

Facility Model for Incorporating Second Step, Inc. GHS

Grace Center for Adult Day Services, Corvallis, OR



“After my accident, I didn’t walk for 22 years because everyone was afraid I would fall. Using the Gait Harness System to walk again is a dream come true!”

Knute M., TBI user, Corvallis OR

“In the GHS, our participant Knute’s posture, balance, and gait have improved greatly with practice and coaching. Simultaneously, at his most recent care conference, significant improvements are now also being noted in the Communication, Socialization, and Problem Solving ratings of the FIM (Functional Independence Measure). Our GHSs prevent injury not only to the participants but also to the staff members who are walking with them. We love our two Second Step Gait Harness Systems and highly recommend them to other health care providers!”

Cheri Babb, RN, MN, CNS, Executive Director, Grace Center for Adult Day Services, Corvallis OR

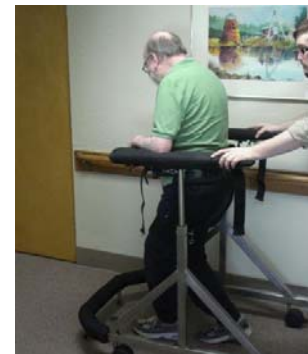
Grace Center for Adult Day Services is an adult day health center located in Corvallis, Oregon. Grace Center has been using the Second Step Gait Harness System (GHS) since late 2005. The GHS was purchased by the Center in response to a worker’s compensation claim, following an injury to a staff member as she was assisting program participants. It was initially used with a 33 year old young man, Knute (above). When Knute was 11 years old, he had a traumatic brain injury from a MVA and had never walked after that accident. At first, Knute was only able to take a few steps, and required the assistance of 2-3 staff members. Now, he can use the GHS with the assistance of only one staff member, and is walking up to 800 feet per session.

After seeing the success with Knute, staff began using the GHS with a variety of other program participants, including those with stroke/CVA, cerebellar degeneration, severe balance disturbances. The Center used the GHS so extensively, they acquired a second GHS simply to keep up with high participant demand for rehab and recovery. The GHSs allowed several of the other participants, who had stopped walking, to regain their ambulatory

ability. Those who were formerly confined to wheelchairs can now be seen strolling the halls, twice weekly, in the GHSs. (See **Success Stories** under our **Clinicians** webpage, notably clients Knute, Marlene, and David).

The Center finds the GHSs especially useful for hemiplegic participants who have very poor balance and are therefore at high risk for falls. The Executive Director of Grace Center, Cheri Babb, RN, MN, CNS, reports that using the GHSs have greatly improved their participants' strength and stamina, making chair and wheelchair transfers much easier.

Now, as you can see above, the Center's clinical hallways have become 2-lane, active therapy corridors. The caregiver and the user have great control and easy maneuverability over the GHSs, without having to wrestle with awkward, heavy or resistant equipment. The participants are able to glide smoothly down the hallway, without intense effort. Having the opportunity to walk again with the GHSs has proven very motivating and inspiring to the attendees. The GHSs have been featured in local news publications about Grace Center as being of critical help to their participants. Having the GHSs at Grace Center have not only helped the program attendees regain healthy functioning, it has also turned their clinic into a true exercise and recovery based day program. Cheri comments that having the GHSs at Grace Center is seen as a creative way to help participants lead healthier and more satisfying lives.



"Using the Gait Harness System has been a life changing experience. It is allowing me to restore my ability and confidence. It's hard work, but it's good work. This has helped me become stronger. It's great to feel my muscles again!"

Marlene M., cerebellar degeneration user, Corvallis OR