



## CELEBRATING LONG TERM CARE ADMINISTRATORS

Especially in March, we are pleased to support and celebrate Long Term Care Administrators.



At ATS, we would like to express our gratitude to all LTC administrators. Thank you for all you do to support your team and facility and ensure the highest standard of quality. **We are honored to support our LTC partners.**

## BRAIN INJURY AWARENESS MONTH

Brain Injury Awareness Month is observed every March to shed light on various aspects of brain injury and raise awareness about its impact on all age groups, including seniors. Causes may include falls, forceful impact to the head or penetration by sharp objects, accidents, and battlefield injuries. Research is currently being completed on the cardiopulmonary impact of COVID-19, primarily due to anoxic brain injury.



### #MoreThanMyBrainInjury

According to the Brain Injury Association of America (BIAA), at least 5.3 million Americans live with a traumatic brain injury-related disability. That is one in every 60 people. To increase understanding of brain injury as a chronic condition, reduce the stigma associated with having a brain injury, showcase the diversity of injury and the demographics of the community, and improve care and support for individuals with brain injury and their families, they have developed the campaign, #MoreThanMyBrainInjury. Learn more [here](#).

## Brain Injury Facts

- Every 9 seconds, someone in the U.S sustains a brain injury.
- More than 3.6 million people sustain an Acquired Brain Injury (ABI) each year.
- At least 2.8 million people sustain a Traumatic Brain Injury (TBI) each year.

[Click here](#) to download the fact sheet from BIAA.



## Brain Injuries in Older Adults

Did you know? Older adults face a high risk of brain injury due to falls. They are more likely to be hospitalized and die from a TBI than all other age groups. Moreover, TBIs may be missed or misdiagnosed in older adults because the symptoms may overlap with other common medical conditions such as dementia. ([Source](#))

To help decrease the risk of brain injury in older adults, fall prevention education is essential. Everyone involved, including individuals, caregivers, and medical professionals, should learn about the importance of fall prevention.

## Brain Injury Rehab: Collaboration is Key

Brain injuries can cause speech, language, thinking and swallowing problems. They can also be associated with changes in levels of consciousness, memory disturbances, confusion related to deficits in orientation, and physical responses such as:

- Neurological signs, such as brain injury observable on neuroimaging, new-onset or worsening of seizure disorder, visual field deficits and hemiparesis
- Speech and language deficits, including problems being understood because of weak speech muscles (dysarthria) or problems controlling speech muscles (apraxia)
- Swallowing disorders, including trouble chewing or coughing and choking when eating



Successful support of individuals with TBI requires collaboration between the Interdisciplinary Team, including Physical Therapists, Occupational Therapists and Speech-Language Pathologists, to help regain physical function, re-learn daily tasks and restore fitness and wellness.



**Patient Safety Awareness Week** (March 13-19) is observed every year to encourage everyone to learn more about health care safety.

This observance provides everyone involved in a plan of care the opportunity to focus on fall prevention education and brain injury rehab. For patients who may have experienced a brain injury, personalized treatment plans may include strength and gait training as well as other therapy solutions to support mobility and independence.

## Informative Articles and Resources

- [Traumatic Brain Injury & Concussion – CDC](#)
- [Occupational Therapy Interventions for Adults With Traumatic Brain Injury – NIH](#)
- [Brain Injury Awareness – BIA](#)
- [Physical Therapy Guide to Traumatic Brain Injury – APTA](#)
- [Cognitive Interventions for Traumatic Brain Injury – My OT Spot](#)
- [Clinician's Guide to Cognitive Rehabilitation in Mild Traumatic Brain Injury: Application for Military Service Members and Veterans – ASHA](#)
- [COVID-19 and Brain Injury – Psychiatric Times](#)
- [Patient Safety Awareness Week – IHI](#)

ATS Physical Therapists and Occupational Therapists are integral members of the Interdisciplinary Team to support patients improve their overall health. [Contact us](#) to discuss how our team can support your patients stay on the road to recovery.

## Leadership Recommendations

- Implement evidence-based fall prevention strategies to prevent falls and support fall-prevention education.
- Provide a supportive environment for the Interdisciplinary Team, including clinical nurses, neurologists/physiatrists, OTs, PTs and SLPs and behavior analysts, to collaborate and develop a comprehensive plan of care to implement the most effective approach.
- For brain injury patients showing signs of agitation or frustration, give them space and try to remind yourself not to overstimulate them as you're providing the intervention. Cognitive rest breaks are essential.
- Provide appropriate training to support skills and competencies to support the delivery of a comprehensive TBI management program.

## SERVICES SPOTLIGHT: SPEECH AND LANGUAGE PATHOLOGY SERVICES



At ATS, our Speech and Language Pathology professionals address language, cognition and swallowing dysfunction in patients.

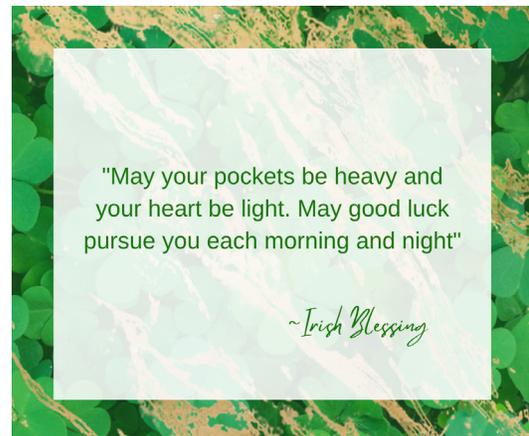
Through a personalized therapy approach, our experts look to help patients improve these functions to communicate with family, friends, and caregivers in the best way possible. Individualized plans may include, but are not limited to:

- Training to recover language comprehension and memory skills
- Communication techniques for improved speech and language
- Exercise and facilitation techniques to improve muscle performance for speech and swallowing
- Dietary recommendations

[Learn more>](#)

### A Message of Gratitude from ATS

Our ATS team is very lucky to provide services and support to help individuals experience a higher quality of life, live healthier, and enjoy life more independently. Thank you for trusting our team of experts to provide the best care.



**Advanced Therapy Solutions exists to inspire, encourage, and motivate patients to excellence in therapy. Every patient is unique to us. Therefore, each one is treated with care, support, and dignity as they strive to achieve their daily therapy goals. We pride ourselves on treating others as they want to be treated, for this is our ultimate measure of the quality of care in every respect.**

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