

SHAPING THE FUTURE OF COMPLEX CARE AND REHABILITATION.

Hospital for
Special Care

We Rebuild Lives.



When someone suffers from a long-term illness or debilitating injury, life changes. Not just the life of the individual, but also the lives of everyone who knows and loves that person.

At Hospital for Special Care, our single purpose is to help those who are challenged by a complex medical condition find their way back to taking control of their lives.

*On cover:
Architectural rendering of the future
Maximilian E. and Marion O. Hoffman
Outpatient Center, completion is
expected in Spring 2014.*



Photo at right by Mark Maglio



Photo by HSC patient, Margaret Lavigne

MORE THAN TREATING PATIENTS. REBUILDING LIVES.

Acute care hospitals treat specific medical issues on a short-term basis. As a 228-bed long-term acute care facility with a satellite also serving the Greater Hartford Area, Hospital for Special Care is committed to the ongoing treatment and rehabilitation of patients with chronic and complex conditions. The top, acute care hospitals in the region refer its patients to us for continued care and rehabilitation.

Hospital for Special Care provides a continuum of highly individualized, compassionate care from pediatric through adulthood. We are nationally renowned for treatment in the areas of pulmonary disease, acquired-brain injury disorders, complex pediatrics,

neuromuscular disorders, spinal cord injury and disease, cardiac conditions and autism. We also offer a range of today's most advanced outpatient rehabilitative and therapeutic services.

Our commitment goes beyond rendering care for patients. We offer each patient and their families the opportunity to take an active part in rebuilding their lives.

Perfecto Munar, BSN, RN, below, in gray scrubs, and Rita Bonczek, MS, APRN, ACNS-BC, below in lab coat, were honored at the 11th Annual Nightingale Awards Gala, in Hartford. This peer award recognizes Connecticut nurses for their excellence in nursing practice and dedication to patient care.



WE DON'T TREAT A DIAGNOSIS. WE TREAT PEOPLE.

Every patient has different goals when it comes to recovery. We recognize the importance of implementing care and therapy to meet the individual goals of each patient. And we continue to find better ways to help our patients heal so that they can return home more quickly.

Providing customized treatment for the patient, not simply the diagnosis, is the core of our philosophy. It is what makes us unique among long-term acute care hospitals. We encourage our patients to be the “managers of their care” – to have a voice, to make decisions and to work together, side-by-side with their family and their Hospital for Special Care team of experts in their recovery and in meeting those personal goals.

A HOSPITAL THAT MAKES OTHER HOSPITALS BETTER.

We share our knowledge, practices and groundbreaking approaches with other specialty hospitals and educational institutions, as well as the greater medical community, who look to us for guidance and expertise. Hospital for Special Care serves as a model for long-term acute care hospitals, setting national standards for:

- Lowest in-hospital infection rate
- Lowest mortality rate
- Highest rate of discharge into the community
- Highest ventilator weaning rate

REACHING OUT TO PATIENTS, PROFESSIONALS AND THE FUTURE OF LONG-TERM ACUTE CARE.

We see long-term acute care as a process that goes beyond a hospital stay, reaching out to, and blending seamlessly with, the lives of our patients. Our Medical Home Model follows a visionary concept that represents the future of healthcare delivery. It allows patients to use Hospital for Special Care as a “home base” – one that coordinates care among primary and specialist physicians and ancillary caregivers. This not only enhances the quality of life for the patient, but does so in a more cost-effective way.

Our commitment to the future of long-term acute care also reaches beyond our own hospital. We are one of the few long-term acute care hospitals with the research capabilities to continually advance practices and procedures that benefit the entire medical community.

We are also a leader in clinical education with more than 100 clinical affiliations nationwide, including the University of Connecticut School of Medicine, Dartmouth College, Yale University School of Nursing and Yale University School of Medicine.

MESSAGE FROM OUR PRESIDENT

Over the years, Hospital for Special Care has advanced to become one of the nation's leaders in the care of people with medically-complex conditions, as well as a resource in the healthcare industry.

