



GOLISANO RESTORATIVE NEUROLOGY & REHABILITATION CENTER

ROCHESTER
REGIONAL HEALTH

Unity Hospital



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A LETTER OF WELCOME

In 1989, we began as a small inpatient brain injury rehabilitation unit at St. Mary's Hospital.

Today, the Rochester Regional Health Neuroscience Institute has evolved into a program offering a wide breadth of services for those with neurological and musculoskeletal disorders across a continuum of care from emergency and acute care, to rehabilitation, transitional and home care. As a result of an improved understanding of neurologic recovery, neurologic rehabilitation is evolving into restorative neurology, where we are now beginning to be able to restore loss of function. New approaches such as bodyweight supported training, constraint-induced therapy, functional electrical assistive devices and new methods of brain scanning, are all enhancing our ability to understand how the brain responds to our therapeutic approaches, and restore abilities such as walking, or the use of an arm.

In the near future, cell and growth factor transplantation, novel technology, computer-assisted devices, new medications and evidence-based therapies, will lead the way in furthering improvements and the quality of life for those we serve. Our affiliation with Rochester Institute of Technology continues to foster involvement in the latest clinical research, education, and clinical care.

As it has from the beginning, our focus remains on the patient and family, providing compassionate, individualized care with state-of-the-art therapeutics each step of the way through an often long, and difficult journey. A journey that often requires relearning basic skills we take for granted — speaking, dressing, walking, and eating. Still, after all of these years, nothing is more gratifying than seeing someone take their first step, hearing someone say their first words and ultimately return home when the initial prognosis may have been grim. Our entire staff takes the time to celebrate these precious moments as we realize how tenuous life is. It is a privilege to be a part of this incredible team, and have the opportunity to serve so many in our community.

Thanks to the generosity of B. Thomas Golisano, our move to the Golisano Restorative Neurology & Rehabilitation Center now affords us not only technologically and aesthetically enhanced facilities but proximity to all of the services of Unity Hospital, which further enhance our ability to move patients into the restorative phase sooner, resulting in better outcomes.

I hope you will take a few moments to review this brochure—to learn about the comprehensive services we offer, and understand how, one by one, we touch lives and support patients and families through the challenges and triumphs of an incredible journey.



A handwritten signature in black ink, reading "Mary L. Dombovy". The signature is fluid and cursive, with a long, sweeping horizontal line extending to the right from the end of the name.

Mary L. Dombovy, MD, MHA

*Vice President, Neuroscience Institute
Rochester Regional Health*



INTRODUCTION TO OUR PROGRAM

The Very Best Care

Rochester Regional Health's rehabilitation program is the largest of its kind in the Finger Lakes region, and is home to the only CARF-accredited rehabilitation center of its kind in Central and Western New York for both for pediatric and adult patients. This designation means that every patient is assured the highest possible standards of care.

We offer a complete range of rehabilitative services to individuals with neurological and orthopaedic conditions including:



Head Injury/Brain Dysfunction

Stroke

Orthopaedic Conditions

Spinal Cord Injury

Neurological Conditions

Amputation of Limb(s)

Burns

Major Multiple Trauma / Medically Complex Conditions

Rehabilitating the Total Person — A Team Approach

Our team of physicians, nurses and therapists is committed to providing the most advanced care in an attentive, compassionate setting — and are ready to help you or your loved one take the first steps on the journey to recovery.

Our staff is lead by some of the area's finest physicians and neuropsychologists who maintain special certification and training in brain injury, stroke, spinal cord injury and musculoskeletal conditions. Many members of our nursing and therapy staff have earned advanced certification in the rehabilitation and neuroscience field, an attribute that is unique to the program. Collectively, these superb credentials and expertise ensure our patients the most comprehensive, progressive treatment available.

In addition to physicians, registered nurses and neuropsychologists, our team of highly trained specialists includes occupational therapists, physical therapists, speech-language pathologists, recreation and leisure personnel, case managers and dieticians. Educational tutors, counselors and pastors are available on an as-needed basis.

