Welcome to Casa Colina’s Transitional Living Center

Welcome to Casa Colina’s Transitional Living Center (TLC). Everyone who works at Casa Colina is here for one reason: to help you in your recovery and rehabilitation. Your questions, concerns and feelings about your treatment and your stay at Casa Colina are very important to us. This handbook will introduce you and your family to Casa Colina’s TLC. However, you will probably have many more questions than can be addressed by this handbook. Please let a member of your treatment team know if you need more information or have a problem with any aspect of your stay at the TLC. He or she will make sure that your concerns are heard and responded to.

At various times while at Casa Colina’s TLC, you and your family will receive a questionnaire regarding your stay. Please take the time to complete the questionnaire and return it to us. Your response and opinions will help us to continue providing our very best to our clients and their families.

Our Mission, Vision and Values

Our Mission

Casa Colina will provide individuals the opportunity to maximize their medical recovery and rehabilitation potential efficiently in an environment that recognizes their uniqueness, dignity and self-esteem.

Our Vision

Maintain our position at the forefront of the post-acute continuum of care by sustaining and enhancing Casa Colina as a Center of Excellence in the provision of services to persons who can benefit from medical recovery and rehabilitation care.

Our Values

It is our commitment to enhance the dignity and quality of life of every person we serve.

Programs and policies are subject to change.

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What to Expect at TLC

You are about to enter the next phase of your recovery. Rehabilitation at Casa Colina’s TLC will be both challenging and rewarding, as you continue the process of learning to become active, healthy and self-sufficient.

Clients come to the TLC for residential as well as day treatment programs. During the first week, clinical evaluations take place and you will be oriented to our facility and familiarized with our treatment approaches and schedules. Once evaluations are completed, each client’s program is customized to meet their unique needs and personal priorities. Each client has an individualized treatment schedule, including cognitive and physical activities in either individual or small group sessions. Our skilled treatment team works hard to ensure that everyone who works with you is using a consistent treatment approach to maximize practice and your opportunities for learning.

Soon after you arrive, you will be appointed a key treater, a member of our rehabilitation team who will help you understand the program and how it works for you. This will assist you in expressing your own needs, expectations and desires for rehabilitation. The key treater develops a two-way communication between the client and treatment team, which includes the client as a team member. Other treatment team members who can serve as your advocate include your case manager, neuropsychologist, clinical director and program administrator. Each of these professionals can hear your concerns about your rehabilitation program, and help you and your team address issues as they arise. We also hold a Residents Council meeting to provide all residents with a forum for expressing input into the daily operations of TLC.

Team Conference

Your treatment team will meet with you and your family during the first few weeks to discuss their evaluation findings, treatment goals, and progress. These family conferences are generally held once a month, but may be more frequent as needed and determined by the treatment team. Our goal is to include families as part of the treatment process. The treatment team will talk with your family about observing therapies, receiving family training, and providing home evaluations.

About Casa Colina’s TLC

The TLC is one part of Casa Colina Centers for Rehabilitation, which provide a complete range of inpatient, outpatient, community and residential treatment programs for children and adults who have been disabled by brain injury, spinal cord injury, stroke, chronic lung disease, back injury, chronic pain, orthopedic conditions, neurological and neuromuscular disorders, developmental disorders, and other disabling illnesses or injuries.

Casa Colina was founded in 1936 by Frances Eleanor Smith in Chino, California. As a teenager, Frances Smith was confined to a wheelchair for six years due to polio. She overcame her disability with her own rehabilitation techniques. In order to help others benefit as she did, Smith obtained a hilltop house for the rehabilitation of youngsters with polio. Thus the name “Casa Colina,” which in the Spanish language means “house on the little hill” Casa Colina was a unique facility, serving children throughout the United States and beyond.

As polio was eradicated by the Salk vaccine, Casa Colina changed and grew to meet the pressing rehabilitation needs of both children and adults disabled by injury or illness. Casa Colina eventually outgrew its Chino facility, and in 1960 moved to the Pomona campus.

Since its founding more than a half-century ago, Casa Colina has consistently invested time, effort, and resources in identifying and meeting the needs of people with disabilities. Casa Colina now stands as a leader in the development and provision of innovative rehabilitation. It has grown from one hospital to a network of specialized medical and rehabilitation services in Southern California.

