

Donor Impact Report

Fiscal Year 2022

**A Look at What
You, Our Valued
Supporters,
Helped Us Achieve**



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December 2022



Dear Friend,

Patients come to Shirley Ryan AbilityLab from all over the world, often with catastrophic or rare conditions, injuries, diseases or other medical conditions that affect their ability.

All have unique stories and dreams for returning to the lives and the people they love. We're the lucky stewards who get to enable and accelerate their journeys. Thank you for partnering with us to help them achieve their ability goals.

In this report, you'll learn how your generosity provided a vast array of services and programs, not only to our patients, but also to the larger community we serve. These programs are part of a continuum of care that allows all participants to translate their regained abilities into everyday life.

Whether it's building physical and emotional strength through adaptive sports, finding healing and purpose in art therapy or being able to live more independently with the help of assistive technology, these programs empower our patients in their personal journeys.

These programs are only able to exist because of your compassionate support. Without you and our community of donors, we simply couldn't offer them.

I'm thrilled to share the results of your incredible kindness and confidence in us. Together we are making a huge difference in this world, one life at a time!

With gratitude,

Laura Ferrio, MBA, MSN, RN, CRRN, NEA-BC
*Senior Vice President
Chief Advancement Officer
President, Keystone Board*

Advancing Human Ability.

Your Impact at a Glance



50,000 patients served at 30 sites of care throughout Illinois

Each icon represents 1,000 participants.

We've been ranked #1 by *U.S. News & World Report* since...



The movie *Home Alone* was released



The first website was introduced



The Chicago Bulls Dynasty began



The first-ever soccer Women's World Cup

3x more financial assistance to patients in need

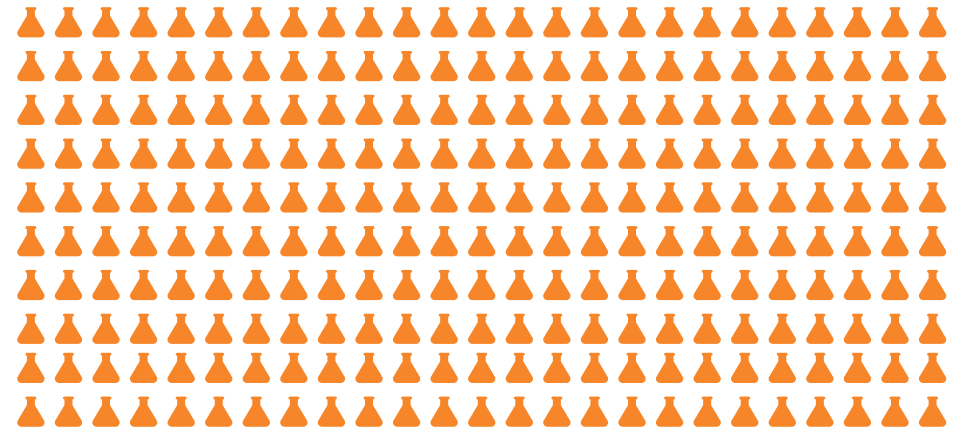
FY21

\$585,961

FY22

\$1,757,885

250 ongoing research projects



Top adaptive sports

Each icon represents one participant.

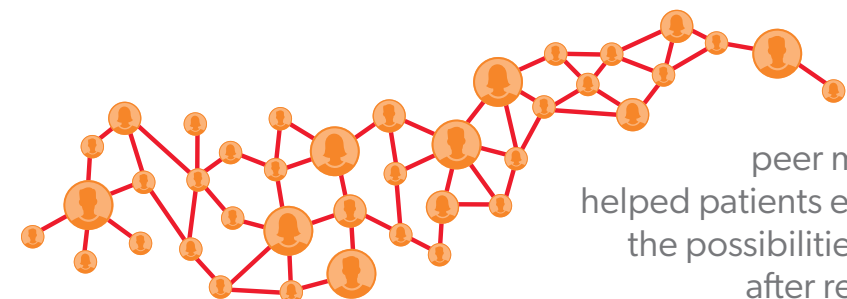
Cycling

Rock climbing

Archery

Softball

Swimming



41 peer mentors helped patients envision the possibilities of life after recovery

Our Translational Research Model of Care



Research



40 principal investigators
250+ research projects

Our clinicians and research scientists are uniquely skilled at collaboration and work toward shortening the time between discovery and implementation. This integration of medicine and science fuels better, faster patient recoveries.