We have worked to develop a hospital that combines the attributes of a caring and committed staff, innovation in medicine and technology, a diligent governance process among our boards of directors, and a very supportive environment to meet the ongoing changes in healthcare.

We have established a culture of support and empowerment among all employees to enable them to deliver the highest standard of personalized care. Every member of our staff continuously seeks opportunities for quality improvement and innovation. Each is committed to be the best providers of care and to vigilantly nurture relationships among caregivers, patients and our patients' families. Our ultimate goal is to restore the physical and cognitive abilities of our patients to the maximum degree possible. Our therapies and care are individually designed with the unique healthcare needs and best interests of each patient in mind. This personalized approach enables patients with complex orthopedic, neurologic and/or respiratory conditions to become as independent as possible, with quicker homeward-bound outcomes.



SEVEN AREAS OF SPECIALIZATION. ONE STANDARD OF EXCELLENCE.

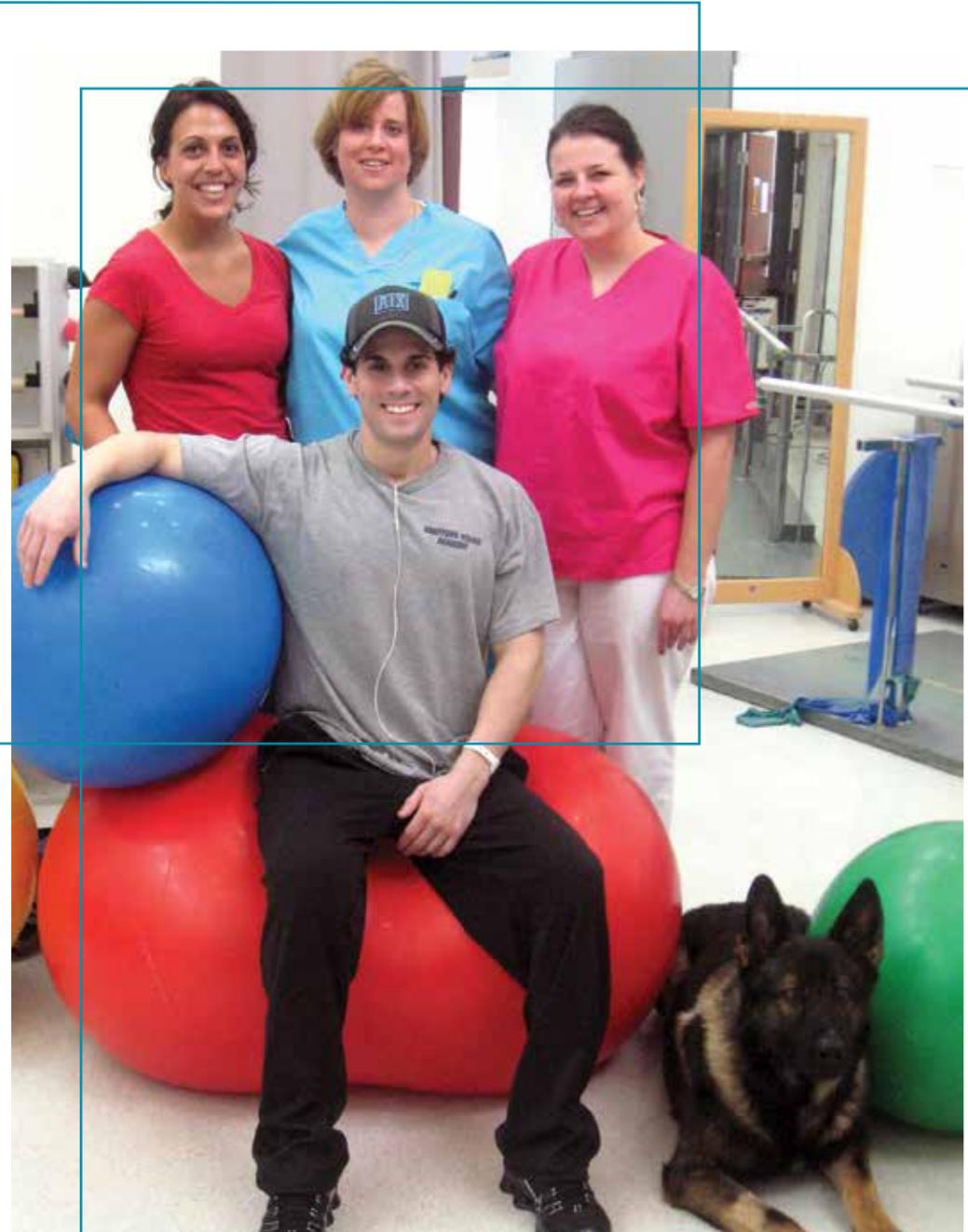
People come to Hospital for Special Care for a variety of reasons. Some patients are recovering from a life-threatening condition, while others have sustained a debilitating injury. Still other patients suffer from acute chronic illness. What each patient who comes here has in common, though, is the will to take control of their lives. Towards that goal, they are assisted by a team of specialists committed to the patients and profession they serve. They provide individualized, interdisciplinary care in seven areas of specialization, each nationally-accredited.

