The Spaulding Rehabilitation Hospital Cape Cod Implementation Plan

About Spaulding Cape Cod

Spaulding Rehabilitation Hospital Cape Cod (formerly Rehabilitation Hospital of the Cape and Islands - RHCI) is a 60-bed, not-for-profit, acute rehabilitation hospital. Part of the Spaulding Rehabilitation Network, Spaulding Cape Cod (SCC) brings advanced rehabilitation care to residents of Cape Cod, the Islands, the South Shore, and South Coast regions of Massachusetts. In particular, SCC’s primary service area is Cape Cod, a region geographically and demographically distinct from the rest of the Commonwealth. For example, Barnstable County is one of the oldest in the state and in the nation: 25% of the population is 65 or older, compared to 14% in MA and 13% in the US; 39% of households include someone over 65, compared to 26% in MA and 25% in US (CHNA Report, Cape Cod HealthCare 2014-16). Limitations in public transportation and IT infrastructure add to the challenges of meeting the rehabilitation needs of Cape residents.

As the only provider of hospital-level rehabilitation serving the Cape and Islands, SCC occupies a unique place in the continuum of health care providers in the region. Its comprehensive inpatient rehabilitation programs help people transition to home following a stay in an acute care hospital for a serious illness, injury or surgery. Its outpatient programs provide access to unique expertise (including physicians board-certified in Physical Medicine and Rehabilitation and many specialty programs) to continue recovery post-discharge, to manage chronic illness, and to support ongoing recovery. Its outpatient pediatric center is a regional resource, offering on-site subspecialty medical clinics in collaboration with Massachusetts General Hospital and Boston’s Children’s Hospital.

Through SCC's clinical programs, residents of Barnstable County have convenient, local access to specialized services without burdensome travel time, disruption to work and family life, and cost of receiving care in more metropolitan areas, i.e. Boston or Providence. In addition, SCC conducts a robust community outreach program, which includes education of the public and professional communities about prevention, diagnosis and treatment of rehabilitation-related conditions; wellness programs; adaptive sports; and screenings.
Spaulding Cape Cod Patients

### Largest Towns SCC Serves

<table>
<thead>
<tr>
<th>Town</th>
<th>Patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sandwich</td>
<td>1,549</td>
</tr>
<tr>
<td>Yarmouth</td>
<td>1,261</td>
</tr>
<tr>
<td>Plymouth</td>
<td>865</td>
</tr>
<tr>
<td>Falmouth</td>
<td>674</td>
</tr>
<tr>
<td>Brewster</td>
<td>599</td>
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<tr>
<td>Mashpee</td>
<td>569</td>
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<tr>
<td>Orleans</td>
<td>553</td>
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<tr>
<td>Eastham</td>
<td>391</td>
</tr>
<tr>
<td>Harwich</td>
<td>370</td>
</tr>
<tr>
<td>Centerville</td>
<td>368</td>
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</table>

#### Communities SCC Serves

- **Cape Cod**: 83%
- **South Shore**: 10%
- **South Coast**: 4%
- **Martha’s Vineyard**: 1%
- **Nantucket**: 0%
- **Other**: 2%

### Payer Mix

- **Medicare**: 49%
- **MassHealth**: 45%
- **Health Safety Net**: 6%
- **Other Insurance**: 0%
Community Health Needs Assessment and Priorities

In compliance with section 501(r)(3) of the Internal Revenue Code, SCC reached out to Cape Cod Health Care (the primary comprehensive health care provider on Cape Cod) in 2014 to better understand the community health needs of our shared geographic area. Cape Cod Health Care had just published its extensive CHNA. Given the focus of its mission on rehabilitation services, Spaulding Cape Cod sought approval from Cape Cod HealthCare to use its CHNA report as the basis for exploring and developing services to meet community needs, rather than use its limited resources to duplicate CCHC’s efforts. SCC supports the findings of CCHC as outlined in its CHNA report and is actively engaged with CCHC in the planning and implementation of future community health assessments.

Community health priorities identified in CCHC’s CHNA report:

- Support community-based activities to improve chronic and infectious disease management. 
  
  *Cancer and cardiovascular disease, HIV, Lyme Disease, Alzheimer’s disease, Diabetes, Dental/oral health and Parkinson’s disease were highlighted in the CHNA.*

- Expand access to healthcare services to reduce health disparities and promote health equality.
  
