



Brain Injury  
Rehabilitation  
Specialists™

WINTER  
2013-14  
SPECIAL FY13 OUTCOMES REPORT EDITION

# headway

## A LETTER FROM ELIZABETH

A YOUNG WOMAN'S PERSPECTIVE AFTER  
HER FAMILY'S TRAGIC CAR ACCIDENT

*also inside:*

LIFE FORWARD - A CAPITAL CAMPAIGN | ATTENTION TO DETAIL | HOLIDAYS AT OWL  
REPORTS FROM THE COMMUNITY | PEOPLE MAKING A DIFFERENCE | 2013 OUTCOMES REPORT

# On With Life headway magazine

WINTER 2013-14

## On With Life

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**About the Cover:** Elizabeth Johnson, her dad, Dallas Johnson, and brother, Seth Johnson.



## a letter from our director

From the outside, On With Life may look like the “little fish in a big pond,” but do not let our size fool you. As healthcare evolves, we refuse to bury our heads in the sand and wait for what these changes mean for On With Life and the people we are privileged to serve. We will continue to involve ourselves in the healthcare discussions happening both locally and nationally, and push ourselves to continue to stay on the forefront of brain injury rehabilitation. I’d like to share two projects happening in 2014 that will be key in helping us position ourselves for the future.

The first is “Life Forward,” a capital campaign project that kicked off in late 2013 for major program and property enhancements on our Ankeny campus. We are turning to the community for the first time in our history to ask for help in raising funds that will increase and improve access to services and enhance the therapeutic property of On With Life. The project will include a new outpatient therapy center, a new therapeutic pool and wellness center, a remodel of our dining and therapy spaces, new space to be used for family housing, additional rooms for persons served, and property enhancements that will make our programs more efficient and environmentally friendly.

The second is more of a behind-the-scenes project that will have a big impact on the way we record and track the care we provide. Electronic medical records (EMR) are not new to the healthcare world, but for an organization like On With Life, it requires a major investment of our time and resources. The person served benefits of an EMR are numerous as it will improve care coordination, increase efficiencies and improve communication between the rehabilitation team.

As you can imagine, these projects have people buzzing as we continue to meet the needs of those we are privileged to serve. We invite you to watch us grow – literally and figuratively. It’s going to be a busy journey, and we’re up for it!

Julie Fidler Dixon, *Executive Director*

*P.S. Please save the dates for the following 2014 On With Life Events. Visit [onwithlife.org](http://onwithlife.org) for more information.*

June 26

**On With Life  
Golf Outing**

Otter Creek Golf Course

August 2

**On With Life  
Reunion**

Ankeny, IA

September 12

**On With Life  
Brain Injury  
Rehabilitation  
Conference**

FFA Enrichment Center

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On With Life's Long-Term program in Glenwood celebrated the opening of the OWL's Nest Sensory Garden on September 28, 2013. Persons served, family, staff and invited guests enjoyed lunch, musical entertainment and the beauty of the new garden. Pictured are board members in attendance (L to R); Larry Kruse, Diana Hoogestraat and Dr. Bill Campbell. To learn more about the benefits and highlights of the new OWL's Nest, visit [onwithlife.org/owlsnest](http://onwithlife.org/owlsnest).

## Life Forward

On With Life is constantly striving to enhance services to meet the needs of each person served, but has reached a pinnacle in terms of what can be done with the current facility and properties. "Life Forward," a capital campaign project that kicked off in late 2013, marks the first time the organization has formally asked the community to help expand.

"It is important that we look to the future and continue to evolve to meet the needs of the people we serve," says Julie Fidler Dixon, executive director at On With Life. "Our Inpatient Rehabilitation program runs full or nearly full with a consistent waiting list, and aquatic therapy could be tremendously beneficial if it was available on-site."

The goal of the Life Forward Capital Campaign is to increase and improve access to services and enhance the therapeutic property of On With Life. Priorities include a permanent outpatient therapy center which will replace the modular home on our campus where outpatient services are currently being provided. The temporary



Jane, person served, and Jillian, physical therapist, utilizing aquatic therapy.

outpatient center will be converted into much needed family housing.

Other phases of the Capital Campaign project include an on-site aquatic therapy pool, additional inpatient beds that will support the growing number of lowans in need of brain injury rehabilitation services, a wellness center, new outdoor therapeutic environments, and property enhancements that will make our facilities more efficient and environmentally friendly.

*On With Life plans to break ground on the early phases of this project in 2014. To inquire about ways in which you can support the Life Forward Capital Campaign, please visit [www.onwithlife.org](http://www.onwithlife.org) or contact the Foundation at 515-289-9611.*

Learn more about Supported Community Living at [onwithlife.org](http://onwithlife.org)

## Attention to Detail

On With Life's Supported Community Living (SCL) program offers a unique service that helps persons who have experienced a brain injury maintain and improve their independence. SCL specialists work one-on-one with persons served and make it a priority to know their interests so they can be incorporated into goals. Mike Butler, 63, a person served since May 2009, was exceptionally grateful for this attention to detail when he was recently able to experience a night he'll never forget.

It was during an On With Life Holiday Party on December 6, 2013, that an SCL specialist told Mike that his favorite band, The Lettermen - a pop music vocal trio - would be performing later that night in Oskaloosa, Iowa.

day and all I would need to do to brighten his mood was turn on his favorite song, "Put Your Head on My Shoulder," Mary Ann Bond, SCL specialist says. "You can imagine how excited he was when we told him we could get tickets!"

Knowing how important this would be for Mike, Mary Ann offered to drive him to Oskaloosa and attend the concert with him to make sure he didn't miss out on this opportunity.

