

YOUR PATH FORWARD



CITADEL  
**Kingsbridge**

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REHABILITATION & NURSING CENTER

*A Citadel Facility*

WELCOME TO CITADEL  
AT KINGSBRIDGE

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# YOUR PATH FORWARD STARTS HERE

At Kingsbridge, we're constantly redefining the meaning of clinical excellence, employing a progressive approach to rehabilitative care and the environment within which it's administered. Our mission is to provide you or your loved one with the optimum resources to regain strength and independence through individualized care plans, hands-on guidance, and warm encouragement.

Our community is conveniently located near many of NYC's major hospitals and provides residents with a sanctuary of recovery and care. You'll enjoy luxurious accommodations, state-of-the-art equipment, and top-tier programs, in a friendly, welcoming atmosphere.







# RECOVER IN COMFORT AT KINGSBRIDGE

Our bright, spacious rooms provide plenty of personal space, and large, open common areas offer an inviting place for socializing.

Every breakfast, lunch and dinner, you'll enjoy a gourmet dining experience prepared by our culinary chef under the direction of a registered dietician. Our menu features plenty of delicious options to accommodate diverse tastes, health requirements, and cultural or religious needs.



- Private and Semi-Private Rooms
- Library
- Fine Dining
- Large Common Areas
- Outdoor Patios
- Beauty Salon and Barber
- Laundry Service
- Pet Therapy
- Smokers Lounge





# SUB-ACUTE RECOVERY PROGRAM



Our sub-acute recovery program is under the supervision of a dedicated physiatrist and consists of an interdisciplinary team of therapists, nurses, nutritionists and more — all focused on your recovery and regaining full independence.

We apply advanced techniques and a comprehensive, aggressive approach to recovery that includes hands-on therapy 7 days a week, for up to two hours a day. Our customized program adapts as you improve, helping you regain your strength and quality of life, as much as possible, as quickly as possible.

- Post-Surgical Care
- Pulmonary Rehabilitation
- Cardiac Rehabilitation
- Stroke & Neurological Rehabilitation
- Orthopedic Rehabilitation

# STATE-OF-THE-ART THERAPY CENTER



Our newly-renovated therapy center is equipped with the latest advances in therapy apparatus and is staffed by skilled therapists trained in cutting-edge techniques to safely accelerate your recovery time. Together, our team supports and encourages you to achieve the highest functional level of independence possible.

Throughout your course of therapy, our focus is on you, your individual recovery needs, and eventual community re-entry. To that end, our program includes an ADL suite that helps you retrain in everyday home tasks like folding laundry, dressing, and crossing at the curb.

- 7 Days A Week
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Balance Retraining
- ADL Suite







# TRANSITIONAL CARE PROGRAM



As you regain strength and independence and prepare for your return home, we're here to help you transition comfortably and safely.

## PRE-DISCHARGE

Our goal is to ensure that you're ready and can transition safely. By openly communicating with, your hospital's primary care physician throughout the decision process and transition period, we ensure your entire care team is working together to proactively monitor your health every step of the way.

## POST-DISCHARGE

After discharge, a social worker will check in often to make sure you have what you need and are transitioning well, providing additional support as needed.

- Discharge Planning
- Guidance and Support With Care Options
- Psychosocial and Psychiatric Evaluations As Needed
- In-Home Safety Assessments and Modifications
- Adaptive Equipment
- Coordination And Continuum Of Care





# ON-SITE CLINICAL SERVICES



Life doesn't stop while you pause to recover. That's why we offer a full range of on-site clinical services, including dentistry and optometry.

- On-Site Physician Coverage 7 Days/Week
- Multiple On-Site Consulting Specialists
- 24/7 Telemedicine
- Routine Lab Services 7 Days/Week
- Cardiac Program
- Respiratory Program
- Sepsis Program
- IV Therapy
- Physician-Led Parental Nutrition Program (Tpn, Ppn)
- Chronic Pain Management
- Advanced Wound Care Led By A Certified Wound Care Specialist



## CULTURE & COMMUNITY

At Kingsbridge, everyone finds their place. We proudly serve a broad spectrum of ethnic communities and religious faiths.

## FACETIME WITH FAMILY

Our Facetime program has revolutionized the way our residents connect with friends and family. iPads are available in our lounges and libraries, and our team is always to help set up a virtual visit.





# EXTENDED STAY



## RESPITE STAY

Caring for a loved one at home can be complicated. When you need a break, whether for work, travel, or personal time, bring your loved one for a comfortable stay at Kingsbridge. You'll be able to enjoy your time away with peace of mind, knowing that an experienced team is attending to your loved one's needs round-the-clock in a warm, caring atmosphere.