  *Some challenges to accessing care within the community include out-of-pocket costs, asymmetric information on available services, and language barriers.*

- Support programs for outreach, education, navigation and intervention targeted at individuals and families facing mental health issues.

- Support community-based substance abuse prevention and intervention programs.
  
  *Alcohol consumption and opiate use are the two main issues highlighted.*

- Support programs that address senior health challenges.

- Support community-based programs that encourage positive health and lifestyle choices by youth and young adults.

Given the highly specialized role we fulfill as a provider and our limited resources, addressing all of the priorities identified by the community health assessment is not feasible. Our commitment to the communities we serve has traditionally been guided by the needs of our patient population. Taking into consideration the priorities identified in the CHNA and the specific needs of our patients we have identified the following actionable focus areas:

- Access to care
- Chronic disease prevention/treatment
- Helping seniors live independently
- Disability advocacy
1. Access to care

1.1. CHNA priorities addressed:

- Expand access to healthcare services to reduce health disparities and promote health equality.
- Support community-based programs that encourage positive health and lifestyle choices by youth and young adults.

1.2. Strategies:

1.2.1. Provide Access to Specialized Assessments for Children

Sensory Integration Praxis Testing (SIPT) – The Spaulding Eileen M. Ward Outpatient Pediatric Center is a comprehensive outpatient rehabilitation center providing local, convenient access to specialized rehabilitation services and subspecialty medical services for children with a wide range of diagnoses and needs. Among the center’s population are children with developmental disabilities, including autism spectrum disorders, learning disability, attention deficit/hyperactivity disorder, etc. In some cases, developing an effective treatment plan is complicated by the presence of sensory integration disorder.

With support from the Peter and Elizabeth C. Tower Foundation, Spaulding’s pediatric center has integrated SIPT into its clinical capabilities to help therapists refine a diagnosis and design the most appropriate interventions for children with suspected sensory integration disorder. Often these children have not responded to therapeutic intervention as well as expected. The grant funds training and certification for three occupational therapists and use of the SIPT series of tests in patients between 4 and 9 years of age who meet specific criteria. Spaulding for Children began offering SIPT in 2012. In 2014, SIPT was administered to 17 children.

1.2.2. Offer Reduced Cost Options for Services

In an effort to remove cost as a barrier to participate in certain wellness or quality-of-life programs, SCC offers a sliding fee scale and/or subsidizes cost for the following programs; in some cases programs are partially supported by grants.

- Adaptive Sports and Recreation Program - see Section 4.2.1 for more information
- Driver Assessment Program – Illness, injury, aging and disability can affect a person’s ability to drive. Given limited public transportation options on Cape Cod, restrictions on driving can have far-reaching consequences. SCC’s comprehensive driving evaluation, conducted by a specially trained occupational therapist, assesses a person’s physical, perceptual and cognitive abilities related to driving. When appropriate, the evaluation includes recommendations for rehabilitation services and vehicle modifications to improve skills needed for safe driving. This service is a resource to primary care physicians as well as to patients and family members. SCC conducted 58 evaluations in FY 14.
- Fit 2 Be Kids Exercise and Weight Management Program – see Section 2.2.3 for more information
• Hearing Aid Program in conjunction with the Lions Club – Hearing loss, especially among seniors, can lead to safety issues and increasing isolation, significantly diminishing quality of life and potentially affecting the ability to maintain independence in later years. Cost is often a barrier to obtaining hearing aids. Since 2008, SCC’s Audiologist has offered hearing evaluations and lower-cost hearing aids through a partnership with the Lions Club Foundation. In FY 14, the audiologist conducted seven hearing evaluations and fit eight individuals with hearing aids over the course of 41 visits.

• Parkinson’s Disease Exercise and Wellness Program – see Section 2.2.1 for more information

Patient Financial Services - SCC’s outpatient case manager, patient accounts supervisor and other staff provided counseling and assistance for 35 patients requesting financial assistance in 2014. Counseling services include:

- Providing information about the full range of insurance programs, hospital discounts and payment options available to patients.
- Assist patients with applying for or renewing their insurance, which can include state or federal assistance paying for insurance and applying for hospital discounts and financial assistance.
- Work with patients to provide any required documentation to support their application.

