

## Speeding the Transition from the Hospital to Home

The Transitional Care Unit at Mount Sinai South Nassau Hospital is for patients whose acute care is complete but who continue to need specialized medical, nursing and rehab services because they are not yet ready for the next level of care.



**“Our facility provides patient-centered rehabilitation that is specific to each individual, resulting in optimal functioning and a rapid return home.”**

– Neal Sckolnick, MD, Medical Director

### Directions:

**From all points west:** Take the Queens-Midtown Tunnel at 34th Street to the Long Island Expressway (495); Expressway to the Cross Island Parkway south; Cross Island to the Southern State Parkway, eastbound; take the Southern State to exit 17 south, (Hempstead Avenue); Hempstead Avenue becomes Ocean Avenue; continue south on Ocean Avenue to Merrick Road; make a left on Merrick Road; make a right on Oceanside Road; continue until first traffic light (Oswald Court) and make a left onto Oswald Court; Hospital is on your right.

**From all points east:** Take Southern State Parkway westbound to exit 20S (Grand Avenue, Baldwin). Take Grand Avenue south to Merrick Road. Make a right on Merrick Road. Go approximately one mile to Oceanside Road. Make a left on Oceanside Road. Hospital is on your left.

Ratings for Mount Sinai South Nassau T C U (335871) Oceanside, New York			
Overall Quality	Health Inspection	Quality Measures	Staffing
★★★★★	★★★★★	★★★★★	★★★★★



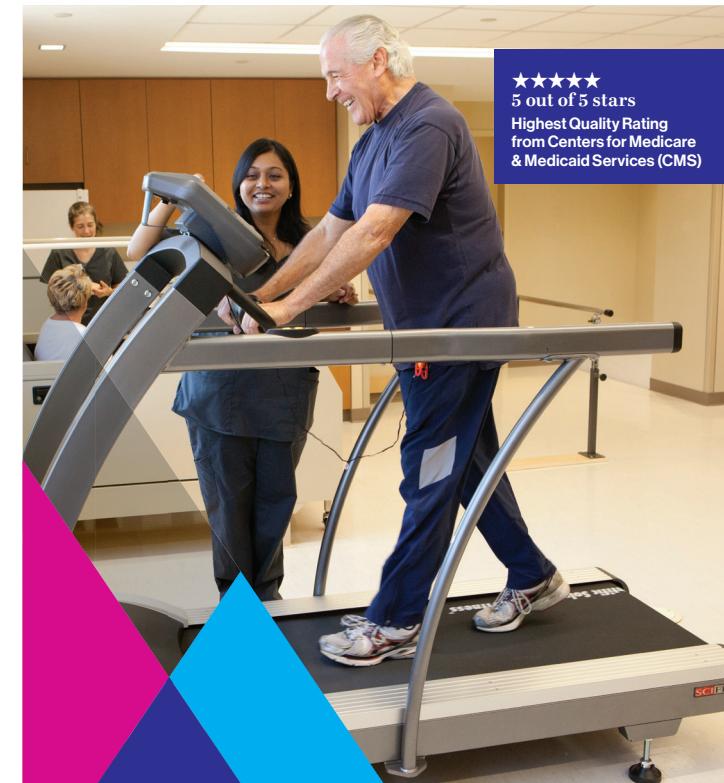
**MOUNT SINAI SOUTH NASSAU<sup>®</sup>**  
**TRANSITIONAL CARE UNIT**  
*an affiliate of Mount Sinai South Nassau*

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1-877-SOUTH-NASSAU  
[mountsinai.org/southnassau](http://mountsinai.org/southnassau)

Except where noted, models are used in photos and their appearance here is not reflective of a specific disease profile.

# Specialized Medical, Nursing and Rehab Services

## Making the Transition to Independent Living Easier



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## The Benefit of Active Rehabilitation

Mount Sinai South Nassau TCU's guiding principle is that active participation in rehabilitative therapies can speed transition from the hospital to home.

### Our services include:

- **Skilled Nursing Rehabilitation Services**

- Physical Therapy
- Occupational Therapy
- Speech Therapy

- **Recreational Activities**

- **Patient Education**

- Food/Nutrition Counseling
- Diabetes Education
- Wound/Ostomy Care
- Home Exercises
- Fall Prevention
- COPD class

- **Discharge Planning**

- Social services

## Restorative Comfort to Foster Independent Living

Our 20-bed care unit is located within Mount Sinai South Nassau Hospital, offering a seamless transition from the hospital to the care unit. The multidisciplinary therapy room, coupled with the cozy and welcoming recreational/dining space, provides our patients and their families with a space that encourages healing and fosters independence.

### Types of patients considered for TCU (but not limited to):

- Recent stroke sufferers
- Completing treatment for osteomyelitis
- Post-surgical with respiratory care needs
- Undergoing therapy for systemic infections
- Newly diagnosed with diabetes and requiring patient/caregiver education
- New ostomy patients
- Post surgical orthopedic patients
- COPD patients

## OUR TCU TEAM

The TCU is staffed by a team of dedicated, highly skilled and experienced certified doctors and health professionals who work collaboratively for the management of each patient to provide optimal care. Rapid transition from the hospital to our on-site TCU is facilitated by our professional case management team.

**“Patients actively participate in physical, occupational or speech therapy, or a combination of them. ”**

– Anjanette, Physical Therapist

**FOR MORE INFORMATION** about Mount Sinai South Nassau's Transitional Care Unit, contact:

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