

— *A National Leader in* —
Physical Rehabilitation
—



HELEN HAYES
HOSPITAL

Where hope has a home



▲ Our beautiful 105-acre campus is just 35 minutes north of New York City, in the heart of the Hudson Valley.

HELEN HAYES HOSPITAL

As one of the country's first specialty physical rehabilitation facilities, Helen Hayes Hospital has a well-earned reputation of excellence in rehabilitation medicine. Since 1900, we have excelled in providing the medical, nursing and therapeutic care patients need to rebuild their lives following catastrophic injuries, debilitating surgeries and chronic disabling illnesses. With state-of-the-art technology, this expertise enables our patients to move on to active and productive lives and return to work, school and home.

We provide an extensive continuum of care and an array of specialty rehabilitation services. The 155-bed facility is ideally situated to care for patients from the tri-state New York metropolitan region and beyond.

Each patient is treated by a multidisciplinary team, consisting of specialty physicians, physical, occupational and speech therapists, nurses, recreation therapists, social workers, dietitians, and other professionals. The team works closely with the patient, family and insurer to meet rehabilitation goals in a timely and effective manner. Outcome statistics show that the vast majority of patients return home following discharge. For more information, visit helenhayeshospital.org.



TOURS

Prospective patients, families and healthcare professionals are welcome to tour our facility. Tours are available Monday through Friday by appointment. **Call 845-786-4233.**

YOUTUBE

Check out our YouTube channel for videos of therapy, adaptive sports and other services: youtube.com/user/HelenHayesHospital

WAYS OF GIVING

The Helen Hayes Hospital Foundation, Inc. advances the development of resources and community awareness of Helen Hayes Hospital. For information, or to make a donation, visit helenhayeshospitalfoundation.com, or **Call 845-786-4365.**

The Helen Hayes Hospital Volunteer Corps. provides an array of services that benefit both patients and staff. For information, or to make a donation, **Call 845-786-4989.**



INPATIENT ADMISSIONS

Our Admission Center is staffed by registered nurses and a team that responds to each case individually. Everything is done to ensure a smooth and timely discharge from the acute care hospital and admission to Helen Hayes Hospital.

Most patients are transferred from an acute care hospital. Individuals who are not currently in a hospital but who, on physician advice would like to be considered for admission, should schedule an evaluation with a Helen Hayes Hospital staff physician by calling **845-786-4097**. Every referral is given close consideration and every decision is made on a case-by-case basis.

ADMISSION CENTER

PHONE: 1-888-70-REHAB ext. 4535
TTY: 845-947-3187
FAX: 845-786-4692
EMAIL: admissions@helenhayeshosp.org

LAUNDRY

Washers and dryers are available. Detergent is sold in the Gift Shop.

REFERRING A PATIENT

Our Clinical Liaisons meet with patients and families where patients are currently treated in order to answer questions, review a patient’s history and allay concerns. Although a referral from a healthcare professional is required, we welcome patient and family inquiries. Referrals are accepted from physicians, case managers and discharge planners electronically and via phone or fax. For convenience, we admit patients seven days a week throughout the year.



LODGING

Short-term dormitory-style accommodations may be available for adult family members over the age of 18 on a select, limited stay basis. For information on qualifying stays and/or a list of local hotels, please call **845-786-4210**.

- Physical Therapy
- Occupational therapy (includes Hand Therapy)
- Speech therapy
- Dysphagia Therapy, Swallow Studies
- Nutrition Education
- Dedicated Specialized Unit and Therapy Gym
- Physician Care (on-site) 24/7
- Rehabilitative Nursing (24/7)
- Medication Optimization
- Cardiac monitoring
- Respiratory Therapy
- Ventilator Weaning, Tracheostomy, Passy-Muir
- Consultant Physician
- Wound, Burn Care
- Pain Management
- Patient & Family Education
- Case Management
- Discharge Planning
- Cognitive Therapy
- Psychiatry, Psychology
- Peer Mentoring
- Specialized Support Groups

SPECIALTY SERVICES

- State-of-the-Art Rehab Technology:
 - ReWalk Exoskeleton
 - Virtual Reality Therapy
 - Antigravity Treadmill
 - Vibration Therapy
 - Music Glove
 - Dynavision
 - Bioness
 - SaeboFlex
 - VitalStim
- Wellness Center
- Smart Apartment
- Aquatic Therapy
- On-site Prosthetic Orthotic Center
- Center for Rehabilitation Technology (CRT)
- Complementary Medicine (Meditation, Massage)
- Neuropsychological Testing
- Sexual Counseling
- Urodynamic Testing
- Adapted Sports & Recreation
- Recreational Therapy Services
- Vocational Rehabilitation Services
- Driver Evaluation & Training
- Osteoporosis Center
- Home & Food Management Center

Patients should bring loose-fitting, comfortable clothes and sneakers.