The TLC was opened in the 1980’s to expand the continuum of care at Casa Colina. Years of acute rehabilitation hospital experience in brain injury demonstrated that a more functional, real-world approach was needed to finish the job. In the acute rehabilitation hospital, the purpose of rehabilitation is to develop the building blocks of learning and behavior. In TLC’s post-acute residential rehabilitation setting, the focus is to provide functional real-world tasks while tackling challenges that clients will later face at home, in the community, or at the workplace. The TLC offers both post-acute residential and day treatment programs.

The Casa Colina Transitional Living Center strives to maintain the highest standards possible and is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF).
Your Treatment Team

Casa Colina’s TLC utilizes a unique trans-disciplinary team approach. Your treatment team is a group of highly skilled rehabilitation professionals who combine their experience and knowledge to address your individual needs and goals for recovery. Clinicians work hard to develop a treatment approach that integrates the client's physical, cognitive and emotional needs to meet functional goals. Team members communicate with each other continually to ensure that everyone is working together on the same goals, utilizing the same strategies and treatment approaches. Your treatment team may include the following people:

Physician
Your medical needs may be addressed by a physical medicine and rehabilitation physician who specializes in traumatic brain injury and spinal cord injury. Alternatively, you may continue under the care of your own outside personal physician or physical medicine and rehabilitation specialist. Your physician will meet with you to evaluate your progress, prescribe any medication and services you require, and provide input into your treatment plan.

Nurse
The rehabilitation nurse works with you, the treatment team, and your physicians to coordinate your medical care. The nurse oversees the front-line staff in providing basic nursing care. In addition, the nurse provides education and training on your specific medical needs.

Physical Therapist
The physical therapist guides and assists you in therapeutic activities and functional training to improve strength, endurance, flexibility, balance, coordination and mobility. If appropriate, the physical therapist will work with you to develop your physical abilities in areas of interest to you before your injury, or areas related to your work responsibilities.

Occupational Therapist
The occupational therapist helps you relearn the activities of daily living that will allow you to become more independent. These may include basic self-care, cooking, shopping, driving, home management and pre-vocational skills. The occupational therapist helps you develop the coordination, strength, flexibility, visual perception, organization, memory, and problem solving to address these functional goals.

Speech Language Pathologist
The speech language pathologist works with you to improve your basic communication skills and swallowing, as well as higher level thinking skills such as attention, memory, problem solving and organization. The speech and language pathologist helps you develop strategies to be more independent and productive in your home, community, or work setting.

Neuropsychologist
The neuropsychologist is a clinical psychologist with specialized training in working with individuals with neurological injury. They will provide a comprehensive evaluation of cognitive strengths and weaknesses to aid the team in treatment planning. In addition, the neuropsychologist provides group and individual therapy to clients and families to enhance emotional adjustment, as well as education on neurological injury and recovery.

Recreational Therapist
The recreational therapist guides and assists you in performing activities that you enjoyed prior to your injury, as well as introducing you to new activities that would augment your life through recreational enjoyment. Working in conjunction with the other therapies, you will be shown how to regain your abilities to participate in leisure activities while improving your physical and cognitive abilities.

Activities Coordinator
The activities coordinator provides meaningful activities you can participate in during non-therapy hours, or in conjunction with other therapies during therapy hours. Activities may include news groups to stay abreast of current events, specific crafts, participation in board and card games, woodworking, or outings to community venues such as the movies, stores, or even the local coffee shop. All of these assist you in promoting your function and independence to the best of your ability.

Residential Technician
The residential technician works in conjunction with licensed staff to assist clients in carrying out their daily activities and therapies. They receive training and supervision in occupational therapy, physical therapy, speech therapy, nursing and behavior management. As our front-line staff, their relationships with clients play an integral role in establishing trust with the rehabilitation process and maintaining continuity of treatment.
Lunch is at 12:00 noon when clients either prepare their own meals with staff support, or eat family-style. Therapies for all clients continue until 3:00 pm, when our day treatment clients typically return home. Dinner is served at 6:00 pm. During the evening there are opportunities to participate in leisure activities and socialization. We have a structured therapy day on Saturday which often incorporates the practice of skills in the community. Clients who are going home on weekend passes generally leave after 2:00 pm on Saturday after therapy, returning Sunday. Other clients go out with family on Saturday or Sunday day passes.

Visiting Hours

We believe that your family and friends are important to your recovery and encourage you to have visitors. Visiting hours are from 12:00 to 1:00 pm and 3:00 to 9:00 pm, Monday through Friday; 12:00 pm to 9:00 pm on Saturday; and 10:00 am to 9:00 pm on Sunday. Observing treatment is often possible and frequently encouraged, however it is best to discuss this with your treaters first.

