



## FACT SHEET

### SIMULATED LIVING CENTER AT NEW ENGLAND SINAI HOSPITAL

#### OVERVIEW

The new Simulated Living Center at New England Sinai Hospital provides true-to-life settings in a controlled environment so that patients may practice real-world activities safely, systematically and with supervision before attempting them alone at home. Patients can begin to learn the skills necessary to function successfully in the community without exposure to the distractions and complications likely to occur outside the hospital.

With inpatients, physical and occupational therapists are able to assess their readiness for discharge by observing them engage in everyday tasks. Outpatients are able to learn techniques to overcome specific difficulties they may be experiencing as they resume regular activities at home, on the job, or out in public. During simulated living practice sessions, settings can be made more challenging as the patient becomes better able to cope with potential obstacles. The variety of opportunities available in the center enables patients to experience and improve all of the basic skills necessary to enjoy a rich, independent life.

#### SPECIFICATIONS

The Simulated Living Center is a totally renovated 2150-square-foot multi-use therapeutic space located within the Hospital's floor Physical therapy/occupational therapy gym. The center will initially include the following functional settings in which patients can practice essential independent living skills:

##### BEDROOM/LIVING ROOM

Bedroom/living room for getting in and out of a bed, sofa, and lounge chair; walking on carpeted floors; opening and closing bureaus; accessing items from the closet, getting dressed and putting on shoes; making a bed, vacuuming and completing other household cleaning tasks, using a television remote; turning end table lights on and off

##### BATHROOM

Bathroom to practice using non-handicap accessible toilet, tub, shower and sink - fixtures as one finds in most home environments

##### GROCERY/MARKET

Grocery store for removing items from shelves of different heights and depths; using a shopping cart in the aisles; handling items of various shapes, weights and

sizes; selecting and bagging bulk produce; managing the checkout and payment process; lifting paper or plastic bags

##### RESTAURANT/TAKE OUT COUNTER

Restaurant/take-out counter to become accustomed to dealing with crowds; reading a menu in dim lighting; using commercial utensils; carrying trays, cups, or plastic containers; sitting in booths or counter stools

##### KITCHEN/LAUNDRY

*Part of the simulated living experience, but located adjacent to Sinai's 2nd floor working inpatient PT/OT gym*

Kitchen/laundry where patients practice reaching in the refrigerator and oven; turning stovetop dials; lifting and moving pots and pans; meal preparation/cooking, taking dishes and food items out of cupboards; using a sink; loading and unloading a washer and dryer; folding clothes and maneuvering a laundry basket

##### OFFICE SETTING *2nd floor*

Office setting with desk, file drawers, computer allows patients to hone skills within an office environment.

##### COMING SOON.....

*In the near future, the Simulated Living Center will add the following settings:*

**Garage/workstation** for people to practice common chores such as raking, sweeping, and storing; working with tools; organizing equipment

**Automobile rear section/trunk** for opening and closing trunk; placing in or removing objects from car or trunk; pumping gas

#### BENEFITS

Patients benefit from the Simulated Living Center by practicing and improving skills, gaining confidence, and overcoming fears of being unable to function at home or in the community. By seeing measurable real-world progress in a controlled setting, they are more motivated to maintain optimum activity levels outside the hospital.

Sinai staff members are able to assess patient capabilities more accurately by observing them in authentic situations. They can prepare a more realistic discharge plan for inpatients and help them, as well as outpatients, establish and work toward achievable goals.

## COMMUNITY SUPPORT

More than a dozen area organizations, businesses and individuals donated either funding or in-kind contributions to make the New England Sinai Simulated Living Center possible. **The Sinai Men's Associates Century Club** under the leadership of Thomas "Tiny" O'Connor took the lead by committing to a two-year pledge of \$14,000, but community involvement was so generous that the original pledge has been able to be reduced by nearly half. Those funds will now support other important Sinai initiatives.

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#### Friends

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and private donors.

#### Special Recognition

Steven Robbins  
*Mr. Robbins donated his time in facilitating  
the corporate in-kind contributions.*



Physical Therapist Stacey Brown of New England Sinai Hospital supervises inpatient Richard R. Voci as he practices his shopping skills in the grocery store section of the new Simulated Living Center opening Monday, November 10, 2008. Made possible by a generous donation from the Sinai Men's Associates Century Club and in-kind contributions from numerous area businesses and individuals, the center enables patients to develop and practice safely, in a controlled and supervised environment, the personal or occupational skills that they will use upon discharge in everyday life. The center is a comprehensive approach in helping patients re-enter the community and achieve fulfillment through independent living.