▲ **Acute rehabilitation** is for individuals who need an intensive, multidisciplinary rehabilitation program. Patients who have had traumatic injuries, stroke or suffer a debilitating disease can benefit from acute rehabilitation.

ACUTE REHABILITATION

TRAUMATIC BRAIN INJURY

The Traumatic Brain Injury Rehabilitation Program provides comprehensive physical rehabilitation services for individuals recovering from traumatic brain injuries (TBI), and other neurological conditions, under the direction of a board-certified physician specializing in TBI rehabilitation. Injuries or conditions may have been sustained due to:

- | | |
|----------------------|-----------------------|
| • Trauma | • Cerebral Aneurysm |
| • Anoxia | • Cerebral Hemorrhage |
| • Brain Tumor | • Encephalitis |
| • Multiple Sclerosis | • Parkinson's Disease |

The program aims to restore function and independence and treat the complex effects of brain injury including

- | | |
|------------------------------|-----------------|
| • Walking | • Communication |
| • Eating | • Cognitive |
| • Emotional | • Memory |
| • Activities of daily living | |

THE NEURO-RECOVERY PROGRAM

The Neuro-Recovery Program admits comatose patients directly from acute care facilities. Patients receive around-the-clock care, including ventilator weaning and tracheostomy support services. Therapists provide sensory stimulation and work to preserve the patient's physical condition through range of motion exercises, and serial casting.

STROKE

The Stroke Rehabilitation Program provides a full range of specialty physical rehabilitation services under the direction of a board-certified physician specializing in stroke rehabilitation, for patients recovering from stroke, including

- | | |
|-----------------------|---------------------------|
| • Ischemic Stroke | • Cerebral Hemorrhage |
| • Cerebral Infarction | • Subarachnoid Hemorrhage |

Services aim to increase function and independence, and address a range resulting disabilities including:

- | | |
|-----------------|------------------------------|
| • Paralysis | • Memory |
| • Social Skills | • Emotional Control |
| • Bowel/Bladder | • Balancing |
| • Walking | • Communicating |
| • Eating | • Activities of Daily Living |



▲ At Helen Hayes Hospital everyone is treated with dignity, respect, encouragement, and compassion.



▲ Our Speech Language Pathology Services provide therapy to improve communication skills and swallowing abilities, using state-of-the-art technology.



▲ Cardiopulmonary Rehabilitation is customized to each patient.



▲ Our on-site Prosthetic Orthotic Center, provides evaluation, fabrication and adjustment services for artificial limbs and other orthotic devices.

MULTI-TRAUMA

The goal of the Multi-Trauma Rehabilitation Program is to restore the highest level of functioning and independence to individuals who have sustained multiple traumas as a result of

- | | |
|--------------------|------------------------------|
| • Falls | • Sports Injuries |
| • Acts of Violence | • Motor Vehicle Accidents |
| • Illnesses | • Prolonged Hospitalizations |

The program offers specialty physical rehabilitation services to manage the recovery needs of each injury, while avoiding further complications.

When the World Trade Center collapsed on September 11, 2001, Lt. John McLoughlin was buried under debris, resulting in massive crush injuries. After intensive therapy at Helen Hayes Hospital, he achieved his goal of walking independently.

CARDIOPULMONARY

The Cardiopulmonary Rehabilitation Program, under the direction of a board-certified physician specializing in cardiac rehabilitation, provides physical rehabilitation services for:

- | | |
|------------------------|-----------------|
| • Heart Attack | • Heart Disease |
| • Cardiac Surgery | • Lung Surgery |
| • COPD hospitalization | • Emphysema |

Goals include treatment and stabilization of:

- | | |
|---------------------|----------------------|
| • Cardiac Symptoms | • Pulmonary Symptoms |
| • Medication | • Oxygen Management |
| • At-Home Self-Care | • Exercise Programs |

AMPUTEE

The Amputee Rehabilitation Program provides a full range of specialty physical rehabilitation services for patients who have had

- | | |
|--|------------|
| • Single or Bilateral Limb Amputation (caused by): | |
| • Trauma | • Diabetes |
| • Other Medical Condition | |

Services for these patients aim to restore:

- | | |
|-------------------------|-------------|
| • Function | • Mobility |
| • Strength | • Endurance |
| • Prevent Complications | |



SPINAL CORD INJURY

The Spinal Cord Rehabilitation Program provides comprehensive physical rehabilitation services, under the direction of a board-certified physician specializing in spinal cord injury rehabilitation, for patients who have complete or incomplete spinal cord injuries (SCI) or other nervous system disorders:

- | | |
|------------------|-------------------------|
| • Trauma | • Sports Injuries |
| • Tumors | • Spinal Stenosis |
| • ALS | • Compression Fractures |
| • Guillain-Barre | • Transverse Myelitis |
| • Myopathies | • Muscular Dystrophies |

Services aim to increase function and independence, and aid in adjustment to a new way of life, prevent complications, and address the effects of SCI:

- | | |
|------------------------|-------------------------|
| • Paraplegia | • Respiratory Disorders |
| • Quadriplegia | • Bowel & Bladder |
| • Skin Care | • Wounds |
| • Spasticity | • Emotional Issues |
| • Psychological Issues | |

▲ The ReWalk Exoskeleton is a state-of-the-art piece of equipment that combines robotics with human assistance to make walking possible.



