

headway

Emma's STORY

18-YEAR-OLD MOVES FORWARD
AFTER HER VEHICLE WAS
STRUCK BY A DRUNK DRIVER

also inside:

LONG-TERM ROOM REMODEL | Q&A: COMPASSION FATIGUE | CELEBRATING LIFE AT OWL
REPORTS FROM THE COMMUNITY | PEOPLE MAKING A DIFFERENCE | 2014 OUTCOMES REPORT



On With Life headway magazine

WINTER 2015

On With Life

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Headway Magazine is published bi-yearly by On With Life, a not-for-profit organization and a Midwest leader in brain injury rehabilitation.
Email change of address information or request to be removed from our mailing list to headway@onwithlife.org.

About the Cover: Emma Kiefer, one year following her accident.

Photo taken by Kim Murphy, Photography by Kimberly Murphy.

In our December Foundation publication we mistakenly listed donors Jan & Dave Slaughter as "Jan & Dan Slaughter." We thank Jan and Dave for their generosity and sincerely apologize for this error.



a letter from our director

Brain injury doesn't just happen to a person, it happens to a family - a fact well known by our founders, a group of eight families whose lives were shattered by brain injury. The focus on family has always been an important part of the On With Life mission, something one of our founding family members, Kathy Herring, would never let us forget. As Kathy instilled every day during her 20 years as our admissions coordinator, getting to know the people we serve also means sharing the journey with their families. We are there to support and join together with them for the toughest battle of their lives.

Studies have consistently shown that individuals with strong support systems have improved outcomes following a brain injury, and at On With Life, we know this to be true. The stories in this magazine certainly



Kathy Herring and Julie Fidler Dixon, 2005

new baby daughter and Norman's grandchildren. You'll also read about the emotional effects of brain injury on family members in Dr. Greenfield's Q & A, which shines a light on the importance of caregivers getting the support they need as well.

The On With Life family continues to grow with the addition of programs, staff, donors, volunteers, and of course, the people whom we are privileged to serve and their families. Thank you for being a part of it!

Julie Fidler Dixon, *Executive Director*

Congratulations to Julie Fidler Dixon

who was elected to the Board
of Directors for the Brain Injury
Association of America.

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Awareness Month



During the winter months, On With Life began a campaign, called OWLUnique, to celebrate the uniqueness of each individual. Dan, person served in the Long-Term Skilled Care program, and Sherry Huffman, RN, share what makes them unique. Visit On With Life's social media pages and share what makes you unique, using #OWLUnique.

Walking Marathons

Jon Miller was given just a 15 percent chance of survival when he was diagnosed with cancer in 2010. The cancer had metastasized to the right side of his brain and hemorrhaged, causing a stroke on his left side. His doctors said he may never walk again.

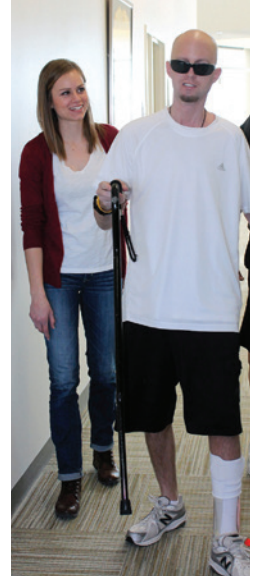
"If someone tells me I can't do something, I'm going to do everything I can to make it happen," said Jon.

In 2012, with the help of the On With Life Supported Community Living staff, a physical therapist, and his dad, Jon began walking at the Healthy Living Center, working on regaining strength. As he became stronger, he started walking laps and tracking how far he walked each time. Then he set his first challenge: to walk a marathon. He achieved it in the spring of 2012 and now sets even higher goals for himself.

"Having a support team that care about him is extremely instrumental," said Don, Jon's dad. "They motivate him to go out and walk, which is vital for Jonathan's health."

Supported Community Living specialists, like Megan Elsbecker, not only drive Jon to the gym, but often walk along with him.

"I enjoy walking with him and cheering him on," said Elsbecker. "His prognosis to walk again was so slim, so helping him progress and hit these goals is really special."



Megan and Jon on their way to the walking track.

Fundraising Begins for Long-Term Room Remodel

On With Life's Long-Term Skilled Care Program for Youth and Younger Adults is hoping to embark on its first major room remodeling project since opening in 1996. While the rooms have had minor updates over the years, Administrator Dick Achenbach believes it is time for a much-needed remodel.

