

Rehabilitation Institute of Chicago d/b/a Shirley Ryan AbilityLab  
Fiscal Year 2022 Community Health Needs Assessment  
Implementation Strategy for Fiscal Years 2023-2025

Shirley Ryan AbilityLab conducted a 7-year Community Health Needs Assessment (CHNA) in 2022. As a result of the input received from various sources, four (4) areas of community health were identified: (i) identifies the community health needs, including the programs and resources that will be committed; (ii) describes the anticipated impact of its programs and resources on the needs; and (iii) where appropriate, describes planned collaborations with related organizations to meet the needs.

Four of the five Priority Areas from the 2019 Assessment continue as Priority Areas in Fiscal Year 2022; specifically, Access to Rehabilitation Health, Rehabilitation Research, Education Regarding Resources and Post-Discharge Support Programs.

1. Access to Rehabilitation Health

Given the increasing prevalence of conditions resulting in cognitive and physical disability, there is a continued need to expand access for patients in various rehabilitation settings in the areas of stroke, spinal cord injury, brain injury, neuromusculoskeletal conditions, pediatric care, and cancer. SRAlab promotes access through a multi-faceted campaign to raise awareness of conditions treated and patient outcomes, along with education on SRAlab services and leadership in the field of physical medicine and rehabilitation. SRAlab continually engages

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1. Access to Rehabilitation Health

Previous Assessments identified a need for increased access to rehabilitation services given the increasing incidence of conditions that cause cognitive and physical disabilities, specifically in the areas of stroke, spinal cord injury, brain injury, neuromusculoskeletal conditions, pediatrics and cancer.

Prior to our expansions in 2017 and 2019, SRALab was capacity constrained by primarily semi-private rooms, gender-mix issues and infection control. Building a new facility in 2017 and adding twenty (20) beds in 2019, with a current capacity of 262 private rooms, and despite COVID-19, SRALab maintained and even slightly exceeded pre-COVID-19 admission rates. Currently, the average daily census is about 215 patients, but often reaches a census of 230 or more. As a result of these expansions, capacity constraints affecting access have been resolved.

SRALab has continued to increase access to care in the outpatient and DayRehab® settings as well. Since the Fiscal Y



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Center for Hope and Equity # , funded under a \$3 million grant. The Center is in its first year of operation and is focusing on discharging patients into safe environments, exposing disadvantaged students to STEM careers and recruiting a more diverse workforce.

### Patient Advocacy and Quality of Life

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its patients with disabilities and community populations (including those with disabilities) are facing. To address this, all SRAlab patients are able to request ethics consultations while in the hospital or while receiving services to address queries related to issues including, but not limited to, quality of life. Additionally, SRAlab routinely surveys ethics literature to design and provide educational offerings in various formats and forums to educate SRAlab clinicians about quality-of-life concerns of patients/families and disability rights groups. Of note, some of these forums are inclusive of broader communities (such as support groups, secondary school groups, campus partners, and trainees).

The Donnelley Ethics Program has also regularly connected with or presented to various community groups, such as the Brain Injury Association of Illinois and Access Living, both in ok hospital setting and offsite. SRAlab has also co-hosted programming with other departments at SRAlab, including the LIFE Center a resource center that offers patient education and community links and information for people living with disabilities.

Over the next several years, SRAlab will continue to offer education that relates to quality-of-life issues through a variety of inclusive forums.

### 2. Rehabilitation Research

There is a continued need for rehabilitation research into new and more promising treatments to improve and eliminate the effects of injury, disease, and debilitating health conditions, as well as the impact of COVID-19/Long COVID. SRAlab has specifically focused on the avoidable nerve damage that can occur when patients are placed in positions during rehabilitation that compress and injure nerves to the breathing muscles.

The research program at SRAlab has been in existence for decades and today has an active portfolio of over One Hundred Fifty (\$150 U ) ok

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supported through this partnership, including post-doctoral researchers, pre-doctoral research graduates, physicians, residents, and other clinical fellows.

In addition to the inpatient care and treatment provided, the facility comprises 900,000 square feet dedicated to research and clinical programs, intentionally designed to facilitate the growth and translation of research into clinical care by fostering interactions between clinicians and researchers. This is in part accomplished through five Ability Labs, designed as integrated spaces to bring doctors, scientists, and therapists together to treat patients and conduct research. Each Ability Lab includes a combination of equipment, smart devices, and cutting-edge technology that represents not only current best practices in rehabilitation care, but also new and innovative practices that hold promise for future methods of advancing patient ability. Clinical and research staff working in this space together have, through their activities, created an environment of mutual motivation and learning. Additionally, each Ability Lab represents a hub of patient activity where the majority of daytime activities, such as patient therapies and applied research activities, take place. The Ability Labs represent the bridge between research and direct patient care where solutions to real patient problems are identified and solved quickly and efficiently to

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3. Education Regarding Shirley Ryan AbilityLab's Resources

The Assessment identified a continuing need for increasing the awareness of patients, visitors, and the community regarding ok

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6,490 person contacts. Services provided included individualized patient, family and community education programs in person or virtual, virtual classes, virtual special events, and a peer-mentor program in person or virtual. LIFE Center web traffic in Fiscal Year 2021 averaged 12,349 page views per month, or 148,198 page views annually, with visits from more than 173 countries.

SRALab will continue to increase awareness of the LIFE Center by communicating with acute care hospitals, inpatient rehabilitation hospitals, and community agencies that serve persons with disabilities to make their patients and communities aware of the resources the LIFE Center offers. In addition, a video will be developed to showcase the LIFE #7 LIFE Center offers an annual open house that is available to the public to learn about these key resources. Scheduled events and other relevant information that will bring attention to the LIFE Center will be shared through social media outlets to expand community, national, and international reach.

#### 4. Post-Discharge Support Programs

The Assessment identified a continuing need for support programming. In particular, (i) support for helping patients and families manage expectations upon returning home; and (ii) developing clinical





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participants. A separate program for youth, Sports for Kids, recorded 455 visits by 70 children with disabilities from the Chicago area. SRAI also provides health promotion for people with disabilities.

Military Sports Camp

SRAI also provides health promotion for people with disabilities. # are currently serving in the U.S. Armed Forces and have a primary physical disability are welcome to apply. Introductory-level athletes are invited to learn sports skills from elite-level coaches, while enjoying all that Chicago has to offer. Adaptive sports offered include wheelchair basketball, wheelchair rugby, wheelchair softball, biathlon, archery, sled hockey, wheelchair tennis, field sports, judo, rock climbing, SCUBA, swimming, cycling, kayaking, fitness and golf. Transportation to and from Chicago, including all associated costs, is provided for all participants. The camp aims to help participants develop a healthy and active lifestyle through adaptive sports and recreation and includes health education and wellness opportunities. At the end of the program, each participant receives an at-home workout program, a list of adaptive sports programs near their home, and a grant resource page so that they can continue their adaptive sports journey.

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Conclusion

In accord with the foregoing, SRAlab looks forward to continued implementation of the above strategies to assist in addressing the four (4) identified Priority Areas; Specifically, Rehabilitation Health, Research, Education Regarding Resources and Support Programs.

SRAlab will continue to expand access for patients in various rehabilitation settings in the areas of stroke, spinal cord injury, neuro-musculoskeletal conditions, brain injury, pediatric care, and cancer, while also supporting the emotional, social, and psychological