Staff helped six patients complete applications for MassHealth insurance and 29 patients submit applications for financial aid.

Translation Services – SCC provides translation services to patients and their family members with language barriers at no cost to the patient. In FY 2014, ten patients used this service.

1.2.3. Encourage Health Care Careers

Spaulding Cape Cod is an educational/mentoring resource for high schools on the Cape. Students learn about careers in health care, observe staff at work, and develop skills in preparation for formal training programs through a variety of educational experiences. Four students from Upper Cape Regional Technical School District participated in a year-long cooperative program with Spaulding Cape Cod, working as rehab aides (nurses’ aides) every other week during the school year and full time during the summer. All students graduated high school; three are in nursing school and one will study to become a physician assistant.

1.2.4. Building IT Infrastructure to Improve Communication among Providers, Enhance Services and Reduce Disparities in Care

Healthcare IT has an increasingly important role to play in the development of policies and services that reduce disparities in access to care. OpenCape is a 5013c not-for-profit whose mission is to advance quality of life by promoting access to technology, and thus improving communications among providers, on the Cape, Islands, and in Southeastern MA. OpenCape completed construction of an IT network (475 mile fiber optic and microwave middle mile network) in March 2014 and began planning for applications that combine technology and care coordination to develop healthcare services, such as telemedicine, that may reduce emergency room visits, readmissions, and nursing home stays. These applications are expected to be especially relevant for elderly patients and those challenged by chronic illness, disability and
mental health issues. Spaulding has a key role in the project. It is an anchor institution in the broadband network and its Chief Information Officer contributes leadership in terms of project vision, time and expertise.

1.3. 2015 Goals:

<table>
<thead>
<tr>
<th>Priority</th>
<th>Goals</th>
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<tbody>
<tr>
<td>Expand Access to Healthcare</td>
<td>• Maintain awareness of barriers our community members experience in accessing care.</td>
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<td></td>
<td>• Remain conscious of the financial needs of our patients and explore areas where we can offer more reduced cost services.</td>
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<tr>
<td></td>
<td>• Continue contributing leadership to the OpenCape project to develop applications that will reduce disparities in care and facilitate home-based services that support independent living; develop partnerships with providers to pilot a remote services program</td>
</tr>
<tr>
<td>Promote Safe Driving for Those with Disability</td>
<td>• Pursue certification as a hospital-based driving school to enhance the comprehensiveness of driver assessment services; expand the program to include students with intellectual disabilities</td>
</tr>
<tr>
<td>Encourage Health Care Careers</td>
<td>• Explore the interest of other high schools in joint programs that allow mentoring/career exploration programs at SCC</td>
</tr>
<tr>
<td>Promote Healthy Lifestyle Choices</td>
<td>• Plan to increase space available for community programming, including wellness and education classes, to improve the health of those at risk for decline in function due to illness, aging, and disability; help patients maintain gains made during rehabilitation</td>
</tr>
</tbody>
</table>
2. Chronic disease prevention/treatment

2.1. CHNA priorities addressed:

- Support community-based activities to improve chronic and infectious disease management.
- Support community-based programs that encourage positive health and lifestyle choices by youth and young adults.

2.2. Strategies:

2.2.1. Teaching life and coping skills to patients with Parkinson’s Disease

Parkinson’s Disease Wellness and Exercise Program - An evidence-based program developed in collaboration with Boston University, teaches patients exercises and strategies to manage/improve symptoms, enhance function and extend independence. SCC has offered the program since 2006. Given the challenges patients often face with transportation, and the concentration of seniors in the Lower Cape region, SCC therapists conduct the program in Sandwich and Harwich. Participants meet for 90 minutes twice weekly for six weeks. The program is partially funded by the Massachusetts Chapter of the American Parkinson Disease Association. Five sessions in Sandwich served 35 persons with Parkinson’s disease, and five in Harwich served 51.

