

HILDEBRANDPRIVÉE

CLINICA HILDEBRAND CENTRO DI RIABILITAZIONE BRISSAGO

Rehabilitation in Switzerland. A luxury?



Demand the best • Certified Swiss rehabilitation excellence • In good hands from the start • On the road to recovery, whatever it takes!



Switzerland: the best road to recovery



Rehabilitation at the Hildebrand Clinic is the natural next step following acute treatment and early hospital rehabilitation.

A period of inpatient rehabilitation is also suitable for patients suffering from disabling chronic degenerative diseases.

The Hildebrand Clinic provides patients with interdisciplinary care aimed at restoring functionality and enabling reintegration into both social and professional life. To make use of the Hildebrand Clinic's services is a practical and well-informed choice, relying on a specialised centre with modern, innovative and well-equipped infrastructure that operates using state-of-the-art diagnostic and therapeutic methods.

A luxury worthy of your consideration.

Welcome to Brissago



We have an interdisciplinary team of highly-qualified specialists who, through innovative and personalised methods and the use of state-of-the-art technology, work together to offer the best possible rehabilitation programme.

Luca Tonolla
Head of Therapy

“

Our achievements are tangible proof of the effectiveness of our system. The Hildebrand Clinic is the first and only specialised private rehabilitation facility in Italian-speaking Switzerland.

Sandro Foiada, M.A.
CEO and
President of Clinical Management

“

Our commitment is to offer you personalised and innovative care, with a team working in harmony to help you attain your individual health goals. We provide you with the professionalism and care you deserve.

Dr. med. Paolo Rossi
Head Physician and
Medical Director

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From the initial point of contact we will evaluate your rehabilitation potential, to assess the possibility of an admission to the Brissago Clinic.

Iginio Bassi
Care Director

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Certified Swiss excellence

Our affiliations



We are part of the REHA TICINO network

The Hildebrand Clinic operates a quality management system that meets the requirements of UNI EN ISO 9001:2015, certified by Bureau Veritas.

In April 2011, REHA TICINO was awarded the certificate of conformity to ISO 9001:2008 as a Swiss rehabilitation network. In September 2015, the network updated its quality management system to the new ISO 9001:2015 standard, which further guarantees the quality and reliability of the services offered. We are proud of the result achieved through the constant commitment of our highly qualified staff, whose work is carried out with expertise and professionalism.

REHA TICINO

This network includes rehabilitation institutions and services in Ticino. The network was established in May 2007 on an innovative public-private partnership basis and includes the EOC Rehabilitation Clinic and the Hildebrand Clinic Brissago Rehabilitation Centre.

We are SWISS REHA accredited

As a result of the pioneering role played by the Hildebrand Clinic, every clinic in the network has obtained SWISS REHA accreditation, the association of leading rehabilitation clinics in Switzerland. All accredited clinics guarantee intensive, effective and tailored care for patients, working according to the latest quality standards and advanced treatment methods. They are also obliged to undergo a four-yearly audit by a commission of clinical experts to renew their certification. The quality criteria proposed by SWISS REHA guarantee the highest medical standards and optimum patient care.



Hildebrand Clinic in private

A state-of-the-art,
fully equipped
rehabilitation centre



The origins of the Hildebrand Clinic date back to the middle of the 20th century. In 1953, Else Hildebrand decided to establish a rehabilitation centre in memory of her father Wilhelm. On 26 February 1955, the non-profit Hildebrand Foundation was established in Sarnen. In 1985, the Foundation's headquarters were transferred to Brissago, where the Hildebrand Clinic had been established in 1963. The clinic has been regularly modernised and adapted to the latest requirements. It has grown steadily and today enjoys an excellent reputation as a leading international rehabilitation centre.

The Hildebrand Clinic is a state-of-the-art, fully-equipped rehabilitation centre that meets the highest demands in rehabilitation, creating the ideal conditions that ensure the best care for its patients. The clinic provides traditional therapeutic programmes and innovative technical support for its patients. Private patients of the Hildebrand Clinic can benefit from the following services:

Rooms

Single rooms with bathroom and shower. Most rooms have a stunning view of Lake Maggiore, the Brissago Islands and the surrounding mountains. The view extends from Ascona to the Gambarogno region on the opposite side of the lake and on to Luino, the pretty Italian town known for its market. Each room has a safe and a multimedia monitor through which you can consult your personal treatment plan and hotel information, as well as make phone calls, watch television, listen to the radio, surf the Internet, rent films and enjoy games.