In FY22, more than 250 Shirley Ryan AbilityLab research studies and clinical trials were under way, all promising to bring about better patient outcomes.

With 40 principal investigators, we are one of the largest rehabilitation research organizations in the world:

- 200+ research team members
- 250+ research projects
- \$8M+ in grant applications submitted every month by our investigators
- \$152M in grants received



Catalyst Grants: Employee-driven Innovation

51 applications

163 employees

The Catalyst Grant Program awards different levels of funding for the best employee-driven research pilot projects. All projects use the model of pairing clinicians (or any employee) with scientists to improve something we do — e.g., a patient treatment, a device, a nursing protocol, data collection, even an operating system. Catalyst Grants are available at four different levels, with specific requirements matching the complexity, required expertise and cost of the project.


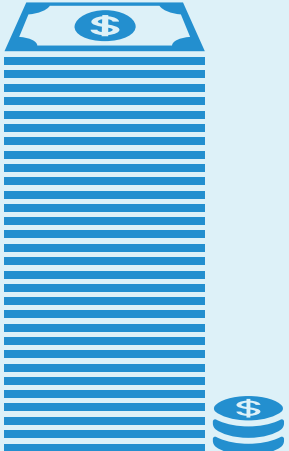
Recently awarded projects include:

- Studying the Effect of Muscle Stem Cell Metabolism on Muscle Growth and Repair in Children with Cerebral Palsy
- Developing an Electronic Visual Display with Orientation Information to Support Patients in the Brain Innovation Center
- Designing Pants for Individuals with Spinal Cord Injury That Include Features to Support Independence in Personal Care
- Building an App for Therapists that Analyzes Videos of Patients Walking to Determine Gait Complexity Levels and Provide Real-time Feedback on Gait Improvements
- Investigating the Effect of Combining Functional Electrical Stimulation with Brief Episodes of Reduced Oxygen (Hypoxia) to Improve Lower-extremity Motor Function in Persons with Multiple Sclerosis.

Mitra Lavasani, PhD, Director, Translational Cell Therapy Lab, received Catalyst Grants in 2020 and 2021 that provided seed money for her research on stem cell therapy and its effect on reversing osteoarthritis. The pilot data she collected with these two \$50,000 Catalyst Grants enabled her to secure a \$2.4 million grant from the National Institutes of Health, as well as \$750,000 from foundation and government sources.



For every **\$1** that Dr. Lavasani received from the Catalyst Grant Program ...

... she secured **\$31.50** in additional grant program funding to continue her research.

Applying Sensors in Pediatrics

150 babies tracked

Developmental milestones are core physical and behavioral skills that infants and toddlers should reach as they grow. If a child does not reach these critical milestones, it may suggest an underlying disease or deficit in his or her motor development.

Shirley Ryan AbilityLab is collaborating with Northwestern University, Ann & Robert H. Lurie Children's Hospital of Chicago and Pathways.org to transform the way we detect and then intervene for children who have atypical motor development.

For the next two years, researchers will track the movements of 150 babies through the use of wireless sensors that are flexible, soft and gentle enough to be applied directly to a baby's skin. These sensors are about the size of a postage stamp, but are capable of measuring movements at extremely high resolution.

The data collected will be used to create a three-dimensional representation of that child's movements, as well as to help us learn the underlying patterns that might indicate whether a child is developing typically or atypically.

If we're successful, this study will be the first generalizable diagnostic tool to detect atypical motor development in infants.