"The rooms need more space for clothing and personal items, along with additional storage for supplies," said Achenbach. "A new design would also allow persons served more opportunity to personalize their rooms."

In order to move forward with the project, On With Life will need to secure funding through donations and grants, a process that could take up to a year or more. As fundraising begins, the planning process has also begun. Both families and persons served are excited about the project, especially the ability to make each room unique and individualized.

"Heather and her roommate lack a way to customize their room to their unique

interests," said Jeni Durfey, recreation therapy coordinator. "Heather would love a better way to display pictures of her son Julian, memorabilia from high school and pictures showing her passion for ballet."

The extensive room remodel would include installing wall-mounted cupboards to increase floor space; replacing bedroom furniture with attractive, safe, movable pieces to add storage and versatility; and remodeling bathrooms to increase storage and efficiency.

A model room was completed last year to discover what works best in the space, and the response of the persons served, families and staff has been very positive.

"Families really like the way the model room was organized, as it gives more room for storage and personal items," said Achenbach. "It also makes the room more cheerful and personalized."

If funding is secured, the plan will include the remodel of every room and happen over the course of three years. It is estimated that each room remodel will cost approximately \$10,000 and take about two months to complete.



The model room gives more room for storage, as shown here by Jeff, person served.

To help this project become a reality, please contact the Foundation at 515-289-9611, foundation@onwithlife.org or online at onwithlife.org/donate. Please indicate that the donation is for the Long-Term room remodel.

celebrating life

Whether its birthdays, graduations, or holidays, we always look forward to celebrating life with our persons served and their families and friends.





Dr. Tom Iverson and his wife, Diane, on their beautiful Montana ranch.

IVERSONS LIVING THEIR DREAM ON MONTANA RANCH

DR. TOM IVERSON

Admission: August 30, 1999

Discharge: October 22, 1999

Dr. Tom Iverson and his wife, Diane, recently returned home from a 10-day California vacation, where they toured beaches, visited family and enjoyed the beautiful West Coast weather. But if you ask Dr. Iverson or Diane if they thought this trip would have been possible in the fall of 1999, their answer would certainly be a resounding no.

Diane thought she had lost her husband in 1999 when he fell off the roof of their Pella home. Tom was taken by LifeFlight to a Des Moines hospital, where he would remain in a coma for three weeks. During that time, Diane toured On With Life and knew right away that it was where Tom should be. Tom started to emerge out of his coma just days after arriving and spent the next seven weeks at in the intense rehabilitation program.

"I had such great support at On With Life," said Diane, who drove to Ankeny daily to be with Tom. "I was thrilled to see him progress each day, and he recovered much better than I ever anticipated."

His remarkable recovery allowed him to return to his role as Provost at Central College for three more years before retiring in 2002. Tom also served as an On With

Life board member for 10 years, the first person served to ever sit on the board.

"I was so pleased to be asked to join the board. It was an affirmation that I still had something to offer, and I could utilize my experience for a good purpose," said Tom. "Being able to serve on the board was a tribute to the care I received at On With Life. They helped me rehab to a point where I was able to serve in this capacity."

Now, Tom and Diane boast about their new, exciting life. In 2010, they moved to Tom's childhood home, a ranch in a remote area near Roundup, Montana. Tom and his nephew now run the ranch, complete with 250 cattle. Diane is a self-proclaimed rancher's wife with her own four-wheeler.

"Being involved with the ranch is good therapy and allows me to stay active," said Tom. "It's something I enjoy."

"I always wanted to come back and live on the ranch, but after his fall, I feared I wouldn't have that opportunity," said Diane. "It has been a dream come true to return to Montana. It's a wonderful life."

NEW BABY GIVES NEW HOPE

EUGENE CHEN

Admission: July 2011

Discharge: October 2011



Eugene and Yuan pose with new baby, Evangeline.

On June 12, 2011, Eugene Chen was a 25-year-old Ph.D. student at the University of Iowa, studying Business and Management Science when his life changed forever. He was taking a break from his studies and on his way to a picnic when his Ford Escort was t-boned by a Ford F-150. Eugene was unresponsive at the scene of the accident, with a traumatic brain injury and severe fractures. He was taken by helicopter to the University of Iowa Hospital, where he remained in a coma for 12 days. After a one-month stay, Eugene's doctors recommended On With Life's Post-Acute Inpatient Rehabilitation program.

