



A PLACE OF HEALING. A PLACE OF COMFORT.




ST. JOSEPH
HOSPITAL
REHABILITATION CENTER

A welcoming smile. A warm touch. The Rehabilitation Center at St. Joseph Hospital is a place where you can feel safe while you regain your strength and mobility. We offer a comfortable setting with advanced health care professionals who'll take a personal interest in your needs and goals, along with the added convenience and security of being located within a hospital setting.





The Rehabilitation Center at St. Joseph Hospital is a recognized leader in acute rehabilitation services in the region. It's our mission to provide you with quality acute rehabilitation. We use a holistic approach with the goal of obtaining your highest level of functional independence.



Immediate access to ancillary services

The Rehabilitation Center is located within the walls of St. Joseph Hospital. Any medical services you require during your stay—including CT scans, MRIs, ultrasounds, wound care, ICU or other services—are all within the same building.



Access to a physician 24/7

Unlike freestanding rehabilitation hospitals, we offer our patients the comfort and safety of physicians on site 24 hours a day, 7 days a week.



Offering the latest advancements in rehabilitation technology

Our patients benefit from the newest technology in rehabilitation medicine, including Bioness, VitalStim®, LiteGait®, and even Nintendo® Wii™ as a rehabilitation tool.



Quality patient care

The Rehabilitation Center is the leader in quality patient care and has earned CARF accreditation for its Stroke Program. We are proud to be part of a Magnet-designated hospital.



Intimate, comforting environment

You will feel as relaxed and important as you would in your own home among friends. We welcome you to visit and experience it for yourself.

PERSONALIZED CARE IN A UNIQUE SETTING

We value each of our patients—with 24 private and semi-private rooms and a high nurse-to-patient ratio, we're able to provide one-on-one personalized care to help with your recovery. And unlike other rehabilitation centers, we have unique medical capabilities because of our location on a dedicated floor within St. Joseph Hospital. Should the need arise, diagnostics, x-ray, imaging and other medical services are just an elevator ride away. And dialysis is also available at the Center.

We've designed the Rehabilitation Center with your comfort in mind. Our rooms are soothing and bright, each complete with a telephone, television, free WiFi and bathroom. Family and friends can visit with you in your room, in our family room or in our dining room during meal times.

Our close-knit, experienced staff also adds to our home-like atmosphere. Strong friendships are born here. You'll meet other people who share similar challenges and goals. And you'll become part of a family-centered group that you can count on.

Providing specialized care for individuals recovering from, but not limited to:

Stroke	Guillain-Barre Syndrome
Amputation	Neuromuscular diseases
Spinal cord injury	Neurological disorders
Arthritis	Pulmonary disease
Cancer	Complex medical problems
Cardiac disease	Orthopedic problems
Traumatic brain injury	Neuro-oncology

Your rehabilitation team may include:

Physiatrist	Neuro-psychologist
Internist	Podiatrist
Nurse practitioner	Urologist
Registered nurse	Otolaryngologist
Physical therapist	Psychologist
Occupational therapist	Audiologist
Speech/language pathologist	Social worker
Case manager	Vocational rehabilitation counselor
Recreational therapist	Orthotist/prosthetist
Respiratory therapist	Wheelchair specialist
Dietitian	Chaplain
Neurologist	
Oncologist	







EXPERTS IN HELPING YOU GET BACK TO YOU

Recovering from a disabling injury or illness can shake the strongest of foundations. Now you can take strength from our expertise, a supportive nurturing environment and the fact that a majority of our patients return home to an independent and fulfilling life.

We provide specialized rehabilitation nursing care and case management, as well as comprehensive physical, occupational, speech/language and recreational therapy. Our goal is to assist you in increasing your strength and maximizing your independence, safety and ability to function.

Our clinical affiliation with New England Rehabilitation Hospital outside of Boston ensures that your care meets the standards of a nationally renowned rehabilitation hospital. You'll benefit from having the best of both worlds: the expertise and resources of a major rehabilitation hospital, and the family-centered, easily accessible environment of a community hospital. Our rehabilitative programs and therapies meet quality standards in collaboration with New England Rehabilitation Hospital, one of the largest rehabilitation hospitals in New England.

Our program is led by our Medical Director, Gregory Zuercher, DO, a physiatrist who has advanced medical training and skills to diagnose and treat functional disabilities that may be caused by injuries, illness or birth defects.



Gregory Zuercher, DO

Education: DO, New York College of Osteopathic Medicine, New York, NY

Residency: Mt. Sinai Services/Elmhurst Hospital, New York, NY

Board-Certified: Physical Medicine and Rehabilitation

Special Interests: Neurological and Musculoskeletal Impairments, Acupuncture



Julie Grimstad, APRN

Education: MSN, Family Nurse Practitioner Program; University of California, Los Angeles (UCLA), Los Angeles, CA

Specialty: Orthopedic Nurse Practitioner



“I have been in many hospitals, but this is like a hotel! The care given is awesome. The personnel, nursing staff, assistants and helpers are very caring and compassionate. They all give 110%. Best experience I have ever had. Thank you all very much.”

Seamus McCormack, patient



“This is a marvelous, caring place. Well-educated people, polite and friendly. Thanks for the experience at a difficult time in my life.”

