



UNIVERSITY  
**CHILDREN'S HOSPITAL  
ZURICH**

*Rehabilitation Centre  
Affoltern am Albis*



**All the best for  
the children.**



**Das Spital der  
Eleonorenstiftung**

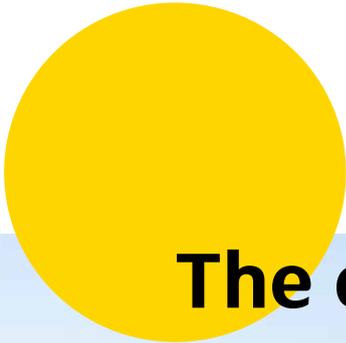


**Imprint**

Photos: Gabriela Acklin, Valérie Jaquet, Kinderspital Zürich;  
René Meierhofer (opposite page)

Layout: Susanne Staubli, Kinderspital Zürich

Text: Managing body Rehabilitation centre Kinderspital Zürich  
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# The centre for highly specialised child rehabilitation



The rehabilitation centre in Affoltern am Albis is part of the Kinderspital Zürich - Eleonorenstiftung. Here, children and young people suffering from congenital and acquired illnesses and injuries are treated and cared for.

The aim of a stay at the rehabilitation centre is to foster as much independence as possible in the affected children and young people and in this way improving the quality of life for the whole family.

The children and young people live in family-like groups, chosen to suit their needs and abilities. They visit small classes at the school within the hospital and are treated according to an individual therapy plan. The paediatric rehabilitation takes place in cooperation with experts from medicine, care, therapy, psychology, special education and education. Parental inclusion is part of the care and treatment, which is why the rehabilitation team work closely with them.



## Superior medical care

The doctors coordinate the rehabilitation stay of the patients. They carry out medical diagnoses and treatments and prescribe individual therapeutic measures. Where necessary, they work together with the specialists at the Kinderspital Zürich who are also present at the regular visits. This cooperation guarantees interdisciplinary and comprehensive treatment and care.

The rehabilitation centre also leads a medical outpatient clinic and a Medical Advice and Therapy Centre (MBT). The services and the qualified staff of the Kinderspital Zürich are also available here when required.

## More than just care

Staff educated and trained in nursing and rehabilitation care for and support the inpatient children and young people entrusted to our care around the clock. The primary nurses are the first point of contact for the patients and their families. The aim of rehabilitation care is to foster as much independence as possible in all aspects of daily life and an enhanced wellbeing. Individual care means support in carrying out everyday life activities, empathetic assistance in coping with changed living situations and in preparing for social reintegration after rehabilitation. The qualified nursing staff support the interdisciplinary rehabilitation team in diagnostic and therapeutic measures and continue these in everyday life.



## The numerous kinds of therapies we offer

The children and young people should gain as much independence as possible in everyday life through the therapies. The therapies are geared towards the level of development and resources of the patients.

### Physiotherapy

The essential goals of physiotherapy are (re) acquiring movement possibilities and activities, as well as incorporating them into everyday life. In addition to task-oriented training and conventional therapy concepts (e.g. Bobath / NDT), other, more playful, treatment methods such as robot-supported

walking training in a virtual environment with the Lokomat®, water therapy, therapy using horses or therapeutic climbing are also used. This option is supplemented with the expert supply of therapeutic aids.



## Sport Therapy

Promoting joy in movement and improving strength and endurance are the goals of sport therapy. We offer individual medical training therapy as well as diverse sport groups in swimming, cycling or wheelchair sports. The movement in the groups also promotes psychosocial interaction between the children and young people.

## Speech and Language Therapy

Language, speech, voice and swallowing; the goal of speech and language therapy in the rehabilitation centre is to diagnose disorders in these areas and to treat them. The therapy program also includes the treatment of paralyses in the face and mouth. For children with impaired or limited speech, work with supported communication using computers or pictograms is also included.





## Occupational Therapy

In occupational therapy, the patients have experiences in playful and everyday situations, which helps them to regain particular skills or to learn them for the first time. There is a wide spectrum: they practise precise planning before going shopping, train the use of both hands with therapy dogs or in robotics and acquire social competencies in group therapy. According to individual needs, the expert supply of therapeutic aids such as hand splints or wheelchairs is also included.

## Medical Advice and Therapy Centre (MBT)

In the Medical Advice and Therapy Centre, children and young people are treated as outpatients. Here, we can offer treatments made up of occupational therapy and physiotherapy as well as medical services. The children and young people come from the surrounding area and are treated as outpatients in part after or instead of inpatient treatment.





# Research with an impact

Through innovative research projects by the clinic's own "Pediatric Rehab Research Group" with a focus on robot and computer supported movement therapy, our rehabilitation programme is being updated continually. In addition, the research group promote and support the standardised input of patient documentation through the regular use and optimisation of measuring procedures which are suitable for children.





# All-round rehabilitation

## School

If returning to the workplace is at the forefront of an adult's mind during rehabilitation, for children it's a question of reintegrating them into school as well as possible. For this reason, school is deeply embedded in our therapy concept. Qualified specialists are responsible for the education of all patients, from pre-school age up until the end of primary and secondary school. The lessons are designed to suit the learning abilities of each individual child and young person.

