

IGNITE.
IMAGINE.
IMPACT.

LETTER FROM THE CEO & EXECUTIVE DIRECTOR

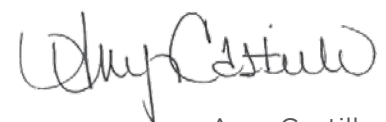
The pace of need has not slowed down across all ages and conditions served and will only continue to grow. One in four adults in Missouri and Kansas experience a disability leading to health disparities. Communities of color, ethnicities, and diversity are more likely to have disabilities and incur significant barriers to healthcare, education, and employment. The need is great, so we are fortunate you are with us to ignite conversations, imagine possibilities and make an impact in our community to help more Kansas Citians, together.

Ability KC is the longest standing comprehensive rehabilitation facility in Kansas City, and 2021 marked 50 years of being internationally accredited through the Commission on Accreditation of Rehabilitation Facilities (CARF). Through our partnership with CARF International, we are recognized as a value-based care leader and will be partnering with them to showcase our model around the U.S.

A journey and impact of this magnitude is only possible when a community understands, collaborates, and partners. Our model is person-centered, building bridges between health care and quality of life.

It's critical to continue advancing our technologies, program innovation and campus to the level of quality of care with dignity being provided, and to ensure individuals are supported when they return home and to their communities. Together, it is a necessity to ignite conversations in understanding the inequities for individuals with disabilities across communities. We all must advocate for value-based rehabilitation care models and do our part to drive awareness and action.

On behalf of our entire Ability KC team, we appreciate the hundreds of community supporters, volunteers and partners that have been with us through our incredible mission journey—we couldn't do it without you. Thank you for the role you play in helping us help our community.



Amy Castillo
CEO and Executive Director

In 2021, Ability KC provided more than **\$5 million in uncompensated, at-cost services for under-resourced individuals and families.**

Thousands of individuals in Kansas City and surrounding communities experience disabilities. Differences in abilities are vast, yet often an unspoken commonality within our communities. The National Disability Institute reports that one in four people with disabilities live in poverty and face a multitude of barriers that hinder their access to livability and full participation in their communities. You can help our mission in building brighter futures by igniting understanding and having conversations in our community.

IGNITE UNDERSTANDING

- One in four adults in Missouri and Kansas experience a disability leading to health disparities.
- Communities of color, ethnicities, and diversity are more likely to have disabilities and incur significant barriers to healthcare, education, and employment.
- We all have a role to play in improving health disparities and inequities. Locally, we can create social, physical and economic environments that promote attaining the full potential for all.

SOCIAL DETERMINANTS OF HEALTH



Social determinants of health (SDOH) have a major impact on people's health, well-being, and quality of life.

Source: <https://health.gov/healthypeople/objectives-and-data/social-determinants-health>

What does ableism look like?

Having differences in abilities is a part of all our lives. Yet ableism—discrimination against individuals with disabilities—is one of the most common forms of prejudice in our community. Examples of ableism can include:

