### Sample Schedule for Tejas Inpatient Program

**Monday**
- 7:00  Wake-Up /Hygiene
- 8:00  Medications
- 8:30  Breakfast/Kitchen Clean Up
- 9:30  Opening Group
- 10:00 Life Skills Group
- 11:00 Physical Therapy
- 12:00 Lunch/Medications
- 1:00  Substance Abuse
- 2:00  Community Re-Integration
- 3:00  Process Group
- 4:00  Break/Individual Study
- 5:00  Dinner/Kitchen Clean Up
- 6:00  Vision Group
- 7:00  Aquatics
- 8:00  Aquatics
- 9:00  Bedtime/Hygiene
- 10:30 Lights Out

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- 9:30  Opening Group
- 10:00 Life Skills Group
- 11:00 Physical Therapy
- 12:00 Lunch/Medications
- 1:00  Substance Abuse
- 2:00  Community Re-Integration
- 3:00  Community Re-Integration
- 4:00  Process Group

**Therapies offered:** Physical Therapy, Aquatic Therapy, Cognitive Rehabilitation, Speech Therapy and Occupational Therapy.

**Groups offered:** Opening Group, Life Skills Group, Process Group, Meditation Group, Yoga Group, Cooking Group, Medication Education Group, Spirituality Group and Conditioning Group.
Tejas is an 8-bed residential post-acute brain injury program located on the Texas NeuroRehab Center (TNC) Campus in Austin, Texas. The program offers inpatient and outpatient neuro-rehabilitation for patients who have a traumatic brain injury, stroke and other neurologic conditions.

The Inpatient Program includes six hours of therapeutic activities (including group and individual) and two hours of 1:1 individual therapies daily, Monday-Friday. On the weekends, patients will receive four hours of therapeutic activities, as well as personal time where visitors are welcome, or patients can receive a day pass to visit family and friends. (Please see sample schedules and additional info on the back page)

The Outpatient Day Program also located on the TNC Campus in the Bluebonnet Medical Rehab. Clinic offers neuro-rehabilitation in an outpatient setting, Monday-Friday, 9am-5pm. Patients can attend the program 2-5 days/week, where they will participate in five hours of therapeutic activities (including group and individual), as well as two hours of individual therapies daily. (Please see sample schedules and additional info on the back page) Patients will also need to provide their own transportation.

**Inpatient Program Services include:**
- Semi-private suites with private bedrooms
- Home and family environment
- Therapeutic activities (including group & individual)
- Individual 1:1 Therapies (physical, occupational, speech)
- Aquatic therapy (on-site heated pool)
- Coordination of care needs with community physician and appointments
- Transportation for planned appointments and activities
- Neuropsychological services
- Individualized personal and care plan based on needs
- 24/7 care overseen by physician, RN
- Social work services
- Monthly team and family reviews

**Outpatient Day Program Services include:**
- Therapeutic activities (including group & individual)
- Individual 1:1 Therapies (physical, occupational, speech)
- Neuropsychological services
- Individualized care plan based on needs
- Social work services
- Monthly team and family reviews
- Meals catered to special dietary needs, with nutritional monitoring, including tube feedings
- Aquatic therapy (on-site heated pool)

For more information, please contact your Clinical Liaison or call 1-800-252-5151