Quality of Life Programs



Sports for Kids

75 children participated
6 sports

In FY22, the Tengelsen Family Foundation Sports for Kids Program provided adaptive sports and fitness offerings to more than 75 children across six sports. Participants included our Youth Adaptive Swim Program, as well as seven newly certified open water scuba divers. The Souder Family Foundation funded an amazing trip to Key Largo, Florida, for the divers.



Youth Adaptive Athletes Medal at Junior Nationals



In August 2022, six members of Shirley Ryan AbilityLab's Recreational Swim Program won 12 medals in Paralympic events at the Move United Junior Nationals in Denver, Colorado.

The competitors, ranging in age from 10 to 18, earned five gold medals, six silver and one bronze — an outstanding haul in just the first year of the program!

Team member Megan Sporny — a rising athlete, college freshman and patient at Shirley Ryan AbilityLab Burr Ridge Outpatient & DayRehab Center® — competed in the pool and on the track. She earned gold in the 50-meter backstroke and silver in the wheelchair racing 200-meter sprint.

Adaptive Sports

Shirley Ryan AbilityLab continued to offer Chicago’s most comprehensive adaptive sports program, with year-round competitive and recreational sports opportunities for youth and adults living with a physical impairment.

In FY22, the Adaptive Sports Program served 244 participants across ten sports, including a roster of 60 athletes participating in wheelchair softball, basketball, rugby and sled hockey.

- The Chicago Wheelchair Softball team had a strong showing at the Wheelchair Softball World Series held in the Chicagoland area.
- Our Hornets Wheelchair Basketball team traveled to Wichita, Kansas, for nationals.
- The Bears Wheelchair Rugby team made it to the playoffs.
- The Blackhawks Sled Hockey team finished third in the national championship tournament in Pittsburgh, Pennsylvania.

541 participants
10 sports

In FY22, 28 participants attended our two military sport camps, and 34 kids participated in our spring-break and summer sports camps held in partnership with the Chicago Park District.

This past year we were excited to introduce 235 patients to a variety of adaptive sports at our offsite locations across Chicago and the surrounding the suburbs. Through these sports experience days, we create the invaluable chance for many to try using adaptive sports wheelchairs (or sleds) — as well as enjoy the opportunities that sports provide.



You Helped Give Cyclists the Trip of a Lifetime

Last summer, Shirley Ryan AbilityLab’s Adaptive Sports Program hosted six cyclists for a week-long mountain biking trip to Crested Butte, Colorado.

Participants took in the breathtaking views of the Rocky Mountains’ Elk Range, and the colorful summertime flora that has earned Crested Butte its nickname as the “wildflower capital of Colorado.”

When not on the road, they enjoyed the delights of a mountain vacation — even spending a midweek “rest day” paddle boarding, canoing and kayaking on a lake at 12,000 feet above sea level. For many in the group, these water activities represented a new post-injury experience.



Functional Fitness

7,525 one-on-one sessions
106 new members

The Goldman Functional Fitness Program focuses on improving individual ability and ease of doing daily living activities, lessening dependence on caregivers and increasing the likelihood of long-term physical independence.

Different from personal training, the Goldman Functional Fitness Program entails one-on-one sessions led by a degreed exercise physiologist focused on improving neuromotor fitness, functional ability level and quality of life.

In FY22, the program served 106 new members during a total of 7,525 sessions (in-person, virtual individual and group). The youngest program participant was 20 years old, while the eldest was 95.



Vocational Rehabilitation

995 referrals

The Vocational Rehabilitation Program promotes equal access to employment for patients and community members who have lost ability due to serious injury or chronic conditions.

In FY22, counselors connected 56 individuals with productive jobs suited to their ability levels. Program staff also responded to 995 referrals for additional support services, which included one-on-one counseling, return-to-work

evaluations and job analyses, assistance with navigating disability policies and workplace accommodations, and work trial assessments or internships.

Shirley Ryan AbilityLab is the only hospital-based vocational program in Chicago to provide this level of assistance.



Charity Care

\$1,757,885 provided
1,968 patients

Shirley Ryan AbilityLab is dedicated to providing the highest quality patient care, regardless of a patient's ability to pay. The Charity Care Fund gives patients in need access to the full range of inpatient, outpatient and day rehabilitation services.