- Pulmonary
- Acquired-Brain Injury
- Complex Pediatric
- Neuromuscular
- Spinal Cord
- Cardiac
- Autism

“Primo and I worked together, trained together and we went through the incident together. So it was only appropriate that we rehabbed together. Hospital for Special Care understood how important it was to my rehabilitation to see Primo recovering as well. He was here by my side every day, rehabbing with me and inspiring me.”

Officer Todd Mona

Officer Mona and his canine partner, Primo, were seriously wounded in the line of duty. Today, they are both fully recovered and back working together as a team.



PULMONARY CARE

Relying on a ventilator to breathe is more than just debilitating. It can rob the individual of dignity, freedom and the chance to live a full and rewarding life.

Our goal is to liberate patients from ventilator dependency so that they can resume their lives. Our success rate is a testament to the commitment we have put towards that effort. Hospital for Special Care is recognized for having the highest ventilator-weaning rate in Connecticut and one of the highest in the country.

The clinical team, led by a pulmonologist, has developed best practices, which have become national standards. For patients, that translates to less pain both physically and emotionally, and superior clinical outcomes.

For patients who are no longer ventilator dependent, it's important that they stay strong and healthy enough to remain independent. Our outpatient pulmonary rehabilitation program gives patients all the support and resources they need to maintain optimal health and fitness. The program combines individual therapy, group exercise and education. Patients who have gone through the program have been able to reduce their hospital and emergency room visits by 88%.



*Elyse Carroll, BS, RRT, AE-C,
Respiratory Disease Manager with her
patient, Sheila.*

ACQUIRED-BRAIN INJURY CARE

Brain injuries affect physical skills as well as the psychological, emotional and intellectual skills needed to function. Bringing a patient back to the community means more than medical treatment; it requires a highly-structured setting to maximize their independence and improve their overall quality of life.

There are infinite factors involved in treating any acquired-brain injury. We believe it takes a highly specialized team of neuropsychologists, physiatrists, nurses, physical therapists, recreational therapists, occupational therapists, speech therapists, behavioral specialists, social workers and case managers to understand the individual not just as a patient, but as someone with a life to lead and a family to come home to. To that end we set goals for a treatment specific to the patient's physical, cognitive, educational, social and behavioral needs.

Through ongoing assessment, we can identify and focus on specific behaviors so that the patient may rejoin the community more quickly and successfully.

Seeing the patient's life in its entirety means involving the whole family, and considering the patient's spiritual and cultural beliefs. To facilitate the process of returning patients to the family and the community, we offer a daily-living apartment where patients can perform activities to re-acclimate themselves to everyday life.

Once a patient has reached a level of independence where they can rejoin family and community, our discharge plan offers ongoing coordinated therapy and support so that the patient can live life more freely and independently, away from the confines of the hospital campus.



“When I first came to Hospital for Special Care, I couldn't walk. I couldn't do anything. All the people here were wonderful. They care about you. They try to think like the patient does; that made all the difference. This hospital has become a very big part of my life.”

Allen Zolty

A motor vehicle accident left him with a severe brain injury. Today, he is at home with his family leading a full and rewarding life.