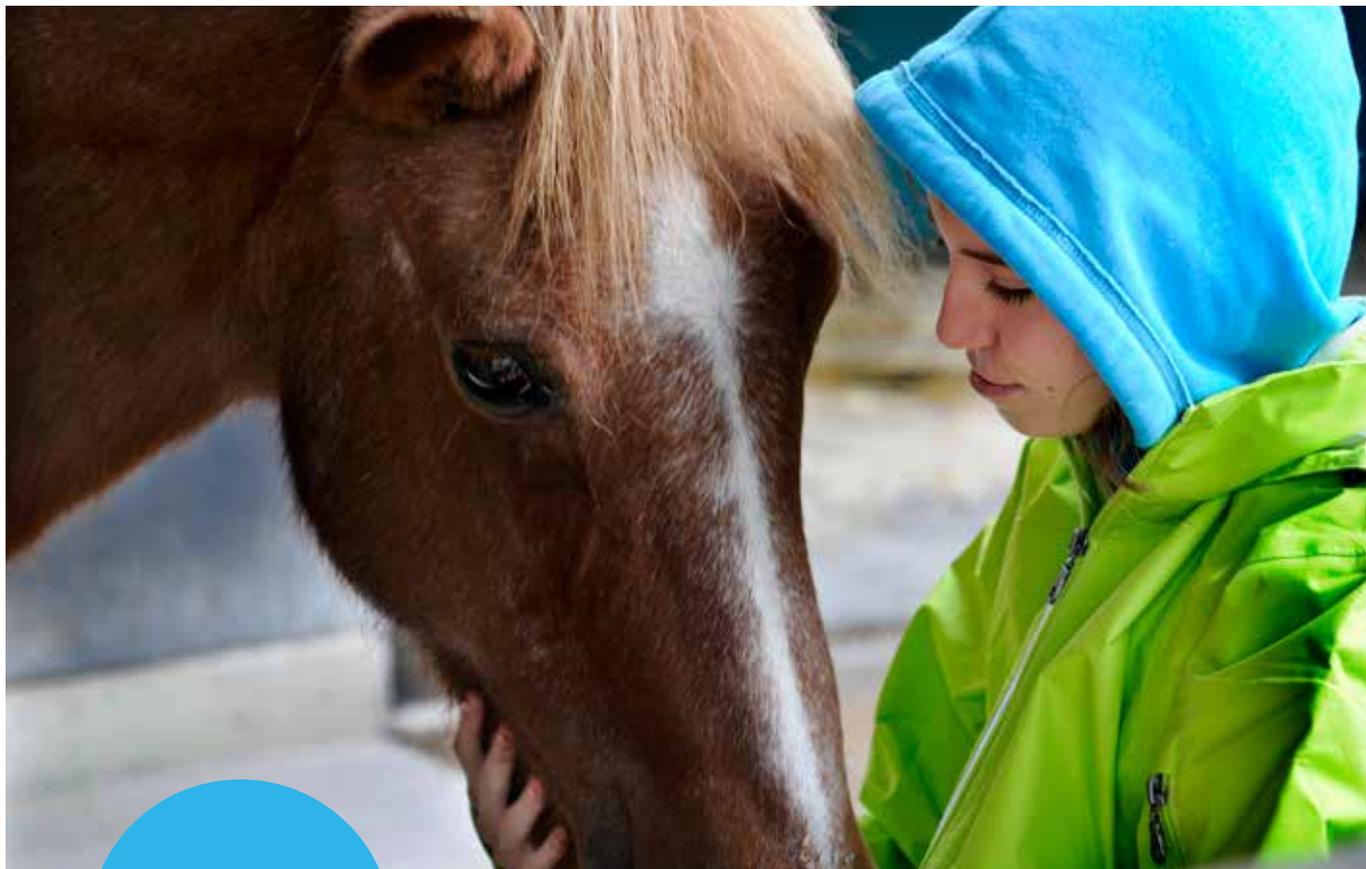
## Psychological Services

The two areas of psychology and neurology are active in diagnostics, therapy and counselling. Psychology is responsible for the care of orthopaedic and generally physically impaired patients without acute cerebral involvement. Neuropsychology handles all patients with acquired brain injuries in the framework of neurorehabilitation. During rehabilitation stays, solutions for the time following rehabilitation are already being sought, such as suitable educational arrangements or outpatient therapy.

## Counselling

Counselling supports and advises regarding social insurance and legal questions, in family crisis situations and supports when dealing with difficult or chronic illnesses and disabilities. Counselling is free of charge and all parents whose child is undergoing inpatient treatment in the rehabilitation centre are entitled to use it.





## Help us to help

Your donation guarantees the best possible medical treatment and care for our patients. In addition to this, you are giving them access to comprehensive psychological care and support when returning to an active life. You are also supporting our research, with the aim of helping our sick children.

At the same time, your donation gives us the opportunity to provide variety of life for the children with smaller and larger events. Our beautifully situated playpark needs care, and our animals are looked after by experts.