Parkinson Support Network (PSN) of Cape Cod - Spaulding Cape Cod is a founding member of the PSN of Cape Cod, a volunteer organization dedicated to improving quality of life for persons impacted by Parkinson’s Disease. PSN celebrated its fifth anniversary in 2013. Each year SCC develops and hosts educational programs for patients and their care partners in collaboration with PSN. In FY14 the programs included:

Caregiver Series:
- Strategies for Coping with Parkinson’s Disease Anxiety – est. 30 attendees
- Optimizing Medical Care for Your Loved One: Medication, Rehabilitation and Beyond – 34 attendees
- Accessing Community Resources panel discussion - est. 30 attendees

Education Series: Role of Rehabilitation in Parkinson’s Disease – est. 90 attendees
Workshop: Sensible Solutions: A Rehab Approach to Enhancing Daily Life (workshop focused on safety and mobility, improving daily tasks, communication, and managing medications) – 38 attendees

2.2.2. Educating the Community about Healthy Lifestyle, Prevention, Safety

Since opening in 1995, SCC has been committed to promoting the health of the community through free education and outreach programs. In FY 2014 these programs included:

- Healthy Living series at SCC – Eight programs reached more than 360 persons. Topics included “Risky Business: 8 Ways to Lower Your Risk of Heart Attack and Stroke” and two programs related to Parkinson’s disease.
- Three of the Healthy Living programs focused on pediatric issues in the 6th annual Pediatric Lecture Series, which featured programs on “Language and Learning for iDevices,” “Sensory Integration Disorder: Practical Strategies for School and Home,” and “Common Injuries in the School Athlete.”
As part of a state-wide initiative to reduce the incidence of preventable traumatic brain injury, SCC conducts the Brains at Risk Program in conjunction with the Brain Injury Association of Massachusetts. The program targets individuals, many of whom are young adults, who have been sentenced by the courts for operating a motor vehicle under the influence or texting while driving. Through hard-hitting educational content about the causes and consequences of traumatic brain injury, including testimony from a TBI-survivor, the program strives to encourage healthier choices. SCC social workers have offered the program twice a year since 2013. In FY 14, approximately 40 individuals attended the program.

To help prevent long-term effects from sports-related concussion, the staff of SCC’s Sports Concussion Clinic participated in a Concussion Forum for Parents (30 attendees). The team collaborates with coaches and athletic trainers in area schools on strategies for appropriate diagnosis, treatment protocols, and guidelines for return to play.

SCC physicians, therapists and other clinicians gave 17 community presentations across the Cape and South Shore, reaching about 600 attendees. Three focused on life after stroke, three on balance issues and fall prevention, and two related to Alzheimer’s disease.

Aging Mastery Program – See Section 3.2.1 for more information

Staff from Spaulding Orleans provided balance and stroke screenings, blood pressure checks and other activities to 100 attendees of a Patient Appreciation Day.

Therapists provided assessments for balance and neck strength, and quizzed attendees about fall prevention and concussion, at the Vivapalooza Health Fair, which attracted 1500 attendees.

2.2.3. Improving Health Status by Promoting Exercise and Teaching Skills

Fit to Be Kids Exercise and Weight Management Program - A series of exercise and education classes for children at risk of, or experiencing, obesity, diabetes, hypertension and high cholesterol levels. Through structured exercise, education of child and family, and support, the program promotes cardiovascular health and an active lifestyle. Participants meet twice weekly for six- or eight-week sessions. Three sessions were held in FY 2014, reaching 14 participants.

Adaptive Sports and Recreation Program - see Section 4.2.1 for more information

Athletic Events - SCC conducted three running clinics focused on injury prevention (73 attendees) and helped to sponsor two 5K runs and a half marathon that attracted nearly 6,800 runners and more than 4,000 spectators. Staff at these events provided information to promote the value of exercise for adults and children. At the half marathon, physical therapists also offered free Kinesio-taping to runners as an injury-prevention measure.

Health Fairs – SCC staff provided information, interactive exhibits, games and other activities at 13 health fairs across the Cape that attracted nearly 3500 attendees. In addition, SCC sponsored an interactive exhibit/trivia game on health topics at the annual Touch-a-Truck event attended by 1500.