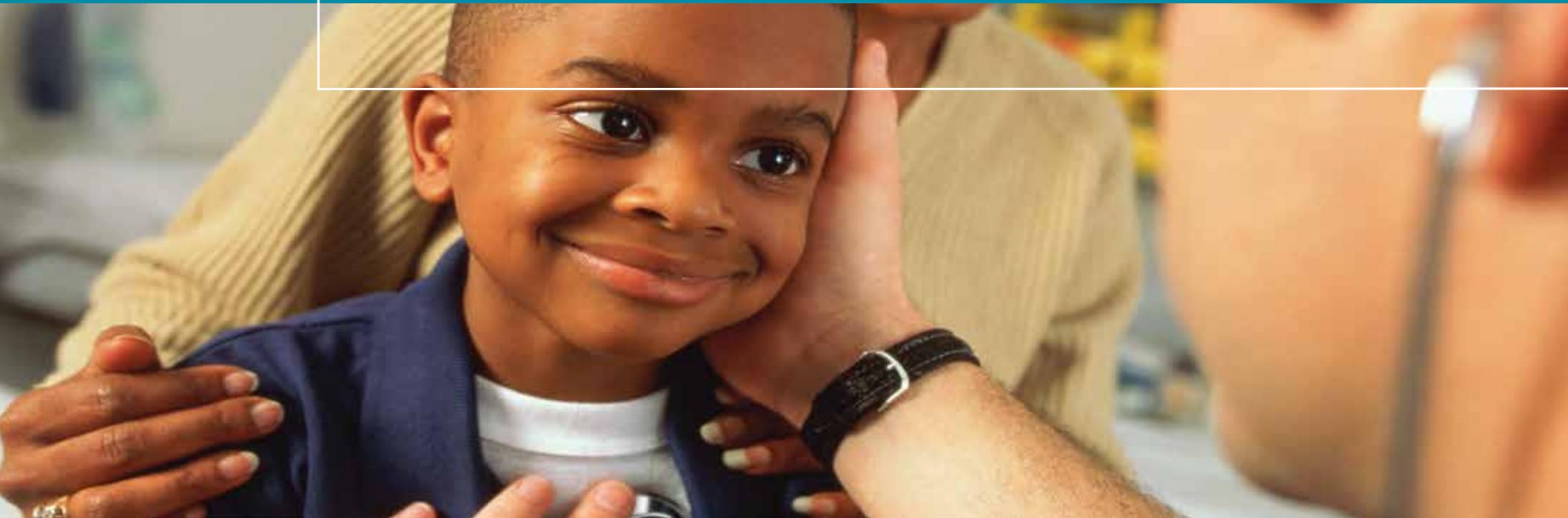
COMPLEX PEDIATRIC CARE

It's difficult enough when an adult is suffering from a long-term medical condition. But when the patient is a child, the emotional strain is far more profound. As a parent, you want the best possible care without depriving your child of the physical, emotional and intellectual development that is so much a part of their formative years.

At Hospital for Special Care, our commitment to treating the individual can make the difference between a child simply recovering, and also developing intellectually and socially. Our pediatric care program has been specifically created to serve medically-complex and medically-fragile infants and children. The pediatric unit is designed for optimum monitoring but, just as important, provides an environment that is nurturing, stimulating and encourages socialization.

While most of the children in our program are technology-dependent and require specialized pulmonary care, our complex pediatric care services cover a wide array of other medical conditions. Services include a developmental pediatrician, pediatric pulmonologist, respiratory therapists, pediatric nutritionist, pediatric nurses and certified nursing assistants, as well as therapeutic recreation and physical, occupational and speech therapists. We also provide case management, social work and educational services, as well as regular on-site consultation by an array of pediatric subspecialists.

Because there is nothing more important to a child than knowing their family is there for them, we keep family members intimately involved in the care process. Together, we formulate and agree to treatment and therapy plans.



