

For more information visit:
www.sci.va.gov

Whole Health:

VA has introduced Whole Health which is an exciting new approach to the delivery of care. The SCI/D Hub and Spokes System of Care is committed to this personalized, proactive, patient-driven approach to health care for Veterans.



Available Services

Our system of care provides lifelong patient-centered, primary and specialty care and services for eligible Veterans. These include:

- Promoting a healthy lifestyle
- Medical care
- Surgical care
- Rehabilitation services
- Primary care
- Home care
- Long term care
- Telehealth services
- Respite care
- Sexual health and family planning services

Additional Services

- VA Compensation, Benefits, and specialized grants for eligible Veterans
- Adaptive recreational activities
- Driver's training
- Exoskeleton and robotics training
- Peer support
- Comprehensive annual evaluations
- Community resources
- Bowel and Bladder Caregiver Compensation Program
- Medications, supplies and equipment
- Research opportunities
- Caregiver supportive services
- Personal health planning



What is a Spinal Cord Injury or Disorder (SCI/D)?

SCI/D is any injury or disease that causes damage to the spinal cord. These conditions may cause:

- Muscle weakness
- Loss of sensation
- Changes in breathing
- Sexual difficulty
- Loss of bowel and bladder control

VA NATIONAL SPINAL CORD INJURIES AND DISORDERS HUB AND SPOKES SYSTEM

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U.S. Department
of Veterans Affairs

If you have questions about your eligibility, contact your local VA facility

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Mission of the Spinal Cord Injuries and Disorders System of Care

To support and maintain the health, independence, quality of life, and productivity of Veterans with spinal cord injuries and disorders (SCI/D).

We support Veterans through:

- Rehabilitation
- Medical and surgical care
- Patient, family, and staff education
- Services to improve health, well-being, and socialization
- Vocational counseling

Eligibility

We serve Active Duty Service Members and Veterans with spinal cord injuries and related disorders. Your injury may have been acquired during or after your military service. If you served in the active military service and were separated under any condition other than dishonorable, you may qualify for services and benefits. Current and former members of the Reserves or National Guard who were called to active duty by a Federal order and completed the full period for which they were called or ordered to active duty may be eligible for VA health benefits as well.



Hub and Spokes Model

There are 25 Spinal Cord Injuries and Disorders (SCI/D) Centers across the country. These centers are referred to as hubs. Hubs provide SCI/D specialty care and routine medical care.

Most other VA medical centers without an SCI/D Center serve as “spoke” sites. Spoke sites have smaller teams with expertise in spinal cord injuries and disorders. Spoke sites can manage your day to day health care needs. For more complex needs, Veterans are referred to a hub.



VA Medical Centers that offer SCI/D acute inpatient rehabilitation pursue certification by the Commission on Accreditation of Rehabilitation Facilities (CARF).

SCI/D Annual Exam

All Veterans with spinal cord injuries and disorders (SCI/D) should have an SCI/D Annual Exam at a VA SCI/D Center. This is an important part of maintaining a healthy lifestyle and maximizing independence. The comprehensive annual exam is performed by an interdisciplinary team specializing in SCI/D care. If you do not live near a SCI/D Center, your local VA SCI/D team can assist with a referral.

The exam includes the following:

- Comprehensive medical history and physical examination; including a thorough neurological examination
- Health maintenance and disease prevention (examples: vaccinations, blood pressure monitoring, blood glucose monitoring, lipid monitoring, etc.) including laboratory and diagnostic tests
- Assessment for functional changes and equipment needs
- Assessment for any psychological, social, and/or vocational needs
- Review of medications and supplies
- Additional services as indicated and planned
- Review and discussion of results and a plan for follow-up