"I came to On With Life because it's one of the best in the nation at rehabilitation," said Eugene. "I'm so glad I did. They treated me very, very well."

Eugene needed four months of intensive therapy and nursing care, much of it on a one-on-one basis. His mother, Lingling, came from China to help her son. On With Life staff volunteered to help furnish a nearby apartment to allow Lingling to stay comfortably, and volunteers transported her from her apartment to On With Life twice a day.

"They didn't just care for me at On With Life, they cared for my mom too," said Eugene. "My mom couldn't speak English, but we could feel the warmth from On With Life. They were so kind to her. In such a difficult time, they gave her hope again." Eugene's dad was also able to travel from China for his graduation celebration.

Eugene was excited to visit On With Life in March and introduce his wife, Yuan Wang. In July, the couple welcomed a beautiful baby girl, Evangeline. The name Evangeline was chosen because it sounds like "angel" and means "bringer of good news."

"I love being a dad," said Eugene.

In addition to being a new dad, Eugene is working on contract as a Technical Market Analysis Lead at Virtual Systems Engineering and seeking a job in information technology or social media marketing.

"Overall, I am doing very well," said Eugene. "I am so proud of myself and my family – my mom, my dad, my wife and my new baby girl – for getting through this, and I'm so thankful for all that On With Life did for me."

A PROACTIVE APPROACH TO PARKINSONS

CHERYL WEBER

Outpatient Neuro Rehabilitation

Admission: November 19, 2013

Discharge: December 16, 2013



Cheryl rides her horse on her farm in Runnells, Iowa.

Horses have always been a big part of Cheryl Weber's life. In fact, she and her husband, Jerry, have had horses their entire 42-year marriage. So when Cheryl, 62, started seeing the first symptoms of Parkinson's disease in 2005 and was diagnosed in September 2008, she wanted to be sure she'd still be able to do the things she loved: being outside, gardening, and riding her three horses.

"I knew something was wrong before I was diagnosed," said Cheryl. "So I took a proactive approach to managing my attitude and the symptoms, including using alternative medicine practices."

In October 2013, Cheryl participated in the LSVT BIG program at On With Life. The Lee Silverman Voice Treatment (LSVT®) BIG program is an intensive therapy exercise program, focusing on strength, movement, balance, coordination and function, for people living with Parkinson's disease. Cheryl attributes her continued mobility and flexibility to the LSVT program.

"I hate the mobility problems that accompany Parkinson's," said Cheryl, who still does the LSVT exercise program daily and continues to attend the support group. "Because of the exercises, I am moving better, and I am as active as I want to be. It's a really wonderful program."


The program helped Cheryl gain increased activity levels, mobility, flexibility and a new lease on life.

"I feel really, really lucky. I feel like I have a sense of control over this disease," said Cheryl. "My doctors have noticed a difference, and my neurologist said I'm head and shoulders above the rest."

Cheryl is now enjoying retirement: spending time outdoors gardening and caring for their many animals, their four beautiful grandchildren, and her husband's parents – ages 91 and 95 – who recently moved in with them.

Cheryl and Jerry still ride horses on their Runnells acreage, and while Jerry may need to help prepare Cheryl's horse for riding a little more than in the past, they are outdoors living an active life, and that's what matters most to Cheryl.

Emma's STORY



Every high school senior looks forward to going to prom, preparing for college, and gaining more independence. But in Emma Kiefer's case, these important events seemed not only unlikely, but impossible, just a little more than one year ago.

The Accident

Emma was a 17-year-old senior in high school, driving home from baby-sitting on a Sunday night when her vehicle was struck by a drunk driver who ran a stop sign. Emma was rushed to the hospital with critical, life-threatening injuries.

"As we were driving to the hospital in Fort Dodge, we could see LifeFlight coming in. Being an EMT myself, I know you can call LifeFlight from the field, but it's uncommon and only for the most serious injuries," said Angie Kiefer, Emma's mom. "I had a mother's intuition, and I knew it was for Emma."

The chaplain met Angie at the door – an indication of how serious Emma's injuries were. She had suffered a collapsed lung, a shattered pelvis, broken ribs, and multiple fractures. But the primary concern was the injury to the right frontal lobe in Emma's brain. Her condition was so serious that she was put into LifeFlight and transferred to Blank Children's Hospital in Des Moines. Emergency surgery removed a part of her skull to help decrease swelling in her brain.