NEUROMUSCULAR CARE

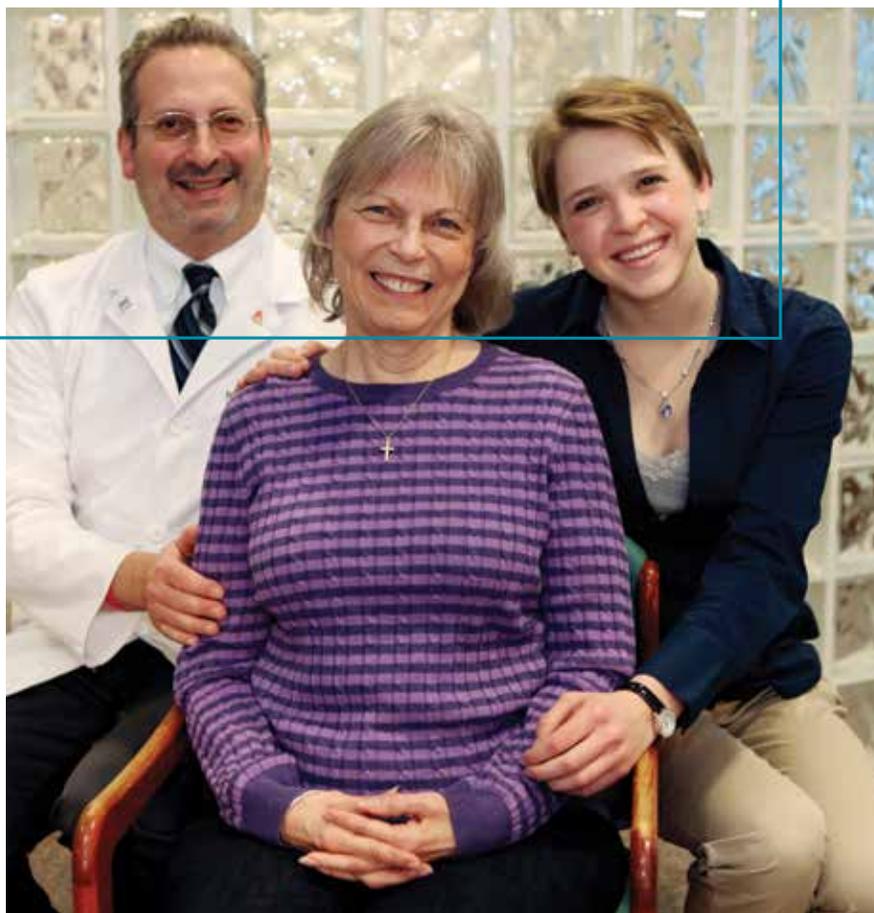
The Neuromuscular Center at Hospital for Special Care is the largest provider of diagnostic services, multidisciplinary care, and treatments for patients with amyotrophic lateral sclerosis (ALS), muscular dystrophy, and other neuromuscular disorders in Connecticut.

The Center evaluates and cares for over 1000 patients annually in one of four weekly multidisciplinary clinics including the Muscular Dystrophy Association (MDA) Clinic for Adults, MDA Clinic for Children, MDA/ALS Clinic, and the Amyotrophic Lateral Sclerosis Association (ALSA) Clinic.

The Center is one of only eight in the nation certified by both MDA and ALSA to provide diagnostic services and care to patients with ALS or Lou Gehrig's Disease.

The Center's EMG Lab is one of only a few in Connecticut accredited by the American Association of Neuromuscular and Electrodiagnostic Medicine (AANEM).

With funding from the National Institute of Health and pharmaceutical industry, the Center's Research and Clinical Trials Unit experiments with promising new medications for the treatment of ALS, myasthenia gravis, and other neuromuscular disorders.



Jamie Moffa, raised \$940. to benefit Hospital for Special Care's Neuromuscular Center in honor of her grandmother, Mary Yanosy, of Granby.

SPINAL CORD CARE

At the very least, spinal cord injuries can seriously impair your lifestyle. At their worst, they can change your life forever. Our goal is not just to treat the spinal cord patient, but to help them achieve the fullest recovery possible and a happy, independent lifestyle.

Recovering from a serious spinal cord injury is a slow and difficult process. The fear and frustration of not being able to walk or sometimes even breathe on your own can leave one feeling hopeless. It takes an unusual level of skill and commitment to help these patients overcome the psychological and physical barriers that can inhibit a full recovery.

