



Winter 2021 News From CRC

Impacts of COVID-19: How Can Rehabilitation Help?

The more we learn about COVID-19, the more we recognize what a complex condition it is and the short and long term side effects that may result from COVID-19 illness. Deconditioning and cognitive changes are common side effects of prolonged hospital or ICU stays; it also appears that the virus itself may contribute to a variety of neurological and neurocognitive health risks. These include memory disorders, cognitive impairments, “brain fog”, encephalopathy/encephalitis, strokes, and changes in neurochemistry, among others.

In addition, the social isolation and limited access to community resources due to pandemic related restrictions has led to increased risk for mental health concerns, including loneliness, depression, anxiety, and post traumatic stress. As day programs, community centers, and social outlets remain shuttered, these risks are even more evident for individuals with acquired brain injury.

As rehabilitation professionals, our goal is to address each individual’s concerns and support them in resuming the activities they love. While research on the specific role of outpatient rehabilitation in recovery from COVID-19 remains a work in progress, there are many ways in which physical, occupational, and speech therapists may be able to support individuals who are recovering from COVID-19 or experiencing a decline in function related to the ongoing impacts of the pandemic.

We continue to offer both telehealth and in-person 1:1 therapy services, as well as a variety of virtual wellness groups to increase access to services and social connections and support members of our CRC community through this challenging time.

How Might Rehabilitation Mitigate The Effects of COVID-19?

PT: can address decreased activity tolerance, fatigue management, decline in functional mobility or balance due to reduced community access

OT: can support day structure, home tasks and ADLs, identifying community resources, organization and follow through with medical appointments and medications, coping strategies

ST: can address cognitive and memory problems, concentration, executive functioning, use of technology to support language and cognition

Case Management: support and communication with medical providers, navigating community resources, establishing linkages for support systems at home and in the community

COVID-19 Vaccination Update

We are pleased to share that all CRC clinical staff and students have received their first dose of the COVID-19 vaccine, with all expected to have received dose #2 by the end of February 2021. We are excited as we begin to hear from patients and caregivers in the CRC community who have also received their first and second vaccines. We look forward to a time in the not so distant future when widespread vaccination helps to end the COVID-19 pandemic and are proud of our staff and clients who continue to do their part to end the COVID-19 pandemic.



Company News

Welcome New Clinic Staff!



Kayla Williams
Front Desk Coordinator

Kayla is the first face you see when entering our clinic doors! We are so happy to have her join the team as full time front desk coordinator. Welcome, Kayla!



Elizabeth Corti
Speech Language Pathologist

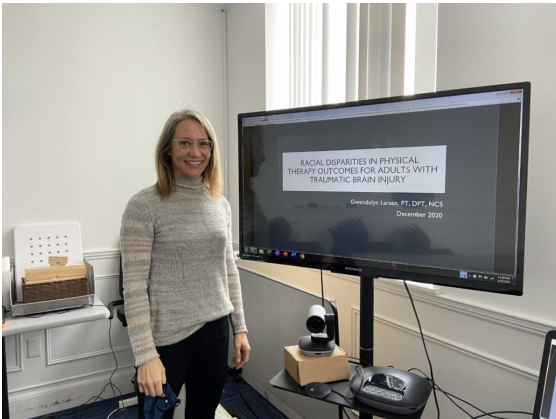
Liz is the newest addition to our wonderful speech therapy team and joins us as a full time SLP with 5 years of experience. Welcome, Liz!



Briana Eagan
Physical Therapist

Briana joins our team as a full time PT with a strong interest in neurological physical therapy - she hopes to pursue her NCS certification in the years to come. Welcome, Briana!

CRC Therapists Achieve New Certifications



Congratulations to CRC occupational therapist Jill Rouse, MS, OTR/L, CBIS and physical therapist Gwen Larsen, PT, DPT, NCS, who both recently received new credentials that accentuate their clinical skills and expertise in brain injury rehabilitation!

Jill received her Certified Brain Injury Specialist (CBIS) certification, which indicates a high level of experience and knowledge in the field of brain injury rehabilitation. CRC speech therapist Stephanie Gilbert, MS, CCC-SLP, CBIS, case manager/CCC supervisor Janet McBride-Roy, CTRS, CBIS, and occupational therapist/clinic supervisor Allison May, MS, OTR/L, CBIS are also certified brain injury specialists. Congratulations to Jill on achieving this certification!