Therapeutic pools

Private patients for whom hydrotherapy treatment has been arranged have access to the motor exercise pool and the therapeutic pool.

Day clinic

The rehabilitation of private patients in the day clinic is delivered on a ward developed to the highest industry standards. The patient has a single room within the facility.

Restaurant and bar

The dining room is located on the top floor of the building and features a magnificent view. Our private patients can enjoy a breakfast buffet and a rich and balanced à la carte menu. During the summer months, bar service is also available at the covered terrace in the spacious garden.



TRANSPARENT PRIVATE PATIENT PRICE LIST

The cost for a day's stay at our facility varies from approximately CHF 1'200.00 to CHF 1'500.00, depending on the patient's clinical situation.

The detailed billing includes a daily flat rate, which includes hotel and administrative services as well as essential nursing and medical activities. In addition, all special therapeutic, medical, diagnostic and nursing services, as well as medicines and medical supplies, are billed in a transparent manner. A deposit of CHF 50'000 is required prior to admission.

Demand the best

The private patient
enjoys tailored
rehabilitation assistance



We are the benchmark centre for rehabilitation, not only in Italian-speaking Switzerland but also for private patients from neighbouring Italy and the rest of Europe! We guarantee each patient an interdisciplinary rehabilitation programme aimed at maximising recovery and socio-professional reintegration, paying particular attention to the needs and expectations of those who rely on our professionals, according to principles of excellence, effectiveness and cost-efficiency. Respect for the patient is reflected in the quality of the services offered. Our aim is to offer exclusive care that respects the patient from a personal and clinical point of view and the quality standards defined by the organisation itself and by the most up-to-date Swiss and international guidelines.

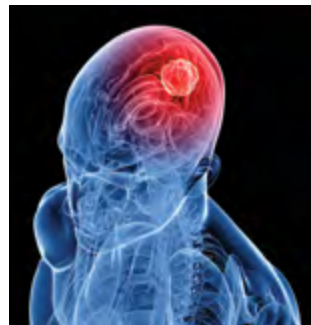
Our main resource is our highly qualified staff of doctors, nurses, therapists and specialists, a large number of whom enable us to offer every private patient a personalised rehabilitation programme. The approach of our employees is built on day-to-day work developed through a climate of mutual trust, which is motivating, stimulating and innovative. We take each patient's requests seriously, creating a close empathic relationship.

In order to achieve a high level of effectiveness, the rehabilitation programme must be aimed at multiple objectives and planned systematically, so that the results obtained in the different areas can be translated into greater autonomy for the patient and an improved quality of life for them. The team must draw up an individual rehabilitation programme, which defines the specific areas of treatment, the objectives, the professionals involved, the settings, the rehabilitation methods and timeframes. The programme, established by the rehabilitation project, defines the specific measures, short-term objectives, timeframes and delivery methods as well as the role of the individual professionals involved and the appropriate outcome measures for evaluating the work accomplished.

Our departments offer the following rehabilitation programmes.

IMPORTANT INFORMATION

Our facility is reserved for patients of 14 years of age and above, able to participate in a multimodal therapeutic programme.



Neurological rehabilitation

Neurological rehabilitation aims to recover neuromotor and cognitive abilities that are completely lost as a result of an acute illness such as, for example, a stroke or head injury, or as a consequence of chronic diseases such as Parkinson's disease and multiple sclerosis.

Rehabilitation is based on the care of the patient by an interdisciplinary team consisting of specialists in: neurology, physiotherapy, occupational therapy, neuropsychology, speech therapy and rehabilitation nursing.

Some of the conditions treated at the Hildebrand Clinic are:

- Cerebrovascular diseases (e.g. stroke)
- Head trauma
- Multiple sclerosis
- Parkinson's disease
- Brain tumours
- Polyradiculitis and polyneuropathies
- Spinal cord injuries
- Radicular syndromes
- States post neurosurgery
- Encephalopathies



Musculoskeletal rehabilitation

Musculoskeletal rehabilitation consists of treating various degenerative and traumatic conditions that affect the structures of the musculoskeletal system; the main aim of which is the recovery of motor, functional and social capacity, and in some cases the psychological sequelae that may follow a state of persistent disability with pain. The use of diversified and specific rehabilitation programmes, for different orthopaedic disorders, is today the most valid approach to achieve maximum functional recovery and guarantee the best quality of life. Compatible with the degree of recovery achieved, the rapid socio-familial, educational, and professional occupational reintegration of the patient represent the goals of rehabilitation medicine.

