

Your Passport to Recovery



Your name: _____

Your therapy goals: _____

Please remember to bring this sheet with you to all group sessions. Attend 3 sessions before your discharge for a reward and positive steps toward recovery.

Group Date	Group Topic	Group Leader's Initials

**“Once you choose hope, anything’s possible.”
– Christopher Reeve**

Classes offered

These classes may change. Please ask your therapist for an updated list of classes.

General Classes

- Welcome to Dodd
- Adaptability and Accessibility
- Discharge Planning and Emergency Preparedness
- Adapted Sports, Leisure, and Travel
- Cognitive and Communication Issues
- Physical and Functional Changes
- Cancer Education

Spinal Cord Injury Classes

- Anatomy of the Spinal Cord and Functional Expectations
- Adjustment to Disability
- Sexuality
- Bowel and Bladder

Stroke Education Classes

- Cognitive, Behavioral, and Emotional Changes After Stroke
- Visual Changes
- Management of the Shoulder

Other Offerings

- Physical Therapy Group (Focus on exercises and balance)
- Occupational Therapy Group (Focus on arm strengthening)
- Recreational Therapy Group – Guided Imagery
- Wheelchair Maintenance Group
- Smart Home Group
- Catheter Supplier/Manufacturer Open House
- Outpatient Tours
- Graduation

This handout is for informational purposes only. Talk with your doctor or healthcare team if you have any questions about your care.

For more health information, go to wexnermedical.osu.edu/patiented or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.