"We arrived early to make sure we got front row seats," Mary Ann said. "Mike was so excited, singing along to all of their songs. It was an amazing thing to be a part of."

Following the concert, Mike and Mary Ann were able to meet the band and receive autographs, at which point the lead singer told him, "If I forgot the words, I'd just look at you."

"I won't ever forget something like this," Mike said. "It was the best night of my life."



Mike and Mary Ann (center) pictured with The Lettermen.

"We all knew that Mike loved The Lettermen. He could be having a horrible



# holiday fun

The holidays are often seen as a chance to share wonderful memories and cherish time spent with family and friends. Our hope is that persons served and families will be able to enjoy themselves during a difficult time in their lives. Staff take delight and great pride in bringing the holidays to On With Life by hosting specialty dinners, decorating our facilities, incorporating holiday traditions into therapy sessions and inviting special guests.

*“Life brings simple pleasures to us every day. It is up to us to make them wonderful memories.”*

~CATHY ALLEN





# A LETTER

## from Elizabeth

FACING A TRAGIC ACCIDENT WITH STRENGTH AND COURAGE

On March 8, 2009, Elizabeth Johnson was celebrating her 25th birthday and as was tradition in the Johnson family, was looking forward to a birthday dinner with her family. Elizabeth's parents, Paula and Dallas Johnson, were traveling to Ankeny from Belmond, Iowa, with her younger brother Seth and as a surprise, Elizabeth's Grandma Minnie was also with them. Elizabeth and her other brother Kyle, eagerly awaited their arrival in Ankeny, but as time went on, her family didn't arrive. Elizabeth and Kyle became worried and before long they received a call no one ever wants to receive. An officer informed them that their family had been involved in a bad weather-related accident and their mom and grandma had died from their injuries. Their dad and brother had both suffered traumatic brain injuries and were in critical condition.

Elizabeth took on the role of caregiver and over the next several months and years navigated her way through the healthcare system and along the way, found her own calling as a nurse. The following is Elizabeth's journey, written from the perspective of a young woman who faced adversity and tragedy with strength and courage. ***This is Elizabeth's story.***

**H**aving had an accident of such great magnitude impact my family has taught me many valuable life lessons. Life is a precious and fragile gift, full of endless uncertainties and possibilities. Everything you know and love can change in a moment's time. It is important to share your feelings with those you care about and love because you may never get another chance. Our family has grown closer together and we have learned we are stronger than we ever imagined.

Following the accident, we immediately had to educate ourselves in a time of great pain and sorrow and use that

knowledge to help our family receive the best possible care. My dad and Seth's injuries were serious and their future unknown. We had to make countless decisions concerning their plan of care and knew their injuries would require months of rehabilitation. These needs would bring us to On With Life when Dad and Seth were both admitted on April 15, 2009.

When my family was at On With Life I felt a lot of compassion, encouragement, love and support. They cared tremendously for my family and saw me through some of the hardest times in my life. Dad had emerged from

his coma just a couple days before arriving at On With Life and showed tremendous gains immediately. He was there just short of a month and worked on becoming physically stronger and adjusting to a new normal. Seth arrived to On With Life on his 18th birthday in a minimally conscious state. During his six month stay, Seth slowly emerged and worked towards regaining his independence. When Seth was discharged he had relearned how to talk, eat and could walk with assistance. His therapists had worked with him on schoolwork and he was able to return home to complete his senior year.

Throughout our journey, I came into contact with a number of care providers that made a powerful impression, including therapists, physicians and nurses. The first night my family was in the ICU we had a nurse, Tanya, who cared for my brother. The priority was with him, but she showed compassion and empathy for Kyle and me as well. She allowed me to sit beside Seth and hold his hand when I couldn't fathom the idea of leaving him alone. She hugged me while I cried and I remember seeing tears in her eyes and realizing in that moment she genuinely cared. I felt grateful she was his nurse and I knew my brother was safe in her care.

Although Tanya was amazing, she wasn't the first nurse to ever show me the meaning of compassion and respect. That title belongs to one person - my mom. She was a remarkable nurse with a big heart - always funny, genuine, humble, kind and smart. Mom had a positive attitude and was an incredibly hard worker, always going above and beyond without complaint. She truly loved each of her patients and always did what was in their best interest. My mom was truly amazing and it was during Dad and Seth's recovery that I decided I wanted

to carry on her legacy. I wanted to make an impact on others' lives like my mom and many other amazing nurses had before me. I went back to school and graduated with my nursing degree in August 2012.

Today I work as a nurse in the ICU at Iowa Methodist Medical Center and at On With Life on an as-needed basis. Nursing has provided me with an opportunity to give back and share my perspective with others. I know what it feels like to be blindsided by tragedy, to lose those you love, and to have others forever impacted by an injury. I know this feeling multiplied by four. My personal experience has given me a greater sense of empathy and while my family's situation is unique, I recognize and can relate to persons served and their loved one's struggles. It has been a blessing to work with so many amazing families and I have gained several friendships I will treasure for a lifetime.

My life has changed tremendously since my 25th birthday. Although good can be found amidst our tragedy, it still doesn't erase the bad. I will never "get over it," but I've learned to adjust to the new normal. Today, Dad and Seth continue to make great strides in their recovery. Dad works full-time at the Belmont Post Office and farms our family farm. Seth can now walk independently, lives in his own apartment, has a drivers permit and is taking a college class.

We don't get to choose what happens to us, but we get to choose how we react. I see my family's frustrations and stresses and recognize the magnitude of their accomplishments, regardless of how small, and rejoice. I believe love is in the details and sometimes it's the little things that matter most.