Improving treatment and outcomes for adults and children living with chronic disease involves educating health care providers as well as patients and family members. As the only acute rehabilitation provider on Cape Cod, SCC brings unique expertise to community providers and agencies serving populations with rehabilitation needs, especially seniors, children, and those with disabling conditions. In multiple
venues, SCC physicians and other rehab experts educate nurses, therapists, case managers, social workers, physicians, school nurses, special education providers, and other professionals within the wider community on a range of topics related to improving the diagnosis and treatment of chronic disease. Programs in FY 2014 included:

SCC Spaulding Updates in Rehab Medicine – Physicians and therapists presented four continuing education programs on chronic issues in the elderly at assisted living facilities and skilled nursing facilities, reaching 138 providers on Cape Cod and the South Shore. Topics:
- Therapeutic and Psychological Aspects of Stroke
- Post-concussion Impact on Cognition and Behavior
- Common Hand Conditions in the Elderly
- Vision Rehabilitation

SCC staff gave 10 presentations and inservices to 368 health care professionals at area hospitals, home care agencies, assisted living facilities and skilled nursing facilities relating to diagnosing, treating, or enhancing quality of life for those with chronic illness. Clinicians presented information on spasticity, post-concussion cognition and behavior, therapeutic and psychological aspects of stroke, and Parkinson’s disease.

- See Section 3.2.2 for other programs specific to caring for frail elders.

SCC pediatric specialists conducted three presentations and inservices at schools and early intervention agencies, reaching 64 pediatric professionals. They discussed hearing loss in children and therapy and nutrition services that can assist children with disability or developmental delays.

SCC collaborated with a noted researcher and clinicians from Massachusetts General Hospital for Children to host a special dinner presentation for physicians on Common Pediatric Hurdles in the GI Patient; 18 attendees.

### 2.3. 2015 Goals:

<table>
<thead>
<tr>
<th>Priority</th>
<th>Goals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chronic Disease Management</td>
<td>• Introduce a high intensity exercise program for persons in the early stages of Parkinson’s to better meet the functional and psychological needs and extend independence of this cohort of patients</td>
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<td></td>
<td>• Explore development of an evidence-based tai chi program to improve function for patients affected by stroke, aging and chronic illness</td>
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<tr>
<td></td>
<td>• Expand educational outreach to home care providers, nurse practitioners and physician assistants to improve their knowledge and management of patients with chronic illness</td>
</tr>
<tr>
<td>Youth Health and Lifestyle Choices</td>
<td>• Continue concussion prevention activities by developing relationships with additional schools and continuing to participate in public and school-based educational programs</td>
</tr>
</tbody>
</table>
3. Helping Seniors Live Independently

3.1. CHNA priorities addressed:

- Support programs that address senior health challenges.

3.2. Strategies:

3.2.1. Reduce impacts of hearing loss

Hearing loss can have both subtle and profound impacts on daily life, affecting relationships, activity level, engagement with the wider community, and even the ability to communicate with healthcare professionals. In addition to the Lions Club Foundation program to provide lower-cost hearing aids (see 1.2.2.) Spaulding Cape Cod conducts free monthly hearing screenings. Thirty-three individuals used this option in FY 14.

3.2.2. Community outreach programming

Community outreach programming includes educational programs and screenings that frequently address issues of safety and prevention. These programs include:

- SCC collaborated with the Sandwich Council on Aging to plan and implement the Aging Mastery Program, a grant-funded pilot program designed to educate, encourage and incentivize older adults to make small changes that could improve their health. SCC clinicians offered the first program on the importance of exercise and will conduct additional programs in FY15 addressing issues of fall prevention, adaptive exercise, and mental health.
- See Section 2.2.2 for more information on health screenings and other educational programs offered by SCC in 2014.

3.2.3. Continuing education for providers on treatment for the elderly

Spaulding Updates – See Section 2.2.4 for more information on the Spaulding Updates education series and other examples of programs offered. Programs relevant to the frail elder population offered in 2014 included:

- Common Hand Conditions in the Elderly
- Is It Parkinson’s Disease: Implications for Case Management across Treatment Settings
- Neurological Findings Post-stroke: Why Does My Patient Present the Way He Does?
- Post-concussion Impact on Cognition and Behavior
- Therapeutic and Psychological Impacts of Stroke
- Spasticity: Overview of Treatment Options
- Stroke Rehab: Current Strategies and Technologies
- Vision Rehabilitation
3.3. 2015 Goals:

<table>
<thead>
<tr>
<th>Priority</th>
<th>Goals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address Senior Health Challenges</td>
<td>• Provide clinical expertise to the pilot Aging Mastery Program and evaluate its effectiveness pursuant to future collaboration</td>
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<tr>
<td></td>
<td>• Continue educational outreach to providers on issues related to senior health</td>
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<td></td>
<td>• Seek opportunities to partner with community-based senior service organizations around rehab-related issues</td>
</tr>
</tbody>
</table>
4. Disability Advocacy

4.1. CHNA priorities addressed:

- Given SCC’s specialized place in the continuum of health care and our commitment is to improving the quality of life for persons recovering from or learning to live fully with illness, injury and disability, advocacy in this arena is core to our mission.

