

The Thompson House Rehabilitation Center at ArchCare



The Road to Recovery Begins Here

Short-Term Inpatient Rehabilitation
Individualized Medical Care
Comprehensive Therapy
Compassionate Support

Welcome to The Thompson House Rehabilitation Center at ArchCare

The Hudson Valley's beloved Thompson House now lives at ArchCare. The new rehabilitation center at ArchCare is dedicated to carry on the spirit, expertise, and quality of the historic Thompson House.

ArchCare is proud to continue the expert quality short-term and post-acute rehabilitation in a relaxing atmosphere of support, compassion, and encouragement.

The Thompson House Rehabilitation Center is located at ArchCare at Ferncliff on the former Astor Estate in the scenic Hudson Valley. Set on 30 acres of rolling hills, with captivating views of the Hudson River and majestic Catskill Mountains, ArchCare is grateful to have been a part of this community for over 50 years and we are happy to now play a role to continue the legacy of The Thompson House. We welcome you.



Your pathway from hospital to home.

Individualized Medical Care in a Home-Like Setting

When you are in need of advanced medical care, you may not feel comfortable leaving the hospital, where you are surrounded by doctors, nurses, and equipment. At The Thompson House Rehabilitation Center at ArchCare, we still provide that same diligent care, but it is delivered in a comfortable, peaceful setting where you are treated like a member of the family and given the individualized support you need to transition home.



We can treat a broad range of cardiac, orthopedic, neurological, neuromuscular, and arthritic disorders including:

- Stroke
- Fractures
- Joint Replacements
- Amputations
- Circulatory Problems
- Post-surgical Recovery
- Paraplegia
- Quadriplegia
- Parkinson's Disease
- Multiple Sclerosis
- Cognitive and Speech Disorders
- Spinal Injuries
- Shoulder Injuries
- COPD
- Congestive Heart Failure
- Pneumonia

While recovering with us, you will have access to physicians who can deliver care within our facility.

Our Commitment to Those We Serve

As a part of the Continuing Care Community of the Archdiocese of New York, our mission is to foster and provide faith-based holistic care to frail and vulnerable people unable to fully care for themselves.

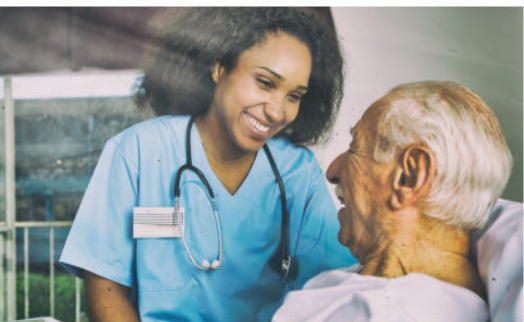
We seek to improve the quality of life by delivering exceptional healthcare to the community we serve, while pursuing the highest standards of quality, safety, service, and compassion.

Our Goal: Getting You Home

While we work hard to create a comfortable, relaxed atmosphere **we know that returning home is your ultimate goal**, so from the day you arrive, we will work with you to establish necessary steps to get you there. You and your family members will be actively involved in setting realistic goals and monitoring your progress.

When you arrive, we will discuss your individual needs and rehabilitation goals including:

- Your short-term goals --we'll guide your rehabilitation while at the facility and will design your goals to ensure a safe transition home.
- Your long-term goals --these are important motivators and will drive your progress after discharge.



Your recovery is our top priority.

Comprehensive Therapy to Meet Your Needs

From the start, your rehabilitation team will focus on helping you regain strength, mobility, and independence to return home as quickly and safely as possible. To help ensure a safe transition to home, your family members may also participate in some therapy sessions.

A variety of therapy options are available depending on your specific needs:

- **Physical Therapy (PT)** -A physical therapist may work with you to help restore mobility and function. For example, in PT, you may work on gait training, range of motion, strength, and endurance.
- **Occupational Therapy (OT)** -An occupational therapist may work with you to help maximize your independence in self-care and daily activities, such as dressing and bathing.
- **Speech Language Pathology (SLP)** -A speech language pathologist may work with you to improve swallowing and communication abilities.

At The Thompson House Rehabilitation Center, you will have access to:

- A beautiful private or semi-private room with television, telephone, and wi-fi access
- Fresh-cooked, restaurant-style meals in the dining room, each designed to ensure your nutritional needs are met
- Spacious lounges, patios, a gazebo, and canopy for gathering with your loved ones
- On-site Hair Salon and Barber Shop
- Housekeeping and laundry services provided by staff members who know your name and greet you with a smile
- Recreational Programming
- Religious services and pastoral care for spiritual support, and chapel
- Guest Services
- Café- Eatery



"My goal is to be able to play with my grandchildren."



"My goal is to be able to take care of my best friend."

Education and Communication

Education is a key component of your recovery. Your care team will educate you and your at-home caregivers regarding conditions specific to your situation, such as diabetes or wound care.

We want your transition home to be safe and stress free, so we will discuss your home environment and provide recommendations for equipment and strategies you can use to make sure your recovery continues once you leave.

We may conduct family conferences to provide updates on your progress, discuss your discharge needs and address any areas of concern.

Pain Management

Pain is your body's way of indicating that something is wrong. When you are in pain, you are unable to perform your best in therapy, and your healing and recovery can be negatively impacted.

We will work closely with you to monitor your pain level and provide the necessary medication and interventions to maximize your recovery.

Together, we can get you well, so you can go home.



"My goal is to be able to tell my wife I love her."



"My goal is to keep living an active lifestyle."

A team of multidisciplinary professionals will work with you and your family throughout your stay. Your rehabilitation team may include:

- **Physicians** (including specialists in cardiology, orthopedic, psychiatry, psychology, podiatry, and pain management)
- **Skilled nurses**, available 24/7 to provide wound care, IV therapy, respiratory care, respiratory treatments, and oxygen management.
- **Social workers and discharge planner** who can help support your transition home.
- **Dietitians** who can provide nutritional counseling and design a therapeutic diet.
- **Physical, occupational and speech therapists** who work with you to help achieve the highest functional ability possible.
- **Recreational Specialists** who keep your mind and body active.
- Other caregivers on your team, may include professionals from pharmacy, phlebotomy, imaging services, and other clinical specialties as needed.

Full List of Services and Capabilities

Pressure Ulcer Healing and Management

Wound Care Management

Full Time Wound Care Certified RN on Staff

Negative Wound Pressure Therapy

Pain Management

IV Therapy-Infusa-ports, Central and Peripheral Lines

Care of the Bariatric Patient

Tracheostomy Care, Suctioning Care

Conditions Requiring Isolation

Electrocardiogram (EKG)

Physical, Occupational, and Speech Therapies

In-house Hospice Services, Palliative/Comfort Care, Spiritual Services

Antibiotic and IV Antibiotic Therapy

Ostomy Care—Colostomy, Urostomy

Gastrointestinal Care- Gastric Tube & Jejunostomy Tube Care

Specific Diagnoses: COPD, CHF, Pneumonia HD, Memory Care
Pneumonia, HD, Memory Care Oxygen Therapy, Nebulizer Treatments

Glucose and Anticoagulation (PT/INR) Monitoring

Care of Patients on Hemodialysis and Peritoneal Dialysis

After Surgical Care-Specialized Care of Drains

In-house Psychiatric & Psychology Consults

Contact us today to learn more about
The Thompson House Rehabilitation Center at ArchCare

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The Thompson
HOUSE