Our spinal cord program assures patients and families that HSC has the resources and expertise to address the unique needs of spinal cord patients with the goal of maximizing functional status, independence, psychosocial adjustment and vocational/leisure skills.

HSC treats all levels of spinal cord dysfunction through its continuum of care, from ventilator management and interdisciplinary therapies to pain management and community re-entry. A comprehensive treatment plan is tailored to each individual by a dedicated rehabilitation team.

“After my injury, when I would go by a soccer field, I would just break into tears because I couldn’t do that anymore. But having the support of the hospital, the doctors and the community here has really made a difference. Now, I’m an athlete again.”

Colleen Rock

Now at age 21, she is entering her senior year at Massachusetts Institute of Technology majoring in computer science.



Cardiac Care

The Cardiac Care Medical Unit at Hospital for Special Care is our newest subspecialty program. This program is designed to treat and assist patients who are striving to regain, or maintain their functional ability while dealing with the complications from heart failure.

Our Cardiac Medical Unit consists of treatment, therapy and education for patients living with heart failure. The goal of this program is to stabilize a patient's medical condition while improving self management through education, improved quality of life, and reduce the cycle of hospital readmissions. In turn, improved functional ability will afford the following patients to return home:

- Patients who have a diagnosis of heart failure and need IV medications

- Patients who have had recerrent admissions to an acute-care hospital for management of heart failure
- Patients who are preparing for Left Ventricular Assist Device (LVAD) implantation ("pre-hab") or, strengthening afterwards before returning home.

Our interdisciplinary team will provide guidance and education for both the patient and his/her family on "disease management." This learning process will give the patient and caregivers the tools they need to maintain an active and independent lifestyle when they return home. Included are such topics as nutrition, medication education, as well as links to community resources.

AUTISM CARE

Autism Spectrum Disorder (ASD) is the fastest growing developmental disorder. In fact, the incidence rates continue to rise at unprecedented rates. The latest CDC statistic (2012) indicates that 1:88 children (1:54 boys) are diagnosed with ASD. The impact of these individuals and their families is extraordinary.

In response to this need Hospital for Special Care (HSC) has developed The Autism Center at HSC in collaboration with the University of Saint Joseph and their Institute for Autism and Behavioral Studies.

The Autism Center at HSC provides a variety of diagnostic, assessment and consulting services for children and adolescents with ASD. The Autism Center provides a multidisciplinary diagnostic evaluation that is provided by a Developmental-Behavioral Pediatrician and a Psychologist.

The goal of the Autism Center is to work with a family to understand their concerns for their child. Evaluations are completed to determine an appropriate diagnosis and plan for treatment. Our services include speech, occupational therapy as well as psychotherapy. Clinicians work with families, their school system as well as other necessary and appropriate agencies. This collaborative effort assists in the development of educational and behavioral plans. It also provides training to caregivers, teachers and others involved in the life of the child. HSC staff work to provide customized and patient centered support.

Future plans include the development of a Patient Centered Medical Home for the treatment of individuals with ASD.



PROGRAMS AND SERVICES

Hospital for Special Care provides a full spectrum of medical treatment for complex rehabilitation and chronic disease for both children and adults. Our bright, modern hospital is set amid a campus of walking paths and flower gardens. It is augmented by a range of outpatient rehabilitative services.

For people living with disabilities, Hospital for Special Care has made a special commitment to assure that they strive to achieve their fullest physical and recreational potential. We offer a complete fitness center, specially designed for those living with physical disabilities and individuals recovering from sports-related injuries. Our 27,000 square-foot Aquatic Rehabilitation & Fitness Center is state-of-the-art and open to anyone who can benefit from aquatic therapy.

