

PRC Family Care Map

- **Step 1: First Contact and Introduction: PRC Care Team**
- Getting to know your PRC team before admission
- Preparing for your arrival

- **Step 2: Welcome and Settling in to PRC**
- Learning about the rehabilitation process
- Setting up a communication plan

- **Step 3: Developing a Treatment Plan**
- Completing the initial patient and family assessments
- Establishing your role in the rehabilitation process
- Sharing your expectations

- **Step 4: Rehabilitation: Working toward Goals**
- Building your knowledge and skills
- Maintaining communication with the PRC team
- Focusing on family wellness and self care
- Allowing yourself to consider that roles may change for you and your family members

- **Step 5: Moving Forward**
- Preparing for life beyond the PRC
- Connecting with the next level of care and community resources

- **Step 6: Staying Connected**
- Continuing to be the champion of your family's needs
- Caring for yourself is one of the best ways to care for your family member



VA Defining
HEALTH **EXCELLENCE**
CARE in the 21st Century

Step 1: FIRST CONTACT AND INTRODUCTION

LOOKING AHEAD

- Travel may be stressful for you and your injured family member. Unexpected delays or diversions are common. Plan for your own comfort during your trip.

Step 2: WELCOME AND SETTLING IN TO PRC

LOOKING AHEAD

- Think about the ways you want to be involved in the care of your family member.
- Think about the information you feel is important to share with the PRC team during the assessment process.
- Begin to think about short and long term rehabilitation goals for your family member.
- Over the next few days, your PRC team may ask you similar questions in order to get to know you and your family member better. We know this feels repetitive. Your patience is appreciated.
- The Family Care Map can help you become more familiar with the Polytrauma System of Care.

Step 3: DEVELOPING A TREATMENT PLAN

LOOKING AHEAD

- Prepare to participate in meetings throughout the rehabilitation process. It is helpful to keep a list of your questions, concerns, and goals.
- Remember, it is important to take care of yourself while caring for your family member.

Step 4: REHABILITATION: WORKING TOWARD GOALS

LOOKING AHEAD

- Ask about support and resources in your home community. How would you use these resources to help you and your family member transition to the next level of care?

Step 5: MOVING FORWARD

LOOKING AHEAD

- Think about what you have learned that will help to smooth the transition for you and your family.

Step 6: STAYING CONNECTED

LOOKING AHEAD

- Keep in mind there are ups and downs in life after traumatic injury.
- Be patient with yourself.
- Celebrate accomplishments no matter how small.

It has been an honor for our team to assist you during this time in your life. We remain committed to supporting you and your family.