Ways you can support the rehabilitation centre:

- with a donation to mark an anniversary celebration, a company party, a special birthday
- with the proceeds of a collection
- with a donation in memory of a departed loved one
- through your inheritance
- in the place of company gifts
- just because you want to support us in our mission

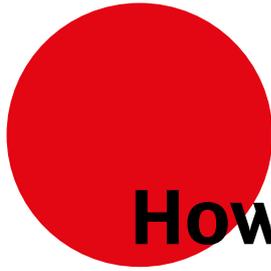
We would be happy to give you more information in person about our projects and where we could put your donation to good use.

We are delighted about your engagement!

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**Donation account 87-744900-1**  
**Rehabilitationszentrum Affoltern**  
**Kinderspital Zürich - Eleonorenstiftung**

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# How to find us

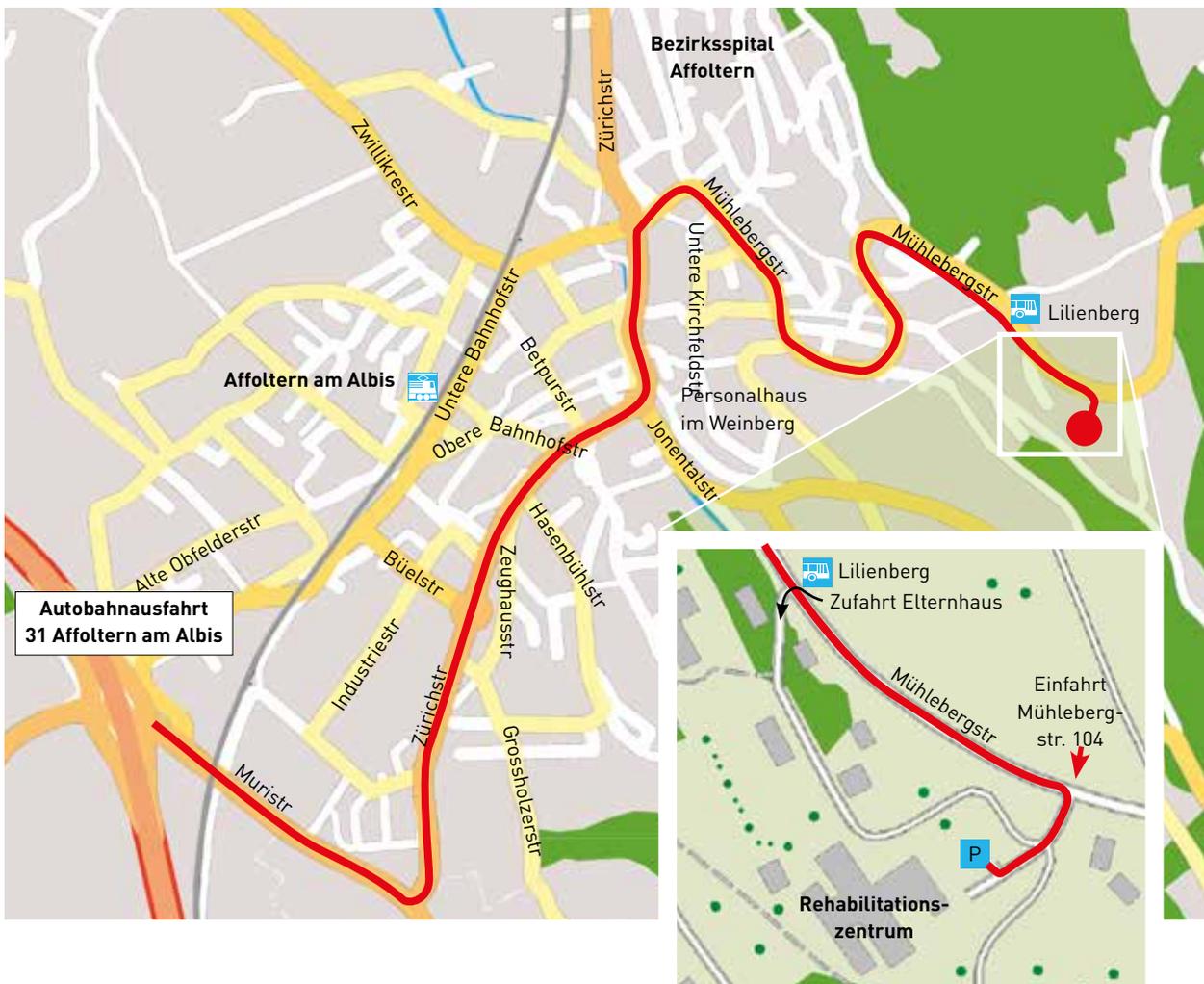
## With public transport

### from Zurich Main Station or Zug:

with the tramlines S9 or S15 to Bahnhof Affoltern am Albis, from there with bus line 225 to Lilienberg bus stop

## With the car:

Autobahn A4 Knonaueramt, Affoltern am Albis exit, direction Spital/Kinderspital  
Free parking places directly in front of the centre



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