

S.H.A.R.E with
Continuum of Care:
Stacy Shamblott,
CTRS and Diane
Chappuis, MD



Disclosures and Conflicts of Interest

- The authors have no disclosures, conflicts of interest, or discussion of off label medications or products

Prudential Commercial



©2016 The Prudential Insurance Company of America Newark, NJ and its affiliates.
0296127-00001-00

Life After Stroke

- Nearly ¼ of stroke survivors are under the age of 65 according to the CDC
- Stroke survivors feel that their cognition, vocational, recreational and visual needs are not addressed as well as mobility, speech and ADL according to the AVAIL study
- Heroic efforts to save brain tissue are wasted if life does not have enough purpose
- Preventing secondary stroke for periods of 20-40 years requires a significant change in lifestyle



Using Fun for Stroke Prevention

- Many survivors lose their main purposes in life (at least temporarily) after a stroke
- No one can dismiss the importance of regaining a purpose in life
- Loved ones trying to protect a stroke survivor can inadvertently prevent their return to purposeful activity...
- Happiness is highly correlated to activities that promote “flow”, doing something for others, being connected, being at peace and being grateful

SHARE

- Sports
- Health
- Activities
- Recreation
- Exercise





SHARE

- Mission of SHARE:** Provide people of all ages and disabilities the opportunity to achieve physical and emotional fitness and just have FUN!
- It is a one-stop shop for activities listing and registration details in Minnesota and Western Wisconsin.
 - It was funded by the Allina Employee Giving Campaign at the Foundation.
 - SHARE-provides resources that are a fit for you based on your interests, and barriers either real or perceived.
 - I work with patients, care-givers and professionals. You don't need to be an Allina or Courage Kenny client.
 - Create programs where there is a gap analysis shows a need: Bowling and VIP water aerobics and music therapy
 - Scuba-resources, targeted resources:
adaptive ski list, bowling, social group for stroke patients

PATIENTS SERVED

Patients served with Stroke since 2013	-262 patients
Inpatient	78
Outpatient	75
Doctors	29
TRP	19
ILS/ARHMS	6
Community	7
Presentations	12
Sports and Rec/Aquatics	6
Non-Stroke Patients served since 2013	690

Inpatient Care

- Patients are selected for me that will need additional assistance when discharging from Inpatient.
- Learn more about the patient based on the Therapeutic Recreation Notes, Case Management notes, Psychology notes to get understanding of what they are interested or have done prior to Stroke
- Two types of patients:
 - First is the patient that I just introduce myself to and talk because they are discharging to our Transitional Rehabilitation Care Program or Outpatient at Courage Kenny. I will follow them to the next stage.
 - Second patient is going to Outpatient or home health services. I will do an assessment on them so that my resources can be given with discharge summary.



OUTPATIENT

- Best time to see Outpatients is 3-4 weeks prior to discharge
- Goal is to have resources in place before discharge now that they have extra time in their life.
- This is a great time to think about Stayfit/Stayfit Extra or Exercise
- Stroke peer visitors or support groups are then discussed

Assessment

- Arts: Painting, Knitting, Crochet, Drawings, Ceramics
- Aquatics and Fitness and Sports and Recreation
- Cultural: Movies, Music, Theatre
- Family and Support Groups, Psychology
- Food
- Outdoors
- Reading-books on tape
- Technology: Facebook, Basic Computer, Internet
- Transportation-metro mobility, limited mobility, transit link, Drivers Assessment, etc
- Voc Rehab
- Volunteering



RESOURCES

- After interests are determined than finding the right match for activities begins.
- Matching ages, abilities, transportation and financial barriers all help pick the resources.
- Patients/Clients then receive a word document with each resource that has
- Provide websites, phone numbers and contact information to connect with an organization.
- Resources are charted in Excellian or sent to referral source.

HOW DOES IT WORK

Patient TA

Stroke Patient with Left Hemiplegia and Vision Loss

Lives outside of twin cities

Transportation-by his family

Financially okay but cheaper is better

Referral resource OT from Outpatient

Assessment was for 60 minutes at community location

Referral made to Vision Loss Resources for technology training

Other resources:

Community Education for People with Disabilities: Access, Project SOAR,
Windows of Opportunity

Books on Tape and Let's Go Fishing

Audio Description for Movies, TV and Plays

Blind Bowlers,

Library programs at Scott, Carver and Hennepin

Adaptive Sports and Rec for tandem biking

Resources for TA

1. Handcycling and riding recumbent trikes are a great way for people with disabilities to stay physically active and healthy. Courage Kenny Sports & Rec has a small fleet of handcycles and trikes that are available for ride during the summer months. We organize weekly bike rides on various trails throughout the Twin Cities.

Please join us for weekly rides:

Thursdays, 6 p.m. - dusk @ pre-determined locations
Check-in at 6 p.m., discuss route. We ride at 6:15 p.m.

How to register: ckactive

Register online for a bike assessment

What to bring. Bring a water bottle, sunglasses, helmet, wear athletic clothing and closed toes shoes.