We treat the following conditions:

- Hip disorders
- Knee disorders
- Shoulder complaints
- Complex spinal syndromes
- Post-trauma injuries without neurological involvement



Cardiovascular rehabilitation

Cardiovascular rehabilitation and preventive care represent an integrated treatment process, which supports patients in achieving an optimal level of physical, psychological, emotional and social well-being. For these conditions, it is now proven that the support of all preventive measures, combined with a healthy individual lifestyle, leads to an overall improvement in prognosis. The cardiological rehabilitation programme is based on the care of the patient by a interdisciplinary team consisting of specialists in: cardiology, physiotherapy, occupational therapy, rehabilitation nursing and when necessary, psychology and nutrition.

We treat the following cardiovascular conditions:

- Ischaemic heart disease
- Chronic heart failure
- Post-cardiac surgical aspects
- Chronic peripheral arteriopathies



Geriatric rehabilitation

In this particular clinical context, geriatric rehabilitation is concerned with maintaining and/or recovering the highest levels of the individual's autonomy, taking into account the necessary and most reasonable balance between maintaining bodily, psychological and social functions in the individual in relation to their environment. In this respect, by combining the principles of geriatric medicine and modern rehabilitation, the latter is defined as geriatric when the focus of care is placed on the elderly person in their complex biopsychosocial, social and spiritual interactions.

At the Hildebrand Clinic we treat the following issues:

- Cognitive impairment
- Pathologies related to immobility
- Risks due to falls
- Incontinence
- Malnutrition
- Depression or anxiety disorder
- Limited sensory function
- Pressure ulcers
- Treatment problems due to polypharmacy or decreased compliance
- Social isolation
- Memory loss (see also Memory Clinic)

Memory Clinic

The role of the memory clinic is to provide early diagnosis in elderly patients (but also young adults) with memory-related problems that affect their living habits, domestic, mental, social and relational autonomy.

Fall management

The Geriatric Falls Clinic deals with the multi-disciplinary fall risk assessment of the elderly patient. The aim is the development of a treatment programme in order to decrease the risk of new falls and mitigate their consequences.



Highly supervised rehabilitation

Highly supervised rehabilitation refers to a particular clinical phase of the rehabilitation process. Some patients with disorders of the nervous system or severe trauma require early intensive rehabilitation despite a residual but potential threat of clinical instability and/or a complex clinical picture. These situations therefore require increased monitoring of vital parameters in a more specialised medical framework.



First Contact

Coordination
of an examination by
our specialist doctor

CONTACT

+41 91 786 86 86

privati@clinica-hildebrand.ch

My name is **Kristina** and I am responsible for the patient management service. I will guide you through the first contact process and manage your admission to the **Hildebrand Clinic**. I will be your contact person for all your needs, such as:

- I provide support in finding nearby accommodation (Locarno-Ascona) for family members.
- I handle all aspects of your privacy.
- I organise the logistical aspects of your transport right up to your arrival at the clinic.
- I manage your administrative and bureaucratic issues quickly and competently.

By calling the contact number given during office hours, as a private patient, you will be connected to my service. I will be happy to **promptly coordinate an examination** by our medical specialist in your home or at the hospital where you are being treated.

We will organise this visit together and can discuss all the details with you beforehand.

During the visit we will be able to assess your recovery potential, as well as the presence of the preconditions for a successful rehabilitation at our clinic. If necessary, with your consent, we will contact your doctor.

To prepare for the first telephone contact, it is necessary to provide some basic information that will help assess urgency and extent of your needs.