*Elizabeth*



Elizabeth and her mom, Paula.



I think that maybe God is trying to turn a terrible tragedy in our family into something positive for other families. When I hear stories about how Elizabeth has helped others, I can't help but think it is her mom coming out in her. This is exactly how her mom was and now her spirit lives on in her daughter.

-Dallas Johnson  
a Proud Dad

## Elizabeth's advice for families following a brain injury

### Brain injuries are hard and unfair.

I encourage families to maintain hope, celebrate each gain, expect setbacks, and most importantly not to give up. Be patient. Rehabilitation is a marathon and it's impossible to predict what the future holds.

### Look past the negativity.

People will unknowingly say insensitive and hurtful things. Having a brain injury doesn't have to define a life. You never know what someone with a brain injury is capable of and your attitude can be a big determinant in his or her success or failure.

### Be a strong advocate.

Always stick up for what you believe is right. No one knows your loved one better or is more invested in their success than you are. Don't waste time on all the "what ifs." Know and accept the fact you make the best decisions with the information you have available at the time.

### Learn to let go.

There will never be enough time in the day or energy available to accomplish everything you want to do. Accept and ask for help when it's needed. Letting go sometimes means letting your loved one follow their own journey to health and happiness even if it's different from your own.

## REPORTS FROM THE COMMUNITY



**Eileen Doyle**  
ANKENY, IOWA

Admission: Fall 1991  
Discharge: Summer 1992

Eileen Doyle, 48, has never been one to let challenges interfere with her life. After suffering an aneurysm at home in the summer of 1989, she spent weeks in the intensive care unit, but refused to give up.

"My parents were initially told that I wouldn't live and I was given my Last Rites," Eileen explains. "I wasn't ready to give up and I fought hard to get better."

After receiving rehabilitation at a couple different facilities in the Midwest, Eileen and her family heard about a newly formed rehab center in Ankeny. In 1991, Eileen became the fifth person ever admitted to On With Life's Post-Acute Inpatient Rehabilitation program.

"Even though I don't remember a lot of that time, I do remember how helpful my therapists were in helping me relearn how to walk, talk and eat," Eileen stated. "Even today my memory keeps getting better. They helped give me my life back."

Today, Eileen is an important part of the On With Life family, always advocating for other brain injury survivors and looking for ways that she can give back. In 1997, Eileen became the first person ever served in the On With Life Supported Community Living program and in 2005, was the first to move into the independent living Apartments of OWL Creek, where she's well known as the social chair - calling into radio station to wish others a happy birthday.

"I like to tell other brain injury survivors to treat each day as a new day," Eileen said. "The journey to recovery isn't easy, but if I can help even one person, then it was time well spent."



**Jim Carlson**  
BONDURANT, IOWA

Admission: February 26, 2013  
Discharge: April 12, 2013

After Jim Carlson, 65, suffered a stroke while home alone in February 2013, it was hard for him to imagine his life ever being normal again.

"I was unable to use the left side of my body and I was told it'd be months, possibly years, before I'd be able to function like normal again," Jim says.

After spending three weeks in a hospital rehabilitation program, Jim was admitted to On With Life's Post-Acute Inpatient Rehabilitation program.

"I was determined and knew that if I worked hard I could make it back to work if I wanted to," he said. "It was always a long-term goal of mine during therapy."

Jim was able to stand up and walk out of On With Life following six weeks of intense rehabilitation and with the help of the On With Life Outpatient clinic, he was able to continue to meet his goals.

"I was committed to getting back to work," says Jim. "I had worked for 42 years and it had become a part of my life. I needed the confidence to be able to work on large-scale operations projects, and my therapists at On With Life helped make that happen."

"I always tell people it could've been worse, but I can't change what happened and I'm going to continue doing the best I can," Jim says. "I thank my family, friends and the entire On With Life team for where I am today."



**Tyler Osmundson**  
AMES, IOWA

Admission: April 20, 2012  
Discharge: September 14, 2012

Tyler Osmundson had no idea March 21, 2012, would represent the day his life changed forever. After being blindsided by a garbage truck, Tyler was airlifted to Mercy Medical Center where doctors had their doubts if Tyler would survive.

"I was home from college for spring break and planned to work all week to make extra money," Tyler says. "I was attending and playing football at Iowa Western Community College with hopes of transferring to Iowa State. It never occurred to me that anything would change that dream."

After a month in the hospital, Tyler was admitted to On With Life's Disorders of Consciousness program. "When I arrived I couldn't talk, walk or eat," he says. "If someone would've told me I would be walking six months later, I would've thought they were lying."

On September 14, 2012, Tyler did just that and walked out of On With Life. Today, he's living the life of most 20-year-olds, living in his own apartment, taking college classes and deciding what the future holds. In addition, Tyler and his new Husky puppy, Chance, volunteer at On With Life every week.

"Being sent to On With Life still makes me think God is looking out for me. It truly was a blessing to be placed in such good hands and recover as much as I did," Tyler says. "For everything they did, it was an easy decision to volunteer at the place that gave me my life back."



# CLINICAL UPDATE: DISORDERS OF CONSCIOUSNESS PROGRAM

Learn more  
about this  
program at  
[onwithlife.org](http://onwithlife.org)

On With Life had the opportunity to present at the national level in September 2013, at the North American Brain Injury Society (NABIS) Annual Conference in New Orleans. This conference brings together experts from around the world to discuss the latest advancements and best practices in the treatment of persons with a brain injury.