Gwen recently completed her transitional DPT degree from Simmons University, including a capstone research paper looking at healthcare disparities in brain injury rehabilitation and whether this national trend could be seen within our facility. Her results demonstrated that there was no significant difference in outcomes, length of stay, or other key outcomes between individuals of various racial backgrounds, something that we feel demonstrates our commitment to truly individualized care for the clients we serve. Gwen and CRC physical therapist/assistant clinic supervisor Audrey Hatas, PT, DPT, NCS are both board certified specialists in neurological physical therapy, further adding to the expertise of our team. Congratulations on your accomplishment, Gwen!

Community Connections

Waiver Programs At A Glance:

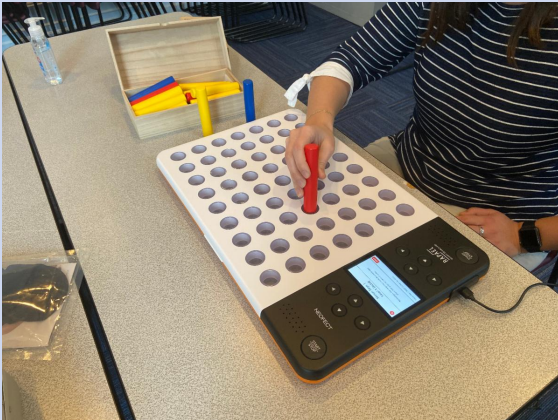
- Currently serving >40 individuals
- Age range 22-70

Spotlight on the ABI/MFP Waiver Programs

Did you know that CRC serves over 40 individuals through the state ABI/MFP waiver programs? We are

- Approximately 60% of individuals reside in group home setting, 40% in own home/apartment
- Variety of diagnoses including TBI, CVA, Parkinson's, cerebral palsy, MS, seizure disorders

contracted to provide PT, OT, ST and individual support & community habilitation (ISCH) services, as well as Neofect products including the Smart Glove and Smartboard, to eligible individuals across the state. CRC has been providing services through the waiver program for more than 8 years, and we have been proud of the growth of the program as well as the individuals involved who participate in services to work towards community-based goals. Our team collaborates with clients, their caregivers, and services coordinators through DDS or MRC to maximize each individual's ability to maximize independence within the community.



Did you know?

CRC's parent company, Neofect, is now a contracted vendor to serve individuals through the ABI/MFP waiver throughout Massachusetts. This means that individuals throughout the state who may benefit from a home program using the Smart Board, Smart Glove, Smart Pegboard, or other Neofect products can receive them as part of their waiver program plan of care. We are excited that these products will be accessible to even more consumers throughout Massachusetts.

March Is Brain Injury Awareness Month: #MoreThanMyBrainInjury

We look forward to spreading awareness of the impacts of brain injury and advocacy for survivors throughout the month of March. Here are some ways that you can be a part of Brain Injury Awareness Month:

- Speak up: Use the hashtag #MoreThanMyBrainInjury and share the hashtag with survivors and families
- Connect: Check out the CRC facebook page for client spotlights, resources, research, and more
- Learn: Attend the annual BIA-MA Brain Injury Conference - see below for more information



The 2021 BIA-MA Annual Brain Injury Conference is March 24-25, 2021

Featuring presentations aimed towards brain injury professionals, caregivers, and survivors, the annual BIA-MA Brain Injury Conference is going **virtual** this year. CRC case management supervisor Janet McBride-Roy, CTRS, CBIS is serving as co-chair of the planning committee for this annual event, and several CRC staff will be presenting on topics including the role of the caregiver in rehabilitation and interventions targeting memory impairments following acquired brain injury. The conference is always a wonderful opportunity to network and learn from the brain injury community in Massachusetts, and the virtual format this year will make programming accessible from anywhere.

[More Information & Registration](#)



Wellness Program Spotlight: Therapeutic Exercise And Movement (TEAM)

Exercise is important for physical and mental well being, especially during the ongoing isolation of COVID19. TEAM is a fun, high energy adaptive exercise class led by a physical therapist and aimed at individuals with acquired brain injury who can perform exercises in seated or standing. Exercises targeting upper body strength, posture, flexibility, and cardiovascular endurance are included during each class in a "fun"ctional setting. Classes are currently being offered via Zoom and are \$5 thanks to a generous grant from the Statewide Head Injury Program.

Tuesdays, 11:00 am, 1 hour class

Visit our Website

Referral Phone: 857-304-4028 | Fax: 617-744-0604

