

**Quality of Care
Quality of Life**



**For more than 80 years,
families have trusted
Bergen Regional Medical Center
to provide comprehensive,
high-quality long term care services
for their loved ones.**

Bergen Regional Medical Center



Located at 230 East Ridgewood Avenue in Paramus, NJ, Bergen Regional Medical Center provides a comprehensive set of quality services including Long Term Care, Behavioral Health Care and Acute Care. Bergen Regional is both the largest hospital with 1,070 beds and the largest licensed nursing home in New Jersey. Additionally, with 323 beds, Bergen Regional is one of the largest medical resources providing a continuum of care for the behavioral health community. Bergen Regional has a full service emergency department, state of the art operating suites and 21 ambulatory specialty services available through the BRMC clinic. For general hospital information, call 201.967.4000 or visit www.bergenregional.com.



MEDICAL CENTER

BERGEN REGIONAL MEDICAL CENTER, L.P.
230 E. RIDGEWOOD AVE.
PARAMUS, NJ 07652
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www.bergenregional.com

LTC rev 4-2010

LONG TERM CARE AT BRMC
201.967.4073



MEDICAL CENTER

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**Long Term Care
at
Bergen Regional Medical Center**



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Quality of Care

As a full service, accredited medical center, Bergen Regional provides a scope of services far exceeding those offered in a standard nursing home environment. Our highly-trained, skilled staff provides nursing care 24 hours per day, seven days per week as well as access to specialized physicians on site, and focuses on the individual needs of each of our residents.



Specialty Services

Specialty services provided by Bergen Regional include wound care, surgical care, cardiac care, rehabilitation services, behavioral health care, respite, hospice, ventilator/tracheostomy and two secure Alzheimer's units.



At Bergen Regional, we pay particular attention to the quality, preparation and presentation of the meals we provide for our residents. Registered dietitians plan menus, implement therapeutic diets and counsel residents regarding their nutritional needs on a continual basis.

Our specialized wound care team provides accurate and thorough individualized assessment, plan management and administers appropriate therapies.

Respite Care

Respite Care provides relief and support for those caring for an infirmed adult at home. Your loved one can stay as a guest in our Long Term Care Division while you attend to your personal business, take a much needed vacation, or just take a break and relax. Care is provided for a minimum of three days to a maximum of 30. Contact us at 201.967.4073 for more information.

LONG TERM CARE AT BRMC

201.967.4073

Long Term Care at BRMC

Because our facility has an on site acute care hospital, our residents who experience medical emergencies, day or night, are just an elevator ride away from comprehensive medical care. Access to a variety of physicians, laboratory, pharmacy, radiology services, and mental health professionals create a unique array of medical care not usually found in other long term care facilities. This continuum of care, found only at Bergen Regional, provides residents and their families with the peace of mind knowing that quality care is available 24 hours every day.

Equally important to the provision of quality care is the ability to provide our residents with activities that enhance their quality of life. The Therapeutic Recreation department at BRMC is committed to creating programs and activities that meet the needs of all functional levels, while ensuring residents stay connected to the activities and experiences they love.



Our trained staff develops activities such as arts and crafts, music programs, cooking programs, active games and sports, gardening, variety shows, dances, birthday parties and many other diverse and dynamic therapeutic interactions designed to enable our residents to enjoy life to its fullest. Activities are offered seven days a week on unit, off unit, outdoors and in the community.

Nurturing the spirit is a critical element of the BRMC continuum of care. We offer spiritual guidance to residents and their families in a variety of faiths. Weekly services, holiday services, prayer services, bible studies, individual pastoral care visits and special events are all part of our commitment to ensuring that our residents are able to fully practice their faiths as they choose.

LONG TERM CARE AT BRMC

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Quality of Life



Unique to Bergen Regional is the horticultural therapy program and the on site greenhouse that offers the therapeutic value of nature as a method of healing and enjoyment. We also offer a sensory stimulation program which utilizes olfactory, visual, gustatory, tactile and auditory techniques to promote sensory awareness.

In addition to the many on site activities we create for the benefit of our residents, they also enjoy a full lifestyle off campus. Regular community outings to movie theatres, restaurants, shopping centers, parks, sporting events and museums are all a part of the Bergen Regional quality of life commitment.



We know that our residents want to look their best for the many activities that we offer. This is why a full service personal care salon is available on site. Services are offered in the Salon or in the privacy of a resident's room.

At Bergen Regional, we understand that choosing a nursing home is an emotional and difficult process. This is why we accept admissions 24 hours a day, seven days a week and our staff is prepared to help in any way possible. We know that there is no substitute for human warmth and a caring environment and we offer this every day to our residents, their families and friends.

**For more information,
call 201.967.4073.**

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