Dave Anders, director of therapy and Dr. David Demarest, neuropsychologist, presented "Acute and Long-Term Clinical Issues in Disorders of Consciousness." The presentation focused on real life case studies related to the recovery from a disorder of consciousness (DOC), a term that has become increasingly more common as a way to describe the unique needs of adolescent and adult survivors of severe brain injury who present with low levels of consciousness.

"At On With Life, this program involves specialized physical interventions to address body positioning, muscle tone and medical stability," explains Dave Anders. "In addition, a specially trained multidisciplinary team provides structured environmental stimuli, monitors for signs of arousal and awareness, and adjusts the stimuli in order to maximize the survivor's improvement."

On With Life has been at the forefront in providing rehabilitation to individuals needing this level of care since 1994 and has been asked to participate in national research studies with some of the top researchers in the United States.

"One of our studies involves the development of a national scale that will measure abilities and skills in persons with a disorder of consciousness," explains Dr. Demarest. "Another is a national study investigating the effect of medication, specifically Zolpidem, on emergence from a minimally conscious state."

*As leaders in brain injury rehabilitation, research is an important part of the On With Life mission. To learn more about ongoing research projects, visit [www.onwithlife.org](http://www.onwithlife.org).*



The far left photo shows Tyler on April 20, 2012, when he was admitted to On With Life's Disorders of Consciousness program and then during a therapy session after his emergence from a minimally conscious state (see right photo).



# people making a DIFFERENCE

## Eli and Marilyn Wirtz

Two instrumental players in making On With Life a reality were Eli and Marilyn Wirtz. The Wirtz family was impacted by brain injury on November 6, 1984, when Marilyn developed a cerebral aneurysm while at home and was rushed to the hospital.



*“God wanted us to be supporters for others and offer help to those in need.”*

“It was obviously a scary time for us and I was beside myself,” Eli says. “Our son Jim and Marilyn’s mother were also having health difficulties and both were admitted to the same hospital within weeks of Marilyn.”

Marilyn had internal bleeding on the left side of her brain, and after surgery, remained in the hospital for almost four months. It was during this time that Marilyn’s neurosurgeon, Dr. Thomas Carlstrom, asked Eli if he would be interested in becoming involved with the Central Iowa Area Support Group.

“The group’s mission was to provide services and support to those living with brain injury,” Eli says. “It was through my involvement with this group that I became aware of the idea to develop a brain injury rehab facility in central Iowa.”

“Marilyn received more than two years of varied rehabilitation around the Midwest following her hospital stay,” Eli explains.

“So I understood the need for a rehab facility in Iowa and immediately wanted to help.”

Eli became an original member of the Board of Directors when On With Life was incorporated in 1987.

“At the time, and even today, I don’t think of my service as extraordinary in any way, recalling the unselfish efforts of so many volunteers and dedicated employees who have made On With Life into everything we hoped it would be,” Eli says.

Eli continues to serve an important role on the On With Life Board, offering legal and governance skills developed through 17 years of legal practice and 21 years as corporate counsel for Casey’s General Stores, Inc. Marilyn continues to offer support for those who have experienced a stroke, and volunteers her time with the Stroke Club at Iowa Methodist.

“We’re exactly where we need to be,” Marilyn says. “To this day I vividly remember a vision while still in a coma. I saw my whole life in front of me as if it were a movie, and an angel telling me my work on earth was not done. It was then that I knew God wanted us to find a way to help those in need.”

# Nancy Brightwell

Nurse Manager/MDS Coordinator

On With Life's Long-Term Skilled Care for Youth and Younger Adults program provides care to persons living with a brain injury who are medically stable, but require intensive nursing, therapy and medical support that may not be available in other settings. A major contributor to the program, Nancy Brightwell, has enjoyed collaborating with co-workers for the past 16 years to provide the unique level of care that is vital to those we serve.

"It's all about making a difference in multiple little ways," said Nancy. "Although the program is made up of many individual people, our strength, my strength, comes from working together to provide the best care possible."

In her role, Nancy creates care plans for persons served, helps to develop

and evaluate nursing procedures, and is currently working with others to identify the electronic medical record program that will be utilized at On With Life. In addition, Nancy has completed her Certified Brain Injury Specialist certification, is one of three CPR trainers in our Long-Term program and was named a 2013 Employee of the Year.

"Working in this field has made me realize just how drastically life can change," she stated. "You become a family and share in the happy and the sad. After coming to work here, I've never considered doing anything else."

In her free time Nancy enjoys quilting, camping and spending time with her family; including her husband of 35 years, Roger, three children and two grandchildren.



"It's all about making a difference in multiple little ways."

# Kam Stupka

Board Member

Kam Stupka, director of membership services at the Iowa Association of Justice, has served on the On With Life Board of Directors since September 2012 and provides a valuable perspective. Almost 10 years ago Kam's son, Kendrick, suffered a traumatic brain injury in a severe car accident.

**Q: What are your goals for On With Life in the next few years?**

**A:** We are currently raising funds for a new outpatient center. The road to recovery is long and difficult and the outpatient center will offer services to individuals for a longer period of time. I am also raising funds through the Iowa Association of Justice's "Justice In Deed" program for a full-time service dog at On With Life.

**Q: What made you interested in joining the On With Life Board?**

**A:** Several years after Kendrick's accident I knew it was time to get on the other side of this trauma and give back. I became a volunteer with my lab, Bailey, and found it to be incredibly healing and rewarding.

**Q: What makes On With Life so special?**

**A:** The teamwork and dedication is evident the moment you walk into On With Life. In the horrific life-changing event of a brain injury, this is where you want your loved one to recover and work towards the best outcome possible. You will find amazing care from amazing people here.