Emma spent the next six weeks in a coma, fighting for her life at Blank. Knowing she would need intense rehabilitation, the Kiefers began researching rehabilitation centers across the United States.

"We chose On With Life, not only for their expertise and amazing outcomes, but because they were so family oriented. We could be there with her during her stay and participate in her therapies," said Angie.

Recovery Begins

Emma arrived at On With Life unable to walk, talk, eat, or swallow. Therapy was initially very difficult for Emma, so therapists used Emma's interests to get her excited about therapy.

"Every session is tailored to each individual, which in Emma's case allowed us to be creative in our therapy sessions and incorporate things that were important for her," said Megan Ihrke, speech therapist at On With Life. "Any time you can personalize therapy to the individual, the individual is more invested, and the therapy is more functional. This was definitely true for Emma."

"This accident may have knocked me off course for a short time, but I didn't allow it to change my plans."

Emma had been a golfer, so Angie brought Emma's clubs from home, and Jacque Thole, physical therapist at On With Life, took Emma to an indoor driving range, where they worked on sequencing, balance, and endurance.

"We had to make the rehab experience real and functional for her," said Thole. "Once she saw that she could hit the ball again, she became so much more invested and engaged. We saw her real personality come through – she was laughing and having fun."

Every girl dreams of dancing at prom, but Emma was unsure if she would have the strength or ability to attend her senior prom. So for the first time ever, On With Life hosted a practice prom to help prepare Emma for the real thing. So without even knowing it, the prom, and the preparation for it, became a part of Emma's therapy. Her speech therapy sessions, became event planning sessions, physical therapy became a time to practice dance moves and music therapy sessions were used to work on developing playlists of favorite songs. Then, the night of the event, 15 of Emma's friends arrived in their prom

dresses and tuxes to celebrate a truly magical night.

"It was the coolest thing I've ever been a part of," said Ihrke. "Emma's friends, family, and community really supported her through this."

At the top of Emma's wish list was to graduate with her class. So therapists and volunteers worked with Emma on reading, comprehension, sitting and endurance. They also worked on creating and giving a speech to her high school classmates on brain injury, something Emma was very passionate about.

"I didn't want them to treat me differently. I needed them to understand that I wasn't different; I'm still the same person," said Emma.

Moving Forward

After being discharged from On With Life, Emma did everything a high school senior should do. She went back to high school. She danced at her prom. She played on the golf team. She graduated. She showed her 4-H projects at the county fair – her banana chocolate chip cookies were even selected for state showing.

Even though other outpatient therapy centers were closer to their home in Lehigh, Iowa, Angie and Emma made the decision to continue outpatient therapy at On With Life, with a focus on preparing Emma for college. In these therapy sessions, Emma worked on ways to be successful at college, such as navigating crowds while carrying her books, planning her schedule and developing good study habits.

In the fall, Emma attended Iowa Central Community College, just like she had always planned. She successfully finished her first semester of college, and while she had access to accommodations if needed, she did it all on her own and earned an A and two B+'s. Emma is now working toward an Associate's degree in early elementary education and then plans to transfer to Buena Vista University and pursue a Bachelor of Arts in elementary education degree with an emphasis in special education.

"This accident may have knocked me off course for a short time, but I didn't allow it to change my plans. It is really important that I still live a life I want," said Emma. "It's an adventure, and even I surprise myself sometimes by what I can do."



Prior to the accident



Emma at Christmas - 3 months post-accident, 6 weeks after arrival at On With Life



Emma at On With Life practice prom - 4 months post-accident



Emma with her family - 6 months post-accident



Emma at high school graduation - 7 months post-accident



people making a

DIFFERENCE

Norman and Marilyn Stine



Norman and Marilyn celebrate Valentine's Day 2014 at On With Life.

Norman Stine doesn't remember the accident, when his semi was torn into two pieces by a train outside of Stuart, Iowa, on October 8, 2013. But he does remember the therapists, nurses and CNAs that helped him get his life back. During his five-month stay in On With Life's Post-Acute Inpatient Rehabilitation program, and another six months in the Outpatient Neuro Rehabilitation program, Norman worked hard to get his life back.

"We're very grateful to the entire staff for their hard work and dedication. They worked him hard but in a friendly, committed kind of way," said Marilyn Stine, Norman's wife. "He went from not even sitting in a chair when he arrived at On With Life to walking out the front door. They gave him his life back."