Equipment Loan. Courage Kenny Rehabilitation Institute owns a variety of bikes to meet a variety of physical needs. Priority is given to people who are new to handcycling or trikes. Handcycles are available for summer long rentals. If you ask for a summer long bike loan you must attend at least three rides. Recumbent trikes are only available by for rental for the weekly rides due to popular demand.

Contact

Megan Welty, Program Coordinator | [612-775-2280](tel:612-775-2280) | megan.welty@allina.com

AQUATICS



CLASSES

Ai Chi Relaxation

A relaxation progression with sequenced moves using deep breathing and slow, flowing body movements. Similar to Tai Chi, but performed in shoulder-depth warm water.

Neuro Splash Class

Designed for people who have had a stroke, or who are recovering from a variety of neurological health conditions. Focus on range of motion, seated balance, standing, walking, balance, and core strength

Water Yoga

Increase strength, flexibility, balance and the ability to focus inward through the active practice of postures.



FITNESS AND WELLNESS

Aquatics Locations:

Abbott Northwestern-
Golden Valley- Newly expanded
Stillwater/St. Croix

Fitness Locations:

Abbott Northwestern- Penny George
Golden Valley- Newly expanded
Stillwater/St. Croix
United Hospital- Milton M. Hurwitz--ExerCare

FITNESS PROGRAMS

Adaptive Yoga or Adaptive Tai Chi

Tai Ji Quan

Tai Ji Quan is a research-based balance training class for people with balance disorders.

Stay Fit/Stay Fit Extra

A supervised/directed exercise-based program. Designed for people who can self-direct their exercise program and who require assistance less than 50% of the time. Extra: Designed for people who require additional exercise direction, or who need help with transfers and close monitoring of their exercise program.

Nutrition and Weight Management

Offered in conjunction with Stay Fit/Stay Fit Extra programs at no additional cost.

Stay Fit FES Bike

For those people whose fitness routine includes use of a Functional Electrical Stimulation (FES) bike.



ABLE- Activity-Based Locomotor Exercise program

ABLE, the, is an innovative approach for people living with paralysis or neurological conditions. ABLE delivers standardized activity-based exercises based on current scientific and clinical evidence.

It delivers customize to individual goals for a complete fitness and wellness program that incorporates [locomotor](#) training, [Functional Electrical Stimulation](#) (FES), the [Giger MD therapy device](#) and guided fitness activities to challenge muscles and movement below the level of injury. assessment.

Call 612-775-2200

AQUATICS THERAPY

Aquatic therapy sites with Physical Therapist and Insurance Pays

Warm-Water Pool

Buffalo
Coon Rapids
Fridley
Hastings
New Ulm
St. Croix
River Falls WI



Burnsville
Eden Prairie
Golden Valley
Minneapolis-Waise
Owatonna
Ellsworth WI

Sports & Rec Metro Area

www.allinahealth.org.ckactive

Alpine Skiing

Bowling

Golf

Martial Arts

Nordic Skiing

Power Hockey

Sled Hockey

Track & Field

Wheelchair Lacrosse

Wheelchair Tennis

Wheelchair Basketball And Many More.....



Archery

Curling

Hand cycling

Horseback Riding

Power Soccer

Rock Climbing

Scuba

Waterskiing

Wheelchair Rugby

Wheelchair Softball

Sports and Rec Northland

Adaptive Swimming

Alpine Skiing

Archery

Games

Curling

Fishing Tournament

Power Soccer

Dog Sledding

Adaptive Yoga

Mono Ski Camp

Arrowhead Youth

Climbing Program

Cycling-Roll with It

Kayaking

Recreational Sailing



Assistive Technology

Referral from Doctor for Occupational Therapy with AT referral or tell your OT that you would like to see Matt White

- What can AT do for me:
- Help with mobile devices and tablets
- Look at environmental controls needed from lights to heat and other electronic aids to help in daily living (EADLS)
- Switches and more



SHARE WEBPAGE

WWW.ALLINAHEALTH.ORG/SHARE

The left-side has Courage Kenny resources include:

[Adaptive sports & recreation](#)

[Aquatics & fitness](#)

[Assistive technology](#)

[Support groups](#)

Community Page has resources guides for:

Accessible Playgrounds

Aftercare Fitness Resource Guide

Balance and Fall Preventions





SHARE WEBPAGE

Community Resources include

Adult Day Programs

Arts and crafts

Camps - not all are wheelchair accessible

Dance, movement, theater

Social

Martial arts

Other Adaptive Sports and Recreation

Outdoors

Sailing

Therapeutic horseback riding

Community education and activities for people with disabilities

Animal-assisted activities

Music

Cheer

Swim

People with Aphasia

Technology

Travel

Volunteering



SHARE

How to access SHARE?

- Call Stacy at Pager: 612-654-5748 at the beep put in your phone number.
- Email: stacy.shamblott@allina.com
- www.allinahealth.org/SHARE
- Facebook:
[www.facebook.com/CourageKennyRehabilitation
Institute](http://www.facebook.com/CourageKennyRehabilitationInstitute)

SHARE

Do you have any questions?
Thank you!



stacy.shamblott@allina.com