FREQUENTLY ASKED QUESTIONS

How do I know if I am appropriate for the Cognitive Day Treatment Program?
If you have experienced any neurological event which resulted in difficulty with memory, orientation, and problem solving our program may be right for you. Your primary care physician, neurologist or other medical professional can make a referral to Gaylord.

Where do the program participants come from?
Patients come from inpatient settings, Traurig Transitional Living Center or patients in the community who have difficulty with communication.

Will my medical insurance cover services?
Cognitive Day Treatment is covered by most commercial insurances as well as Medicaid. Gaylord staff will work with you to verify benefit coverage or to discuss treatment costs that may not be covered by insurance.

What else does Gaylord Specialty Healthcare offer?
Gaylord Hospital is a long-term acute care hospital specializing in the treatment of medically complex and complex rehabilitation patients who require inpatient care following an acute care hospital stay.

Gaylord Outpatient Services provides physiatry (physical medicine and rehabilitation physicians), physical, aquatic, occupational and speech therapies, as well as audiology, psychology and wheelchair assessment services. Gaylord also sponsors many support groups.

Gaylord Center for Concussion Care evaluates teens and adults on the Wallingford campus providing comprehensive care by a team of brain injury experts.

Gaylord Physical Therapy Orthopedics and Sports Medicine in North Haven specializes in sports injuries and return-to-play progression following concussion.

CONTACT INFORMATION

Referrals and Appointments
Appointment requests are available online at outpatientscheduling@gaylord.org or by calling the number below. For more information on services and locations, visit us at www.gaylord.org.

Location
Main Campus
Gaylord/Wallingford
P.O. Box 400
Gaylord Farm Road
Wallingford, CT 06492
203 284-2888 Appointments
203 294-8705 Fax

For GPS users:
Use 50 Gaylord Farm Road, Wallingford, CT 06492 and look for the Main entrance.

COGNITIVE DAY TREATMENT PROGRAM

OUTPATIENT SERVICES

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The Gaylord Advantage

The cognitive day treatment program is an intensive, eight-week program for people following an acquired or traumatic brain injury, stroke or other neurological impairment. Therapy will address cognitive deficits in the areas of orientation, attention, memory, problem solving, planning, organization and executive functioning.

The program strives to maximize functional independence. Limited to 10 participants, it allows for healthy interaction between participants and staff. Family members are encouraged to take an active role in the program.

Specialized Groups include:
- Cognitive Skills Group
- Academic Therapy
- Psychosocial Group
- Acquired Brain Injury Resource Group
- Chemical Usage Education Group
- Community Out-trip
- Interpersonal Skills Group
- Occupational Therapy Group

Individual therapies may include physical therapy, aquatic therapy, occupational therapy, speech therapy and psychology.

Visit www.gaylord.org and select the Patient Information tab for support groups held on the Gaylord campus.

COGNITIVE DAY TREATMENT

This program will show you how to:

- Use a daily planner or application on a cell phone to have a written plan of daily activities.
- Set up a home information center. Keep calendars, phone messages, keys and bills in a central location.
- Have a weekly planning meeting to communicate the upcoming week’s plans, activities and goals.
- Use alarms, watches or timers to facilitate time management.
- Limit external distractors such as television and radio while communicating important information.

Families will learn how to:

- Give the person with a brain injury constructive feedback about performance on tasks. Discuss things they did correctly and incorrectly.
- Seek out support groups for patients and families with acquired brain injury.

To be considered for admission to the program, a person should:

- Be at least 15 years of age
- Be medically stable
- Demonstrate cognitive deficits
- Be able to tolerate and benefit from at least three hours of therapy a day, including groups
- Be able and willing to benefit from and participate in the group treatment setting
- Be free from active substance abuse
- Exhibit no disruptive behavior
- Be independent with toileting and be able to transport himself or herself within the designated outpatient treatment setting
- Be less than one year following the injury
- Be able to commit to an eight-week program
- Attend a pre-meeting with the therapist to establish goals that are mutually agreed upon and realistic