Immediately in good care

The first steps of
the personalised
rehabilitation
programme

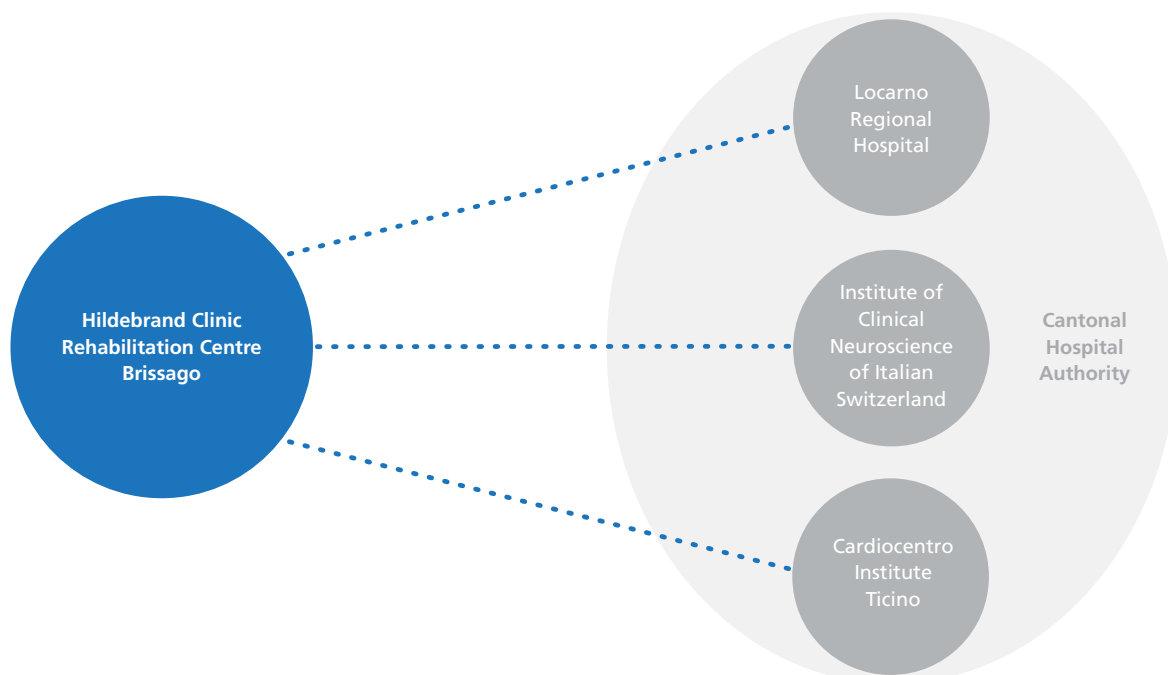
For our patients, travelling in poor health is an ordeal that requires great effort and sacrifice. Therefore, from the moment you arrive at the clinic, our priority will be to accompany you to your accommodation as quickly as possible. The administrative process will be as short as possible and our staff will be ready to welcome you accordingly.

We pride ourselves on our proven punctuality as well as our thoroughness. In no time at all, the patient will have been examined by the doctor who, on the basis of the observations and data already in his possession, will define the first steps of the personalised rehabilitation programme.

In particularly complicated clinical circumstances, it is important to always be prepared for any complications. The Hildebrand Clinic has qualified medical staff for the management of most imaginable situations.

Should the problem become acute, we are able to guarantee immediate treatment through collaboration with neighbouring hospitals. Our medical staff regularly collaborate with most of these facilities, guaranteeing good continuity of care.

STRUCTURED PARTNERSHIPS WITH EMERGENCY HOSPITALS





On hand from day one

For the best
possible results

We are committed to the importance of the patient's entourage contributing to the best **possible outcome**. We therefore recommend a **care and collaboration agreement involving the patient, their family and our interdisciplinary team**.

On the basis of the available documentation, we have prepared an **initial multidisciplinary approach for you oriented towards your personalised programme**. The doctor's examination will confirm these assumptions and we will then immediately act to define the most appropriate treatment plan with you and your family. Regular team meetings monitor and modify the plan where deemed appropriate, guaranteeing the desired objectives.

The continuity of therapy and support is fundamental in the care of our patients. That is why, after defining the objectives, the patient will be accompanied along a care plan by the most suitable therapists, with whom a relationship of mutual trust is established.

A series of **ancillary services** (e.g. nutritional counselling, acquaintance with the dedicated nursing team, presentation of the room and its amenities) will complete your initial experience at our centre.





On the road to recovery, whatever it takes!