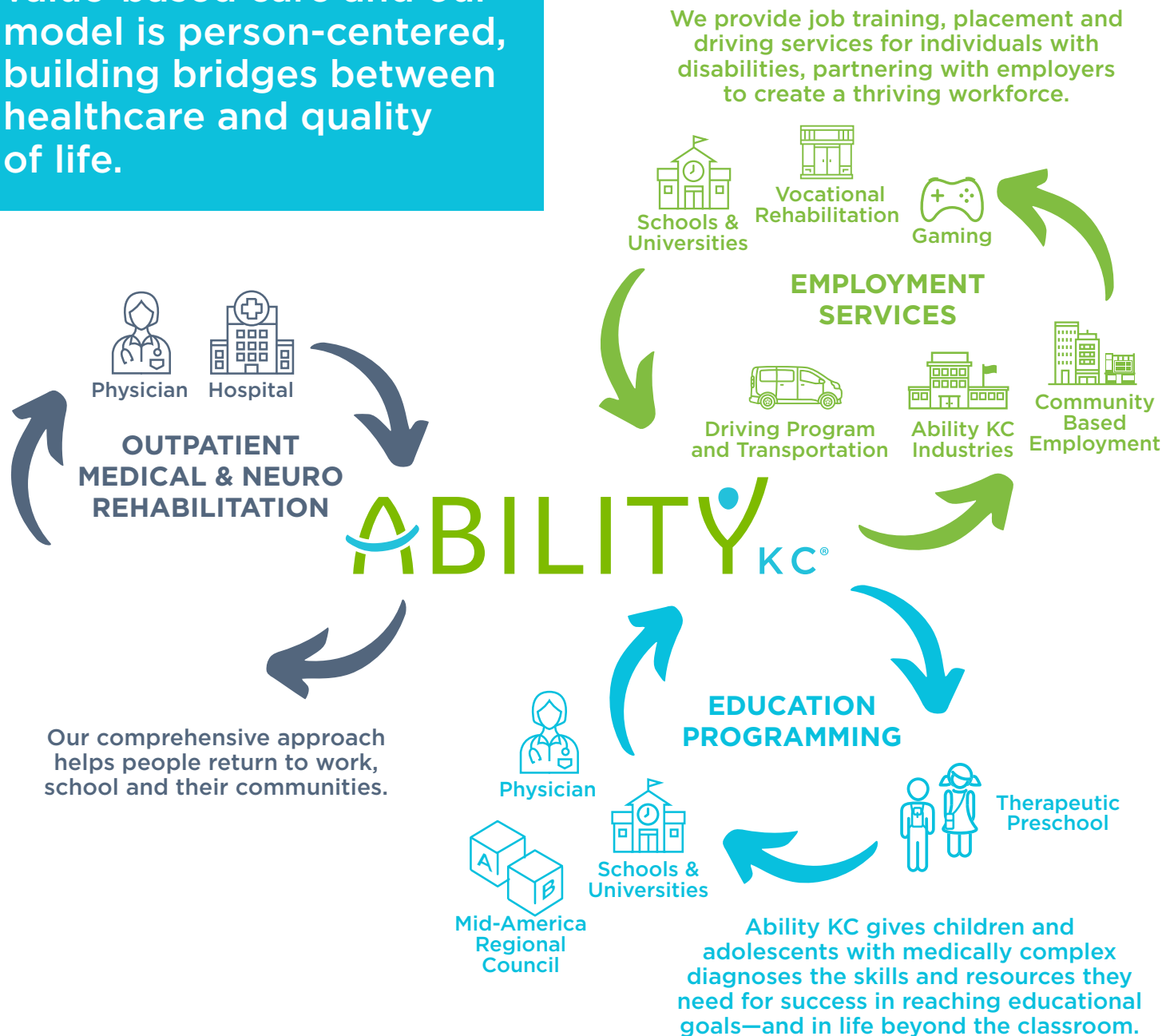
- Not complying with ADA disability rights laws
- Segregating adults and children with disabilities in institutions or schools
- Failing to incorporate accessibility into building design plans

Start conversations, reduce ableism

- Know and communicate that disability identity is about an individual's own, unique experience.
- Take a person-first approach. A person is not their disability, condition, or diagnosis; the person has a disability, condition, or diagnosis.
- Learn more about the impact of SDOH.



Ability KC is an expert in value-based care and our model is person-centered, building bridges between healthcare and quality of life.



Since 1947, our mission has been strong in Kansas City at every juncture of life—from a child’s kindergarten readiness, to an individual returning to high school or work or to building and achieving a plan of independently living in their home and community. While many improvements have been made, our community can do more,

and we’re overdue to IGNITE more conversations to help people understand and to build solutions to the barriers.

The need is great, so we are fortunate you are with us to ignite change to help more Kansas Citians, together.

SPOTLIGHT: MORGAN

Prior to her injury, Morgan was an active teenage girl, spending weekends with friends and participating in various sports such as volleyball, basketball, and cheerleading. Her active lifestyle came to a halt after a horse-riding incident in which she sustained a traumatic brain injury. After spending months in the hospital, Morgan was still struggling to speak, walk and complete daily tasks on her own. Morgan's mother became her full-time caretaker and she and her family had to rapidly adjust to a new way of life. Morgan's family sought out every avenue of care for their daughter's recovery to help her function independently again and return to the things she once loved to do.

When Morgan came to Ability KC, she was determined to not let her brain injury rob her of

the joys of her teenage years. Morgan worked relentlessly in therapy to regain the strength to hold herself up and to regain function of her arms. She made progress on finding her voice again using assistive communication technology in speech therapy. With the unique, comprehensive care provided in the therapies at Ability KC, Morgan's journey to getting back on the horse and back to enjoying her adolescence is more promising than ever.