4.2. Strategies:

4.2.1. Provide and promote activities that encourage social interaction and fitness

Adaptive Sports and Recreation Programs - Reduced physical activity, loss of motivation and increasing isolation are risks for someone who has suffered a disabling illness or injury, especially once formal therapy has ended. SCC seeks to promote a successful transition to an active, engaged life through its Adaptive Sports and Recreation Program and the Spaulding Adaptive Sports Centers (SASC).

In 2014, 138 individuals with disabilities participated in more than 700 units of service for SCC’s adaptive sports events.

Adaptive Sports foster fitness, well-being, social interaction, and engagement with community in an inclusive environment that facilitates both recreational activities and competitive sports. The program also helps to build a supportive network of individuals united by their love of sport.

Activities in FY2014 included:
- Spaulding Riders Club Cape Cod: June – September, cycling at Cape Cod Canal
- Adaptive golf: June – October, at golf courses across the Cape
- Adaptive archery, kayaking, tennis: June – August, at camps and a school
- Spaulding Ski Club
- Warfighter Sports Adventure Weekend and other activities to promote healing and well-being for veterans of the Iraq and Afghanistan conflicts

4.2.2. Enlarge Public Understanding of Disability

Spaulding Cape Cod helped deliver a powerful message about overcoming obstacles through rehabilitation and determination as the official sponsor of the wheelchair division of the Falmouth Road Race, a popular 10K race that attracts more than 10,000 runners annually. The message of the transformative power of sport and the indomitable human spirit was reflected in exhibits at the race expo that featured adaptive sports equipment, in personal appearances by world-renowned wheelchair marathon champion Tatyana McFadden, and in prominent visibility at media events and at the race itself.

SCC arranged for Marianne Leone Cooper, noted actor, author and disability advocate, to give an inspirational talk based on Jesse’s Story, her book chronicling the life, struggles and triumphs of her late son, Jesse. This special presentation for staff and the community emphasized the dignity of every life and the role of parents as advocates for their children. 58 attendees.
Greg Rice, a composer who developed his musical gifts after being diagnosed with Parkinson’s disease, gave two performances of his Living Life to the Fullest Despite PD program, one as a special grand rounds for staff, and the other for a community audience, reaching nearly 100 people.

4.2.3. Encourage healthy coping skills through support groups and other activities

Support Groups - Support groups play an important role in helping people adjust to disability, find practical solutions to problems, and build a sense of community. SCC conducts two monthly groups, providing professional guidance, space, and refreshments:

- Aphasia Community Group, facilitated by a SCC speech/language pathologist. Between 12 – 15 people with aphasia attend each month, plus caregivers. SCC piloted a separate group for caregivers to afford members more opportunity to practice communication skills in a peer setting and to better address the needs of caregivers.
- Stroke Survivor’s Support Group, facilitated by a former patient who coordinates with hospital leaders to develop a schedule of topics for the year. The group has about 90 members; attendance at meetings varies from 20 - 45 depending on the program.

SCC makes free meeting space available for several community-based support groups that meet regularly at the hospital.

- Alcoholics Anonymous - weekly
- Cape Cod Type 1 (Diabetes) Support Group – monthly
- Cape Cod Spinal Cord Injury Support Group – monthly
- Cape Cod Sober Sisters AA Support Group – weekly
- Center for General & Weight Loss Surgery Cape Cod Support Group – as needed
- Fibromyalgia Support Group – monthly
- Food Addicts in Recovery Anonymous – 2 groups meet weekly
- Cape Self Help MS Group – monthly
- Parents/Caregiver Support Group (for caregivers of people with Autism spectrum disorder or developmental disability) – monthly

4.2.4. Provide Opportunities to Support the Development of Life Skills

Project SEARCH - SCC continued its commitment to prepare young people with intellectual disabilities for employment through participation in Project SEARCH, a collaborative program with Riverview School that began in 2011. Each year six seniors from the school enter a one-year transition program that focuses on building confidence, job and self-advocacy skills that prepare them for competitive employment and form a foundation for living a full, independent life. Students conduct internships in three areas at SCC, including clinical, support and administrative areas. SCC staff offer mentoring and job training in an environment that is supportive yet challenges them to grow.

