Our nationally recognized SCI/D Center at the VA Boston Health Care System serves Veterans and Active Duty Service Members with spinal cord injuries and disorders throughout New England and beyond. We have a long history of excellence and dedication to the highest quality of care. We serve 400-500 Veterans each year in our SCI/D Center.

STATE-OF-THE-ART SERVICES

- Rehabilitation, medical & surgical care
- Mobility, strength & endurance training
- Specialized wheelchair seating services
- Assistive Technology
- Self-care and living skills training
- Medications, supplies and equipment
- Pool therapy, Driver’s training
- Adaptive Sports, Recreational programs
- Vocational rehabilitation services
- Skin protection & wound management
- On-site orthotic and prosthetic services
- Adaptive complementary activities (Yoga, Tai Chi, guided imagery)
- Specialty neuro-urology services
- Spasticity and pain management
- Respiratory and ventilator management
- Individualized RN Case Management
- Telehealth services and virtual care
- Caregiver support, Respite care
- Assistance with VA benefits and community resources

ELIGIBILITY

Your spinal cord injury or disorder may have been acquired during or after your military service. If you served in active military service and were separated under any condition other than dishonorable, you may qualify for many of our services and benefits.

INPATIENT REHABILITATION PROGRAM FACTS

- 84 persons served between 2018-2020
- Age range was 22-87, average age 65 years
- 95% male, 5% female
- 42% had a traumatic SCI (e.g., fall, car accident), 58% non-traumatic (e.g., spine narrowing, infection)
- 25% with quadriplegia, 14% paraplegia, 57% incomplete injury, 4% generalized spinal cord disorder

A LIFETIME OF CARE

Our mission is to promote the health, independence, quality of life & productivity of Veterans with SCI/D throughout their life. We offer a continuum of inpatient, outpatient, and home care in an integrated system with lifelong access to needed care and resources.

A TEAM APPROACH

We provide comprehensive rehabilitation in a team approach with multiple disciplines and professions working together with the Veteran as the most important member of the SCI team, in an individualized program to work on your unique needs and goals and achieve the best outcomes.
WHAT TO EXPECT
State-of-the-art services are part of your comprehensive rehab program. Daily intensity, duration, and type of therapy varies based on individual needs, but is typically 3 hours or more on weekdays, with weekend therapy also available if indicated. Additional time maybe spent in activities including classes and group sessions.

SUPERIOR OUTCOMES
While the extent of functional gain (FIM) in an individual person served depends on many factors, our 3-year data shows higher average gains in motor function, achieved in a shorter time, than the national benchmark for all VA SCI Centers.

<table>
<thead>
<tr>
<th>Fiscal Year</th>
<th>Boston</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>FY18</td>
<td>30.3</td>
<td>25.1</td>
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<tr>
<td>FY19</td>
<td>25.3</td>
<td>23.9</td>
</tr>
<tr>
<td>FY20</td>
<td>32.9</td>
<td>NA</td>
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</tbody>
</table>

DISCHARGE TO HOME/COMMUNITY
Typically, 80-85% of persons served in our initial inpatient rehabilitation program are discharged home and even more return to the community within 90 days of discharge. Outpatient rehabilitation, home care, and telehealth services are offered after discharge, and close coordination with your local VA SCI team as needed.

ENGAGED, CARING TEAM
Our SCI staff consistently report amongst the highest overall satisfaction in the anonymous VA All Employee Survey compared to all other VA groups. The Best Places to Work score reflects overall staff satisfaction & engagement at work.

<table>
<thead>
<tr>
<th>Fiscal Year</th>
<th>VA Boston SCI Staff</th>
<th>VA Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>FY18</td>
<td>86</td>
<td>64</td>
</tr>
<tr>
<td>FY19</td>
<td>80</td>
<td>65</td>
</tr>
<tr>
<td>FY20</td>
<td>94</td>
<td>69</td>
</tr>
</tbody>
</table>

OVERALL SATISFACTION OF PERSONS SERVED*
Higher than national benchmarks for all domains

- 98% Enabled me to do things better
- 96% Met my need
- 100% Respectful of my culture
- 98% Would recommend to a friend

OVERALL SATISFACTION WITH SERVICES RECEIVED
98%

CONTACT US
To learn more about spinal cord injury services and how you can participate in the SCI Rehabilitation Programs call (857) 203-6574

VA Boston Healthcare System
SCI Center
1400 VFW Parkway
Bldg. 2, A-204
Boston, MA 02132

RESOURCES
VA Boston SCI Center
https://www.boston.va.gov/services/Spinal_Cord_Injury.asp

VHA Spinal Cord Injury System of Care
www.sci.va.gov/

Paralyzed Veterans of America
www.pva.org/