See more of
Morgan's
story

IMAGINE

KANSAS CITY AS A CATALYST FOR CHANGE

Ability KC is the longest standing comprehensive rehabilitation facility in Kansas City, and 2021 marked 50 years of being internationally accredited through the Commission on Accreditation of Rehabilitation Facilities (CARF). Through our partnership with CARF International, we are recognized as a value-based care leader and are partnering with them to showcase our model around the U.S.

If Ability KC did not exist, individuals and their families would have to travel to multiple places—and often a different city—to get the therapies and support they need, resulting in additional expenses, inefficiencies, and disparate care. Our model of blending traditional health care with quality-of-life therapies,

partnering with hundreds of providers, resources, organizations, school districts and employers is making a lasting impact for our communities.

And, Ability KC is seeing a growing need in referrals from rural health communities as far as western Kansas, northern Oklahoma, central Missouri to southern Iowa and Nebraska.

Since 2020, Ability KC implemented telehealth services to help—but it's a critical necessity to advance our technologies and campus to match the level of quality of care being provided and to ensure individuals are supported when they return home and to their communities.

Ability KC supports a high percentage of underserved families in our community, with **more than 49% being from Jackson and Wyandotte counties.**

In 2021, Ability KC helped over **3,100 individuals.** Imagine how many more we can help with more awareness and services.

Ability KC currently partners with **more than 300 community partners and providers.**

CELEBRATING 50 YEARS OF CARF ACCREDITATION



Through CARF, Ability KC is **identified as a national value-based model of services leader**, with no other comparable organization currently existing in the U.S.

Ability KC is the **longest standing outpatient comprehensive rehabilitation facility in Kansas City.**

SINCE 1974

15

CARF-ACCREDITED
PROGRAMS

LEADING THE WAY IN QUALITY

Ability KC's Chief Impact Officer, Janet Padley, MSed, CBIS, not only leads the team at Ability KC, she was also selected by CARF as a surveyor, and travels internationally to help other rehab facilities with the accreditation process. Service providers begin the accreditation process with an internal examination of their program and business practices. Then the provider requests an on-site survey that will be conducted by a team of expert practitioners, like Janet, who are selected by CARF. During the survey, the provider must demonstrate that it conforms to a series of rigorous and internationally recognized CARF standards.

IMPACT

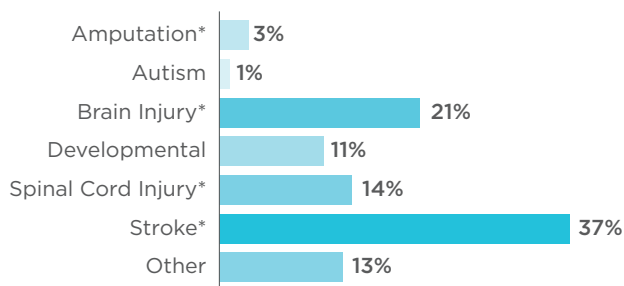
THOUSANDS OF LIVES BY WORKING TOGETHER

Based upon early intervention, our forward-thinking and unique model focuses on integrated therapies that aren't separated by scheduled visits. Our differentiation of neuropsychology and social work with community independence services and specialties is purposeful to ensure individuals return home, to school and work.

Ability KC supports a high level of acuity and complexity in conditions, including brain injuries, spinal cord injuries, stroke, amputation and rare conditions, from infants to seniors in our communities.

OUTPATIENT MEDICAL REHABILITATION

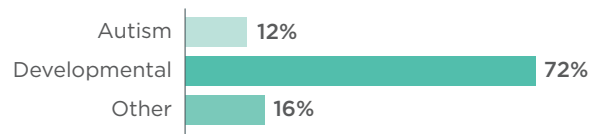
Pediatric, Adolescent and Adult



*CARF-accredited specialty programs

EARLY CHILDHOOD EDUCATION & DEVELOPMENT**

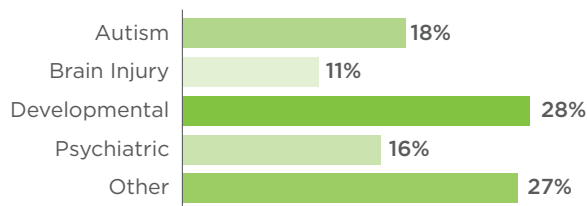
Mary Shaw Branton Therapeutic Preschool
and Integrated Therapies



