



**THE OHIO STATE  
UNIVERSITY**

WEXNER MEDICAL CENTER

# Rehabilitation Services for Patients with MS and their Caregivers:

## **The Team, Resources and Counseling**

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**Outpatient Rehabilitation – Martha Morehouse**

# Objectives

- Understand rehabilitation
- What the role is of each multidisciplinary team member in rehabilitation
- Benefits of early rehabilitation for individuals with MS
- Role of advocacy for patient access and patient/caregiver education
  - Resources
  - Counseling

# Why Rehabilitation?

- Most MS symptoms can be addressed in rehabilitation
  - The goal is to keep functioning in important roles longer
  - Improvement OR Maintenance
- Resource across the lifespan
  - Individuals diagnosed with MS have a lifespan similar to their peers
    - This long lifespan allows increased time for potential disability
    - Older adults are at higher risk for other co-morbidities in addition to the MS
  - Early intervention, middle intervention and late intervention through rehabilitation services

# Rehabilitation Settings

- Acute Care
  - Return patient safely home if possible
  - Recommend next level of care needed if home is not possible
- Inpatient Rehabilitation
  - Return patient safely to home environment
  - Recommend next level of care needed if home is not possible
- Home Health Rehabilitation
  - Improve home safety and access
  - Improve ability to access community safely to allow transition to OP care
  - Must be “homebound” according to CMS guidelines
- **Outpatient Rehabilitation**
  - **Improve function, safety and overall mobility**
  - **Progress higher level goals for community access as able**

# OSU Outpatient Rehab Team

- Team based approach to MS Rehab
  - 15 multidisciplinary team members across disciplines – PT, OT, SLP, SW
  - Comprehensive rehab program for MS shows best outcomes
- MS specific team within a larger team of experts
  - Neurologic Rehab
  - Orthopedic Rehab
  - Pelvic Floor Rehab
  - Vestibular Rehab
  - Alternative Mobility and Communication
  - Driver's Rehabilitation

# Multiple Disciplines

## What is included in each discipline?

- Physical Therapy
- Occupational Therapy
- Speech Language Pathology
- Social Work
- Assistive Technology
  - PT/OT/SLP specializing in technology

# Social Work

- Masters Degree (+ 2 years experience post Masters for licensure)
- Psychosocial Functioning
  
- Counseling
- Family Support
- Community Resources
  - Transportation
  - Financial aid
    - Insurance questions
    - LT/ST disability
    - SSI/SSID
    - Medical bill assistance
  - Vocational Rehab
  - Preferred activities/hobbies

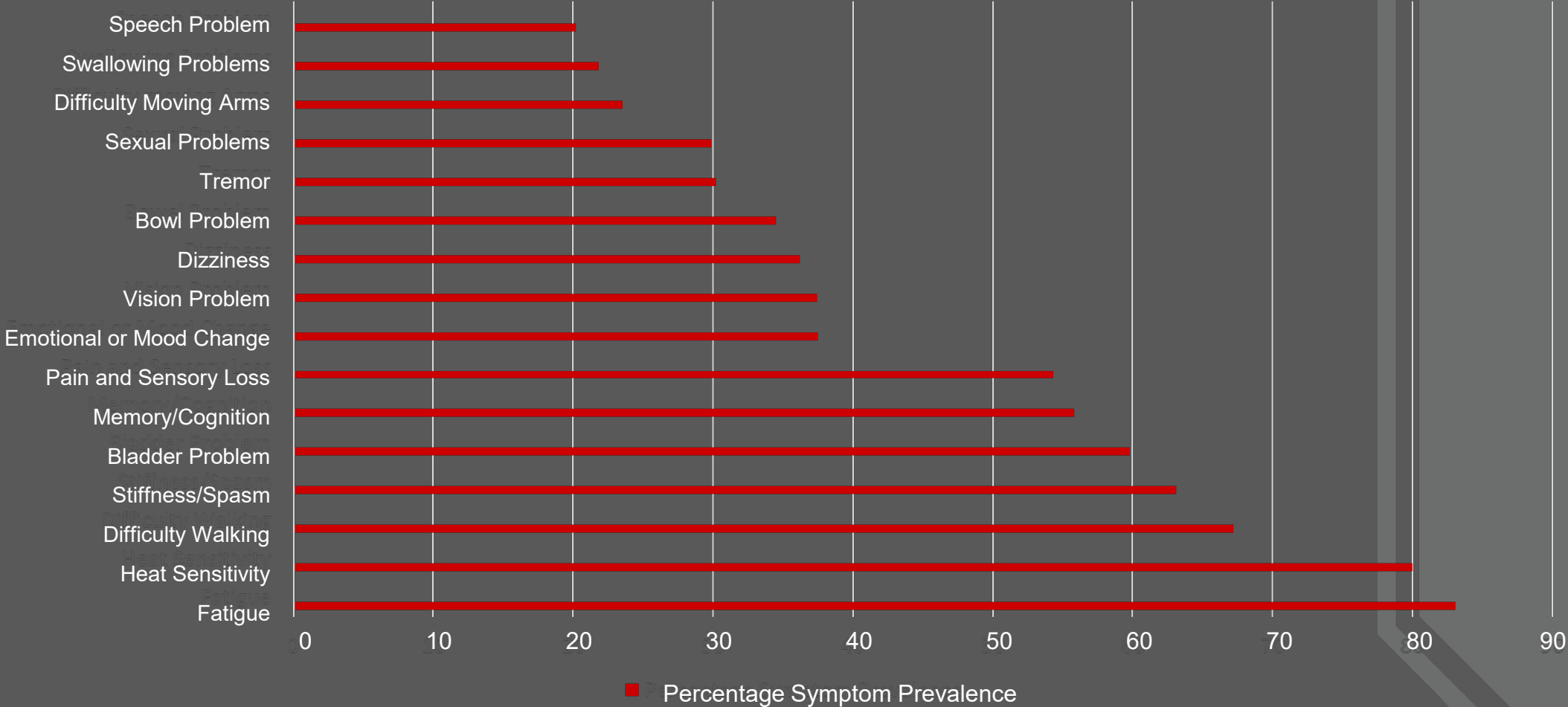
# MS Society





# Common MS Symptoms

Common MS Symptoms <sup>10,11</sup>



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ADVOCATE!  
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**QUESTIONS?**

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