of artists with disabilities.

www.couragecards.org



Getting started at Courage Center

For more information on Courage Center programs:

Courage Center Golden Valley 763.588.0811
3915 Golden Valley Road, Minneapolis, MN 55422

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

Courage Center Forest Lake 651.464.5235
146 North Lake Street, Forest Lake, MN 55025

Courage Center Burnsville 952.898.5700
100 Cobblestone Lane, Burnsville, MN 55337



★ indicates Courage Center locations

♨ indicates community partner pool sites

Coon Rapids, Northtown Family YMCA

Burnsville, Minnesota Valley YMCA

Eden Prairie, Summit Place Senior Campus

Mission

To empower people with disabilities to realize their full potential in every aspect of life. We are guided by the vision that one day, all people will live, work, learn and play in a community based on abilities, not disabilities.

Commission on Accreditation of Rehabilitation Facilities (CARF)



Courage Center's adult, pediatric and adolescent outpatient therapy, independent living skills program and vocational services are accredited by CARE.



About Courage Center

Courage Center is a nonprofit rehabilitation and resource center that advances the lives of children and adults experiencing barriers to health and independence. At Courage Center, we specialize in treating brain injury, spinal cord injury, stroke, chronic pain, autism, and disabilities experienced since birth. Founded in 1928, Minneapolis-based Courage Center offers advanced technologies and innovation provided in part through the efforts of thousands of volunteers and donors.

