

Mission Statement – Our mission is to provide high quality therapy that allows the people we serve to achieve an optimal level of functioning and to improve their quality of life.

Vision Statement- To be a recognized leader in functional rehabilitation to individuals with a variety of diagnoses in the home and community-based setting with an emphasis on goal-directed individual rehabilitation for addressing safety, skill building, independence, and cognitive and physical recovery.

Who We Are

For over 25 years, our company has been using evidence-based principles of rehabilitation to assist patients with their recovery. We are out in the real world with patients every day, helping them to get their lives back. Our goal is to provide functional home and community-based therapy to provide patient-centered holistic therapy with a state-of-the-art approach. Using the patient's natural environment such as their home, community or workplace allows us to attain measurable outcomes that turn even small successes into something bigger.

Finding success in the rehabilitative process relies on certain key factors:

- ◆ **Getting to Know You:** We do not set goals that are important to us, but rather, we set goals that are important to you. We take input from you, and the people you trust like your physician, case manager or perhaps a trusted family member to identify your needs and then make a plan that is best suited for success.
- **Comprehensive Evaluation:** We begin with an in-depth assessment with comprehensive evaluation protocols to determine your current level of functioning and how it compares to your prior level of functioning. We can then identify the areas that have been impacted and begin addressing them.
- ◆ **Creating and Implementing a Customized Rehabilitation Plan:** After the evaluation protocols are completed, a system of long-term and short-term goals are developed using our team approach. This allows for therapy to be tailored to your individual needs. A plan of care is developed and implemented based on your goals and the results of the evaluation.
- **Focus on Accomplishments (Breaking Down Success):** In order to facilitate progress toward patient goals, our therapy is most effective with consistent therapy appointments and repetition across therapy disciplines, which maximizes carry over outside of therapy.

Why Our Approach to Brain Injury is Unique

In more traditional therapy settings such as programs using outpatient models, attempts are made to simulate functional activities, combined with more structured tasks, all performed within their clinic environment. However, the inability to generalize learning has been shown to be a reoccurring difficulty for individuals with Traumatic Brain Injury and can often manifest in cognitive inflexibility, which makes carryover of their learned skills to the real world, a challenge.

Community-based treatment circumvents this difficulty by conducting therapy in the person's home, school, workplace, or other settings within their community, such as a grocery store or at a post office. Clinicians are therefore able to witness first hand where a task is experiencing success or breaking down and can structure treatment accordingly. This allows for greater natural development of functional skills, with generalization issues no longer an obstacle toward meeting treatment goals.

At Innovative Rehabilitation Systems we are committed to helping people recover their cognitive, physical and psychosocial abilities following brain injury through intensive individual treatment which focuses on safety, skill building and increasing independence, community reintegration, and overall life satisfaction. Our treatment approach is two-fold, with emphasis not only on direct restoration of brain functions, but also on helping the individual learn compensatory strategies (e.g., internal mnemonics, organizational systems, self-cuing techniques) or acquire assistive devices (e.g., planners, electronic reminders). Such methods are designed to reduce the effects of real-world disability when there is enduring cognitive impairment, and are most effective when introduced within a person's own relevant environments.

Who We Serve

- We treat adults and adolescents with a variety of diagnoses. We service home and community locations throughout Southeast and mid-Michigan.
- Our therapists hold a variety of certifications and endorsements including CBIS (Certified Brain Injury Specialist), Vital Stim, and LSVT LOUD.
- Diagnoses can include:
 - Traumatic Brain Injury
 - Postconcussional Syndrome
 - Spinal Cord Injury
 - Post-traumatic Stress Disorder
 - Depression
 - Anxiety
 - Mood Disorders
 - Musculoskeletal/Orthopedic injuries (ie. Spinal fractures/pathology, nerve injuries, pain)
 - Visual Impairments
 - Balance Disorders
 - Movement Disorders
 - Neuromuscular Pathologies

- Dysphagia
- Funding Sources include:
 - No-Fault Auto Insurance
 - Workers Compensation Insurance
 - Some Commercial Health Insurance Carriers