In FY22, the hospital provided \$1,757,885 in charity care to 120 pediatric and 1,848 adult patients, including those in need of inpatient, outpatient and day rehabilitation; creation and fitting of prosthetic limbs and orthotic braces; physical, speech, occupational and recreational therapy; and assistive technology.



Global Patient Services

100 international patients
24 countries

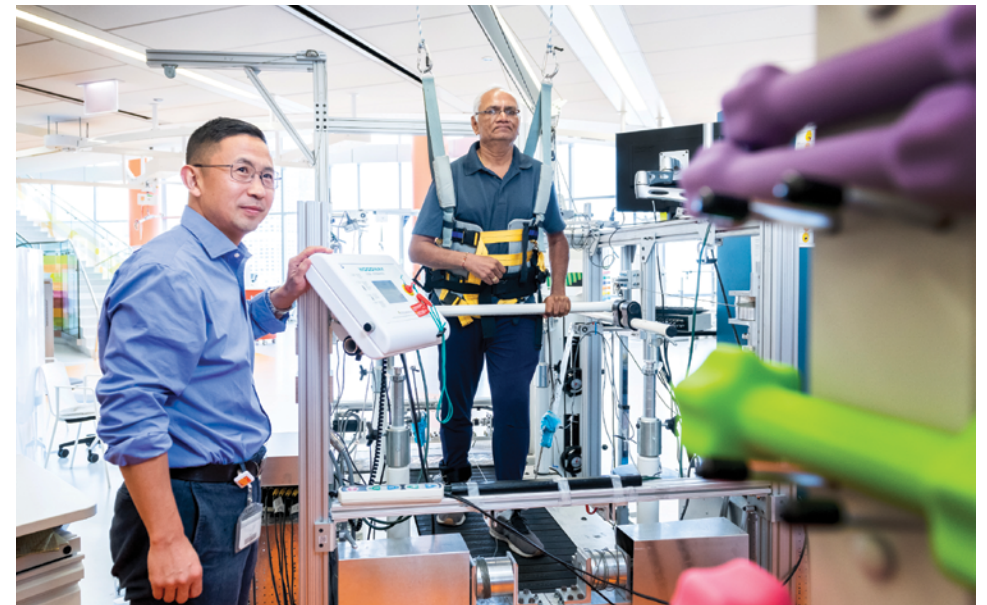
Global Patient Services (GPS) helps coordinate care and manage logistics for patients from other countries and neighboring states who come to Shirley Ryan AbilityLab for our best-in-class care.

Those who travel long distances to reach us often face practical challenges, such as finding suitable temporary housing that is convenient, accessible and affordable. GPS helps family members identify housing that best fits their needs.

Through our Family and Patient Housing Program, in partnership with the Hyatt Centric Magnificent Mile, Shirley Ryan AbilityLab provided a "home away from home" for 154 families from 33 states — for a combined total of 216 stays in FY22.

Also this past year, we received 280 international inquiries from 40 countries and provided care for 100 international patients from 24 countries.

Our unique ExpertEval® Program continues to generate significant interest. Patients seek our comprehensive evaluation services, which are often provided over the course of a few days. This year, we received 432 ExpertEval inquiries from 50 states, the District of Columbia and U.S. territories. We provided 82 multidisciplinary ExpertEvals to patients from 26 U.S. states and territories.



Assistive Technology

588 inpatient users
761 outpatient users

This program offers high-tech, custom tools that aid in communication, learning and operation of mobility or household devices. This technology enables patients to live with greater independence, comfort and quality of life.

In FY22, our speech-language pathologists and occupational therapists assisted 588 inpatients and 761 outpatients with their technology needs.

Fahad's Story

Fahad, a 7-year-old boy from Qatar, traveled to the United States to receive care at Shirley Ryan AbilityLab. Born without upper limbs, Fahad has navigated through life using his feet.

Over three months, our prosthetics and orthotics team created two prosthetic arms for him.

