

# **IDENTIFYING BEST-PRACTICE SERVICE DELIVERY FOR SPINAL COMMUNITY INTEGRATION PROGRAMS**

## **INTRODUCTION**

Being able to fully participate in community life, which includes having access to appropriate housing, being able to mobilise in the community, participating in work, leisure or educational activities, and being engaged in other community roles such as being a neighbour or volunteer are important for the ongoing quality of life for people with spinal cord injury (SCI). In the current healthcare environment, people are being discharged from inpatient rehabilitation earlier, often impacting their community integration. To inform future strategic planning, the aim of this project was to identify national and international best practice service delivery and models for community integration or transition home from discharge, and to outline the key characteristics of these models and services.

## **METHODS**

Semi-structured interviews were conducted with key informants from providers of specifically selected national and international SCI services known to be delivering high quality community integration and/or transition programs. The interviews were thematically analysed with the overall goal of identifying best practice innovations.

## **RESULTS**

Four themes will be discussed:

1. Approach taken: (Model; Staffing; The value of lived experience; Link between inpatient rehabilitation and discharge)
2. Services provided: (Groups; Telehealth)
3. Patient outcomes: (Goal setting; Client-centred discharge process; Self-efficacy; Self-management)
4. Program evaluation (Limited evaluation)

## **CONCLUSIONS**

Best practice innovations identified in this study can be used to inform the development of community integration or transition programs and services.