Jenna Lydon, patient

A TEAM APPROACH TO COMPASSIONATE CARE

Upon admission, you will be assigned a case manager, social worker, a team of multidisciplinary professionals along with a physician overseeing your care. During your first days at St. Joseph Hospital Rehabilitation Center, your treatment team will conduct evaluations so they can design your individualized treatment plan and estimate how much time you will need to reach your rehabilitation goals. The team will work closely with you and your family, keeping you informed of updates to your treatment plan, status of your progress and working with you to return home. Our goal is to assist you in increasing your strength, maximizing your independence, safety and ability to function.

LEADING THE WAY IN REHABILITATION MEDICINE

The Rehabilitation Center is the first hospital in New Hampshire and the third in New England to earn accreditation by The Commission on Accreditation of Rehabilitation Facilities (CARF) for its Stroke Program.

For decades, St. Joseph Hospital has been the rehabilitation center of choice in the region because of its CARF status for both the stroke and inpatient rehabilitation programs.

CARF is an independent, nonprofit organization that focuses on ensuring that the services provided by a rehabilitation facility consistently meet set standards for quality and the best possible outcomes. The CARF accreditation process is a voluntary process involving a rigorous application and review and an intensive on-site survey that evaluates every aspect of an organization's rehabilitation program. CARF accreditation is reserved for those organizations that meet internationally recognized standards for patient care and rehabilitation—the standards are so rigorous that a facility that earns accreditation is considered among the best.

Our accreditation means you can be confident we're continually offering the highest level of services and programs.





GAINING STRENGTH FOR THE FUTURE

At the Rehabilitation Center at St. Joseph Hospital, you are at the heart of everything we do. We want to make you comfortable; we want to help you regain your independence. And we provide the personal difference to make it all happen.

Our Purpose

We will use our collective energies and expertise to help you achieve your personal best and return you to the most active and independent lifestyle possible.

Our Promise

Every patient will enjoy personalized care in a safe, supportive and nurturing environment.

Our Pledge

We pledge to you our strength of purpose, a heart full of caring and an unwavering commitment to provide you with excellence in rehabilitation care.

From the day of admission, “going home” is the number one goal for you, your family and our staff. A case manager, working with you and your family, will determine your needs upon discharge and arrange for any community services that might be necessary to meet those needs. Your rehabilitation team takes into consideration nursing care, vocational concerns, social and economic needs, housing, financial assistance and safety.

Before you leave, your team coordinates plans for continuing therapy and services to be sure returning home is as safe, comfortable and stress-free as possible. Family conferences and home visits are available to assist with a discharge plan if needed.

MAGNET DESIGNATION

The American Nurses Credentialing Center (ANCC) has recognized St. Joseph Hospital as a winner of the prestigious Magnet award for nursing excellence, a benchmark in quality of care. Magnet-designated healthcare organizations consistently outperform their peers in recruiting and retaining nurses, resulting in increased stability in patient care systems across the organization. Being a Magnet-designated hospital formally recognizes the level of care and commitment our nurses have in caring for our patients.



ADMISSION INFORMATION

We accept referrals for admission from physicians, social workers, case managers, other health professionals, family members and patients themselves. Call our referral services line, **(603) 882-3000, ext. 67500**. A referral specialist will gather the appropriate details and meet with the patient and his or her family. A pre-admission committee evaluates the rehabilitation potential of the patient to determine eligibility for admission.

The Rehabilitation Center at St. Joseph Hospital accepts Medicare and Medicaid, workers' compensation, and most major private insurance plans that cover rehabilitation services prescribed by a physician.

SEE FOR YOURSELF

Visit our 24-bed unit, located on the fourth floor of St. Joseph Hospital. To schedule an appointment for a tour, call (603) 882-3000, ext. 67500.



THE REHABILITATION CENTER AT ST. JOSEPH HOSPITAL IS ACCREDITED BY THE JOINT COMMISSION AND THE COMMISSION ON ACCREDITATION OF REHABILITATION FACILITIES (CARF).

DIRECTIONS

The Rehabilitation Center at St. Joseph Hospital is conveniently located off Route 3 (F.E. Everett Turnpike) in Nashua, New Hampshire. It is easily accessible, whether you're traveling from Boston, Concord, Keene or Portsmouth. You're closer than you think to a facility that has received national recognition for excellence in patient care.

From the North

Take Route 3 South (F.E. Everett Turnpike); get off Exit 5E. Follow exit ramp to Route 111 East, then continue straight on Kinsley Street. At the first set of lights take a right into the St. Joseph Hospital parking lot.

From the South

Take Route 3 North (F.E. Everett Turnpike); get off Exit 5E. Go straight through the next two stop signs onto Kinsley Street. At the first set of lights take a right into the St. Joseph Hospital parking lot.

From the East

Take Route 111 West through Hudson. After crossing the bridge to Nashua, follow Route 111 onto West Hollis Street. Go straight through six sets of lights and at the seventh light take a left. Take the next left. At the set of lights, go straight into the St. Joseph Hospital parking lot.

From the West

Take 101A East (Amherst Street). Follow signs to Route 3 (F.E. Everett Turnpike). Take Route 3 South to Exit 5E. Follow exit ramp to Route 111 East, then continue straight onto Kinsley Street. At the first set of lights take a right into the St. Joseph Hospital parking lot.



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