Today, Norman is back to doing what he loves, spending time outdoors and being back on the farm. But most importantly, it's the time he spends time with his 11 grandchildren that Norman enjoys the most.

"We enjoy time with our family and going to the grandkids concerts, ballgames and school programs," said Marilyn. "It means the world to us to be able to go to these events."

The Stines' gratefulness of the On With Life programs inspired Norman and Marilyn to make a donation to the On With Life Capital Campaign – Life Forward, which will enhance services and the therapeutic property of On With Life. This includes an on-site aquatic therapy pool, something the Stines are very excited about.

"Norman loved swimming during his therapy at On With Life, so we are excited that an in-house pool is a part of the new addition and will be available for future persons served," said Marilyn.

"On With Life is such a special place for my family and me," said Norman. "You gave me my life back and this is just one small way to say thank you."

Therapy Garden Partnership

A zen garden, a putting green, an amphitheater and a butterfly garden are just a few of the new features that will soon be a part of the rehabilitation process at On With Life, thanks to a unique partnership with Iowa State University and a group of master gardeners and volunteers. The new outdoor therapeutic grounds and sensory gardens, part of the program's capital campaign project Life Forward, will occupy nearly two acres of the program's Ankeny campus.

"When I heard about the project, I was inspired and felt my Advanced Garden Composition students not only had the expertise to help, but could benefit from contributing to improving the quality of life for people recovering from brain injury," said Ann Marie VanDerZanden, director of the Center for Excellence in Learning and Teaching and professor of Horticulture at Iowa State.

As a starting point, students were presented with a wish list of ideas prepared by a group of master gardeners and volunteers, including Cindy Friedrichsen, Kate Benson-Larson, Kathy Winter, Kam Stupka, John Snyder, Mark Schneider and Faylene and Jerry Kluver. The list included more than 50 items the group felt were important components of the state-of-the-art outdoor space they envisioned. To further prepare for the challenge, VanDerZanden's class of 11 students toured On With Life to learn about brain injury rehabilitation and the benefits of a therapy garden.

"Working within this type of outdoor setting helps rehabilitation feel less like therapy and simulates real life situations using functional

therapy, which is our ultimate goal," said Dave Anders, director of therapy at On With Life.

In November 2014, after working on the project for five weeks, the class presented three design concepts to On With Life. The concepts included plants and trees that would stimulate all five senses, walkways and paths that would provide varying levels of terrain, and multiple interactive activity stations that would stimulate various regions of the brain.

"We are extremely impressed by all of the work the students put into the project," said Friedrichsen, project manager at On With Life. "They were able to successfully take our ideas to the next level and visualize the space in ways we hadn't even considered."

On With Life will continue to work with graduate student Alejandra Feliciano to finalize the design and develop a virtual tour of the grounds. The tour will allow donors to see how they can sponsor garden features or equipment. On With Life was proud to receive its first donation for the project from Pioneer Hybrid, which made a \$50,000 contribution in the fall of 2014.

Further donations are still needed to make the vision of the garden a reality. For more information on how to support this project, visit onwithlife.org/donate or call 515-289-9611.



Iowa State University graduate student Alejandra Feliciano stands next to her team's proposal for the On With Life therapy garden.

To help prepare, students used wheelchairs to experience navigating curbs and to see the outdoors from a different perspective.



GET TO KNOW

**Jerome Greenfield,
M.D. DFAPA**

*Board Certified Psychiatrist,
American Board of Psychiatry
and Neurology*



The Greenfield Family

Experience:

I've been doing consultative work at On With Life for the past 15 years. I had a psychiatric practice in Des Moines for 25 years before recently joining the team at the Iowa Correctional Institute for Women in Mitchellville.

Residency:

University of Kansas, 1989

Medical School:

University of Iowa, Carver School of Medicine, 1985

Undergraduate Degree:

Drake University, B.A. Biology, 1981

Family:

Married to Dr. Mary Margaret Greenfield; daughter Kathryn, a third year student at the University of Iowa College of Law; sons Patrick, senior at the University of Texas at Austin, and Michael, senior at Dowling Catholic High School

Interesting Facts:

Competitive triathlete, planning fourth swim across San Francisco Bay from Alcatraz.

Q+A



Jerome Greenfield, M.D. DFAPA

The needs of a loved one following a brain injury can be so overwhelming that issues related to the needs of family members and caregivers are often overlooked. This can result in caregiver depression, or compassion fatigue. Dr. Greenfield discusses what that is, how it is caused, and how it is different when caring for someone with a brain injury.