Fahad's team then worked with him on learning to use his custom prostheses, which included adapting technology to help him perform specific everyday tasks.



Therapeutic Recreation

5,589 patients engaged

Therapeutic Recreation helps patients build on skills from other therapies, resume previous recreational interests or learn new ones. It also offers participants social outlets and opportunities to just relax and have fun. This type of therapeutic leisure programming nurtures body and spirit and helps patients advance in their healing journeys.

In FY22, therapists engaged 5,589 patients in recreational activities, including adaptive sports, music, art, horticultural and animal-assisted therapies. Programming also featured practical community re-integration outings such as Chicago Public Transit and air travel training.



Finding Purpose & Passion in Art: Meet Genevieve Nutley

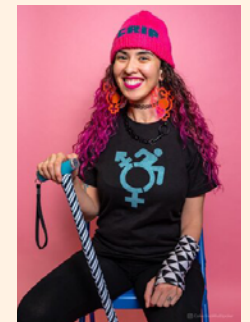
In 2011, Genevieve sustained both spinal cord and brain injuries in a car accident. While an inpatient at Shirley Ryan AbilityLab, she tried Art Therapy and picked up a paintbrush for the first time in her life. She recalls that her painting of the night sky expressed what she could no longer communicate in words: her feelings of isolation after several months of hospitalization. The experience moved her profoundly.

Genevieve found her purpose in Art Therapy and has dedicated her life to making art and advocating for

marginalized communities. Each year, she participates in Art in Motion, an annual event benefiting the

Art Therapy and Therapeutic Recreation programs at Shirley Ryan AbilityLab. She's proud to share her art to raise money for the program that changed her life.

Thank you for giving patients like Genevieve the opportunity to rediscover themselves through art.



LIFE Center

2,390 resource requests
173 countries reached

The Henry B. Betts LIFE Center continued to offer the most comprehensive collection of educational resources for people living with a wide range of cognitive and physical impairments, chronic conditions or diseases affecting function (i.e., ability). Through its services, the LIFE Center promotes Learning, Innovation, Family and Empowerment. Resources are always available 100% free of charge.

In FY22, LIFE Center educators, along with our 41 peer mentors, reached 1,397 patients, family members, caregivers and children through in-person customized education sessions that focused on quality of life following discharge. Online, the LIFE Center reached people from more than 173 countries, with web traffic averaging 12,349 page views per month.

“After my son’s spinal cord injury, we felt so overwhelmed and didn’t know where to turn. The LIFE Center educator was incredibly helpful to our family in formulating our questions and finding our way back to a new normal. My son is now thriving and back to school, thank you!”

— K.J., Mother

Peer Mentoring

41 peer mentors

The LIFE Center Peer Mentor Program pairs patients and families seeking support with a peer mentor who has a similar condition and

who has successfully transitioned back into the community. Peer mentors include former patients, family members and caregivers who are equipped to share their experiences and help current patients and families achieve success after leaving the hospital.

Peer Mentor Spotlight: Meet Kenneth Jennings

In 1988, just after kickoff, Chicago high school football player Kenneth Jennings made a tackle that left him paralyzed from the neck down.

He was a patient at Shirley Ryan AbilityLab when he met Darryl Stingley, a former professional football player who had sustained a similar injury during an NFL game and subsequently also used a wheelchair.

“He was still enjoying life and doing all these different things, and he understood what I was going through,” remembers Jennings. “After that, we built a relationship where he was like my father, friend and mentor. He taught me what it was like to be a man using a wheelchair. I wanted to give back like he gave to me.”

How did you become a peer mentor?

“About seven years ago, I was talking to the kids on the pediatric floor, just trying to encourage them, and one of the therapists said to me, ‘You should be a peer mentor.’ A couple of days later, the LIFE Center Manager Lisa Rosen stopped by and introduced herself. I had been



coaching high school football for a number of years. Coaching is really just mentoring, so I was already kind of prepared for it.”

Why is the peer mentor program so important?

“Peer mentors bring to patients what nobody else can — someone who knows what they’re going through. We understand the difficulties that are going to come their way, and can bridge the gap of that loneliness, that lostness. We can guide them, inspire them and show them that life is not over.”