[It is important to know that as a family member, you are an integral part of the team.](#)

We believe — and we have observed firsthand — that the most successful rehabilitation plan is a collaborative process. Family members are welcome, and encouraged, to participate in therapies and program activities. At times, accommodations can be made to stay overnight with your loved one. Family involvement and participation further prepares the patient for a successful transition into the next step of the rehabilitation process and is vital in helping the patient reconnect with friends, neighbors, co-workers, and classmates as they progress and regain skills.

Specific Therapies

We offer a wide scope of therapies throughout the course of treatment.

Speech/language pathologists work one-on-one with individuals who are unable to communicate verbally, teaching them to use gestures, pictures and electronic devices to express themselves. Re-development of cognitive skills such as organizing thoughts and retaining information is also an area of focus. Patients with swallowing difficulties (dysphagia) receive specialized assessment (including fiberoptic endoscopic evaluation) and treatment during their daily therapy sessions.

Physical therapists help patients regain their balance, coordination, mobility and endurance using advanced and emerging treatment techniques that have evidence-based results. Often, physical therapists will prescribe and supervise a series of strengthening exercises and range-of-motion techniques to build or maintain muscle tone. Other treatments such as heat, cold and electrical stimulation are used as needed to reduce pain and improve physical function.

Occupational therapists guide patients in re-learning daily living skills such as bathing, dressing, grooming and eating. Often, this requires learning a new technique or the use of adaptive equipment. Our Activities of Daily Living Suite creates a simulated home environment where our patients can practice these everyday tasks.

Based on the needs of the patient, our program offers or makes arrangements for translator services, substance use counseling and treatment, dialysis, specialty medical consultative services, dietary services, orthotic services, ostomy/wound care and respiratory therapy.



OUR SERVICES

The Most Advanced Rehabilitation Program

The Golisano Restorative Neurology & Rehabilitation Center provides a healing environment where patients can achieve their maximum level of ability. Our diagnostic, therapeutic and rehabilitative services include:

Nationally Recognized Brain Injury Rehabilitation

The **ONLY** licensed and CARF-accredited inpatient acute brain injury rehabilitation program in Central and Western New York.

We offer unparalleled expertise in determining the impact of brain injury on a person's behavior and intellect, and develop a personalized therapy program to help them achieve the best outcome.

Our neuropsychologists thoroughly assess each patient's cognitive and behavioral functions. Based on the results of these assessments, they can provide family members and the entire treatment team with detailed information about the patient's strengths and weaknesses in areas such as attention and concentration, memory, problem solving, judgment, emotional functioning and social skills. This information guides our physicians and therapists in their selection of therapeutic strategies.

Stroke Rehabilitation

We help more than 250 patients recover from stroke every year. If you are a patient at a Rochester Regional Health hospital, you will be referred for a rehabilitation needs assessment as part of your continuum of care. If you are not a patient of a Rochester Regional Health hospital, upon referral, one of our rehabilitation physicians will provide an assessment, either in person or via record review. Our team of experts provide leading-edge care including stroke risk factor management, rehabilitation, and continuity of care with both neurology and rehabilitation after your return home. This fully-integrated treatment allows for the most successful outcomes.

Spinal Cord Rehabilitation

The goal of caring for patients with a spinal cord injury is to help each patient achieve the highest level of independence possible following spinal cord injury or disease. We serve all ages from pediatrics to elderly patients with diagnoses such as traumatic spinal cord injury, myelopathy, transverse myelitis and tumors. Our program provides an individualized rehabilitation plan that consists of a comprehensive, highly integrated and intensive program of medical, nursing and therapy care to address the complex needs of each patient. This goal-directed approach enables patients to improve physical function and mobility, develop the skills and strategies to perform daily activities, utilize adaptive technologies that facilitate activities at home, work and in the community and overcome the psychological and social problems that often interfere with adjustment to life ahead.

General Rehabilitation

We care for patients who have functional impairments from a number of situations including joint replacements, prolonged hospitalizations, polytrauma, and left ventricular assistive device (LVAD) placement. We work closely with the LVAD team at Rochester General Hospital to provide comprehensive rehabilitation to cardiac patients who undergo LVAD placement.

