

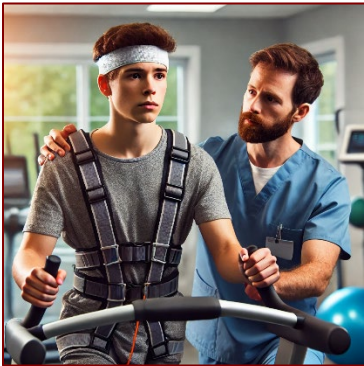
## CARE COORDINATION NEWSLETTER

[www.directcarentraining.com](http://www.directcarentraining.com)

July 1, 2024



### Are You Physically Active? You Should Be...



Remaining as physically active as possible after a traumatic brain or spinal cord injury is crucial for several reasons. Physical activity plays a pivotal role in promoting neuroplasticity, which is the brain's ability to reorganize itself by forming new neural connections. This is

particularly important for individuals recovering from traumatic brain injuries (TBI), as it can help compensate for lost functions and improve cognitive and motor skills. Engaging in regular physical activity stimulates brain function, enhances mood, and reduces the risk of secondary complications such as depression and anxiety, which are common among TBI patients.

For individuals with spinal cord injuries (SCI), staying physically active is equally essential. Physical activity helps maintain muscle strength, flexibility, and cardiovascular health, which can significantly impact the overall quality of life. Regular exercise can prevent muscle atrophy, improve circulation, and reduce the risk of pressure sores and other complications associated with prolonged immobility. Moreover, physical activity promotes better mental health by providing a sense of accomplishment and improving self-esteem, which can be particularly beneficial in the challenging journey of rehabilitation and recovery.

Overall, maintaining physical activity after a TBI or SCI is not just about physical health; it is also about fostering mental and emotional well-being. It encourages a proactive approach to recovery, helping individuals regain independence and improve their quality of life. Physical therapists and rehabilitation specialists play a crucial role in developing tailored exercise programs that address the specific needs and abilities of each patient, ensuring that they can safely and effectively engage in physical activity. Through consistent effort and professional guidance, staying active can lead to significant improvements in both physical capabilities and psychological resilience.

### What Can Help Your Eye/Hand Coordination?



For individuals with a traumatic brain injury (TBI), engaging in vocational or other activities that improve eye/hand coordination is essential for enhancing cognitive and motor skills. One effective activity is correspondence

sorting. This task involves organizing letters, documents, and packages based on specific criteria such as date, sender, or importance. Correspondence sorting requires precise eye/hand coordination as individuals need to visually identify the relevant information and physically manipulate the items to sort them correctly. This activity not only hones fine motor skills but also enhances visual processing and attention to detail, which are often areas impacted by TBI.

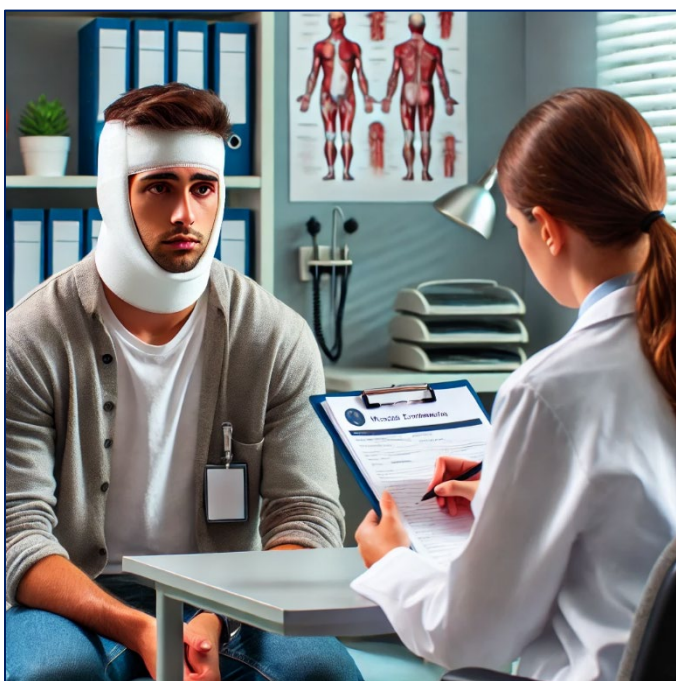
Another valuable activity is assembling kits or simple products. This can be particularly beneficial as it involves a series of coordinated movements and cognitive processes. For example, assembling small parts into a finished product requires following instructions, sequencing tasks, and using tools or hands to fit pieces together accurately. This type of vocational activity promotes the development of dexterity, spatial awareness, and problem-solving skills. Additionally, the repetitive nature of assembling can reinforce neural pathways involved in motor coordination and help solidify learning through practice.

Gardening is another therapeutic activity that can significantly improve eye/hand coordination for TBI survivors. Planting seeds, watering plants, and harvesting vegetables involve a range of coordinated movements and provide sensory feedback that can aid in recovery.

Gardening tasks require individuals to focus visually on specific tasks while coordinating their hand movements to achieve desired outcomes. Moreover, the outdoor environment and the nurturing aspect of gardening can provide emotional benefits, reducing stress and enhancing overall well-being. Engaging in these activities not only supports physical rehabilitation but also provides meaningful and enjoyable experiences that contribute to a sense of accomplishment and purpose.

## Understanding Medical Benefits After an Injury...

After an auto injury, many patients often misunderstand the nature of their insurance benefits, particularly when they refer to having "full coverage." The term "full coverage" can be misleading because it suggests that all possible expenses related to the injury will be covered without question. However, in reality, insurance coverage is subject to the evaluation of the insurer, which means that each claimed medical service must be deemed medically and rehabilitatively necessary. Patients frequently overlook this crucial aspect, leading to confusion and frustration when certain services are denied or limited. Michigan PIP (No-Fault) is not different, even with lifetime medical benefits associated with the policy.



One common misconception is that once they have "full coverage," a term many patients use; patients believe they

can access any and all medical treatments they deem necessary. However, insurers conduct thorough evaluations to determine whether the services are essential for the patient's recovery. This includes considering the appropriateness, duration, and intensity of the treatment. Insurers rely on medical evidence and guidelines to assess the necessity of ongoing or long-term care. If a treatment is deemed non-essential or overly prolonged, it may not be covered, regardless of the patient's belief in its importance.

Additionally, patients may not realize that "full coverage" often includes specific limitations and exclusions outlined in their policy. These can pertain to the types of treatments covered, the duration of coverage, and caps on certain benefits. For example, while initial emergency care and rehabilitation services might be covered, long-term therapies, alternative treatments, or experimental procedures might not be. Patients must thoroughly understand their policy details and communicate with their insurer and other advocates to clarify what is and is not covered under their policy provisions.

Another area of confusion arises from the process of getting treatments approved. Insurers require proper documentation and justification for continued or new treatments. This involves detailed reports from healthcare providers explaining the medical necessity of the treatment. Patients who are unaware of this process may face delays or denials of care, leading to additional stress during an already challenging recovery period. It is crucial for patients to work closely with their healthcare providers to ensure that all necessary documentation is submitted promptly and accurately to support their claims.

In conclusion, while "full coverage" may seem like a comprehensive safety net, it is essential for patients to understand that insurance benefits are not limitless and are subject to rigorous evaluations by the insurer. Recognizing the need for medical necessity, understanding policy limitations, and navigating the approval process are all critical steps in effectively utilizing insurance benefits after an auto injury. Being informed and proactive can help patients avoid misunderstandings and ensure they receive the necessary care for their recovery.

Thank you for allowing us into your homes and lives. When we can answer care coordination questions, please reach out using:  
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