"The road to recovery is long and difficult and the outpatient center will offer services to individuals for a longer period of time."

**TBI** = Traumatic Brain Injury

**NTBI** = Non-Traumatic Brain Injury such as tumor, aneurysm, loss of oxygen or infection

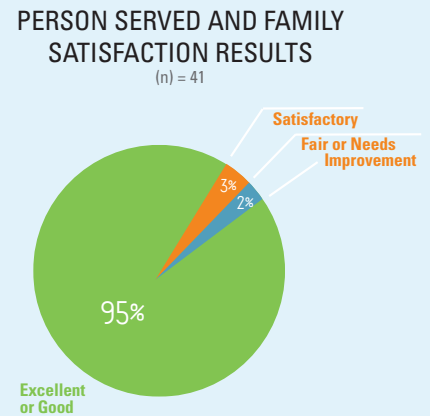
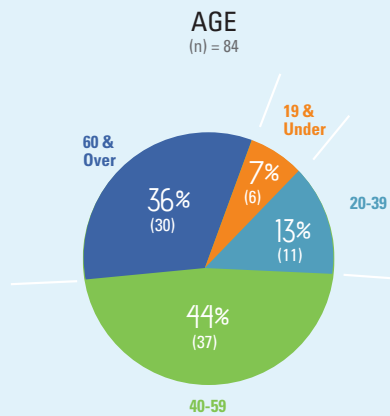
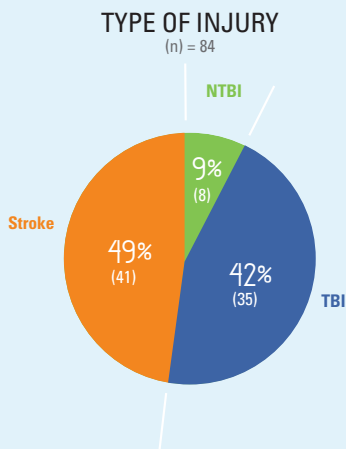
**DOC** = Disorders of Consciousness

**(n)** = Number of Persons Served

**In Fiscal Year 2013 (July 1, 2012 - June 30, 2013), On With Life's continuum served more than 400 individuals.** As a CARF accredited organization and as leaders in the brain injury rehabilitation field, On With Life tracks and measures several outcomes throughout the rehabilitation process to assess the progress of the people we serve. Each measure is evaluated on an on-going basis to ensure that goals are met and that we are providing the rehabilitation needed to help persons served meet those goals. When compared with similar organizations, we continue to have some of the highest quality outcomes available in the brain injury rehabilitation field.

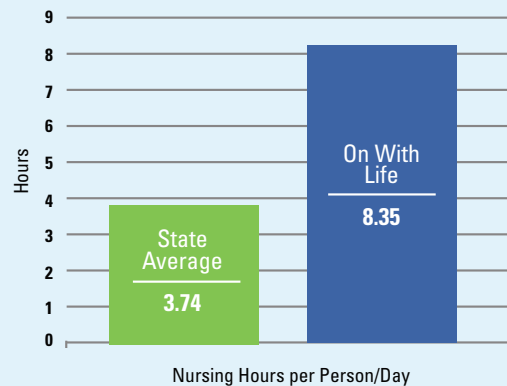
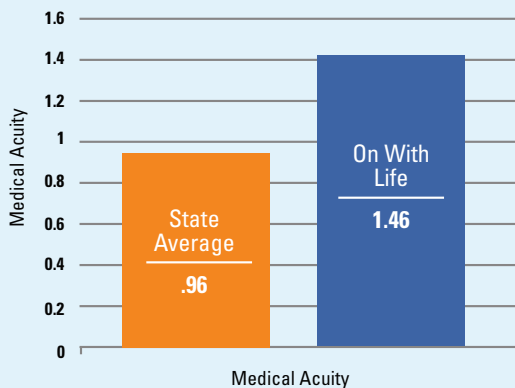
### POST-ACUTE INPATIENT REHABILITATION

In FY13 On With Life's Post-Acute Inpatient Rehabilitation program served a total of 84 individuals from 38 counties in Iowa and five other states. Of those 84 persons, 72 were served within our traditional Brain Injury Rehabilitation program and 12 within our specialized Disorders of Consciousness (DOC) program.



### MEDICAL ACUITY & NURSING HOURS

The medical acuity (the severity of an illness/injury) of the individuals served is more than 50% higher than other non-hospital facilities in the state (data collected from Nursing Home Compare). The On With Life nursing ratio per person per day far exceeds the state and national averages.

