



According to the evaluations of the rehabilitation team and the preferences and goals of the patient, a patient care plan may include the following:

Mobility training

- functional strength and endurance
- movement control
- balance and coordination activities
- flexibility
- transfer skills
- walking and balance training
- seating and positioning for wheelchair use
- wheelchair mobility skills

Self-care training

- eating
- grooming
- bathing
- dressing
- toileting

Independent living skills

- meal planning and preparation
- money management
- transportation
- community re-entry skills

Equipment and training

- prescriptions for adaptive medical equipment and devices including custom orthotics and prosthetics
- home accessibility and safety recommendations

Nutrition and swallowing management

- nutritional health assessment and diet counseling
- swallowing assessment and management

Returning to leisure

- leisure education and skills
- training in community-related activities
- community resource development

Returning to work or school

- advice on Americans with Disabilities Act rights
- referrals for vocational rehabilitation services
- counseling for goals, resources and rights
- team focus on work and school goals

Speech-language interventions

- comprehension
- verbal and written expression
- voice, articulation, intelligibility
- alternative methods of communication

Cognitive testing and management

- attention and concentration skills
- memory and learning
- problem-solving skills

Counseling

- therapy for adjustment to disability
- techniques for pain and stress management
- information and resources for questions about sexual functioning

Social services

- financial issues
- housing
- community agency referrals

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