Child Life

252 patients assisted

Child Life Specialists are degreed experts in child development who work with young patients and families to promote a positive hospital experience. In FY22, they helped 252 pediatric patients and families cope with hospitalization, diagnosis and treatment. By providing opportunities for children to play, learn, socialize and express themselves, this unique programming allows them to understand their environment and gain a sense of control.



Ethics

115 consultations

The Donnelley Ethics Program focuses on rehabilitation ethics for patients, their families and hospital staff. The program addresses both clinical and research ethics issues, such as decisional capacity, informed consent and refusal, patient autonomy, quality of life, surrogate decision-making and the integration of clinical care and research.

In FY22, program experts conducted 115 patient or staff ethics consultations (including debriefs and responding to inquiries). The program also engaged approximately 2,000

hospital staff through educational seminars and offerings focused on ethics dilemmas that can arise in delivering healthcare and conducting research.

Program highlights included Do Not Resuscitate (DNR) communications training for resident physicians and advance practice nurses, allied health education about patient-centered care, and translational ethics education related to stem cell research in spinal cord injury.



Helping Patients with Aphasia Communicate Important Medical Decisions

A project funded by a Catalyst Quality Grant and The Brinson Foundation

Approximately 2.5 million people in the United States live with aphasia, a communication disorder caused by damage to language areas of the brain.

Individuals with aphasia may have difficulty expressing or understanding language, which decreases their ability to converse with family, friends and even healthcare professionals. Despite intact cognitive skills, they struggle to communicate their wishes and make decisions during the rehabilitation process.

Fortunately, the assistance of skilled conversation partners and supportive communication techniques can help individuals with aphasia use their decision-making capabilities and express themselves. Speech-Language Pathologist Elissa Larkin, CCC-SLP; Bioethicist Shelly Benjaminy, PhD; and Donnelley Ethics Program Director Preya Tarsney, JD, HEC-C, developed an educational module to teach healthcare professionals how to conduct decision-making capacity evaluations for patients with aphasia.

Spiritual Care

3,490 patients supported

Spiritual care is always available for inpatients, families and staff at Shirley Ryan AbilityLab to meet the variety of spiritual needs that can arise after sustaining a traumatic injury, living with a chronic illness or serving as a frontline healthcare

professional. In the last year, chaplains of different faiths were available, seven days a week, to provide inclusive spiritual assessment for 3,490 patients. Encounters included faith counseling, family support and intervention, crisis intervention, grief counseling, pastoral care, communion, challah and juice, and other complementary therapies including meditation and progressive relaxation groups.



A Day in the Life: Meet Spiritual Care Manager Michelle LaGrone, MDiv

What's unique about working with patients at Shirley Ryan AbilityLab?

Most patients are here for a minimum of 21 days, so we really get to build relationships with them. Often, we talk about what may be motivating them or hindering them in their therapy. Some patients feel like giving up. Some feel they're losing a sense of purpose and identity, so a lot of spiritual support is around what ability looks like to them, and how that might be shifting.



How is a chaplain different from a priest or a rabbi?

Board-certified professional chaplains are trained to work with people of different backgrounds who have diverse spiritual, religious and cultural needs. We're trained to be present with people without imposing our own beliefs and practices on them. Priests and rabbis are from particular religious communities and provide spiritual guidance according to their specific religions.

For many, a hospital admission is considered a crisis. In those moments, it helps to draw upon religion or spirituality to help gain hope, encouragement and motivation for what's ahead. A big part of my job is helping patients connect with

what's real for them and offering access to the resources they need on their rehabilitation journey.

What's your favorite part of your job?

It's a privilege to be able to give folks a safe, confidential space that allows them to do the work they need to do to move forward, to say the things they need to say, feel the emotions they need to feel, sit with the heavy questions, process grief and sadness and rejoice in newfound spaces. That's what keeps me coming back day after day.



