

### Your Day

The MNRF day program runs 9:00 a.m. to 3:00 p.m., Monday - Friday. Free transportation is available. Please bring any prescriptions for physical, occupational, speech, or cognitive therapy given by your doctor. You should wear comfortable clothes and bring a lunch.

### Pride in Achievement

Most patients find that rehabilitation therapy is hard work. The important thing is not to get discouraged, to notice the progress you make, and to take pride in each achievement. Your commitment and enthusiasm will help you receive the maximum benefits from the MNRF day program.

### CARF Accredited

Accredited by Commission on Accreditation of Rehabilitation Facilities (CARF), an independent organization, who conducts in-depth review of rehabilitation services and evaluates whether a provider meets rigorous CARF guidelines for service and quality.

**For more information, call  
301-714-4030**

### Directions



MNRF is conveniently located in the Robinwood Medical Center, near both I-81 and I-70, just off Route 40, Dual Highway in Hagerstown. From Route 40, turn onto Edgewood Drive, then turn left on to Medical Campus Road. Robinwood Medical Center will be located on your left. Follow the signs for the Red entrance.

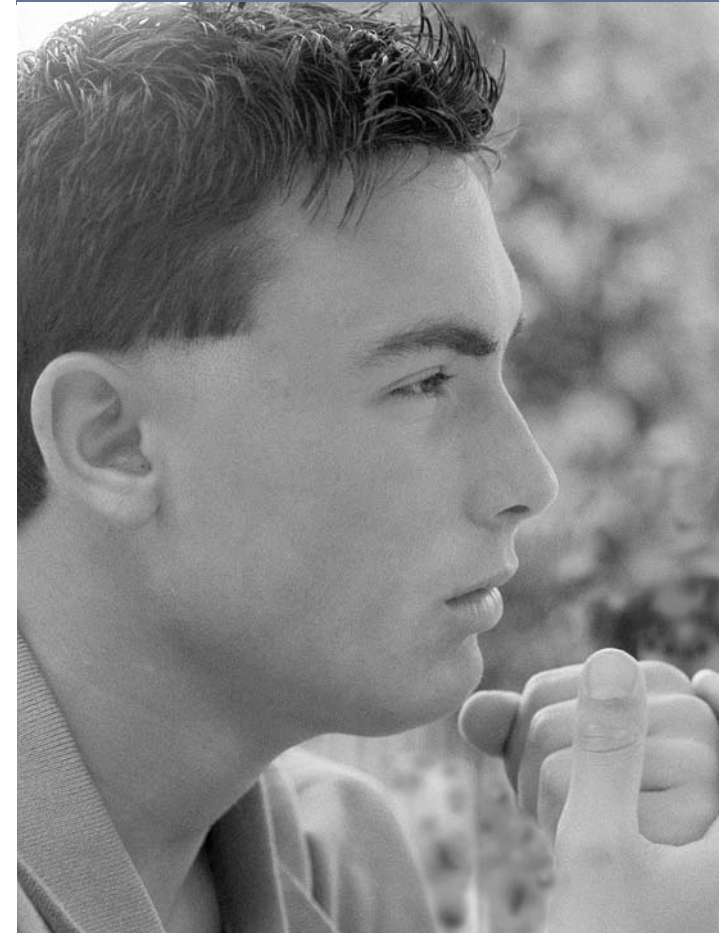


WASHINGTON COUNTY  
HOSPITAL  
*Total Rehab Care*

**Maryland NeuroRehab Foundation**  
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# Maryland NeuroRehab Foundation



WASHINGTON COUNTY  
HOSPITAL  
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## Outpatient Day Program

Recovering from an acquired brain injury or illness presents many challenges. Maryland NeuroRehab Foundation (MNRF), a program of Washington County Hospital's Total Rehab Care, provides highly specialized rehabilitation care for clients recovering from acquired brain injury, and their families. Our outpatient neurorehab day program specializes in comprehensive rehabilitation for patients with acquired brain injury. Our facility has a warm, homelike setting, which includes private treatment rooms, a comfortable lounge, a simulated apartment for functional life therapy, bright gyms, and a heated pool.

We are dedicated to promoting wellness, performance enhancement, and comprehensive rehabilitation services for the clients we serve. We promote optimal independence and quality of life for individuals with physical, cognitive, or communicative impairments. All services are provided in a cost-effective, caring and respectful environment.

## Admission Criteria

We are able to serve individuals whose condition has been diagnosed as: stroke, acquired brain injury, encephalitis, anoxia, dysfunction from brain tumor resection, post-concussion syndrome and other infectious disease or neurotoxin encephalopathies.

Prior to admission, you must:

- be referred by a physician
- be at least 16 years of age
- have a history of acquired brain injury, such as those listed previously
- be behaviorally manageable
- have the potential to derive benefit from the program
- be medically stable

## Evaluation

When you begin the program, you will receive a three to five day evaluation, which may include: a physical therapy screening, an occupational therapy screening, a speech evaluation, an interview with you and your primary caregiver, and cognitive testing. Results from the assessment are reviewed by our rehabilitation team and used to develop a personalized program with you, so we can work toward achieving your goals. The program, goals, and estimated length of stay will be reviewed with you and your family on an ongoing basis.

## Team Focused Care

An experienced team, including licensed physical, occupational, and speech therapists, will provide treatment. Our social workers, who also work closely with your care team, will help you find appropriate

community support services to meet your needs. Prior to discharge, the MNRF staff will work with you and your family on transitional planning.

## Varied Schedule of Activities

There are unique benefits to be gained from both one-on-one sessions and group activities. Your schedule may reflect a combination of both types of sessions. Some group activities may include: goals group, learning and memory sessions, meal planning, grocery shopping and leisure outings.

Additionally, our program promotes functional skills such as accessing community services, travel training, use of public transportation, safety awareness, and social skills training through role-playing, planning and participating in leisure outings.

## Family Participation

Families are encouraged to participate. Your rehabilitation team will coordinate your care through bi-weekly family meetings. The team will review your goals and progress, and answer your questions or address your concerns. Family teaching also is available to help teach your family skills to assist you.

Maryland NeuroRehab Foundation (MNRF) is a nonprofit organization specializing in comprehensive neurorehabilitation for persons with acquired brain injury. The program is designed to assist those recovering from brain injury in their quest to reach their greatest level of personal independence. MNRF was founded by Gilbert Holniker, who was inspired by his wife Carol Lee's traumatic brain injury.