



Hello!

We are so excited to have you as an intern at Destination Rehab. We hope that you have as much fun as we do treating people with neurologic conditions in the great outdoors. About 50% of our patient population has Multiple Sclerosis so this is a patient population you may want to review prior to arrival.

Please go to this website <https://www.destinationrehab.org/faqs> to learn more about Destination Rehab, watch YouTube videos, and fill out the forms (Liability Waiver, Media Waiver and Volunteer Waiver).

We will be in touch with you the week before the start of your internship to tell you where and when to meet us since our schedule and location change daily.

Here are some tips and tricks to make your internship successful.

We don't have a formal dress code, but encourage you to wear comfortable athletic clothing, hats/sunglasses and make sure to layer for vast changes in the weather. Please avoid tight spandex pants or midriff baring tops. We also see patients in the pool so please remember to bring a swimsuit. We also occasionally treat clients in a rock climbing gym so if you have a harness or a belay device, you should bring those.

We encourage you to remain flexible with changes of plans. The weather and smoke can be unpredictable and sometimes we need to pivot locations quickly.

Just to be clear, we do not have a physical building or clinic. We treat in a different park everyday and in the winter, we rent out a gym two days a week. Since we are a portable business, please be flexible due to last minute changes due to weather or smoke. Please be willing to jump in and help unload and load equipment. Be aware that sometimes there is variable wi-fi and electricity so some students have found having a hot spot and portable charging battery can be helpful although we do our best to have these options available most of the time. Try to show up for the day at least 15 minutes before your first client to be prepared with equipment and a treatment plan.

When looking for a place to stay, please realize that we move locations everyday so commutes will tend to change, but if you are staying in Bend, the commute is likely less than 20 minutes. Resources for housing include Facebook Marketplace, Craigslist, Furnished Finder and Airbnb. Here is a furnished finder that one of our students stayed at and really liked.

<https://www.furnishedfinder.com/property/362691>

We do work frequently at Larkspur Community Center, Embark Fitness (in the winter), and Rockridge and Pine Nursery Park (in the summer). The east side of town is typically more affordable than the west. Having your own car is important, and if you are here in the winter, be aware that you will most likely be driving in the snow so having all season or snow tires works best.

We are open to trying new things and this is a unique setting with unique challenges and opportunities. Consider your own strengths and what ideas you can bring to our small clinic to improve it. We are always trying to think of what activities, education, programs and processes we can bring to our clients to enhance their experience and your input is valued.

We also ask that you complete a project while you intern with us. We will help you come up with ideas that are mutually beneficial for our clinic as well as your learning objectives. The details of this project will be determined as your internship approaches and in the first few weeks as you get started.

Feel free to ask us any questions. We want you to have a successful time with us and a smooth transition.

We look forward to working with you!!

The Destination Rehab Team