

# Transitional Living Center Client Outcomes\*



## Clients who participate in the TLC program successfully return home.

- 75% of clients are free from falling up to 12 months post discharge
- 68% of participants remained out of the hospital at 12 months
- 75% of clients are living independent or with part-time supervision at 12 months
- 96% of clients are living at home or community environment at 12 months
- 96% of clients are discharged home at the completion of the TLC program

## Clients report high satisfaction with services received at TLC

- 100% of our clients are satisfied with their TLC clinical team (PT, OT, SLP, NP)

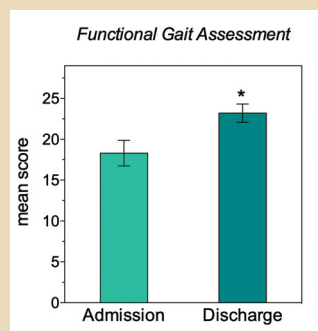
\*Based on 2019 discharges

## Traumatic Brain Injury

Casa Colina clients recovering from a brain injury improve in their ability to walk, problem solve, and make safe decisions to return home.

### Physical Improvement

Clients experience a 22% improvement in their physical abilities, including walking.

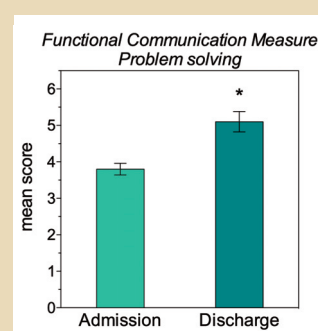
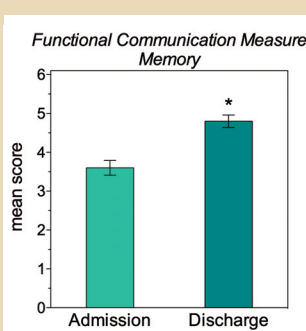


- Upon admission, most clients are severely impaired and unable to walk
- At discharge most clients are walking independently with only mild impairments

Data collected between 2015 - 2019; sample size = 103. We use the Functional Gait Assessment to measure walking ability. Scores range from 0-30; 30 represents normal walking

### Cognitive Changes

Clients experience significant improvements in their cognitive abilities, including memory and problem solving.

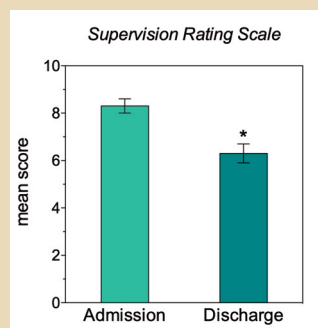


- On average we observe significant changes as clients go from requiring moderate to only minimal cues for memory and supervision for problem solving tasks

Data collected between 2015 - 2019; sample size = 27. We use the American Speech-Language-Hearing Association functional communication measures to observe changes in problem solving abilities and memory. 7 = normal communication

### Increased Independence

Clients experience a significant decrease in the level of supervision they need, allowing them to return to their previous living environment.



- On average when clients are admitted to Casa Colina with a brain injury, they require full time direct or indirect supervision
- At discharge clients only require part-time supervision. This allows more of our clients to return home and participate in community activities

Data collected between 2015 - 2019; sample size = 91. The Supervision Rating Scale measures the amount of supervision one may need from a licensed professional or caregiver. 10 = 24-hour supervision

Continued on reverse side →



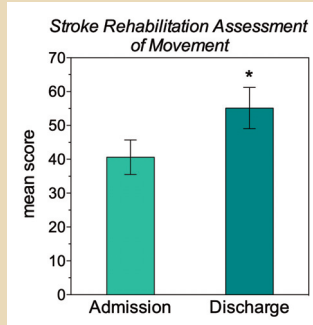
DSS License #191592503 and #191593695

## Stroke

Casa Colina clients with stroke improve in their mobility and cognition at Casa Colina's Transitional Living Center allowing them to return home safely.

### Physical Improvement

Clients experience significant improvements in their physical abilities, including walking.

