



Golisano Restorative Neurology & Rehabilitation

**ROCHESTER
REGIONAL HEALTH**

Neuroscience Institute

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A Letter of Welcome

In 1989 at St Mary's Hospital, our rehabilitation center started as a small brain injury unit. We have since relocated to Unity Hospital, under the Rochester Regional Health banner, and have grown to a 25-bed unit that is dedicated to treating and rehabilitating all injuries and ailments. Brain injury, stroke, spinal cord injuries, amputee, post-COVID pneumonia, LVAD (left ventricular assist device), and even heart transplant rehabilitation can all be managed at the Golisano Restorative Neurology & Rehabilitation Center. We have committed ourselves to caring for all patients. Our main priority is improving patient's function to help them return home quickly and safely after a hospitalization.

Our dedicated rehabilitation team is comprised of physicians, advanced practice providers, physical therapists, occupational therapists, speech-language pathologists, recreational therapists, rehabilitation nurses, case managers, and social workers. During your rehabilitation journey, you will be able to spend a significant amount of time with these specialists. You will participate in therapy 3 hours daily during the typical week, with less intense interventions over the weekend.

At the Golisano Restorative Neurology & Rehabilitation Center, we continue to have a patient and family-centered approach to delivering rehabilitation. We will work with you to accomplish goals and milestones that are important to you, and necessary for you to return home. Our mission is to provide as much functional independence to allow for a seamless transition from the hospital back to home, for both patient and family.

Please take a few minutes to review this brochure. You can learn about the comprehensive rehabilitation services we have to offer at the Golisano Restorative Neurology & Rehabilitation. We look forward to guiding you on your journey to independence!



A handwritten signature in blue ink that reads "Sean Silverman DO".

Sean M. Silverman, DO
Medical Director

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 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 orthopedic conditions, including:



Head Injury / Brain Dysfunction

Stroke

Spinal Cord Injury

Orthopedic Conditions

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 is ready to help you or your loved one take the first steps on the journey to recovery.

Our team is led 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 of our nursing and therapy team members have earned advanced certification in rehabilitation and neuroscience, an attribute that is unique to the program. Collectively, these superb credentials and expertise ensure our patients receive the most comprehensive and 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 dietitians. Educational tutors, counselors, and chaplains are also 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 have observed firsthand — that the most successful rehabilitation plan is a collaborative one. 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 prepare the patient for a successful transition into the next step of the rehabilitation process and are vital in helping the patient reconnect with friends, neighbors, co-workers, and classmates as they progress and regain skills.

Specific Therapies

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

Speech-language pathologists work one-on-one with individuals who cannot communicate verbally, teaching them to use gestures, pictures, and electronic devices to express themselves. Redevelopment 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. Physical therapists often 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 interpreter and translation services, substance use counseling and treatment, dialysis, specialty medical consultative services, dietary services, orthotic services, ostomy/wound care, and respiratory therapy.

Our Services

The Golisano Restorative Neurology & Rehabilitation provides a healing environment where patients can achieve their maximum level of ability. Located at Unity Hospital, our program offers convenient onsite access to comprehensive medical services, including laboratory services, pharmacy services, and diagnostic imaging. Our diagnostic, therapeutic, and rehabilitative services include:

Nationally Recognized Brain Injury Rehabilitation

Our program has been a longstanding choice in the community for over 35 years and is one of the only licensed and CARF-accredited inpatient acute brain injury rehabilitation programs 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 Rochester Regional Health hospital patient, 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 provides 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

We provide individualized rehabilitation plans consisting of a comprehensive and highly integrated program of medical, nursing, and therapy care to address the complex needs of each patient. The goal of caring for patients with a spinal cord injury is to help each patient achieve the highest level of independence possible following the 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. We accept patients with spinal cord injuries, complete or incomplete, at the level of C-5 or lower. We will evaluate patients with injuries above C-5 on a case-by-case basis.

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, and heart transplant. 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, almost two times more than patients receive in a sub-acute 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.

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 orthopedic 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 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.

Our goal is 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 Full Potential — Positive Outcomes

A key measure of our program's success is patient outcomes. Recent quality survey results show that our patients were satisfied with the progress made in their rehabilitation program.

All of our patients surveyed answered “yes” when asked if they would recommend us to friends and family. For the latest details on patient outcomes, we invite you to visit the Rochester Regional Health website at rochesterregional.org/golisanooutcomes.

Eligibility

We see patients from age 12 months and up. We will consider admission for children under the age of 12 months on a case-by-case basis.

To be eligible for our program, patients must:

- Have a referral from their physician
- Have an active medical condition, but be medically stable
- Be free from life support systems (such as ventilators)
- Require 24-hour rehabilitative nursing
- Be able to tolerate an intensive rehabilitation program that includes therapy at least three hours per day, five times per week
- Have the potential to return to a community setting

Our rehabilitation physicians will evaluate patients prior to admission.

Once a patient is approved for our program, our team will assist with the onboarding process including completing medical insurance and disability claims. We're here to answer any questions patients may have.

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. Comprehensive CARF-accredited rehabilitation services are available at Neuro Rehabilitation at Ridgeway and are 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.

Schedule a Tour

Call us to schedule a **tour of our facility**, where you can observe therapies in progress, ask questions, and talk to our physicians and therapists. We can also introduce you to families already participating in the program.

Our team is ready and available to guide you through any paperwork needed to get started.

Unity Hospital

Golisano Restorative Neurology & Rehabilitation
1555 Long Pond Road, 3rd Floor, Rochester, NY 14626
P (585) 368-3222

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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