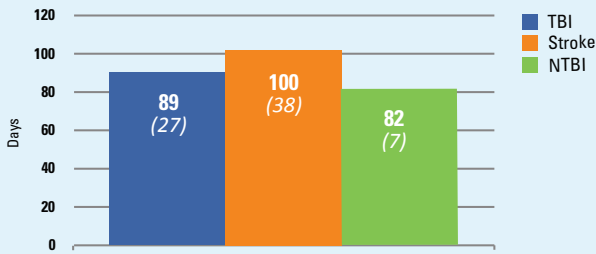


## BRAIN INJURY REHABILITATION PROGRAM

72 persons served

### AVERAGE LENGTH OF STAY

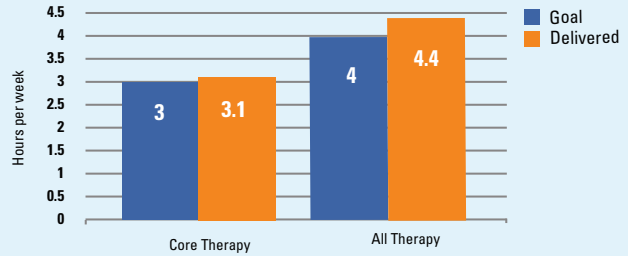
(n) = 72



### THERAPY DELIVERED PER WEEK

(n) = 72

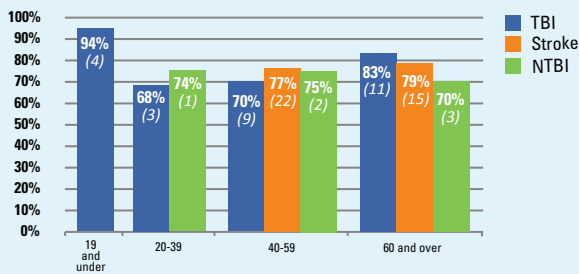
Core therapy includes physical therapy, occupational therapy and speech therapy. All therapy includes all three core therapies plus music therapy, therapeutic recreation, counseling services and peer mentoring. (n=72)



### LONG-TERM GOALS MET BY AGE AND INJURY

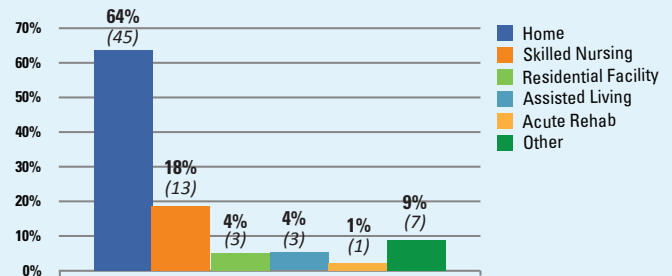
(n) = 70

Long-Term goals are developed at admission by the multidisciplinary team & persons served/families. Goals cover physical, cognitive, communicative, emotional and community re-entry capacities and are measured at discharge.



### DISCHARGE LOCATION

(n) = 72



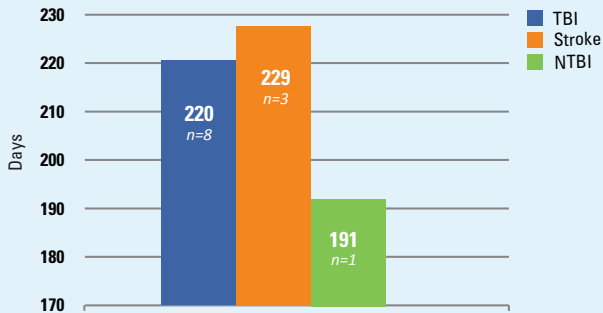
## DISORDERS OF CONSCIOUSNESS PROGRAM

12 persons served

On With Life's Disorders of Consciousness (DOC) program was developed to address the unique needs of survivors of severe brain injury who present with low levels of consciousness. The program involves specialized physical interventions to address body positioning, muscle tone and medical stability. The following are the outcomes achieved by the 12 people served in FY13 within our DOC program. Of the 12 admitted, ten emerged from a DOC and moved into the Traditional program.

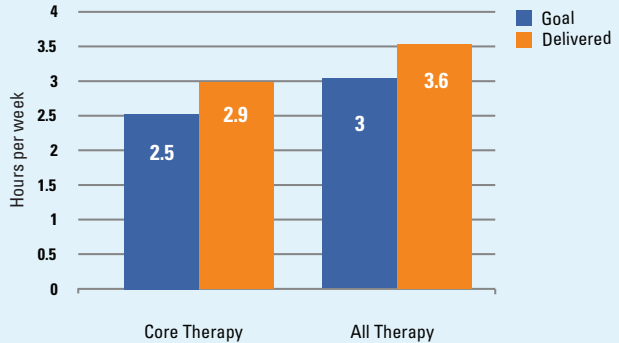
### AVERAGE LENGTH OF STAY

(n) = 12



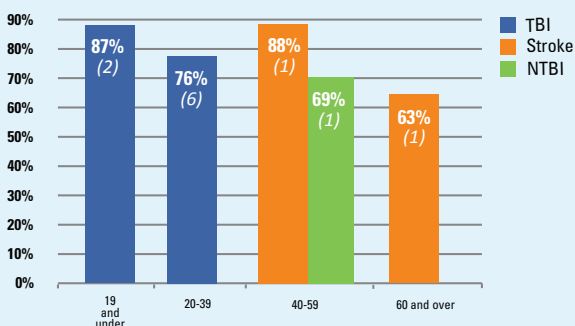
### THERAPY DELIVERED PER WEEK

(n) = 12



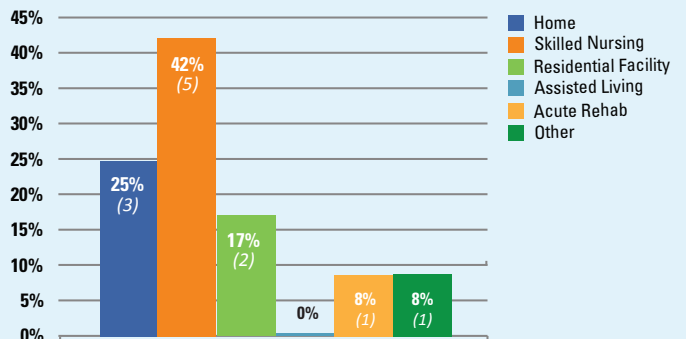
### LONG-TERM GOALS MET

(n) = 11



### DISCHARGE LOCATION

(n) = 12

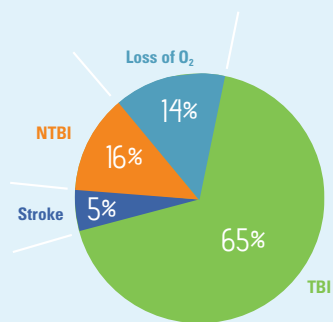


## LONG-TERM SKILLED CARE FOR YOUTH AND YOUNGER ADULTS

In FY13 our Long-Term Skilled Care program for Youth and Younger Adults served 37 individuals who had experienced a brain injury, including traumatic brain injury, stroke, tumor, aneurysm, loss of oxygen or other neurological disorder. On average, our persons served are 10-15 years post-injury and approximately 42% come from out-of-state.