Thanks to targeted therapies



Physiotherapy and medical massage

Physiotherapists deal with functional, motor, sensory and cognitive recovery through specific techniques such as ETC, Bobath, manual therapy, respiratory physiotherapy, swallow therapy, hydrokinesitherapy, cardiac rehabilitation, visual rehabilitation, pelvic floor rehabilitation, etc. Therapies can be individual or group-based, with the aim of improving mobility, balance, coordination and muscle strength to facilitate a return to normality. Medical massage therapists offer treatments such as decontracting massages, lymphatic drainage, bandages, measuring compression stockings, etc. Their purpose is to monitor and treat oedemas, relieve pain and manage any symptoms of patient distress.

Ergotherapy (occupational therapy)

Occupational therapists help people to be more independent and improve their quality of life by helping them to carry out daily activities and participate in everyday social life. They adapt the surroundings and occupations to promote independence, simplify activities, introduce aids and develop family, work and community reintegration plans, thereby supporting the person's well-being and social integration.

Speech Therapy

Through the use of internationally standardised tests, speech therapists deal with the prevention, diagnosis and rehabilitation of various disorders in the oral and written communication-linguistic sphere, swallowing, voice, 7th cranial nerve Palsy, tracheal cannulae and laryngectomies. Speech therapy also extends to the patient's family and care-giver who, where necessary, can be provided with support through informative and educational counselling.

Neuropsychology and psychotherapy

Neuropsychologists assess cognitive, behavioural and emotional disorders caused by brain injury through interviews, standardised tests and clinical trials. They propose therapeutic measures aimed at improving independence in daily, social and working life. Treatment is based on personalised scientific strategies and analysis of the patient's symptoms and needs. In addition, they offer support and advice to family members, carers and employers to foster the relationship with the patient.

Psychotherapists help manage emotional and relational difficulties through tailored interviews. Therapy includes a diagnostic and a therapeutic phase, with the aim of improving psychological well-being. It also provides support during and after rehabilitation for organic or psychosomatic illnesses and may also involve family members.

Nutritional counselling

The nutritional counselling service addresses the metabolic-nutritional aspects of various diseases, offering personalised support. It provides counselling for the management of malnutrition, swallowing disorders and artificial nutrition, contributing to the patient's well-being and recovery.



Innovation and care at your service

Robotic-assisted therapy in our rehabilitation programmes



What is robotics and why is it useful in rehabilitation?

Assistive robotics for rehabilitation uses advanced technological devices to support the recovery of motor and cognitive functions. Thanks to their precision and adaptability to the specific needs of each patient, these technologies make therapy more effective, engaging and focused. Robotics enable the training of fundamental skills such as muscle strength, balance and memory, significantly improving treatment outcomes.

Its use in our rehabilitation programmes

The Hildebrand Clinic offers therapies that include the use of state-of-the-art robotic devices designed to enable a more targeted and effective recovery. These devices make it possible to train specific movements and improve cognitive skills, creating personalised programmes for each patient. During sessions, for example, it is possible to combine physical exercises with mental activities, simulating situations from everyday life.

The "dual task" role

One of the most innovative approaches used is called "dual task", in which a physical task (such as walking) and a cognitive task (such as answering a question) are performed simultaneously. This approach reflects real-life demands, such as talking while walking or searching for an object while climbing a ladder. Exercising this ability is fundamental to regaining autonomy in daily activities.

Programme monitoring and personalisation

Thanks to robotic technologies, we can monitor the patient's progress in real time. The devices record performance during therapy, allowing our specialists to adapt treatment according to the results obtained. In addition to optimising the rehabilitation programme, this system is an important motivation for patients, who can observe their improvement over time.

Why choose robot-assisted therapy?

Robotic-assisted therapy offered in our rehabilitation programmes is ideal for patients with neurological, orthopaedic or cardiological problems. This modern technology, combined with the expertise of our team, makes it possible to achieve significant goals, improving quality of life and facilitating a return to autonomy.

Innovation and care at the service of the patient

At the Hildebrand Clinic, we combine technology and the human touch to offer a tailor-made rehabilitation programme. Each patient is at the heart of a treatment that uses the best available solutions to guarantee real and lasting results.



