

**How do I know if I am appropriate for the Cognitive Day Treatment Therapy Program?**

If you have experienced a neurological event which resulted in difficulty with orientation, attention, memory, problem solving, planning, organization and executive functioning, 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 various inpatient settings, Traurig Transitional Living Center or the community.

**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 specialty hospital that provides inpatient care for complex medical patients needing intensive rehabilitation.

**Gaylord Outpatient Services provides:**

- Speech, Physical, and Occupational Therapy
- Aquatic Therapy and Aquacize
- Gaylord Hearing Center
- Gaylord Center for Concussion Care
- Physiatry Consultations
- Psychology and Neuropsychology Evaluations
- Wheelchair Assessment Services and more

Gaylord sponsors support groups and can provide recommendations when prosthetics, orthotics and rehabilitation equipment are required.

Gaylord Physical Therapy Orthopedics and Sports Medicine, at 8 Devine St, North Haven and 1154 Highland Ave, Cheshire, specializes in musculoskeletal conditions requiring therapy, sports injuries and return-to-play progression following concussion.

**Referrals and Appointments**

Appointment requests are available online at [outpatientscheduling@gaylord.org](mailto:outpatientscheduling@gaylord.org) or by calling the number below. For more information on services and locations, visit us at [www.gaylord.org](http://www.gaylord.org).

■ **Location**

**Gaylord Hospital and Gaylord Outpatient Services**

50 Gaylord Farm Road  
 Wallingford, CT 06492  
 (203) 284-2888 Appointments, Option 1  
 (203) 294-8705 Fax  
 (203) 284-2800 x3991 Cognitive Day Treatment Therapy Program Coordinator  
[www.gaylord.org](http://www.gaylord.org)

**Use the Main Entrance indicating Outpatient Services at Jackson Pavilion.**

**COGNITIVE DAY TREATMENT THERAPY PROGRAM**

OUTPATIENT SERVICES



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[www.facebook.com/gaylordspecialtyhealthcare](http://www.facebook.com/gaylordspecialtyhealthcare)



[www.youtube.com/gaylordhealthcare](http://www.youtube.com/gaylordhealthcare)





## COGNITIVE DAY TREATMENT THERAPY PROGRAM

### The Gaylord Advantage

The Cognitive Day Treatment Therapy Program is an intensive outpatient 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. This program, which runs three days a week for community participants and five days a week for Traurig Transitional Living Center residents, includes individual and group treatments based on the needs of each participant.

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

#### Specialized Groups include:

- Cognitive Skills Group
- News and Notes Group
- Psychosocial Group
- Acquired Brain Injury Resource Group
- Chemical Usage Education Group
- Community Out-trip
- Interpersonal Skills Group
- Occupational Therapy Group

The program strives to maximize functional independence. By limiting the number of participants, this allows for healthy interaction between clients and staff. Family members are encouraged to take an active role in the program.

#### This program may teach participants how to:

- Use a daily planner or “app” 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.

Visit [www.gaylord.org](http://www.gaylord.org) and select the *Patient Information* tab to find *Support Groups* held on the Gaylord campus.

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

- Be at least 15 years of age and medically stable
- Demonstrate cognitive deficits
- Be able to tolerate and benefit from the program schedule
- 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 or have a caregiver remain in the area for support
- Be able to transport himself or herself within the designated outpatient treatment setting or have a caregiver remain in the area for support
- Be less than one year following the injury
- Be able to commit to attending and completing the program
- Attend a pre-meeting with the therapist to establish goals that are mutually agreed upon and realistic

