

STAGES OF ACUTE CARE RECOVERY AFTER TBI





1. GETTING SITUATED IN ICU

When it is time, you will work with the ICU care team to start your TBI journey.

What you need to do:

Understand who is a member of your ICU care team, and what questions to ask to whom

Document the chronology of events happening with your loved one

Write down your questions

Ask to speak to the physician in charge (“Attending”)

Access the following resources:

“Understanding the NSICU Intensive Care Unit Team” brochure

“Chronological Timeline Table”



2. UNDERSTANDING NEXT STEPS

Some patients may need to go to a post-acute care facility, while others may be able to go home. Decisions are driven by medical recommendations, therapy assessments, and insurance coverage.

What you need to do:

Become familiar with the different levels of post-acute care

Share your placement preferences for your loved one with your Social Worker/ Nurse Case Manager

Contact **513-585-6200** or PFS@UCHealth.com for financial help

Call Ohio Medicaid (**800-324-8680**) or Kentucky Medicaid (**855-306-8959**) to apply if not presently insured

Access the following resources:

Family Medical Leave Act (FMLA) application with employer (ask your company for a copy)



3. CHOOSE REHABILITATION

Be aware that the level of Post Acute Care may change as the state of the patient changes. The goal is to place the patient in the right level of care at the right time for optimal recovery.

What you need to do:

Talk to your Social Worker/ Nurse Case Manager & Post Acute Care Liaison to understand what your next level of care may entail

Ask to talk to our PM&R physician if you want clarification about the level of care that is medically most appropriate after your hospital stay

Visit the Rehabilitation Facilities

Access the following resources:

“The Post Acute Care Check List”

A List of TBI accredited Rehabilitation programs



4. PREPARE FOR DISCHARGE

Once insurance has approved the rehabilitation program, the Social Worker/Nurse Case Manager will provide all contact information, transportation, and discharge paperwork.

What you need to do:

Check medications and appointments are established

Ask for Care Plan and Discharge Plan

Access the following resources:

Download the Brain Injury Association Guide to recovery (<https://biausa.org/what-to-expect-after-brain-injury-guide>)

Contact Brain Injury Association of Ohio (BIAOH) Neuro Resource Coordinator Program Ohio Brain Injury NeuroResource Facilitation — The Brain Injury Association of Ohio

Contact Brain Injury Alliance of Northern KY (BIANK) (www.biank.org)



5. RECOVERY

Once you leave UC Health, it is critical you stay in touch with the care team.

What you need to do:

Continue to document the events that happen while in post-acute care and back home

Learn about TBI and how to live with a TBI

Attend your appointments with UC Health Care Team

Start conversation with your UC Health Care Team about conditions to return to work or school

Access the following resources:

“Chronological Timeline Table”

List of follow-up appointments at UC Health

Peer support groups and mental health services at BIAOH and BIANK