Q: What is compassion fatigue?

A: Compassion fatigue is a physical, emotional, and mental exhaustion that may be accompanied by a change in attitude from positive and caring to negative and unconcerned. It occurs when caregivers don't get the help they need or if they try to do more than they are able to do physically or financially. It can result in fatigue, stress, anxiety and depression. It is generally found in the family or loved one of a seriously ill patient or in medical professionals, such as, physicians, nurses, therapists or social services staff.

Q: What causes compassion fatigue?

A: Compassion fatigue can be caused by neglect of caring for your own emotional, physical, and spiritual health; changing roles from spouse to caregiver; unrealistic expectations or the expectation that their impact will be positive; lack of control and frustration over lack of money, resources and skills; or having an unreasonable demand to see themselves as the exclusive provider.

Q: How is compassion fatigue different for those caring for someone who sustained a brain injury?

A: With a brain injury, the shock and trauma to the caregiver may be different than with other illnesses because of the seriousness and unexpected nature of a brain injury.

There is no time to prepare for a brain injury, and it also has a more unpredictable outcome. Providing personal care, like bathing and grooming, can be more difficult, as well as the complex array of biological, psychological, and social issues that may follow a brain injury. There may be legal issues as a result of the brain injury as well.

Q: How can I prevent compassion fatigue or get help?

A: There are many ways to prevent compassion fatigue or find help if you think you are suffering from it. Remember the acronym STOP:

- S** Seek out opportunities for support and guidance
- T** Take time for the things you enjoy
- O** Opt for help wherever you can, no matter what level of symptoms
- P** Prioritize your needs, do what you need for you, not others

Interested in a support group? Please join On With Life's support group for survivors and caregivers. The group meets monthly on the third Sunday of the month at On With Life in Ankeny. For more information, visit onwithlife.org/support.

On With Life professionals named to national traumatic brain injury panel

Two brain injury rehabilitation specialists from On With Life, Julie Fidler Dixon, MS, executive director, and David Demarest, Ph.D., neuropsychologist, are honored to be among 50 top U.S. researchers and clinicians recently selected to develop *“Guidelines for the Rehabilitation and Disease Management of Adults with Moderate to Severe Traumatic Brain Injury (TBI).”* Dixon and Demarest bring a combined 65 years of experience to the national TBI guidelines panel, which has a goal of bringing national experts together to study how much rehabilitation adult patients with moderate to severe TBI should receive, in what setting, and when.

“Individuals who sustain TBIs rarely have access to rehabilitation of sufficient timing, scope, duration, and intensity that would allow them to recover to the maximum extent possible,” said Susan Connors, President and CEO of the Brain Injury Association of America. “When a person’s care is delayed, discontinued, or denied altogether, the result is often increased re-hospitalization rates and greater levels of disability.”

Visit biausa.org/TBIGuidelines for more information.



On With Life Named Top 100 Workplace

On With Life is proud to announce its recognition as a Des Moines Register’s Top Workplace of 2014. This marks the third year in a row that On With Life was named a Top 100 Workplace, and the #11 ranking is its highest ranking in the mid-size company category to date. This honor stems from staff’s commitment to On With Life’s mission and their recognition of the importance On With Life plays in the lives of persons served and their families.



“I’m thrilled to acknowledge that again we have been named one of Iowa’s Top Workplaces,” said Julie Fidler Dixon, executive director at On With Life. “We are very pleased that our efforts to hire and retain great staff have been recognized. This means so much to us and represents the affirmation of our mission, and how important it is to continue meeting the needs of individuals with brain injury and their families.”

Connect With Us!

You are invited to interact with On With Life and their unique continuum of specialty brain injury rehabilitation services by joining them on social media. Learn more about services, read inspiring person served stories, get to know brain injury specialists, be the first to know about upcoming events, and interact with a great community of followers.

For more information regarding On With Life’s social media policy, including how permission is obtained from persons served and families, visit onwithlife.org/social.

More than 3,400 people follow On With Life on Facebook. **Like On With Life today!**

CONNECT WITH US!