Preparing for daily life

Restoring autonomy
in activities

Together with the potential for rehabilitation, the patient has achieved motor autonomy, communicates effectively and is able to meet their basic daily needs. At this stage the patient may still require nursing care, but rehabilitation now aims at restoring autonomy for daily life activities, which is the primary goal of all the treatments provided up to this point. The therapies and exercises now focus on real situations and lead the patient to learn some of the exercises in order to be able to perform them independently following discharge.

With the medical staff, who will continuously monitor the patient's progress, a mutual decision will be made as to whether the goals are being achieved.





The goal: as normal a life as possible

The completion
of the rehabilitation
programme

“A patient's discharge begins upon
admission to the clinic”

This message is intended to emphasise that the rehabilitation process does not necessarily end with your discharge. Constant progress evaluation and potential residual rehabilitation make it possible to reach an end-of-therapy phase. At this point the patient-clinic relationship can take several possible paths, which our specialists will be pleased to coordinate with you and your family.

The post-clinic programmes have been expanded with the opening of the Lugano Outpatient Centre, which we present on the following two pages.



Hildebrand expertise, also in Lugano

A benchmark for
specialist outpatient
rehabilitation



**Neurological rehabilitation
professionals for over
60 years**



**Presence of
rehabilitation specialists**



**Large, innovative
medical gymnasium**



**Advanced technologies
for robot-assisted
rehabilitation**

The Hildebrand Clinic, with over 60 years of experience in neurological rehabilitation, also offers its expertise in Lugano. This centre represents a unique setting for residents of the Canton of Ticino or neighbouring Italy, who can access top-class treatment in the heart of Lugano, just a few kilometres from the Italian border.

Easier access to specialist care

Strategically located at 14 Via Pretorio, the Outpatient Centre is easily accessible by public transport and offers numerous parking options nearby. This reduces travel time, offering greater convenience to those in need of regular or intensive care.

An extension of Brissago's excellence

The Lugano Outpatient Centre offers the same therapies and specialist services that have made the Hildebrand Clinic a benchmark in Switzerland: physiotherapy, speech therapy, **neuro-psychology, psychotherapy and occupational therapy**. Targeted treatments such as pelvic floor rehabilitation, swallowing re-education and cognitive behavioural therapy (CBT) are also available.

Cutting-edge robotic technologies

To maximise rehabilitation results, the centre uses state-of-the-art robotic-assisted technology. These state-of-the-art facilities, combined with the expertise of our specialists, enable personalised and effective recovery programmes, significantly improving patients' quality of life.

An interdisciplinary team for comprehensive care

Thanks to the presence of rehabilitation specialists and a highly qualified team, the Outpatient Centre offers comprehensive and personalised care, adapting to the specific needs of each patient.

Closer to you, without compromising on quality

The Lugano Outpatient Centre demonstrates Clinica Hildebrand's commitment to making its services of excellence increasingly accessible. A tangible opportunity for those living in the south of Canton Ticino or in Italy, guaranteeing the same level of professionalism and innovation as our centre in Brissago.





Private patients and their benefits

An attractive service in addition to treatments and therapies

- Privacy and discretion
- Private room with bathroom
- Personalised assistance
- Dedicated dining options
- Conciergerie services
- Beauty services (hairdresser, beautician, podiatrist)
- Multimedia monitor (television, video on demand, internet, telephone, intranet)
- High-performance WiFi network
- Dedicated parking space
- Rooming-in

This list represents what from our point of view, together with appropriate treatments and therapies, completes an outstanding service. It is not, however, our centre's intention to present itself as a luxury hotel, but rather to dedicate all our resources to achieving the agreed-upon goals.



Family members and family doctor

Our professionals communicate with your professionals

The clinic values the professionals caring for patients and, with patient consent, aims to share medical histories and treatment plans transparently and proactively.

Interaction with a medical specialist at the time of patient admission is recommended to ensure that no clinical details are omitted.

We organise regular multidisciplinary meetings in which, where considered appropriate, we involve the patient and those close to them.

We treat the patient as a whole, considering their systemic complexity. We are pleased to share our expertise and to support family members or caregivers in the various stages of the rehabilitation process.