Education

Medical Residency Program

Shirley Ryan AbilityLab is not only a world-renowned translational research rehabilitation hospital, but it's also a highly regarded teaching hospital. We are proud to be the clinical training home for Northwestern University Feinberg School of Medicine Department of Physical Medicine and Rehabilitation (PM&R).

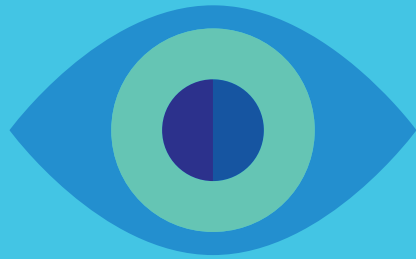
We operate one of the largest — and most prestigious — rehabilitation residency programs in the nation, hosting 40–41 residents each year as they rotate through all Shirley Ryan AbilityLab inpatient units.

For those residents who envision a career in clinical research, we created a unique five-year PM&R Physician-Scientist Residency

Program that combines clinical and research training. This residency track extends the traditional four-year training by a year, so that residents can dedicate more time to pursuing research in a highly-structured and supported way. This unique program is the first to be approved by the U.S. graduate medical education accrediting organization.

Graduates have successfully jump-started their careers in rehabilitation medicine across many subspecialties, e.g., neuromuscular injuries, conditions and diseases; measuring and practicing precision rehabilitation care; bionics; and cancer-related conditions and injuries.





What's Next

Accelerate Ability Campaign in Honor of Joanne C. Smith, MD

Five years ago, your generosity helped us create a new type of research hospital — one in which clinicians, scientists, innovators and technologists work together in the same space, surrounding patients, discovering new approaches and applying (or “translating”) research in real time.

This unique model has produced breakthroughs, and today we are:

- Evolving our culture to new levels of collaboration and inquiry.
- Incorporating promising experimental interventions into patient treatment plans.
- Using patient-specific data in real time to inform that patient’s treatment.
- Attracting top talent.
- Serving more patients than ever before.
- Increasing our research capabilities and scope.
- Educating clinicians globally and elevating the field of rehabilitation through our leadership.

We see meaningful opportunities to accelerate what’s already in progress, build on everything we’ve done, and continue discovering and innovating ways to make our patients better. Accelerate Ability is our



new fundraising campaign to help us realize this next level of our Vision — To be the global source of science-driven breakthroughs in Human Ability.

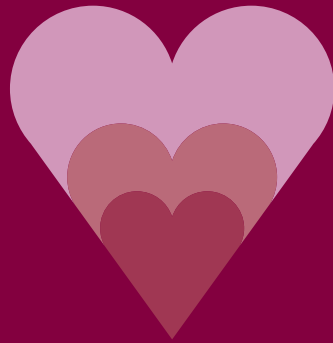
This unique campaign also honors the legacy of former Shirley Ryan AbilityLab President & CEO Joanne C. Smith, MD — physician, champion, leader, visionary and friend.

Stay tuned to learn more about how you can make an impact in this landmark initiative.

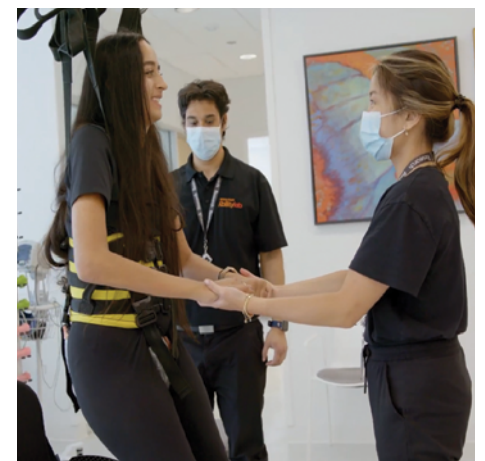
Thank You for Inspiring Hope

Your support of these important programs has done more than just give patients access to resources and therapies — it has put within reach their hopes and dreams of returning to the lives and the people they love.

Please know that you are at the heart of every improbable recovery, every return home, every discovery of new abilities and purpose, and every moment of awe and grace.



Thank You





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