

YOUR PATH FORWARD



Plaza

REHAB & NURSING CENTER
A Citadel Facility

WELCOME TO THE PLAZA

YOUR PATH FORWARD STARTS HERE

At The Plaza, we believe that no two people are alike, and so no two recovery plans should be alike. Our mission is to provide every resident with the tools they need to regain their strength and independence through individualized care plans, hands-on guidance, and warm encouragement.

Our facility, conveniently located in the Bronx near many major hospitals, provides residents with a sanctuary of recovery. Offering luxurious accommodations, state-of-the-art equipment, and top-tier care, all in a warm, welcoming environment.



**CMS 5 STAR
RATED FACILITY**





RECOVER IN COMFORT AT THE PLAZA

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
- On-Site Starbucks Cafe
- Fine Dining
- Large Common Areas
- Outdoor Patios and Expansive Grounds
- Beauty Salon and Barber
- Laundry Service
- Pet Therapy
- Smokers Lounge
- Library



SUB-ACUTE RECOVERY PROGRAM



The path to recovery can feel insurmountable. But our team will be right there with you, pushing you forward. Our sub-acute recovery program is under the supervision of a dedicated physiatrist, who oversees a team of therapists, nurses, nutritionists, and more -- all focused on you.

We apply advanced techniques and an aggressive approach to recovery that includes hands-on therapy 7 days a week. 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

ON-SITE CLINICAL SERVICES



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

- On-Site Physician Coverage 7 Days a Week
- Multiple On-Site Consulting Specialists Available
- 24/7 Telemedicine
- Respiratory Program
- Sepsis Program
- IV Therapy
- Chronic Pain Management
- Advanced Hospice & Palliative Care
- Physician-Led Parental Nutrition Program (Tpn, Ppn)
- Advanced Wound Care Led By A Certified Wound Care Specialist
- HIV/AIDS Management





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 through every step of the way.

- 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



POST-DISCHARGE

Over the course of your first few weeks, a Citadel social worker will check in often to make sure you have what you need and are transitioning well, and jump in if additional support is needed.





CUTTING EDGE CARDIAC CARE PROGRAM



Your heart is central to your health. That's why The Plaza has placed a core focus on developing a high-quality cardiac care program. Our multidisciplinary team pushes beyond expected rehabilitation standards to develop specific interventions that give residents and their families the tools — and the confidence — to move forward.

Each resident receives a customized care plan carefully developed by a board-certified cardiologist together with their personal cardiologist to ensure safe and active management of their heart condition while they recuperate.

Our interdisciplinary team works in concert with our hospital partners to monitor the patient's progression in real-time, tracking trends and making necessary adjustments in preparation for their return to the community. This, coupled with education on health-related topics such as nutrition, exercise, and stress management reduces residents' risk of future cardiac events. Through these proactive approaches, The Plaza has consistently seen the lowest rehospitalization rates for cardiac conditions in the Bronx.

- Dedicated Cardiac Team Led By A Board Certified Cardiologist
- Cardiac NP On-Site
- Ekg, Echocardiogram, Doppler Diagnostics
- LVAD and Lifestart Care
- Coordinated Pt, Ot & Slp
- Advanced Cardiac Medication Management
- Diuretic Infusions Or Iv Therapy Push
- INR/Anti-Coagulation Monitoring
- Therapeutic Recreation
- Heart Healthy Meals
- Comprehensive, Disease-Specific Education And Counseling
- Patient & Caregiver Education

ON-SITE DIALYSIS



At The Plaza we're here to make your course of treatment as comfortable as possible. To that end, we offer the convenience of on-site hemodialysis. For peritoneal dialysis, we provide complimentary transportation to and from appointments.

- On-Site Hemodialysis
- Peritoneal Dialysis
- Transportation Available



CULTURE & COMMUNITY

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

FACETIME WITH FAMILY

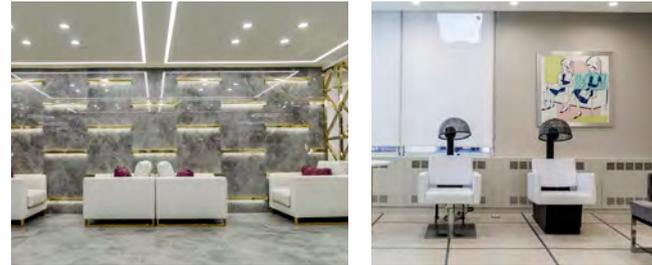
Our Facetime program has revolutionized the way our residents connect with friends and family. iPads are available in our lounges and libraries, and our team is always to help set up a virtual visit.

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 The Plaza. You'll be able to enjoy your time with peace of mind, knowing that an experienced team is attending to your loved one's needs round-the-clock in warm, caring atmosphere



LONG-TERM CARE PROGRAM

When a loved one requires extra care, more than what can be provided at home, the Citadel team is there. Our team works together to ensure every one of our long-term care residents is living life as fully as possible by providing personalized care and attention, delivered with genuine warmth and dignity.

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





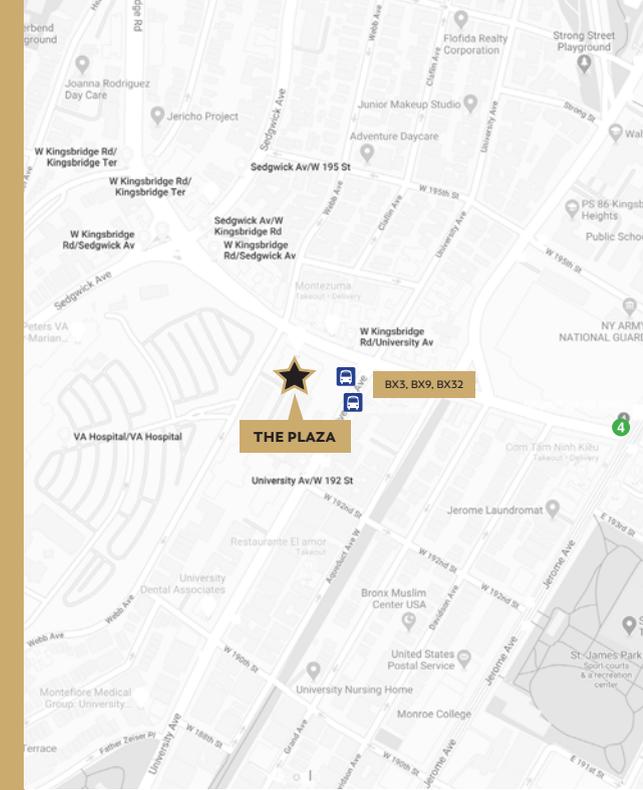
OUR FACILITY IS CONVENIENTLY LOCATED AND EASILY ACCESSIBLE VIA PUBLIC TRANSPORTATION

Directions via bus:

BX9, BX3 or BX32 to Intersection of University Avenue and West Kingsbridge Road.

Directions via subway:

D or 4 train to Kingsbridge Road.



100 W Kingsbridge Rd,
The Bronx, NY 10468
ThePlazaRehab.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:

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