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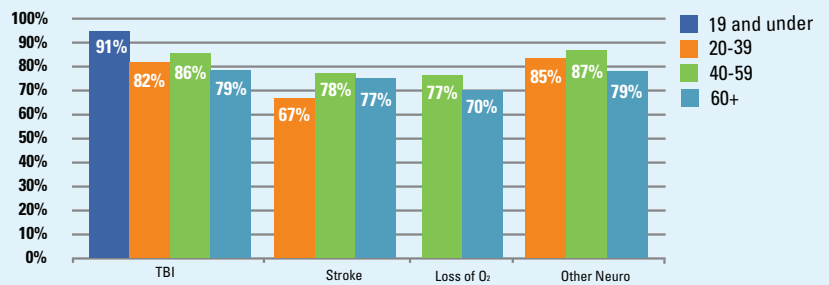
In Fiscal Year 2014 (July 1, 2013 - June 30, 2014), On With Life's continuum served more than 400 individuals. The following is a snapshot of the outcomes tracked throughout the rehabilitation process to assess the progress of those served. Visit onwithlife.org/outcomes to see a complete overview of outcomes achieved.

POST-ACUTE INPATIENT REHABILITATION

In FY14, On With Life's Post-Acute Inpatient Rehabilitation program served 73 individuals from 36 counties in Iowa and five other states. The average age of persons served was 47 (youngest was 16 and the oldest was 81) and the average length of stay was 112 days. Of the 73 individuals served, 59 individuals were served within the traditional Brain Injury Rehabilitation program and 14 within the specialty Disorder of Consciousness (DOC) program. The DOC program addresses the unique needs of survivors of severe brain injury who present with low levels of consciousness.

- **Type of Injury:**
TBI - 26 | Stroke - 35 | Loss of Oxygen - 6 | Other Neuro - 6
- **Medical Acuity** (the severity of an illness/injury) of the individuals served at On With Life is more than 50% higher than other non-hospital facilities in the state:
On With Life - 1.52 | State average - .97
- **Nursing Hours Provided Per Person Per Day** at On With Life far exceeds the state and national averages:
On With Life - 8.6 hours | State average - 3.74 hours
- **Person Served and Family Satisfaction** rate is an overall score that combines questions related to experience, clinical support, therapy provided and goals met: 94%
- **Therapy Delivered:** An average of 4 hours of therapy are provided per day, five or more days per week, including physical therapy, occupational therapy, speech therapy, therapeutic recreation, music therapy and counseling services.

LONG-TERM GOALS MET BY AGE AND INJURY
(n) =67

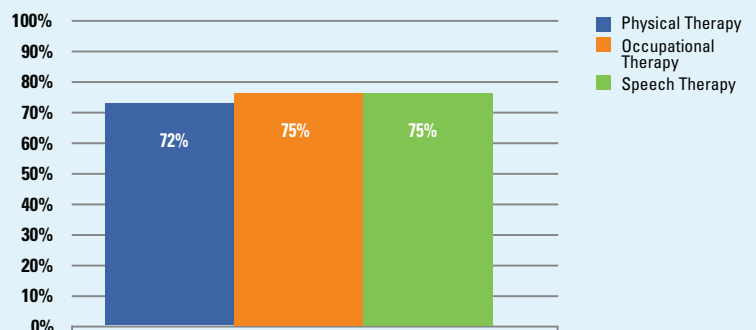


OUTPATIENT NEURO REHABILITATION

In FY14, On With Life's Outpatient Neuro Rehabilitation program served 224 individuals who had sustained a neurological injury such as a TBI, stroke, brain tumor or those living with a neurological condition such as Parkinson's Disease.

- **Type of Injury:**
TBI - 60 | Stroke - 51 | Parkinson's Disease - 51 | Other Neuro - 62
- **Therapy Disciplines Provided:** The majority of persons served (60%) receive more than one type of therapy while the remaining individuals receive just physical therapy (16%), occupational therapy (9%), or speech therapy (15%).
- **Person Served and Family Satisfaction:** 97%

LONG-TERM GOALS MET BY DISCIPLINE
(n) =67



LONG-TERM SKILLED CARE FOR YOUTH AND YOUNGER ADULTS

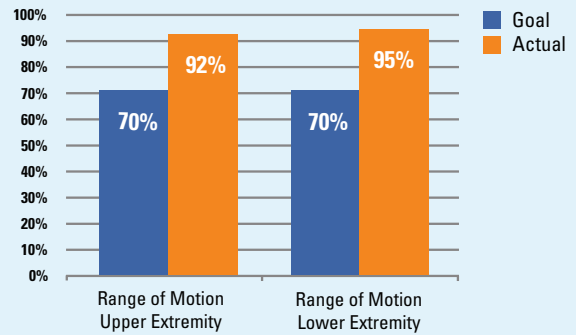
In FY14, On With Life's Long-Term Skilled Care program for Youth and Younger Adults served 33 individuals (27 males and 6 females). The average age of persons served was 39 (youngest was 22 and the oldest was 64), and the average years post-injury was 12 years.