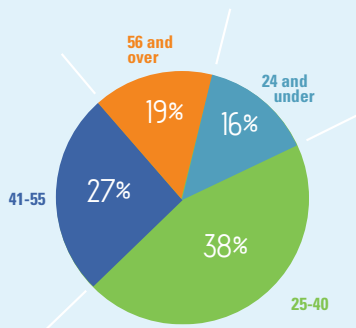
TYPE OF INJURY

(n) = 37



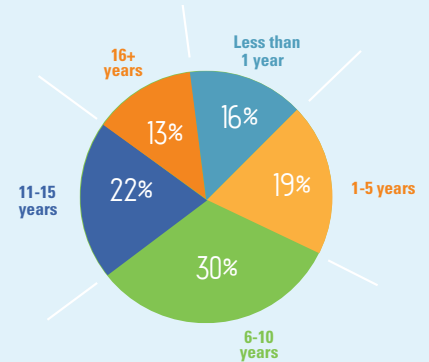
AGES SERVED

(n) = 37



LENGTH OF STAY

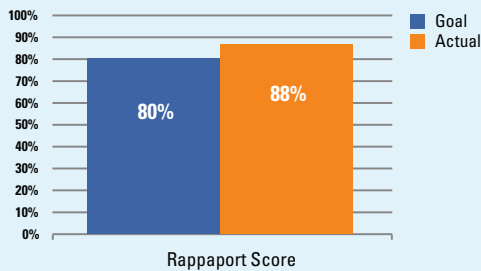
(n) = 37



RAPPAPORT STATUS

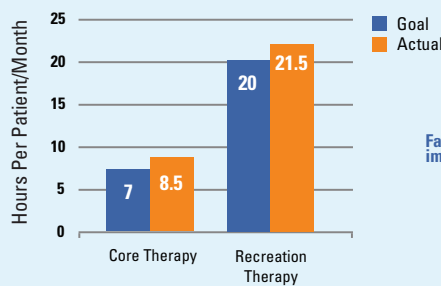
(n) = 11

This outcome measures the percentage of persons served in a minimally conscious state who maintained or improved their level of consciousness.



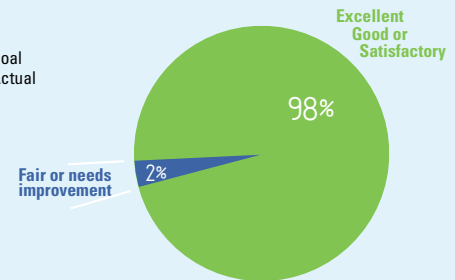
THERAPY DELIVERED

(n) = 37



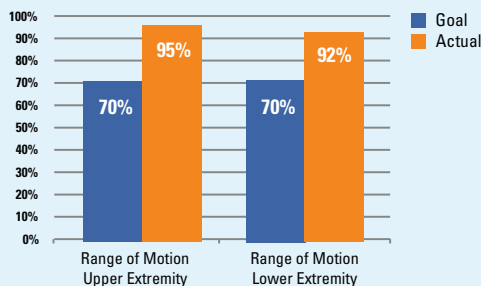
FAMILY SATISFACTION RESULTS

(n) = 37



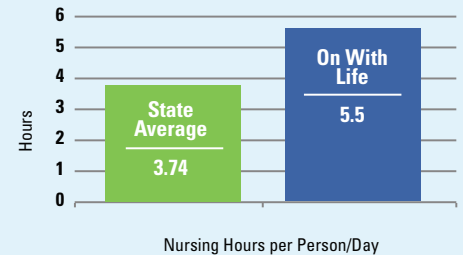
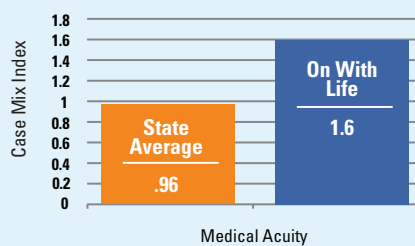
RANGE OF MOTION

Percentage of persons served who maintained or improved their range of motion (ROM). ROM is the measurement of the amount of movement around a specific joint or body part and is measured four times per year.



NURSING HOURS & MEDICAL ACUITY

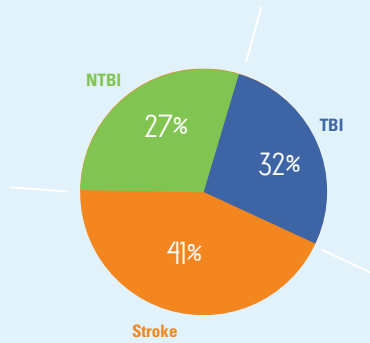
The medical acuity (the severity of an illness/injury) of the individuals we serve at On With Life is higher than most other non-hospital facilities in the state of Iowa (data collected from Nursing Home Compare). The On With Life nursing ratio per person per day far exceeds the state and national averages.