▲ Patients in need of ventilator weaning and tracheostomy support services receive around-the-clock care.



For more information, visit helenhayeshospital.org.

SKILLED NURSING FACILITY

The Subacute Rehabilitation Program (Skilled Nursing Facility) offers an expanded level of service to patients in need of short-term rehabilitation care prior to returning home.

The program is ideal for patients who may not be medically able to participate in full-day, intensive therapy, such as those with:

- | | |
|-----------------------|--------------------------|
| • Orthopedic Injuries | • Hip or Knee Surgery |
| • Fractures | • Orthopedic Conditions |
| • Chronic Illness | • Medical Deconditioning |

Patients may be functioning at a relatively high level, but require training to master certain tasks, such as stair climbing, before returning home.

TRANSITIONAL CARE UNIT

The Transitional Care Unit (TCU) offers an expanded level of service to patients in need of short-term rehabilitation care, not exceeding 21 days. It is ideal for individuals who can benefit from intensive rehabilitation, with the goal of improved functioning and mobility. The program treats individuals recovering from:

- | | |
|-----------------------|--------------------------|
| • Orthopedic Injuries | • Hip or Knee Surgery |
| • Fractures | • Orthopedic Conditions |
| • Chronic Illness | • Medical Deconditioning |

A patient must be admitted directly from an acute care hospital, with a minimum three-night stay, and be able to participate in daily intensive therapy.

For more information, visit helenhayeshospital.org.





5-Star Rated

★★★★★

▲ The Helen Hayes Hospital's Skilled Nursing Facility, and Transitional Care Units have received five-star ratings* from the Centers for Medicare and Medicaid Services' Five-Star Quality Rating System. (*2018)



▲ Patients can continue to build endurance and strength as outpatients, in The Wellness Center, the hospital's professionally supervised, and fully accessible facility.



▲ All hospital patients receive nursing care 24 hours a day, 7 days a week, to ensure proper care.



Outpatient Therapy,
Specialty Services,
and the Center
for Rehabilitation
Technology

OUTPATIENT REHABILITATION SERVICES

- Neurological
- Orthopedic
- Cardiac
- Pulmonary
- Parkinson’s Disease
- Oncology
- Pediatrics

Please call the Helen Hayes Hospital Outpatient Scheduling Center for an appointment at **845-786-4194**. A physician’s prescription for rehabilitation care is required.



▲ Our treatment program for patients with Parkinson’s Disease incorporates LSVT BIG™ and LSVT LOUD™, research-based therapy protocols that address symptoms associated with PD.

The Outpatient Neurological Rehabilitation Center provides outpatient therapeutic services to adults and children with brain injury, spinal cord injury, stroke, MS, muscular dystrophy, ALS, and developmental delays.

The Outpatient Orthopedic Rehabilitation Center provides a comprehensive range of services to adults and children.

Outpatient Cardiac Rehabilitation enables individuals with heart disease/heart attack, and those recuperating from cardiac surgery, to efficiently and effectively resume an active, healthy lifestyle.

Outpatient Pulmonary Rehabilitation is designed for patients with lung disorders, such as COPD or Emphysema, who wish to begin a monitored exercise and education program.

Outpatient Parkinson’s Disease rehabilitation addresses rigidity, tremors, balance, coordination, sleep disturbances, cognitive changes, and pain.

Oncology: For oncology patients, we offer a holistic approach to rehabilitation. Our goal is for patients to regain health, functioning, and mobility.

Pediatrics: Children with physical and cognitive disabilities receive care in our outpatient children’s rehabilitation center, with a sensory gym, a rock climbing wall, and monkey bars.

For more information, visit helenhayeshospital.org.



▲ Aquatic Therapy is beneficial for individuals with orthopedic conditions, spinal cord injury, joint replacements, low back pain, osteoporosis, fractures, stroke, shoulder injuries and arthritis.

SPECIALTY SERVICES

- Adapted Driving
- Adapted Sports and Recreation
- Aquatic Therapy
- Complementary and Alternative Medicine
- Dental Medicine
- Lymphedema Program
- Osteoporosis Center
- Prosthetic and Orthotic Center
- Transitional Rehabilitation Center
- Wellness Center



▲ From sailing to cycling, golf to gardening, the Adapted Sports and Recreation Program has offerings for individuals of all ages. Pre-registration is required for all activities.

