



Brain Injury Rehabilitation Specialists™



Joining hands, hearts and minds to help persons living with brain injury get "On With Life."

LONG-TERM SKILLED CARE FOR YOUTH AND YOUNGER ADULTS

Comprehensive Long-Term Brain Injury Program

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On With Life's Long-Term Skilled Care Program for Youth and Younger Adults is a 32-bed skilled nursing program for those who have experienced a brain injury, including traumatic brain injury, stroke, tumor, aneurysm or anoxia, or other neurological disorder.

Our specialization in brain injury geared toward younger adults makes us unique when compared to other long-term programs. The medical, therapeutic, psychosocial, recreational and spiritual needs of each person served are addressed in an age appropriate fashion.

Certain brain injuries, including those that result in a coma/disorder of consciousness state, require much more time to treat, but that does not mean that hope should fade. Long-term skilled care is the best option for persons with brain injury who are medically stable, but require intensive nursing, therapy and medical supports that may not be available in other settings.

The persons we serve in our program include those who:

- Are age 10 or older
- Have experienced a brain injury or other neurological condition
- Require skilled nursing services
- Breathe independently, without medical assistance
- Are medically stable and do not require daily doctor visits or ongoing hospitalization
- Do not demonstrate a severe behavioral or personality disorder which poses a threat to self or others, or requires intensive psychiatric intervention
- Has a means of payment for services

REHABILITATION SERVICES

At On With Life's Long-Term program we have created a caring, therapeutic environment where each individual receives ongoing opportunities for improvement. Our team of rehabilitation specialists work together to provide a personalized rehabilitation experience for each person we serve. On-site aquatic therapy, an outdoor sensory garden and a one-of-a-kind sensory stimulation gym, are just some of the features that make a truly unique therapeutic environment.



PHYSICAL, OCCUPATIONAL AND SPEECH THERAPY

Our physical therapy program is designed to help regain and maintain strength, endurance and balance for functional mobility tasks. Our occupational therapy program focuses on visual skills, upper body function and movement, the enhancement of daily living activities, and the identification of adaptive rehabilitation equipment. Our speech therapy program targets enhancing cognitive and communication abilities, addressing swallowing deficits and developing alternative means of communication.

THERAPEUTIC RECREATION

Our therapeutic recreation team assists persons served to regain functional recreation and social skills. Individuals have the opportunity to explore new experiences through cognitive-based groups, community integration outings, leisure education and special events. Our staff works closely with families to identify and provide activities that are meaningful to each person served.

AQUATIC THERAPY

Aquatic therapy has proven to be very beneficial for individuals who have suffered a traumatic brain injury, stroke or other form of acquired brain injury. We are able to provide persons served with on-site aquatic therapy in a temperature-controlled pool. The pool was developed specifically for those with disabilities with a moveable floor and wheelchair accessible ramp.

Aquatic exercise and therapy offers unique physical and physiological benefits as the water supports the body, reduces joint stress and provides resistance and assistance to movement. This can lead to improved mobility, strength and function. The therapeutic temperature of the pool promotes relaxation while hydrostatic pressure offers increased circulation and respiratory benefits.

SENSORY STIMULATION GYM

Our sensory environment is designed to maximize each individual's comfort and ability to respond to stimuli. On With Life's therapy and nursing staff work together in this unique environment to give each person the individualized care they deserve. The sensory stimulation environment includes:

- A net swing which provides proper positioning and safety while offering linear and circular movements.
- A somatron mat and rocker that allow individuals to relax while feeling the vibrations of their favorite music.
- A sidelyer positioning device that brings relief and comfort to those with challenging positioning needs.
- Musical instruments, unique combinations of lighting and other sensory stimulation equipment which are used to increase an individual's alertness and ability to respond to their environment.

OWL'S NEST SENSORY GARDEN

The OWL's Nest is an area of healing and relaxation for persons served and families. According to research, individuals may derive benefits simply from being in close proximity to plants and nature, including reduced signs of depression, decreased stress, improved self-esteem and personal growth.



Persons served are able to utilize the garden for relaxation and sensory stimulation and staff are able to assist individuals in their rehabilitation by promoting physical, mental and social development. The plants and other design elements in the OWL's Nest were selected to provide experiences for heightened sight, smell, hearing, touch and taste.

REHABILITATION NURSING

Our nurses are Certified Brain Injury Specialists who provide a range of specialized services to meet the complex medical and emotional needs of individuals with brain injury. Our nursing staff ratio is one of the highest nursing ratios in any skilled facility in Iowa. The skilled rehabilitation nursing team is experienced in specialized care needed to address complex medical needs of individuals aging with brain injury, including IV therapy,

nutritional therapy, wound care, trach care, air vest clearance stimulation and gastrostomy feeding.

MEDICAL TEAM

Our medical director, a board certified internist, supervises the medical management of each individual's care and works closely with our consulting physical medicine rehabilitation specialist to supervise each individual's treatment program. On With Life's medical team also includes a consulting psychiatrist and a neuropsychologist who evaluate behavioral and psychological issues and develop intervention plans in consultation with staff.

ON WITH LIFE'S CONTINUUM OF BRAIN INJURY REHABILITATION SERVICES

We are proud to provide a continuum of specialty services for persons served who have sustained a traumatic brain injury, stroke, tumor, aneurysm or other neurological condition:

- Post-Acute Inpatient Rehabilitation
- Long-Term Skilled Care for Youth and Younger Adults
- Outpatient Neuro Rehabilitation
- Supported Community Living
- Neuropsychological Evaluation and Consultation
- Independent Living/The Apartments of OWL Creek



"On With Life is many steps above a traditional care facility. The staff is caring and they know what persons served need and like."

- Mike Gowdy

Family member of person served