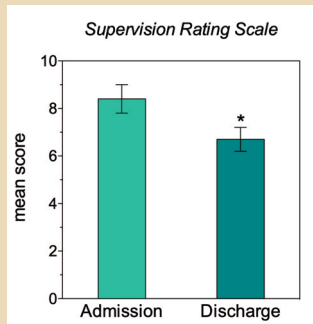


- On average clients experience a 27% increase in mobility

Data collected between 2015 - 2019; sample size = 47. Using the Stroke Rehabilitation Assessment of Movement, we measure basic mobility such as movement of your arms, lying down, sitting, standing, and walking. 100 = normal movement

### Increased Independence

Clients experience a significant decrease in the level of supervision they need, allowing them to return to their previous living environment.

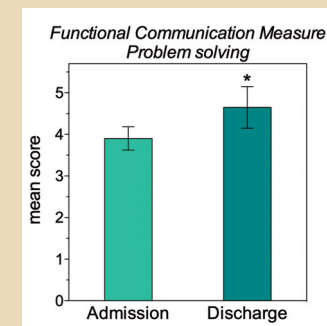
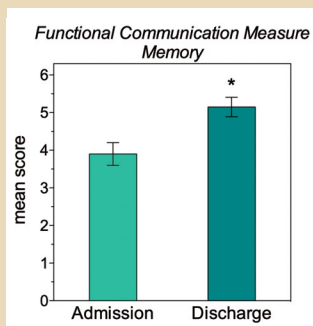


- On average when clients are admitted to Casa Colina after having a stroke they require full time direct or indirect supervision
- At discharge, clients only require part-time supervision

Data collected between 2015 - 2019; sample size = 31

### Cognitive Changes

Clients experience significant improvements in their cognitive abilities, including memory and problem solving.



- On average we observe significant changes as clients go from requiring maximum to only minimal cues for memory and problem solving tasks

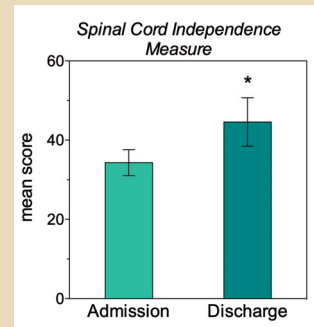
Data collected between 2015 - 2019; sample size = 36

## Spinal Cord Injury

Casa Colina clients with a spinal cord injury improve their mobility (walking or using a wheelchair) and their ability to perform daily activities.

### Increased Independence

Clients experience a significant decrease in the level of supervision they need, allowing them to return to their previous living environment.



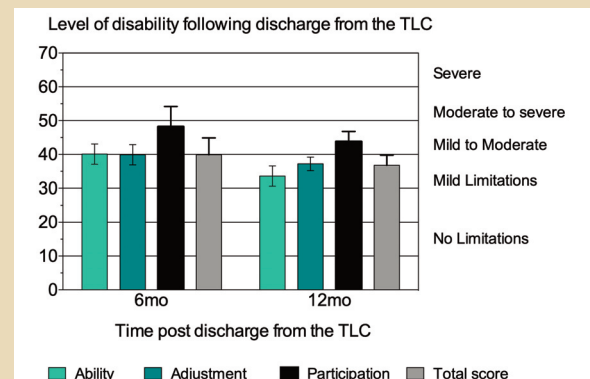
- Upon admission our clients require maximal assistance to perform these routine tasks
- By discharge a significant change (on average a 24% increase) in functional ability is observed and many activities are performed independently

Data collected between 2015 - 2019; sample size = 39. Using the Spinal Cord Independence measure we evaluate the level of assistance our clients need to

perform daily routine tasks such as eating, bathing, dressing, breathing, bowel and bladder function and mobility. 100 = total independence

## MPAI-4

We use a nationally recognized outcome measurement tool, the Mayo-Portland (MPAI-4), to evaluate the effectiveness of post-acute rehabilitation at the TLC. The MPAI is designed to assess an individual's level of disability and changes in their level of functioning. We observe a continuing reduction in disability levels following discharge from the TLC. This suggests that the skills and gains obtained during rehabilitation at the TLC are maintained and translated into continued success after discharge.



Data completed between 2015 - 2019; sample size = 55 (6 months), 93 (12 months)



255 East Bonita Avenue  
Pomona, CA 91767  
909/596-7733, ext. 4100  
800/926-5462, ext. 4100  
[www.casacolina.org](http://www.casacolina.org)