

Central Texas Rehabilitation Hospital

**Implementation Strategy for the 2024 CHNA
Travis County, Texas**



Ascension

The purpose of this Implementation Strategy (IS) is to describe how the hospital plans to address prioritized health needs from its current Community Health Needs Assessment (CHNA). The significant health needs the hospital does not intend to address are identified, and a rationale is provided. Special attention has been given to the needs of individuals and communities at increased risk for poor health outcomes or experiencing social factors that place them at risk.

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The 2024 Community Health Needs Assessment report was approved by the Governing Board of CTRH, L.L.C. on June 2, 2025, and applies to the following three-year cycle: July 1, 2025 to June 30, 2028. This report, as well as the previous report, can be found at our public website.

We value the community's voice and welcome feedback on this report. Please visit our public website (<https://healthcare.ascension.org/chna>) to submit your comments.

Table of Contents

Table of Contents	3
Introduction	4
About Ascension	4
Ascension Texas	4
Central Texas Rehabilitation Hospital	5
Overview of the Implementation Strategy	5
Needs Prioritization	5
Needs That Will Be Addressed	5
Needs That Will Not Be Addressed	6
Written Comments	6
Approval and Adoption of the IS by Central Texas Rehabilitation Hospital	6
Action Plans	6
Evaluation	7

Introduction

As one of the leading non-profit and Catholic health systems in the United States, Ascension is committed to delivering compassionate, personalized care to all, with special attention to impoverished and vulnerable persons.

About Ascension

Ascension is one of the nation's leading non-profit and Catholic health systems, with a Mission of delivering compassionate, personalized care to all with special attention to those most vulnerable. In FY2024, Ascension provided \$2.1 billion in care of persons living in poverty and other community benefit programs. Across 16 states and the District of Columbia, Ascension's network encompasses approximately 106,000 associates, 26,000 aligned providers, 105 wholly owned or consolidated hospitals, and 34 senior living facilities. Additionally, through strategic partnerships, Ascension holds an ownership interest in 26 other hospitals.

Ascension's Mission provides a strong framework and guidance for the work done to meet the needs of communities across the US. It is foundational to transform healthcare and express priorities when providing care and services, particularly to those most in need.

Mission: Rooted in the loving ministry of Jesus as healer, we commit ourselves to serving all persons with special attention to those who are poor and vulnerable. Our Catholic health ministry is dedicated to spiritually-centered, holistic care which sustains and improves the health of individuals and communities. We are advocates for a compassionate and just society through our actions and our words.

For more information about Ascension, visit <https://www.ascension.org/>.

Ascension Texas

Serving Texas for more than 120 years, Ascension Texas operates 12 hospitals and 222 sites of care, employing 16,000 associates across Central Texas. Ascension operates Ascension Providence in Waco and Ascension Seton, which includes Dell Children's Medical Center, the region's only comprehensive children's hospital and pediatric Level I trauma center, and Dell Seton Medical Center at The University of Texas, the region's only Level I trauma center for adults. Ascension Seton partners with Dell Medical School at The University of Texas at Austin and shares a common vision of transforming healthcare through a focus on quality and value. On average, Ascension Texas provides \$562 million annually in charity care and community benefit across Central Texas. Visit www.ascension.org and www.dellchildrens.net.

Central Texas Rehabilitation Hospital

Central Texas Rehabilitation Hospital is a state-of-the-art, 50-bed inpatient acute rehabilitation hospital dedicated to the treatment and recovery of individuals who have experienced a loss of function due to an injury or illness. The facility offers intensive, patient-focused, specialized rehabilitation services.

Rehabilitation programs provide ongoing care to patients in their recovery journey. Central Texas Rehabilitation Hospital offers customized, intense rehabilitation tailored to the individual needs of those recovering from stroke, brain injury, neurological conditions, trauma, spinal cord injury, amputation, and orthopedic injury. For more information about Central Texas Rehabilitation Hospital, visit <https://www.centraltexasrehabhospital.com>

Overview of the Implementation Strategy

Needs Prioritization

Included in Code Section 501(r)(3) is the requirement that hospitals must provide a description of the process and criteria used to determine the most significant health needs of the community identified through the CHNA, along with a description of the process and criteria used to determine the prioritized needs to be addressed by the hospital. Accordingly, Central Texas Rehabilitation Hospital used a phased prioritization approach to identify community health needs. The first step was to determine the broader set of identified needs. The CHNA assessment narrowed identified needs to a group of significant needs determined most crucial for community stakeholders to address.

