

Priority Area: Quality of Life – Social Support

- 1) Decrease social isolation resulting from onset of chronic disease/injury**
- 2) Improve overall quality of life for individuals who have sustain or care for an individual who has sustained a chronic injury**

Annual Objective	Strategy	Target Population	Actions Description	Performance Measures	Resources/Partners
<p>Decrease participants feeling of isolation, depression and anxiety</p> <p>Increase participants sense of empowerment, control, coping skills, and sense of adjustment.</p> <p>Expand the mentor program to include stroke and brain injury patients.</p>	<p>Provide support and assistance with social isolation post injury or diagnosis:</p> <p>Diagnosis and peer group support groups for individuals who have sustained, a stroke, brain injury, spinal cord injury, amputation, have addiction or dependency, caregiver support group</p>	<p>Individuals over 16 years of age who have had a spinal cord injury, brain injury, stroke, or amputation and caregivers</p>	<p>Support groups are offered monthly by rehabilitation staff. Topics are solicited by participants on a regular basis and program evaluation information is obtained regarding satisfaction and effectiveness of the program.</p>	<p>Reach:</p> <ul style="list-style-type: none"> # of participants # of caregivers <p>Outcomes:</p> <p>Percent of participants with post-group survey reporting:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Feeling less lonely, isolated or judged <input type="checkbox"/> Gaining a sense of empowerment and control <input type="checkbox"/> Improving your coping skills and sense of adjustment <input type="checkbox"/> Talking openly and honestly about their feelings <input type="checkbox"/> Reduced distress, depression, anxiety or fatigue <input type="checkbox"/> Developing a clearer understanding of what to expect with their condition <input type="checkbox"/> Getting practical advice or information from experts 	<p>Amputee Coalition of America, Christopher and Dana Reeves Foundation</p>

Priority Area: Quality of Life – Active Lifestyle

- 1) Increase the proportion of adults who are not overweight or obese
- 2) Decrease occurrence of secondary complications attributed to sedentary behavior

Annual Objective	Strategy	Target Population	Actions Description	Performance Measures	Resources/Partners
Increase awareness and benefits of Adapted Sport for individuals with chronic disease/injury such as spinal cord injury, stroke, brain injury, amputation	Provide engaging opportunities for individuals with SCI, BI, CVA, and amputation to be introduced to adapted sports programming, so that they can participate in similar activities:	Adults with physical disabilities	The Adapted Sports Program maximizes participation for individuals with disabilities in adapted recreational and competitive sports, in order to promote independence, self-confidence, health and overall well-being through structured, individual and team sports	<u>Reach:</u> # of community members/programs educated	United States Olympic Committee- United States Paralympic Committee
		Allied Health Professionals		# of allied health professional and students educated regarding the availability and benefits of adapted sports	
		Allied Health Students			
Increase community awareness regarding the availability and benefits of adapted sports	Adapted Sports Festival, Amputee Walking School, Wheelchair Basketball Clinic, Wheelchair Tennis Clinic and Wheelchair Rugby.		Programs offered are Adapted Sports Festival, Wheelchair Basketball Clinic, Wheelchair Rugby Team, Adapted Golf Program, Amputee Walking/Running Clinic	# of participants in the Adapted Sports Programs offered through UM Rehab	
Increase awareness in healthcare providers and students regarding the availability and benefits of adapted sports	Provide opportunities for community involvement in adapted sports programs offered through UM Rehab & Ortho		Education programs offered to community organizations and allied health academic programs	<u>Outcomes:</u> # of participants identifying positive impact to quality of life and overall health as a benefit of participation in UM Rehab's adapted sports programs	
			Post participation surveys will be utilized to obtain information regarding increased awareness of physical and social benefits of participation in adapted sports		

Annual Objective	Strategy	Target Population	Actions Description	Performance Measures	Resources/Partners
<p>Increase self-reported quality of life and overall wellness in individuals participating in adapted sports programs offered by UM Rehab</p> <p>Increase number of participants in the various adapted sports programs offered by UM Rehab</p> <p>An additional support group around healthy to include nutrition and healthy food.</p>	<p>Provide education and opportunities for healthcare professionals and students to participate in adapted sport events in order to experience first-hand the benefits of physical activity and social inclusion</p>				

Priority Area: Transition to Community – Patient Navigation

1) Decrease preventable hospitalization related to management of chronic medical conditions

