## Training Grid

### Home Health and Outpatient Providers (HHOP)

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| **Step 1:** Identify your champion(s). | Identify the individual or personnel who will serve as your COMPASS champion(s). The champion(s) will train staff in the COMPASS model. **Home Health:** Identify a lead therapist and a lead nurse. **Outpatient:** Identify a lead therapist only. | Connect the champion(s) to the hospital Post-Acute Coordinator (PAC). The PAC is the nurse with whom the champion(s) will work closely. | PAC:  
Email:  
COMPASS Affiliated Hospital: |  |

| **Step 2:** Review the COMPASS Website. | The COMPASS Website is your one stop for all training and resources. The website has resources for:  
- Patients  
- Caregivers  
- Health care providers in the community  
- Study team members | [https://www.nccompass-study.org/](https://www.nccompass-study.org/) | The website contains:  
- COMPASS training modules and videos  
- Links to evidence-based programs used in the COMPASS intervention [i.e., falls prevention (Otago, LiFE) and upper extremity recovery (GRASP)]  
- COMPASS Training Video – Therapist Providers for patient case examples of structured and progressive exercise Resources for providers and patients including:  
  a) Information on insurance reimbursement for therapy  
  b) Local Community Resource Directory, which includes information on therapy providers and community exercise programs in your area |  |
| **Step 3:** View COMPASS Home Health and Outpatient Rehabilitation Training Modules | **The modules provide everything you need to know about the COMPASS Model and inform each team member about their role in COMPASS.** | **Go to the COMPASS Website to view the training modules.** | **Review the following modules:**
| | | | • Voice-Over PowerPoints:
| | | |   o COMPASS Welcome and Overview
| | | |   o Key Messages across the Four Directions
| | | |   o Post-Acute Coordinator and Advanced Practice Provider Information
| | | |   o COMPASS Movement Matters for Home Health and Outpatient Therapies Part I and II
| | | | • Documents:
| | | |   o Home Health & Outpatient Checklist
| | | |   o Cover Letter/Referral Process
| | | |   o ‘Matters’ Documents for Providers
| | | |   o ‘Matters’ Documents for Patients
| | | | **Only PT & OT review the following:**
| | | | • Web links to:
| | | |   o Falls prevention programs:
| | | |     ▪ Otago
| | | |     ▪ LiFE
| | | |   o Upper Extremity recovery:
| | | |     ▪ GRASP
| | | | • Video:
| | | |     Adaptations to Otago/LiFE Video |