After completing the CHNA assessment, significant needs were further narrowed down by the Ascension Seton CHNA Steering Committee to the prioritized needs which the network of Ascension Seton hospitals will address. To arrive at the prioritized needs, Ascension Seton leaders used rank-choice voting based on criteria including alignment with Ascension's mission and capacity to impact followed by group discussion and final discernment.

Following the completion of the current CHNA, Ascension Seton has selected the prioritized needs outlined below:

- Healthcare Access and Quality
- Mental and Behavioral Health
- Social Determinants of Health
- Maternal and Child Health

Needs That Will Be Addressed

Ascension Seton understands the importance of all the community's health needs. It is committed to playing an active role in improving the health of the people in the communities it serves. As a system, Ascension Seton will address all of the prioritized needs. However, individual hospitals, including some of our joint venture specialty hospitals, may not address all four needs. The needs prioritized by

Ascension Seton that will be addressed by Central Texas Rehabilitation Hospital are Access to Care and Social Determinants of Health.

Needs That Will Not Be Addressed

For this implementation strategy, Central Texas Rehabilitation Hospital will not address Mental and Behavioral Health, Social Determinants of Health or Maternal and Child Health as these groups are not the primary populations served by the hospital.

Written Comments

This IS has been made available to the public and is open for public comment. Questions or comments about this Implementation Strategy can be submitted via the website:

<https://healthcare.ascension.org/chna>.

Approval and Adoption of the IS by Central Texas Rehabilitation Hospital

To ensure Central Texas Rehabilitation Hospital efforts meet the needs of the community and have a lasting and meaningful impact, the 2024 Implementation Strategy was reviewed and approved by the Governing Board of CTRH, L.L.C. in November, 2025. Although an authorized body of the hospital must adopt the IS to be compliant with the provisions of the Affordable Care Act, adoption of the IS also demonstrates that the board is aware of the IS, endorses the priorities identified, and supports the action plans that have been developed to address prioritized needs.

Action Plans

The IS below is based on prioritized needs from the hospital's most recent CHNA. These strategies and action plans represent where the hospital will focus its community efforts over the next three years.

Prioritized Need: Healthcare Access and Quality	
Background	Access to quality healthcare is critical for addressing health needs that are acute, chronic or preventive. PAM Health Rehabilitation Hospital of Kyle will address Healthcare Access and Quality by focusing on health literacy to promote health and prevent disease, improving access to clinical services and reducing financial barriers to healthcare and pharmaceuticals.
Collaborators	- Central Texas Rehabilitation Hospital(CTRH) will collaborate with the Ascension Austin Market hospital to streamline access to Inpatient Rehabilitation. - Central Texas will collaborate with Texas HHS as well as CARF International

STRATEGY 1: Improve access to high quality health services in the community with a focus on community members who experience high barriers to care	
Anticipated Impact Increased equitable access to inpatient rehabilitation for underserved patients and improved patient outcomes through standardized quality processes and enhanced interdisciplinary collaboration.	
Resources • Lifepoint Rehabilitation: CARF readiness resources, clinical quality support. • Ascension Health: Referral network alignment, data sharing for access improvement. • CTRH Leadership Team: Committee facilitation, staff education, and performance monitoring. • CARF International: Standard manuals and consulting opportunities and networking with best in practice hospitals	
ACTION STEPS	ROLE/OWNER
Conduct CARF accreditation survey and integrate recommendations into hospital operations.	Central Texas Rehabilitation Hospital leadership
Implement a standing Utilization Review Committee review process focused on payer denials, access disparities and discharge trends	Central Texas Rehabilitation Hospital leadership
Strengthen partnerships with Ascension Hospitals and local community providers to ensure appropriate post-acute placement for all patients	Central Texas Rehabilitation Hospital leadership
Use CARF and UR findings to enhance admission criteria, clinical pathways and discharge planning	Central Texas Rehabilitation Hospital leadership
Provide staff education on equitable care practices and inclusion in rehab access	Central Texas Rehabilitation Hospital leadership

Evaluation

Central Texas Rehabilitation Hospital will develop a comprehensive measurement and evaluation process for the implementation strategy. The hospital will monitor and evaluate the action plans outlined in this plan for the purpose of reporting and documenting the impact these action plans have on the community.