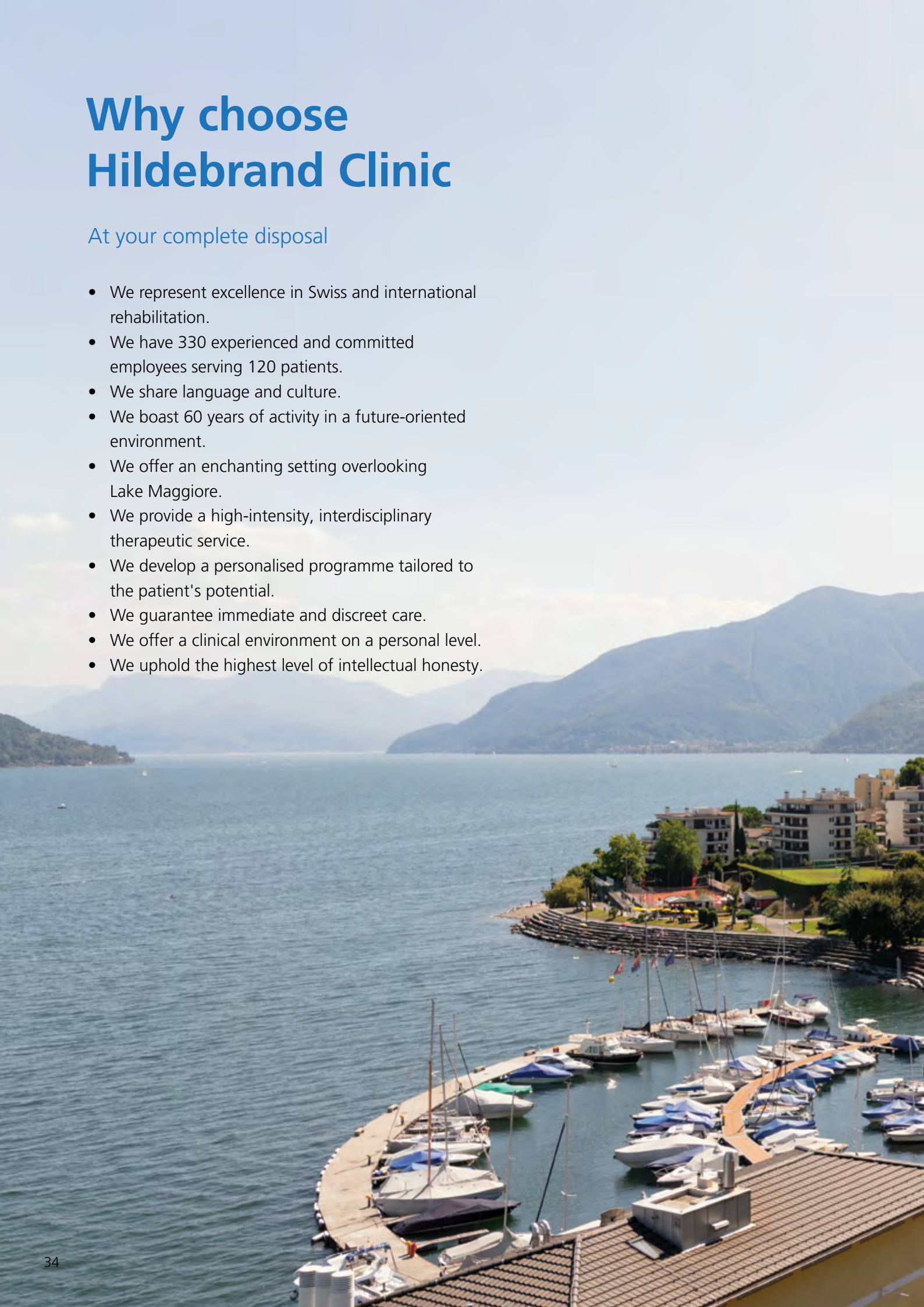
We are happy to provide information to family members or carers before, during and after hospitalisation.



Why choose Hildebrand Clinic

At your complete disposal

- We represent excellence in Swiss and international rehabilitation.
- We have 330 experienced and committed employees serving 120 patients.
- We share language and culture.
- We boast 60 years of activity in a future-oriented environment.
- We offer an enchanting setting overlooking Lake Maggiore.
- We provide a high-intensity, interdisciplinary therapeutic service.
- We develop a personalised programme tailored to the patient's potential.
- We guarantee immediate and discreet care.
- We offer a clinical environment on a personal level.
- We uphold the highest level of intellectual honesty.



**IMPRESSUM**

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