**Additional conditions to pediatric medical rehabilitation

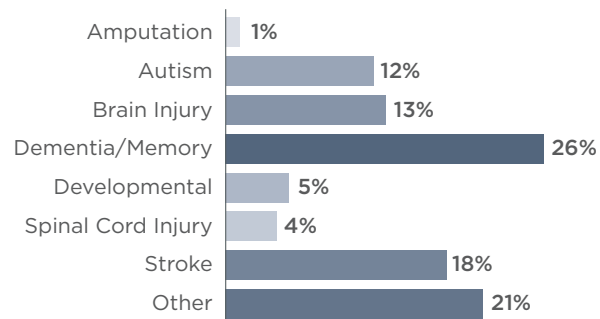
VOCATIONAL PROGRAMS

Employment Services and Ability KC Industries

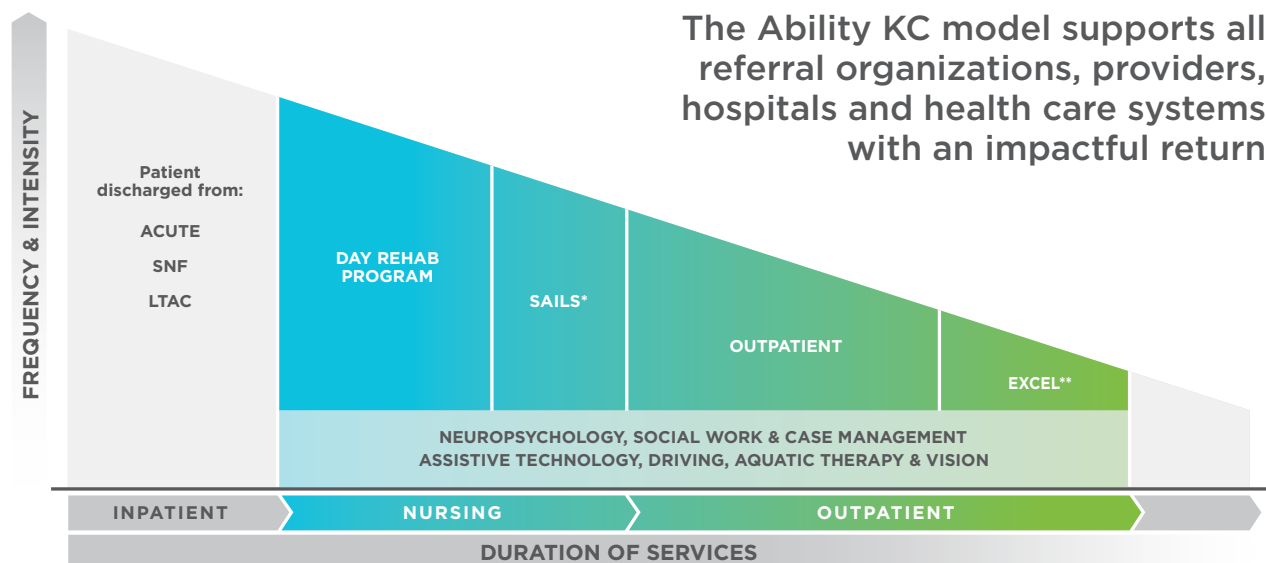


COMMUNITY INDEPENDENCE

Assistive Technology, Adaptive Driving and Neuropsychology



A majority of individuals Ability KC serves have more than one condition.