Massachusetts Rehabilitation Commission – In a new collaboration with Massachusetts Rehabilitation Commission, a MRC representative conducts weekly on-site office hours at SCC to meet with patients, community members, employees and others with disabling conditions who face a challenging entry into the workforce or who need to reassess employment as a result of disability. The representative
provides job counseling, access to adaptive technologies, and access to employers with suitable positions. In its initial year, 8 patients were referred for counseling.

4.3. 2015 Goals:

<table>
<thead>
<tr>
<th>Priority</th>
<th>Goals</th>
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<tbody>
<tr>
<td>Disability</td>
<td>• Continue to prepare young people with intellectual disabilities for employment through the Project SEARCH program.</td>
</tr>
<tr>
<td>Advocacy</td>
<td>• Promote awareness of disability issues and acceptance of other-abled people through expansion of the adaptive sports program and educational programs</td>
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<td>• As part of the next CHNA process, conduct focus groups and add questions to the community/provider questionnaires that directly solicit information on disability-related needs</td>
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<td>• Explore how to increase participation in MRC counseling.</td>
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<td>• Incorporate a separate caregiver support group to run concurrently with the Aphasia Community Group</td>
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<td>• Explore opportunities to expand support groups</td>
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</tbody>
</table>
Identified priorities not addressed

Given Spaulding’s specific expertise and limited resources, addressing all of the priorities identified by the community health assessment is not feasible. At present we are aware that there is a need to address substance abuse, mental health issues, infectious diseases and risky behaviors displayed by young people in our community, but we do not intend to focus on these issues ourselves. Cape Cod Hospital and Falmouth Hospital are both committed to tackling these issues, and given that they are the primary healthcare providers in the community, we feel they are better positioned to address these needs than Spaulding Cape Cod is.

Our Partners

Access Sport America  www.accessportamerica.org/
Alcoholics Anonymous  http://www.aacapecod.org/
Armstrong Ice Arena Plymouth  http://fmcicesports.com/rink/armstrong-arena/
Boston University  www.bu.edu/
CapeAble Adventures  www.capeableadventures.org/
Cape Cod Community College  www.capecod.edu/
Cape Cod HealthCare  www.capecodhealth.org/
Cape Cod Type 1 (Diabetes) Support Group
Cape Cod Spinal Cord Injury Support Group
Cape Cod Sober Sisters AA Support Group
Cape Cod Curling Club  http://www.capecodcurling.org/
Cape Self Help MS Group
Center for General & Weight Loss Surgery Cape Cod Support Group
Community Leadership Institute Cape Cod  http://www.clicapecod.org/
DCR Universal Access Program  mass.gov/eea/agencies/dcr/massparks/accessibility
Disabled Sports USA
Eastern Adaptive Sports  www.easternadaptivesports.org/
Fibromyalgia Support Group
Food Addicts in Recovery Anonymous  http://www.foodaddicts.org/
Forestdale PTA  http://www.forestdaleschoolpta.org/
Hyannis Marathon and Half Marathon  http://www.hyannismarathon.com/
Marshfield Education Foundation  http://www.marshfieldfoundation.org/site/
Massachusetts Lions District 33S-Hearing Foundation, Inc.
New Balance Falmouth Road Race  www.falmouthroadrace.com/
Paralympic Sport Club
Parents/Caregiver Support Group
Parkinson Support Network of Cape Cod  www.parkinsoncapecod.org/
Peter and Elizabeth C. Tower Foundation  www.thetowerfoundation.org/
Riverview School  www.riverviewschool.org/home
Sail Cape Cod  http://www.sailcapecod.org/
Town of Sandwich Council on Aging  www.sandwichmass.org/DepartmentDetail.asp?ID=31
Upper Cape Cod Regional Technical School  www.uppercapetech.com/
Warfighter Sports
For more information about this report or the center’s assessment process, please visit
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