



WHO QUALIFIES FOR THE PROGRAM?

Individuals served through the rehabilitation continuum within the last 24 months at St. Joseph's Hospital and Medical Center (Inpatient/Outpatient Neurorehabilitation), Center for Transitional Neurorehabilitation, Muhammad Ali Parkinson's Center, Stroke Center, etc. PIE participants may use some or all of the services described in this brochure, based on their needs and goals.

HOW DO I ENROLL?

To see if you qualify, or to enroll, call the Sports and Fitness Center at 602-386-4566

ABOUT THE PROGRAM

Project Independence and Empowerment (PIE) is a program funded through Barrow Neurological Institute.

This funding allows us to help patients transition from the hospital or clinical setting to the community. Providing a variety of services to assist in their independence and overall quality of life.

This funding pays for gym memberships, various educational and resource classes and transportation, provided by four Community of Care partner agencies.

BARROW THERAPEUTIC RECREATION AND ADVENTURES AT BARROW NEUROLOGICAL INSTITUTE/ST. JOSEPH'S HOSPITAL

Barrow Therapeutic Recreation and Adventures provides meaningful sports, recreation and outreach programs for people with disabilities. These programs are designed to offer opportunities to promote an active lifestyle, increase independence and enhance one's quality of life through education, skill development and community reintegration. Year round services include adaptive sports, community outings and therapeutic activities including our annual Day on the Lake. We believe that everyone has the right to get out and get active regardless of their ability. We strive to break down barriers and empower individuals to discover what's possible. Promoting lifelong wellness. For more information, please call 602 406 1620 or visit www.barrowneuro.org/dotl

ABILITY360

Ability360 is a non-profit 501(c)(3) organization and the largest Center for Independent Living in Arizona. It is co-located with 11 other disability services organizations at the Ability360 Center, along with the Ability360 Sports & Fitness Center.

LOCATION

Ability360 Sports & Fitness Center
5031 E. Washington St.
Phoenix, AZ 85034

All Ability360 locations are fragrance-free, tobacco-free environments. Please do not wear scented products or smoke when visiting any of our offices, programs or events.

Alternate format materials available upon request.



Sponsored by

BARROW
Neurological Institute

 **Dignity Health.**
St. Joseph's Hospital and
Medical Center



**Brain Injury
Alliance**
ARIZONA

BRAIN INJURY ALLIANCE ARIZONA

- Facilitates the virtual, weekly *Think Tall Don't Fall* class designed to build skills and boost ability for a mind-body connection. These classes are appropriate for individuals of varying ability levels and those who use a wheelchair for mobility
- Virtual educational presentations and monthly support groups, including specialty groups survivors with co-occurring substance use disorder, veterans, family members, or caregivers
- Offers peer support, maintains database of vetted neuro resources, free counseling, and resource facilitation with a Certified Brain Injury Specialist

Statewide Neuro Info-Line | 888-500-9165
BIAAZ.org | info@biaaz.org

ABILITY360
SPORTS & FITNESS CENTER

ABILITY360 SPORTS & FITNESS CENTER

- 12-month membership to the Center
- Periodic health assessments
- Sponsored personal training sessions
- Peer mentoring

602-386-4566 | www.ability360sports.org



**Arizona Spinal Cord
Injury Association**

ARIZONA SPINAL CORD INJURY ASSOCIATION

- Complimentary door-to-door accessible transportation, Dial-A-Ride, Bus, and Light Rail passes
- Access to community resources and information to assist with their transition from the hospital to the community
- Connection to educational and socialization opportunities

602-507-4209 | www.azspinal.org