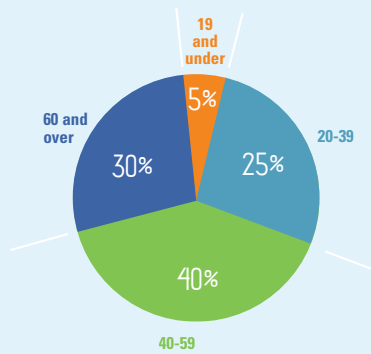
## OUTPATIENT NEURO REHABILITATION

In FY13 On With Life's Outpatient Neuro Rehabilitation program served 101 individuals. The Outpatient program provides physical, occupational and speech therapy for those that have sustained a neurological injury such as a traumatic brain injury, stroke, brain tumor or those living with a neurological condition. In addition, the Neuropsychological Evaluation and Consultation program offered through our Outpatient program served 113 individuals in FY13.

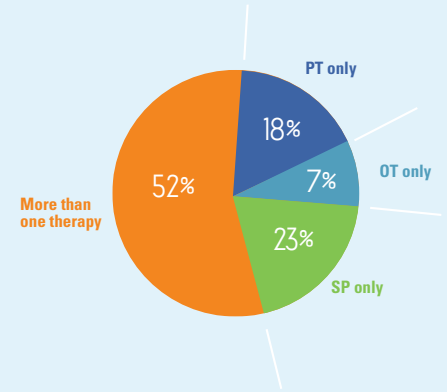
TYPE OF INJURY  
(n) = 101



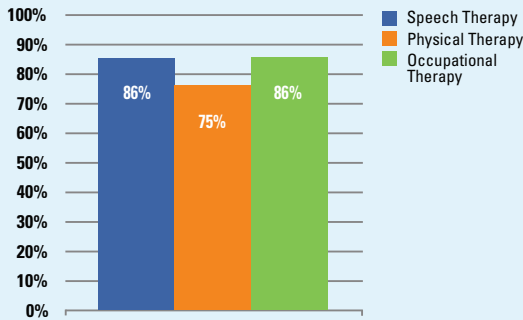
AGES SERVED  
(n) = 101



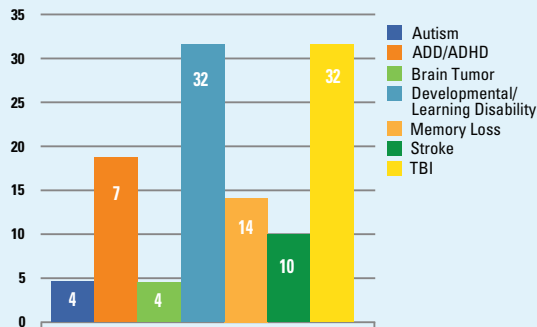
THERAPY DELIVERED  
(n) = 101



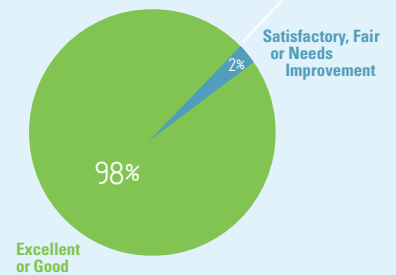
LONG-TERM GOALS MET BY DISCIPLINE



NEUROPSYCH EVALUATIONS BY TYPE OF DIAGNOSIS



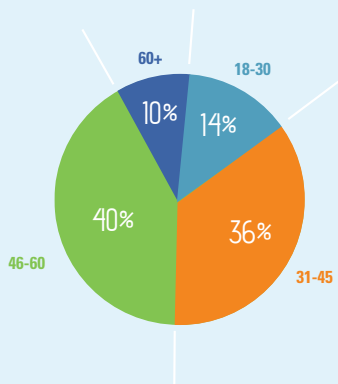
PERSON SERVED AND FAMILY SATISFACTION RESULTS



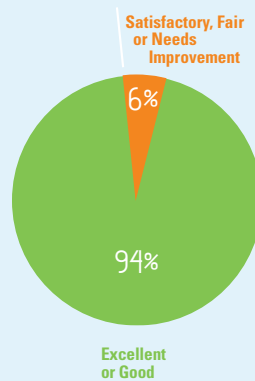
## SUPPORTED COMMUNITY LIVING

In FY13 On With Life's Supported Community Living program served 42 individuals within 5 different counties in central Iowa. This program provides specialized support to allow persons who have experienced a brain injury or other neurological impairment to maintain and improve their independence.

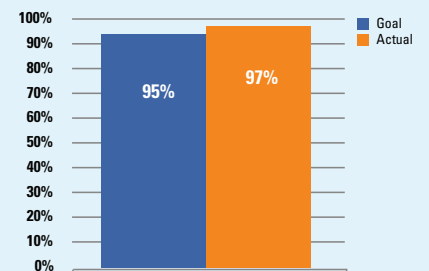
AGES SERVED



PERSON SERVED SATISFACTION RESULTS



HOURS SCHEDULED vs PROVIDED





715 SW Ankeny Road | Ankeny, Iowa 50023

Joining hands, hearts, and minds to help persons living with brain injury get **On With Life.**

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US POSTAGE  
**PAID**  
PERMIT NO. 762  
DES MOINES, IA

## On With Life's Brain Injury Support Group for Survivors and Caregivers

On With Life invites you to join us for a monthly support group and an opportunity to meet with other survivors and caregivers who can relate to your experiences, struggles and accomplishments. Join us the third Sunday of each month from 2-4 p.m. for support and friendship as we discuss life after brain injury.



## On With Life TR Gym

715 SW Ankeny Road • Ankeny, IA 50023

**For more information, please visit [www.onwithlife.org](http://www.onwithlife.org) or contact Tammy Miller or Dave Anders at 515-289-9600.**