

## Explore Our Rehabilitation Department

**Eastchester provides physical, occupational, and speech therapy services in order to develop, maintain and restore maximum movement and functional ability throughout life.**

Our rehabilitation approach is highly acclaimed in the healthcare industry for these specialized features among many:

### Therapeutic Exercise Programs

Personalized regimens developed by licensed therapists focus on the individual needs of any resident experiencing orthopedic, neurological or cardiopulmonary disorders.

### Activities of Daily Living

Under the supervision of occupational therapists, residents are retrained in functional activities to allow for optimum independence.

### Cognitive & Memory Enhancement Programming

Residents relearn targeted activities and mental functions through interdisciplinary rehabilitation, sensory stimulation, biofeedback, and reminiscence therapy.

### Vestibular Rehabilitation

Therapy is geared to correct balance disorders and symptoms such as dizziness, nausea and motor disturbances in candidates identified with vestibular dysfunction through screening by neurologists and ENTs.

### Low Vision Training

Our specialized team of eye care physicians and therapists use state-of-the-art devices and protocols to teach adaptive and compensatory techniques for visual impairments.

### Dysphagia Management

To effectively manage eating and swallowing disorders, our approach combines speech and dietary staff that work hand-in-hand at each meal to help individuals master these skills. Our therapists are certified in Vital-Stim for use in enhancing outcomes.

### Nurse Rehabilitation/Restorative Programs

Rehab nursing time is devoted to the carryover of goals developed in therapy. Specific floor programs exist in dressing/grooming/hygiene, contracture management, and splint and brace application if needed, as well as communication/cognitive therapies and ambulation programs.

### Wound Care Management

Our cutting-edge approaches combined with the latest in technology help with the closure of hard-to-heal wounds.

# Are you looking for the right rehab facility?

Choosing the perfect facility to care for a loved one is a daunting challenge, and we understand that you won't make your decision lightly.

So at **Eastchester**, we want to help you make your choice with confidence, peace of mind, and the knowledge that your loved one will receive superior individualized care in a warm, nurturing environment.







At **Eastchester**, we believe in taking a “whole health” approach to the wellbeing of our residents, hence our 3-dimensional commitment across all our services:



## Renew.

When your loved one faces loss of independence, mobility, or personal freedom, they may feel isolated, depressed, or cut off from the world around them. The caring staff at Eastchester is sensitive to their emotional wellbeing as well as their physical health. We offer psychological care as well as individualized recreational activities tailored to your loved one's capabilities to renew spirit and vigor, helping improve overall health.



## Restore.

We understand that, in their quest for comprehensive care before arriving at Eastchester, your loved one may have seen prolonged hospital stays, home nursing, or round-the-clock care from family members. It is our goal to make Eastchester their last stop before they can readily return home. Our skilled, qualified staff guarantees superior individualized care 24/7, helping restore your loved one to full health.

## Eastchester:

Leader in Advanced Care & Treatment, Specializing in Virtually Every Field of Rehabilitation:

### Alzheimer's/Dementia Care

- Hospice Care
- Pain Management
- Palliative Care

### Intensive Rehabilitation Services

- IV Therapy – Nutrition, Hydration & Medical Administration
- PICC Line/Central Line Care
- Nutritional Counseling/Planning

### Short-Term Rehabilitation

- Skilled Nursing Care
- Complex Wound Care
- Off-Site Dialysis
- Therapeutic Recreation
- Religious Services for Different Denominations

### Physical, Occupational & Speech Therapy

- Psychosocial Counseling/Psychiatric Services
- Respiratory Therapy/Tracheostomy Care
- Oxygen Therapy (BI-PAP/CPAP)
- 24-Hour Respiratory Staff On Site

**Eastchester** is particularly renowned throughout the New York Metropolitan area as home to one of the most advanced centers for **ventilator patients** in the entire region, specializing in chronic/aggressive weaning



## Recover.

Above all, we wish to see all our residents recover to their fullest capability and reclaim as much independence as possible. To that end, we offer individualized rehabilitation programs in addition to skilled medical care that range from mobility to completing everyday tasks such as brushing teeth or hair.