Adapted Driving Program. For those with physical, cognitive problems affecting ability to drive safely. **Call 845-786-4194.**

Adapted Sports & Recreation Program. Area’s largest adaptive sports program, all abilities, skills. **Call 845-786-4950.**

Aquatic Therapy. Warm water aquatic facility, therapy available to patients, community members. **Call 845-786-4194.**

Complementary and Alternative Medicine (CAM). Yoga (845-786-4950), Ai Chi (845-786-4457) Massage and Reiki (845-786-2036), and Meditation.

Dental Medicine Service. A program for patients with cognitive, physical, psychiatric disabilities. **Call 845-786-4097.**

Lymphedema Program/Complete Decongestive Therapy. Certified therapists treat the build-up of lymphatic fluid. **Call 845-786-4194.**

Osteoporosis Center. Diagnosis, treatment of osteoporosis, bone density testing, and classes. **Call 845-786-4410.**

Prosthetic Orthotic Center. Services, evaluation, fabrication & care of prosthetic & orthotic devices. **Call 845-786-4122.**

Transitional Rehabilitation Center. Counseling, behavioral and life skills training, for TBI patients. **Call 845-786-4044.**

Wellness Center. A professionally supervised, fully accessible, exercise facility. **Call 845-786-4194.**



▲ The Adapted Driving Program is home to a state-of-the-art adaptive driving evaluation van, which includes a power lift and wheelchair lockdown.

- Smart Apartment
- Clinical Services
- Research Projects
- Assistive Technology for Schools

The **Arnold Goldman Center for Rehabilitation Technology (CRT)** services include: Seating, Wheeled Mobility, Augmentative/Alternative Communications, Job, Environmental, Ergonomic, Electronic Aids to Daily Living (EADL's), Computer & Tablet Access, Rehab Engineering, Fabrication & Custom Solutions

The **Smart Apartment** features high tech innovations in a home-like setting. This model replicates a typical home, that has been equipped with an array of assistive technology enabling individuals with disabilities to control their surroundings.

Research projects include transitioning a brain computer interface (BCI) from the laboratory to the home. The BCI device may provide communication functions to individuals who have lost muscle control, the ability to breathe, talk or even move their eyes.

The Center for Rehabilitation Technology provides a variety of assistive technology services which can be tailored to the needs of school **children with disabilities**.



▲ Center for Rehabilitation Technology (CRT) services include: Electronic Aids to Daily Living (EADL's), and Computer & Tablet Access.

The Center for Assistive Technology acts as an evaluation and demonstration site featuring the latest power-driven and manual wheelchairs, specialty cushions, positioning aids, and control mechanisms. ▶



▲ From opening doors and lowering blinds, to turning on the television and turning off the lights, the Smart Apartment provides multiple options to help increase independence.



▲ Our warm and welcoming environment and bright and spacious campus offers magnificent views of the Hudson River.

DIRECTIONS

Helen Hayes Hospital is located in Rockland County, approximately 45 minutes north of The George Washington Bridge.

From New York City (NYC): Take George Washington Bridge to Palisades Interstate Parkway North. Take exit 14, turn right onto Willow Grove Road. Continue straight (road becomes Filors Lane) to Route 9W. Turn right onto Route 9W, hospital entrance is 1/8 mile on right.

From Northern New Jersey: Take Route 287 North, merge onto NYS Thruway South. Take exit 13 North onto Palisades Interstate Parkway. On Palisades, take exit 14. Turn right onto Willow Grove Road, continue directions as described from NYC.

From Lower Westchester: Take Mario Cuomo Bridge and stay on NYS Thruway to exit 13 North onto Palisades Interstate Parkway. On Palisades, take exit 14. Turn right onto Willow Grove Road continue directions as described from NYC.

From Upper Westchester: Take Bear Mountain Bridge to Route 9W South. Follow Route 9W south for about 9 miles. After passing a Walgreens on right, watch for hospital entrance ahead on right.

From Upstate New York: Take NYS Thruway South to exit 16. After the toll booth, take exit ramp following signs for Route 6. Make a left onto Route 32. Follow Route 32 briefly, at traffic light make a left onto Route 6 East. Follow Route 6, at traffic circle, exit onto Palisades Interstate Parkway South. Continue on Palisades to exit 14. Turn left onto Willow Grove Road and continue directions as described from NYC.



HELEN HAYES HOSPITAL

1-888-70-REHAB | FAX: 845-786-4692 | TTY: 845-947-3187 | helenhayeshospital.org |



Owned and operated by New York State Department of Health. Member of New York-Presbyterian Regional Hospital. Accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) & accredited by The Joint Commission.