We offer three to four hours of combined therapy per day, which is two to three times more than patients receive in a nursing home rehabilitation program. This allows many of our patients to return home sooner — and stronger.

With the growing number of patients coming through our program each year, we have a streamlined process of care that is simple and efficient. Call us at **585.368.3222** to schedule a tour at your convenience.

Pediatric Rehabilitation

The only pediatric rehabilitation of its kind in Central and Western New York.

Like any parent, you want the very best for your child. We share your concern — as much as we share your joy and satisfaction when your child reaches each milestone on the journey to recovery.

We provide consultation and treatment for children with a wide range of neurological and orthopaedic conditions. In a comfortable, friendly environment designed with children in mind, we provide the emotional and physical support young patients need as they face the challenges of rehabilitation.

Our physicians and our entire therapeutic team work closely with your family and your child's pediatrician to streamline services, efficiently and effectively. Academic tutoring is available on-site, in coordination with tutors from your home school district. Often, young patients in the program are able to work with their own teacher as they prepare to return full-time to the classroom.

It is our goal to ensure that children have access to and receive the services they need to function to the best of their abilities, both at home and in school. After discharge, our physicians and staff continue to interface with the school, overseeing your child's educational program.



PATIENT OUTCOMES

Helping Patients Reach their Fullest Potential — Positive Outcomes

A key measure of our program’s success is patient outcomes. Recent quality survey results show that 98% of our patients achieved their predicted outcomes.

Patient satisfaction is also an important benchmark. 100% of the patients we have surveyed said they would recommend our rehabilitation program to others. For the latest details on patient outcomes, we invite you to visit the Rochester Regional Health website at rochesterregional.org/golisanooutcomes.



THE JOURNEY BACK HOME

When it is time to go home, you and your family can be confident that you will have our continued support. A case manager is assigned to each patient to help coordinate rehabilitative needs, including outpatient care as appropriate; to make connections to resources in the community; and to respond to needs for services such as home health care, equipment, transportation or vocational training.

Our physicians, neuropsychologists and therapists will continue to help the patient interface with school and work, as long as needed, sometimes for years following their injury.

Outpatient care is available through Rochester Regional Health Physical Therapy and Rehabilitation, located at several convenient sites throughout the Rochester area. To ensure continuity of care, the same physician remains with each patient throughout the course of rehabilitation. Comprehensive CARF-accredited rehabilitation services are available at Neuro Rehabilitation at Ridgeway and is part of the continuum of care provided at Golisano Restorative Neurology & Rehabilitation.

The case manager will provide more information on our outpatient services, or you may visit us at rochesterregional.org/golisanoservices for further details.

We invite you to visit the Golisano Restorative Neurology & Rehabilitation Center at Unity Hospital. Call us today at 585.368.3222 to arrange a tour. You will have an opportunity to walk through our inviting and spacious center, where you can observe therapies in progress, ask questions and talk to our physicians and therapists. We can also introduce you to families who are already participating in the program.

If you're ready to move forward with the admission process for one of our rehabilitation programs, we will guide you through the required forms for medical insurance, Social Security and disability claims. We know paperwork can be overwhelming at a time like this, so our staff is available to answer questions and facilitate the process for you.

After all, what's most important right now is to begin the ***Journey to Recovery***.



A SPECIAL RECOGNITION

We are deeply grateful to Tom Golisano for his generosity and support of Rochester Regional Health's commitment to advancement of neurologic restorative care in Rochester and Upstate New York.



“Everyone should have an opportunity to be treated with respect. Strong legs run so that weak legs may walk.”

B. Thomas Golisano, Founder

In 1985, Tom Golisano, the founder and Chairman of the Board of Paychex, Inc., launched his first philanthropic endeavor by establishing the Golisano Foundation. It is now one of the largest private foundations in the United States devoted exclusively to supporting programs for people with intellectual disabilities. In addition to the Foundation's work, Mr. Golisano's personal philanthropy totaling more than \$200 million has helped hospitals, educational institutions and many other organizations.



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