Day & Weekend Passes

Day and weekend passes are an important part of your transition back home. When you go out on passes we encourage you to practice the skills you have learned in therapies. Passes must be pre-approved by your therapy team and may also depend upon approval from your insurance company and physician. Most typically, day passes are approved first, with overnight and weekend passes occurring as you progress closer to your discharge from residential treatment. Families must be trained prior to your leaving on a pass.

Day Treatment Program

Day treatment clients typically attend therapies 9:00 am to 3:00 pm Monday through Friday, but special drop-off and pick-up times may be arranged to help working families. The day treatment program is the same as our residential program for therapy. Often clients begin as residents, making the transition to day treatment as they progress. Day treatment clients are provided with lunch, although some clients prefer to eat off campus or in the hospital cafeteria, if appropriate. Lockers are available for personal belongings while in treatment. Day treatment clients are generally responsible for providing their own medications. However, if necessary, special arrangements can be made with our nurse.
Admission Process

An on-site assessment is frequently performed by an admissions liaison prior to admission. Tours of the facility are also encouraged prior to admission. Your admission is then coordinated by a representative who verifies your funding source. Shortly after your arrival, you or your family will meet with an admissions associate who will help you complete your admissions forms. You should have your insurance identification cards with you, as well as any Advance Directive, Durable Power of Attorney for Healthcare, or Conservatorship papers. During your admission, you will receive information about your right to make decisions about your medical treatment.

Finances

Casa Colina’s admissions department is closely involved with your stay at the TLC from the time you are referred. Prior to admission, your admissions representative will inform your funding source and receive its authorization. Throughout your stay, your case manager will regularly keep your funding source informed about your progress and future rehabilitation needs. The billing office will arrange all billing and collections, except for physician fees. Any questions you may have about your financial responsibility should be discussed with your case manager, who will refer you to a patient account representative in the billing office, if needed.

Casa Colina acts solely as your agent in filing for insurance benefits and therefore assumes no responsibility in guaranteeing payment of your account by your funding source.

Services provided by Casa Colina’s TLC are covered by many health insurance plans and worker’s compensation. Services are not eligible for Medicare or Medi-Cal reimbursement. To the extent that funds are available, the Casa Colina Foundation provides funds for uncompensated care to economically disadvantaged patients.

What to Bring

You and your family are responsible for your clothing needs. It is important that you wear comfortable clothing. We recommend a minimum of five changes of clothing (more in the case of bowel and bladder problems.) We also recommend that you label all clothing with your name.

Clothing recommendations:

- 5 pair pants/sweat clothes
- 5 shirts/blouses, at least one with short sleeves
- 5 pair underwear
- 5 pair socks
- 1 sweater or light jacket
- 2 sweatshirts
- 1 pair gym shoes or sneakers
- Nightwear, including robe and slippers
- Grooming articles including: shampoo, hairbrush, toothpaste, toothbrush, shaving equipment, makeup, etc.

Clients are encouraged to bring their own music, photographs and memorabilia to help them feel more at home. Pictures of family with descriptions of events, names and dates written on the back are often helpful. We ask you to leave valuables at home. Casa Colina is unable to assume liability for any personal items that may be lost or stolen.

Laundry Services

The TLC is equipped with washers and dryers. In order to help clients achieve their greatest degree of independence, staff will help clients complete their laundry. If a client is unable to complete this task then staff will do it for them. Please bring items that are washable and do not require dry cleaning.

Personal Funds

Clients frequently go out into the community on outings, or wish to purchase their own incidentals and hygiene items. The cost for community trips and personal expenses ranges from $50 to $100 per month, depending on the client. For residential clients, we will keep personal funds in a safe location. We generally discourage clients from keeping money on their person or in their rooms.
Meals and Snacks

We provide three meals a day, served family-style in our dining room. The meals are prepared by clients, working with staff to manage meal preparation and clean up. For clients who are not yet ready to cook, meals are prepared in the main hospital kitchen and brought to our facility to be served. Clients on special diets will receive their own trays. If you have any additional special dietary needs or preferences, we will do our best to accommodate you. Snacks and beverages are always on hand, depending on dietary restrictions.

Medications

Prescriptions are purchased through a local pharmacy which will bill your insurance. You may have a co-pay, depending on your insurance plan. It is your responsibility to pay the pharmacy for your co-pay.

