

# Courage Center

Transitional Rehabilitation Program



COURAGE  
CENTER



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## Courage Center Transitional Rehabilitation Program

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Courage Center's Transitional Rehabilitation Program (TRP) provides comprehensive rehabilitative services to assist people with disabilities and/or people recovering from illness, injury or surgery in gaining greater independence. The TRP, licensed as a skilled nursing facility, serves as a "bridge" – a transitional setting between acute care and returning to a home or community living setting.

Since 1928, Minneapolis-based Courage Center, a nonprofit rehabilitation and resource center, has had a legacy of improving independence and quality of life for people with disabilities and other complex medical conditions.

For more information about Courage Center's Transitional Rehabilitation Program, please call 763.520.0307.

## Persons Served

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- Cerebrovascular disorder (e.g. stroke, aneurysm)
- Spinal cord injury
- Brain injury
- Multiple trauma
- Neurovascular disorder (e.g. spinal stroke)
- Neurological/neuromuscular disorders (e.g.: MS, Guillain-Barre Syndrome, Parkinson's Disease)
- Orthopedic conditions (e.g.: back/spine, joint replacement/fracture, amputation)
- Deconditioned state
- Congenital disability

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"I needed to learn how to live with my disability instead of fighting it. I knew I'd need a strategy and help to achieve my goals. The Transitional Rehabilitation Program offers so many options, which helped me overcome many barriers and realize countless new opportunities. I also was able to meet people like me and see how they were achieving their goals. I met some of my best friends there."

– Angie, living with cerebral palsy

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## Admission Criteria

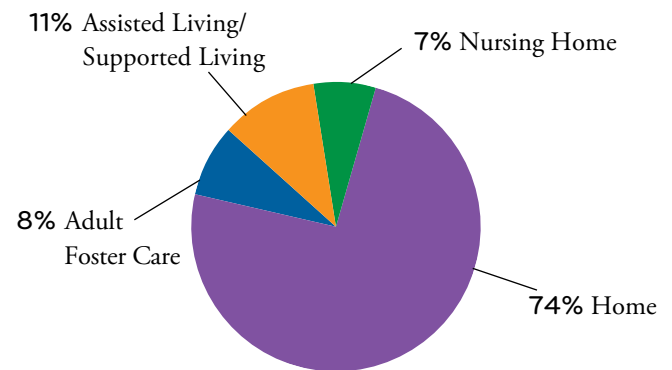
- Demonstrate the need for and actively participate in skilled therapy (physical, occupational, and/or speech therapy) to reach discharge goals to an appropriate community setting.
- Have a physical or cognitive impairment, which limits one or more of life's functions (self-care, mobility).
- Have stable vital signs and not require daily doctor visits.
- Have no risk for elopement.
- Have an identified and approved funding source.

## What Happens During An Inpatient Stay?

Healthcare teams meet regularly to assess care needs and customize individual care. Teams consist of physicians, registered nurses and nurse practitioners; occupational, physical and speech therapists; psychiatrists, neuropsychologists and psychologists; and therapeutic recreation specialists, social service providers, dieticians and other rehabilitation professionals. Clients set and regularly review goals with team members.

The philosophy of care integrates a holistic, mind-body approach within a healing environment, dedicated to providing client-centered care. This allows clients to identify and achieve their goals — all leading to increased independence and function.

## Discharge Locations



"The Transitional Rehabilitation Program at Courage Center helped push me and, at the same time, helped me be realistic."

– Matt, following a diving accident and spinal cord injury

## Services Available

Courage Center's Transitional Rehabilitation Program recognizes that a healthcare condition affects every part of a person's life—physical, intellectual, emotional and spiritual. That is why Courage Center offers so many different services.

### Core Services

- Physician services, primary care and psychiatrists
- Rehabilitation nursing services
- Occupational therapy
- Physical therapy
- Speech-language therapy
- Aquatic physical and occupational therapy
- Social services
- Psychological, behavioral and family support services
- Neuropsychological services
- Therapeutic recreation
- Nutrition services
- Spiritual care services
- Chemical health services

### Therapy Technology

Courage Center, as a center of excellence, uses a number of innovative technologies to enhance the rehabilitation of our clients.

- Bioness
- Otto Bock Stiwel Med4
- Interactive Metronome
- Functional electrical stimulation (FES) bikes
- Biofeedback



- Pressure mapping
- Interactive Metronome with Gait Mate
- Vital Stim
- Assistive technology (Dragon Naturally Speaking, iPod touch)
- Alternative augmentative communication

### Integrative Therapy Services

- Acupuncture
- Ai Chi
- Massage
- Reiki
- Tai Chi
- Watsu
- Yoga



### Additional Services Available

- Drivers assessment and training
- Vocational services
- Adaptive sports and recreation
- Accessible fitness and wellness centers

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"In the Transitional Rehabilitation Program at Courage Center, I learned how to manage my life, my body and a brain injury. When I left there, I moved into my own apartment. People come in to help me, but I'm on my own. I also have a job and am looking forward to my new grandchild. I hate what happened to me, but, thanks to the work I did at Courage Center, I love my life."

*– Barb, following a stroke*

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### Accessing Services

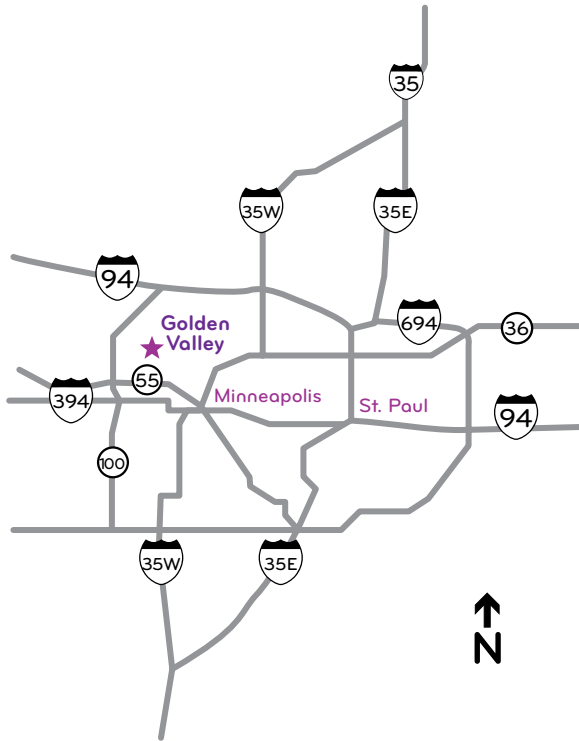
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Healthcare providers and community agencies can refer clients to Courage Center's Transitional Rehabilitation Program. Individuals can ask their healthcare provider for a referral. Participants are seen regularly by a Courage Center physician (physical medicine and rehabilitation specialist) to ensure appropriate therapies are prescribed and progress is being made.

Courage Center and the Transitional Rehabilitation Program are participating providers with most health insurance plans, Medicare and Medical Assistance.



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"My stay in the Transitional Rehabilitation Program helped me learn discipline and structure and gave me the tools I needed to be able to set and achieve my goals. They helped me to the point where I can live in my own place."

*– Eric, following an auto accident and  
traumatic brain injury*

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## About Courage Center

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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, orthopedic and neuromuscular conditions, 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.

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## Courage Center Mission Statement

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Courage Center empowers people with disabilities to realize their full potential in every aspect of life



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## Contact Us:

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3915 Golden Valley Road  
Minneapolis, MN 55422

Transitional Rehabilitation Program 763.520.0307

Courage Center Main number 763.588.0811

[www.CourageCenter.org/trp](http://www.CourageCenter.org/trp)