Services Offered

- **Speech Language Pathology**
 - Speech & Language Pathologists are trained in the rehabilitation of deficits/disorders in the areas of language, articulation, voice, fluency, and dysphagia, with an underlying knowledge base of the neurological and physiologic processes affecting each. Deficits in the areas of attention, memory, information processing and executive functioning can impact all of the areas that speech and language pathologists treat, and are addressed in all treatment goals.
 - **Services Include:**
 - Immediate and Short-Term Memory: compensatory strategies, modification of the environment for increased functional memory.
 - Attention and concentration
 - Expressive Language: ability to express ideas, verbally, or in written format, in a concise organized fashion.
 - Comprehension and Retention of Verbal and Written Language
 - Information Processing: gradually increase in the length and complexity of information presented to allow the brain to take in and process more information at one time.
 - Word Retrieval and Thought Formulation for Verbal and Written Expression
 - Pragmatic Language/Social Communication
 - Executive Functioning: The mental processes that enable individuals to plan, focus attention, retain instructions, and juggle multiple tasks successfully. Assist with planning, initiating, carrying out tasks, as well as assist with self-monitoring and awareness for carryover of strategies.
 - Articulation
 - Dysarthria (lack of voluntary control)
 - Dysphagia (swallowing disorders)
 - Voice

- **Occupational Therapy**

- Occupational Therapists are experts at the evaluation and analysis of an individual's abilities relative to the demands of an activity and use this perspective in order to determine any aspects of the person's life that have been impacted, including activities of daily living (i.e., self-care), instrumental activities of daily living (i.e., home management, rest and sleep habits, work demands, play, leisure, and social participation). Treatment includes re-learning how to do activities (remediation) or determining new ways of accomplishing them (compensatory strategies).

Services Include:

- Treatment of musculoskeletal (i.e., muscle strength, range of motion), sensory, perceptual, vestibular, and vascular, skin, or connective tissue impairments.
- Teach the use of memory compensation techniques such as daily planners, technological devices, checklists, and cueing systems
- Assist in developing effective schedules and routines
- Instruct individuals and family members in techniques to cope with behavioral changes and low frustration tolerance
- Assessment and treatment to maximize safety in the home and community environments.
- Recommendation of environmental adaptations to assist with physical, perceptual, and cognitive functioning, such as labeling cupboards and drawers, or using lighting to improve vision and/or attention to task
- Assist in re-learning social skills through techniques such as pre-processing and rehearsal, where the individual and therapist anticipate challenging social situations and practice appropriate responses
- Provide cognitive retraining exercises to address specific cognitive skills, such as attention, memory, and executive functioning
- Provide training and adaptation for activities of daily living, such as dressing, bathing, and grooming
- Provide training and assist in the development of compensatory techniques for instrumental activities of daily living, such as preparing meals, shopping, managing routine financial tasks, and caring for children
- Assist individuals with community re-integration, working with individuals in real life settings such as the grocery store, bank, mall, workplace, home, or any other environment in which individuals need to regain competence in occupational performance.
- Facilitate the identification and development of healthy, meaningful hobbies or other leisure activities
- Consult with employers and/or educational systems to adapt the work or school environment to facilitate the individual's performance abilities

- **Psychological and Counseling**

- Individual & Family Counseling related to the injury
- Psychological services are provided as needed and prescribed by the physician to:
 - Address psychosocial needs of the patient.
 - Address changes in family dynamics and other changes.
 - Counsel the patient to ease symptoms of depression.
 - Assist with acceptance of change of life status, as a result of the injury.
 - Provide the individual with coping strategies.

- **Vocational Services**

As traditional cognitive therapy progresses and the patient is making strong progress in the areas of safety, memory, organization and other challenges, the next step is prevocational skill development or work toward a return to school or other training programs. Our occupational therapists work with patients on the following areas in order to work toward a return to work, school or training program which can include the following:

- Vocational Assessment, which includes standardized testing in order to determine the patient's aptitudes and interests in order to determine the most appropriate vocational goal/plan for the patient to be successful
- Vocational exploration, job development, educational options and exploration, volunteer exploration
- Academic support and tutoring
- Job analysis, job site evaluation, job coaching, job placement and shadowing
- Coordination with employers or school personnel to ensure adequate accommodations are in place

Please contact us at 248-952-5444 or e-mail us at admissions@innovative-rehab.com for more information on getting started.

Contact Us

- Address: 39555 Orchard Hill Place, Suite 410 Novi, MI 48375
- Phone:
 - Office: 248-952-5444
 - Fax: 248-952-5455
- Office Hours: Monday – Friday 9:00 am – 4:30 pm
- Therapy Hours: By Appointment
- Email: admissions@innovative-rehab.com
- Website: www.innovative-rehab.com