- Type of Injury:**
TBI - 21 | Stroke - 2 | Loss of Oxygen - 6 | Other Neuro - 4
- Medical Acuity** (the severity of an illness/injury) of the individuals served at On With Life is more than 50% higher than other non-hospital facilities in the state:
On With Life - 1.55 | State average - .97
- Nursing Hours Provided Per Person Per Day** at On With Life far exceeds the state and national averages:
On With Life - 5.42 hours | State average - 3.74 hours
- Person Served and Family Satisfaction rate** is an overall score that combines questions related to experience, clinical support, therapy provided and goals met: 99%

RANGE OF MOTION

(n) = 33

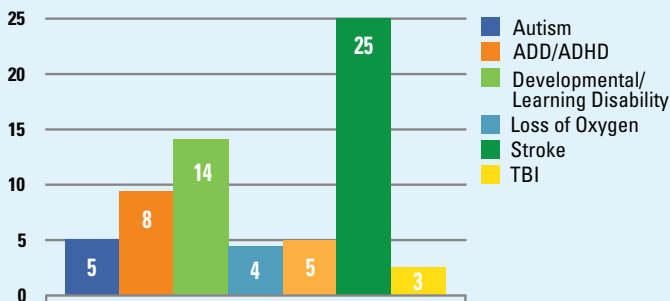
Percentage of persons served who maintained or improved their range of motion (ROM). ROM is the measurement of the amount of movement around a specific joint or body part and is measured four times per year.



NEUROPSYCHOLOGY SERVICES

Through the process of neuropsychological evaluation, Dr. David Demarest, neuropsychologist at On With Life, studies brain-behavior interactions, the health of the individual's brain and the problems that may arise due to an injury. In FY14, Dr. Demarest evaluated 64 individuals ranging in age from 2 to 72 years old.

NEUROPSYCH EVALUTATIONS BY TYPE OF DIAGNOSIS

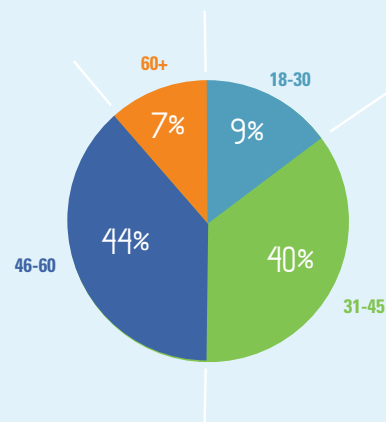


SUPPORTED COMMUNITY LIVING SERVICES

In FY14, On With Life's Supported Community Living program served 45 individuals from six different counties in central Iowa. This program provides specialized support to allow persons who have experienced a brain injury or other neurological impairment maintain and improve their independence. A total of 18,373 supported community living hours were provided in FY14.

AGES SERVED

(n) = 45



➔ Visit onwithlife.org/outcomes to see a complete listing of On With Life's FY14 outcomes.



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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Every 21 seconds, someone in the US sustains a traumatic brain injury – that’s 1.7 million people each year. Of those individuals, 52,000 die, 275,000 are hospitalized, and 1.4 million are treated and released from an emergency department. And keep in mind, this does not include non-traumatic brain injuries such as stroke, tumor or infection, nor does this include the thousands of mild brain injuries that go unreported each year.

MARCH is *Brain Injury Awareness Month*

The month of March is dedicated to raising awareness for those living with a brain injury and their families. Join us to increase awareness and prevention! Here are ways to get involved:

- 1 Help us spread the word** - ‘Like’ On With Life on Facebook, and share our posts with your friends and family to increase awareness.
- 2 Contact your local media** - Write a letter to the editor informing them about Brain Injury Awareness Month. Share your personal connection with the cause and encourage them to help you spread the word.
- 3 Partner with us** - On With Life partners with local businesses and organizations to distribute prevention and awareness information and will speak to your group or employees free of charge.
- 4 Advocate with us** - Contact the Brain Injury Association or the local Brain Injury Alliance of Iowa for ways to advocate for people living with a brain injury.