Inpatient:

- Acquired-Brain Injury*
- Cardiac Care
- Complex Pediatrics
- Complex Pulmonary
- Neuromuscular
- Rehabilitation
- Respiratory
- Spinal Cord Rehabilitation
- Stroke
- Wound Care

Outpatient:

- Autism
- Acquired-Brain Injury*
- Neuromuscular
- Outpatient Medical Rehab*
 - Aquatic Rehabilitation
 - Asthma Clinic
 - Chronic Obstructive Pulmonary Diseases Clinic (COPD)
 - Occupational Therapy
 - Pediatric Asthma Clinic
 - Physical Therapy
 - Pulmonary Rehabilitation
 - Speech Language Pathology

- Spinal Cord Rehabilitation
- Swallowing Center

Community Benefit:

- Equipment Exchange Program
- Family Guest House
- *The Joy of Art!*
- Manes & Motions Therapeutic Riding Center, Inc.**
- Special Care Dental Services
- Veterans' Outreach Program

Adaptive Sports Programs:

- *Chargers* Wheelchair Soccer Team
- *Cruisers* Track & Field/Racing Team
- *Skiers Unlimited* Wheelchair Basketball Team
- *Spokebenders* Wheelchair Basketball Team
- *Hospital for Special Care Ivan Lendl Adaptive Sports Camp*
- *Wave* Swim Team

Support Groups:

- Acquired-Brain Injury*
- Amyotrophic Lateral Sclerosis (ALS)/Lou Gehrig's Disease
- Communication Enrichment/Aphasia/Speech
- Guillain-Barre Syndrome
- Parkinson's Disease
- Pulmonary
- Stroke

Other Services:

- Health Sciences Library & Resource Center
- HSC Auxiliary
- HSC Volunteer Services



*CARF-Accredited Programs

**A Professional Association of Therapeutic Horsemanship (PATH), International Premier Accredited Center



2150 Corbin Avenue
New Britain, Connecticut 06053
860.223.2761
www.hfsc.org

Hospital for Special Care is certified by The Joint Commission
and the Commission on Accreditation of Rehabilitation Facilities for Comprehensive Integrated Inpatient Rehabilitation Programs,
Acquired-Brain Injury for both Inpatient and Outpatient Rehabilitation, and Outpatient Medical Rehabilitation.

Driving Directions **Hospital for Special Care**

From Points North (Springfield, MA/Vermont)

- 1 Take Interstate 91 South to Interstate 84 West
- 2 Take Interstate 84 West to Exit 37, Fienemann Road
- 3 Bear right off exit ramp.
- 4 At the third traffic light turn right onto Corbin Avenue
- 5 Go approximately 3/4 mile, hospital is on the right.

From Boston and Points East

- 1 Take the Mass Turnpike, Interstate 90, West to Exit 9, I-84
- 2 Take I-84 West to Exit 37, Fienemann Road.
- 3 Refer to directions below, from the Hartford, CT area.

From the Hartford, CT area

- 1 Take Interstate 84 West to Exit 37, Fienemann Road.
- 2 Bear right off exit ramp.
- 3 At the third traffic light turn right onto Corbin Avenue.
- 4 Go approximately 3/4 mile. Hospital is on the right.

From Points West, and the Waterbury/Danbury, CT area

- 1 Take Interstate 84 East to Exit 36, Slater Road (left exit).
- 2 Go straight at light onto Sterling Street.
- 3 At the second stop sign turn left onto Corbin Avenue.
- 4 Continue through one traffic light. Hospital is on the left.

From the Middletown, CT area

- 1 Take Route 9 North to Exit 22, Route 9 North.
- 2 Follow Route 9 North to Exit 28, Route 72 West.
- 3 Take Route 72 West to Exit 7, Corbin Avenue Turn Right at the light.
- 4 Continue on Corbin Avenue through five lights.
- 5 Hospital is on the left.

From the New Haven area and the Connecticut Shoreline

- 1 Take Interstate 91 North to Exit 22, Route 9 North.
- 2 Follow Route 9 North to Exit 28, Route 72 West.
- 3 Take Route 72 West to Exit 7, Corbin Avenue.
- 4 Turn right at the light.
- 5 Continue on Corbin Avenue through five lights.
- 6 Hospital is on the left.

From NY City

- 1 Take the Merritt Turnpike North to Route 91 North.
- 2 Refer to directions from the New Haven

Ample Free Parking