## LONG-TERM CARE PROGRAM

Should your loved one require more attentive care than can be provided at home, Kingsbridge provides a nurturing environment where they can live life as fully as possible. Our nursing staff provides 24/7 personalized care and attention, delivered with genuine warmth and dignity.



- Individualized Care Plans
- Full Medical Team 24/7
- Daily Therapeutic Recreation
- Spiritual Support Services
- Social Services
- Specialty Care (Podiatry, Optometry, Dentistry)



# SUPPORT THROUGH A DIFFICULT TIME

## HOSPICE & PALLIATIVE CARE

At Citadel at Kingsbridge, we've held the hands and hearts of so many families and friends during a challenging time. As the focus of care changes from finding a cure to maximizing comfort and quality of life, our team of physicians, palliative care specialists, nurses and social workers focus on easing pain, creating comfort, fostering dignity, and creating a safe, calm space.

Cultural respect and spiritual sensitivity is paramount at Citadel. Our goal is to help residents and their family and friends to reach the best possible outcome while facing the inevitable loss of a loved one.

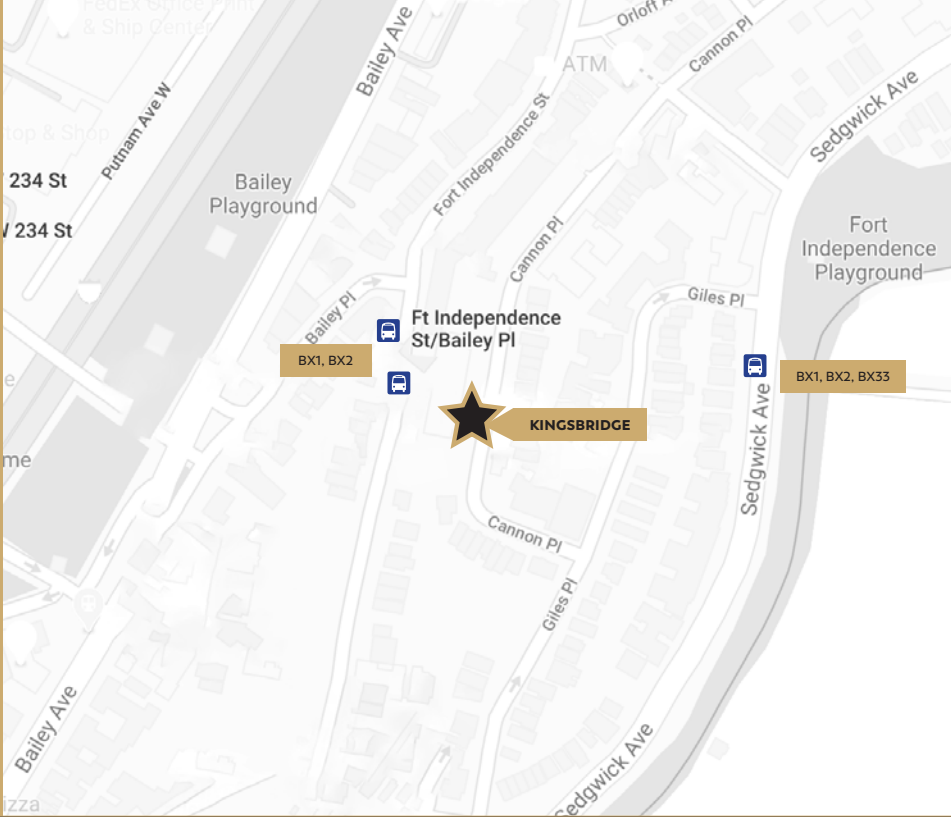
- Private Rooms
- Pain & Symptom Management
- Comfort Care
- Spiritual Care
- Bereavement Counselors
- Methadone IV Infusion



## OUR FACILITY IS CONVENIENTLY LOCATED AND EASILY ACCESSIBLE VIA PUBLIC TRANSPORTATION

### Directions via MTA:

1 train to 231 street or take the D or 4 train to Bedford Park station and transfer to BX1 or BX2 bus and get off at Giles Place.



3400 Cannon Place  
The Bronx NY 10463  
KingsbridgeRehab.com







For a video tour  
of our facility  
please scan the  
QR code



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For more information or to  
schedule a visit please contact:

**718-796-8100**

[kingsbridge@citadelcarecenters.com](mailto:kingsbridge@citadelcarecenters.com)

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[www.kingsbridgerehab.com](http://www.kingsbridgerehab.com)