House Rules

• Clients must inform the staff person in charge and sign out on the log prior to leaving the facility for any reason
• Common areas are provided for visitation in order to respect the privacy of you and your roommates
• Clients are expected to respect the property and rights of others
• Meals are to be eaten in designated areas only which include dining rooms, recreation room, and outside patio areas
• Bedtime is at the discretion of the client provided that any late night activities do not disturb others and the client is ready to begin the therapy the following day at 7:00 am – late bedtimes that interfere with the client's ability to participate in treatment will be adjusted by the therapy staff
• Unauthorized drugs or alcohol are strictly forbidden – the unsupervised use of either alcohol or drugs can result in immediate discharge
• Weapons including knives are strictly forbidden
• Smoking is allowed outside only in designated smoking areas
• Radios and televisions need to be off at 9:00 pm in client rooms, however headphones can be used until 10:00 pm
• Borrowing money, property, clothing, cigarettes, food or personal belongings from other clients or staff is not allowed
• Sexual activity is not allowed – exposures of one's body in an inappropriate and sexual nature or over-revealing clothing is not allowed
• Destruction of property is not tolerated

For a complete list of house rules, see those provided to you upon admission.

Telephone

Telephone hours are between 8:00 to 9:00 am, at lunch time from 12:00 to 1:00 pm, and in the evening from 3:00 to 10:00 pm. These hours apply to personal cell phones as well. This allows you to focus your energy and attention on your rehabilitation during prime treatment hours. Clients are responsible for their own phone charges. Calling cards are encouraged.

Mail

Letters and packages are delivered once a day, Monday through Friday. Outgoing mail may be deposited with the administrative assistant.

Religious Services

You may ask your own minister, priest, rabbi or religious advisor to call on you any time that you are not scheduled for therapy. In addition, we are available to take clients to attend religious services in the local community.

Communications Assistance

Assistance is provided to all clients and family members with special communication needs, such as those who are sight- or hearing-impaired or non-English speaking. Assistance includes printed, taped or verbally presented patient information, foreign language and sign language interpreters, and supplemental hearing devices. Our TDD telephone number for hearing impaired individuals is 909/596-3646.
Your Rights
We believe each client has the right to:

• Be treated with dignity, have privacy and humane care
• Regular physician contact and medical care
• Know who is planning your care and be involved in the planning of your care
• Be informed about evaluations, examinations or treatments
• Have the right to refuse treatment and express choice
• Receive reasonable responses to your request for services
• Confidentiality of medical records and information
• Be informed as to our relationship with other providers regarding your care
• Receive an accurate bill with an explanation of the bill
• Be informed about our rules, including visiting hours
• Have family or others informed about your care plan
• Receive prompt and complete communication with your family and have families involved in activities
• Have visitors, including advocacy representatives
• Wear your own clothing
• Use your own personal items
• Possess and control your cash resources
• Individual storage space
• Live in a safe and comfortable setting, with suitable furnishings and equipment
• Be provided with three nutritious meals per day, including snacks
• Access phones to make and receive calls
• Be free from any abuse or neglect
• Be free from corporal punishment, infliction of pain, humiliation, intimidation, ridicule, coercion, etc. This includes freedom from use of restraining devices or being locked in any room or building

Your Responsibilities
We believe each client has the responsibility to:

• Provide us with complete information about their present condition and past medical history
• Report any changes in your condition
• Follow the Transitional Living Center rules
• Follow the treatment plan and instructions of the treatment team regarding your care
• Tell us if you do not understand what is expected of you
• Take responsibility for your actions, if you do not follow instructions or refuse treatment
• Be considerate of the rights of others
• Respect the property of others
Preparing to Leave

Planning for the time when you will leave the TLC begins as soon as you arrive. This is because your success after you leave is what we are working toward. Clients are discharged from the TLC when:

- Treatment objectives have been met and goals have been accomplished
- An individual is transferred to a different level of care upon reaching the maximum potential for improvement
- There is not sufficient progress toward objectives and goals to justify continued need for intensive restorative rehabilitation therapy
- An individual suffers additional illness or increased disability to make it necessary to transfer to 24-hour acute care (hospital care)
- An individual cannot continue in community living arrangements, and placement outside the Transitional Living Center is necessary

At the time of discharge, reports are prepared by the clinical director or case manager and the members of the treatment team for the use of physicians and those involved with the client's care after the Transitional Living Center.