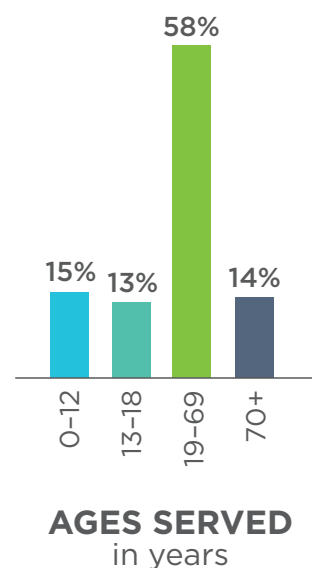
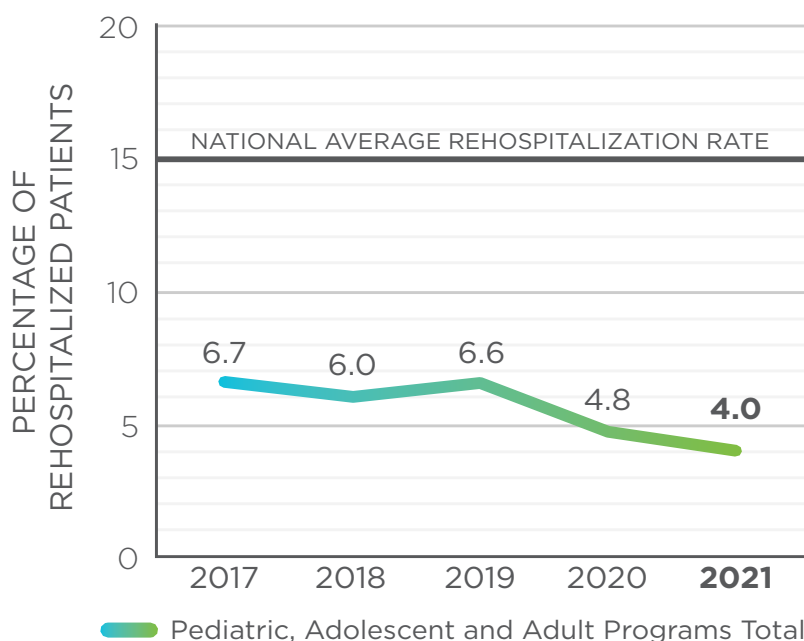


* Successful Adult Independent Living Skills (SAILS) is a program for individuals that have advanced from our day health program. Patients in SAILS work toward independent living after an injury or illness.

** EXCEL is a custom-tailored fitness program that focuses on cardiovascular conditioning, strength and flexibility matched with individuals' physical abilities.

Through our model, individuals experience **low rehospitalization rates, below 5% again in 2021**, compared to the national standard of 15%. The results have been consistently improving since 2014, even through the pandemic.

MORE THAN
3,100
INDIVIDUALS
SERVED



“On my very first day of therapy I could walk seven steps...Six weeks after I got out of the hospital I was supposed to walk my oldest daughter down the aisle, and that’s 51 steps. Everybody here knew that [I] needed to go 51 steps by the first of the year. On January 2nd, I walked my daughter down the aisle. I would not have recovered like I did if I hadn’t had their guidance and their help.”



See more of
Bill's story

BILL ESRY
COVID-19 survivor
Former Ability KC patient

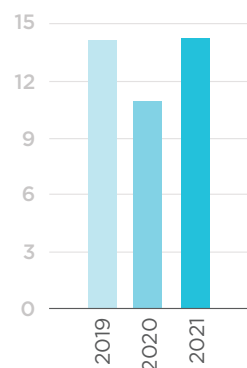
IMPACT = MISSION + SUSTAINABILITY

FINANCIAL STEWARDSHIP

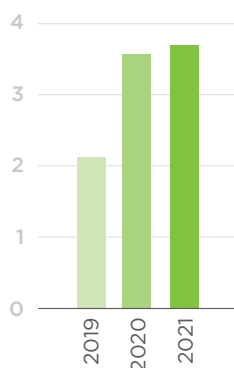
In millions; years end December 31

Based on our independent audit report for 2021, Ability KC's operating margin was 1.76%, which is above the median operating margin for nonprofit hospitals of 1.1%.

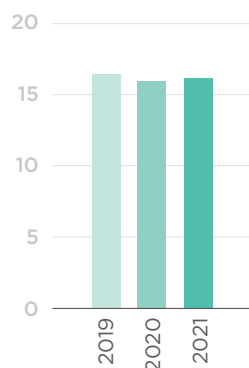
Source: Moss Adams audit report



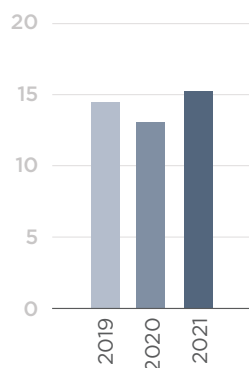
TOTAL OPERATING REVENUE



TOTAL NON-OPERATING REVENUE



TOTAL OPERATING EXPENSES



TOTAL NET ASSETS

PARTNERS & ACCREDITATIONS



LEADERSHIP

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Brad Steinle, MD, Adult Medical Rehabilitation Services | St. Luke's Health System



GET INVOLVED!

Join us to continue the positive impact in our community and in the lives of many, next year and beyond.

Donate | Volunteer | Sponsor an Event | Join Our Team!