Annual Objective	Strategy	Target Population	Actions Description	Performance Measures	Resources/Partners
<p>Increase number of educational sessions made available to disabled population (provide at least 6 sessions annually)</p> <p>Increase participants confidence, understanding and skills in managing chronic medical conditions</p> <p>Initiate Mobile Market twice/month to improve access to healthy</p> <p>Provision of training to physician to be more accessible</p>	<p>Provide education and information for individuals and caregivers through engaging, evidenced-based programs: Living Well with Chronic Conditions - (Stanford's Chronic Disease Self- Management Program)</p> <p>Mobile Market</p>	<p>Adults with chronic disease/injury such as spinal cord injury, stroke, brain injury, and diabetes</p>	<p>Classes are offered as a 6 week course covering the following topics:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Managing Medication <input type="checkbox"/> Managing Stress <input type="checkbox"/> Attending Doctor Appointments Regularly <input type="checkbox"/> Healthy Eating and Exercise <input type="checkbox"/> Improving Quality of Sleep <p>Mobile Market provides healthy produce in partnership with UMMC and Hungry Harvest. Produce is available for a significantly reduced rate and buyer</p>	<p>Reach:</p> <ul style="list-style-type: none"> # of participants # of sessions offered <p>Outcomes:</p> <ul style="list-style-type: none"> % of participants who report improved confidence in managing their chronic health condition % of participants that reported having a better understanding of how to manage the symptoms of their chronic health condition % of participants that reported knowing how to set up an action plan and follow it. <p>Outcomes:</p> <ol style="list-style-type: none"> 1) \$ amount spent through WIC/SNAP benefits & zip codes of purchasers 2) Total \$ amount sold 3) Self-reported servings of produce/day through survey of Mobile Market 4) # of BP screenings at Mobile Market 	<p>Maryland's Maintaining Active Citizens (MAC), Maryland Department of Health and Mental Hygiene, Stanford University UMMC, Hungry Harvest</p>

Priority Area: Transition to Community – Dental Clinic

1. - Decrease emergency room visits related to dental issues

Annual Objective	Strategy	Target Population	Actions Description	Performance Measures	Resources/Partners
<p>Increase the number of dental treatments available to special needs population</p> <p>Increase awareness of proper brushing Flossing home care and proper diet of patients that had comprehensive treatment under general anesthesia</p>	<p>Provide dental care and treatment for special needs adults and children within Maryland: UM Rehab & Ortho Dental Clinic</p>	<p>Special needs adults and children in need of dental care</p>	<p>Dental services are provided for special needs adults and children who may not receive care otherwise. Many dentists in the community are not comfortable performing dental services to disabled patients.</p>	<p>Reach: # of patients served (Adults & Children)</p> <p>Outcomes: % of patients receiving preventive dental care. % of high caries risk patients that had treatment under general anesthesia that return for 3 month recall over year period that will have no new lesions.</p>	<p>UM Dental School</p>

Priority Area: Community Education/Awareness

1. - Reduction in accident/injury rate in teen population

Annual Objective	Strategy	Target Population	Actions Description	Performance Measures	Resources/Partners
<p>Increase the number of high and middle schools scheduled for presentations</p> <p>Increase the number of students participating in the scheduled presentations</p> <p>Trend changes in behavior identified by students after presentation</p>	<p>Provide education and information through engaging, evidence-based programs:</p> <p>Think First for Teens</p>	<p>Middle and high school students in Baltimore City and Baltimore County, and potentially expanded area to other counties</p>	<p>Think First program director currently has contacts in several county and city high schools, as well as 1 middle school to date. Presentations are coordinated through health or physical education departments at the identified schools, with presentations then scheduled in auditorium or single class room formats.</p> <p>Presentations include clinical experts describing the permanent nature of SCI and TBI, as well as the importance of thinking before you act, and understanding the consequences of your actions. There is a guest speaker that attends as well. The injured speakers have sustained spinal cord or brain injuries, have been trained to appropriately share the life changes that are permanent and impact them as a result.</p>	<p>Reach :</p> <p># of schools scheduled</p> <p># of students attending</p> <p>Presentations</p> <p>Outcomes: % of students identifying a positive impact of the program by identifying ways to avoid high risk behaviors and comply with injury prevention strategies.</p>	<p>Think First National Injury Prevention Foundation</p> <p>Baltimore City Public Schools, Baltimore County Public Schools</p> <p>SCI/TBI guest speakers (previous patients)</p>