Access to Other Casa Colina Programs & Services

Many additional programs and services are available to clients while at Casa Colina. These include a state-of-the-art audiology center, a vestibular and balance rehabilitation program, aquatic therapy gym, industrial gym, woodshop area, and much more. Programs of special interest to TLC clients may include:

Casa Colina Outdoor Adventures

Challenging and exciting outdoor experiences for persons of all ages and abilities are offered, ranging from whale watching to scuba diving, rock climbing and white water rafting. This unique recreational program focuses on the “right to risk” and access activities of personal choice. Outdoor Adventures also provides an exciting environment where clients and families can apply skills and abilities learned or practiced in therapies.

Fitness Program

Access to a well-equipped, on-site fitness gym with aquatic therapy pools, weights, cardiovascular equipment and an outdoor sporting area with batting and golf cages.

Adaptive Driver Training Program

Behind-the-wheel, on-the-road driver evaluation and training are available. Drivers must have a current license or permit. Ask your physician for a referral to this service.

Peer Support Groups

Your treatment team will provide you with specific information on these programs and other educational activities for clients and families.

Our Code of Ethics

The governing board of Casa Colina has established a code of ethics in recognition of the organization’s responsibility to our publics including patients, clients, residents, donors, internal staff, board of directors, volunteers, referring agents, regulatory agents, suppliers, and the general public. It is the responsibility of every member of Casa Colina to act in a manner that is consistent with this code of ethical behavior.

The guiding principle:

All publics deserve to be treated with dignity, respect, and courteousness. The organization will strive to adhere to this principle and will expand on it through policy and procedures:

- Casa Colina will fairly and accurately represent ourselves and our capabilities
- Casa Colina will provide appropriate services to meet the identified needs of patients, clients and residents and will not provide services that are unnecessary
Grievance Procedures

You have the right to file a formal complaint if you are dissatisfied with the type or quality of the services you have received, and if you feel that your complaints have not been properly addressed following your discussions about them with your therapists.

If you want to file a grievance with this program, you may do so by writing or calling the Program Administrator, Casa Colina Transitional Living Center, 255 E. Bonita Avenue, Pomona, CA 91767; phone 909/596-7733, ext. 4132 or toll-free 800/926-5462, ext. 4132. The grievance will be reviewed, and we will provide a written response within 30 days. The written response will contain the steps taken to investigate the grievance, the results of the grievance process, and the date of completion of the grievance process.

If you are not satisfied with the response to your grievance, you may submit your grievance to Dr. Felice Loverso, Chief Executive Officer, Casa Colina Centers for Rehabilitation, 255 E. Bonita Avenue, Pomona, CA 91767; phone 909/596-7733, ext. 2300 or toll-free 800/926-5462, ext. 2300; and further to the governing Board of Directors as outlined in Casa Colina Transitional Living Center Policy and Procedure on Client Grievances.

You also have the right to file a complaint with the State Department of Social Services regardless of whether you use the Casa Colina grievance process. Contact information is as follows; State Department of Social Services, Community Care Licensing Division, Los Angeles Residential East District Office, 1000 Corporate Center Drive, Suite 500, Monterey Park, CA 91754; phone (323) 981-3300.

You have the right to file a complaint with CARF International, the Commission on Accreditation of Rehabilitation Facilities, the accrediting body for TLC. CARF may be contacted at 6951 East Southpoint Road, Tuscon, AZ 85756. CARF may also be contacted by calling 888/281-6531. CARF's website is www.CARF.org.

Finally, you have additional rights under state law. See the posters on the wall of the facility for more information about your rights. If you have any questions about your rights and responsibilities as a client, or if you are experiencing any problems, contact your key treator, case manager or program administrator.
Important Contact Information

Transitional Living Center. ............................ 909/596-7733 or 800/926-5462, ext. 4100
Fax: 909/593-7541
Email: rehab@casacolina.org

Casa Colina Corporate Offices ......................... 909/596-7733 or 800/926-5462
Chief Executive Officer ........................................ ext. 2300
Finance Department ........................................ ext. 2115
TDD-TTY-Q. .................................................. 909/596-3646

Mailing Address ........................................ P.O. Box 6001, Pomona, CA 91769-6001
Street Address ........................................... 255 East Bonita Avenue, Pomona, CA 91767

Your Other Important Phone Numbers at Casa Colina:

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_________________________________________
_________________________________________

Your Notes:

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_________________________________________

Casa Colina Campus Map

Freeway Location Map