

cereneo

CENTER FOR NEUROLOGY
& REHABILITATION



WE CREATE
PROGRESS

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My years of research and experience have confirmed to me that patients who have suffered a brain lesion or stroke need customised, continual and empathetic support to achieve the best possible recovery. At cereneo we conduct research into new measurement and therapy procedures. Based on this we create a customised and intensive therapy programme to alleviate the disability. I am convinced that this enables us to achieve the greatest amount of independence and best quality of life for the patients. The success of our treatments motivates not just as a team every day but also the patients and their social environment, which is a critical factor in the recovery process.

Prof. Med. Dr. Andreas R. Luft, Medical Director cereneo,
Head of the Stroke Centre USZ, Department for Neurology,
University Hospital Zurich, Associate Professor of Vascular
Neurology and Rehabilitation, University of Zurich

ABOUT cereneo

cereneo is a clinic and research facility specialised in neurorehabilitation.

As one of the world's leading clinics and research facilities in the field of neurorehabilitation, we develop an individual treatment programme, including state-of-the-art training and therapy methods, innovative technology and the latest measuring methods. Taking into account the patients' goals and involving their social environment, we aim to provide our patients with the highest possible degree of independence and to optimise their quality of life.

As an international organisation, cereneo operates all across the globe. Our portfolio includes neurorehabilitation at our facilities as well as individualised home treatment, carried out in collaboration with our partners.

Please contact us personally for further details on our facilities.



MOTIVATION

Neurorehabilitation is not yet using its full potential in healing neurological disabilities.

A better understanding of the brain's physiological processes involved in recovery and learning, the use of new training methods as well as higher therapy intensity and longer therapy offer the prospect of faster recovery that leaves behind no disability.

This finding motivated us to develop a new type of interdisciplinary treatment concept that can significantly improve rehabilitation success after neurological illness or brain injuries.

Tracing our patients' progress provides everyday motivation for our therapists, nurses and physicians, making them stretch their boundaries to achieve the best possible result together with our patients.

With assistance of a new type of financing model, it is our vision to provide a unique therapy concept and make top-quality medicine accessible to everyone regardless of whether insurance covers it or if the patient pays themselves.

cereneo — Motivation Matters

Motivation drives progress. Motivation is the key to change. Motivation makes people cross boundaries. Motivation starts from within.

At cereneo, we believe that Motivation Matters!

Therefore, the patient's recovery process depends on:

- themselves
- their social environment
- the medical as well as therapeutic support

At cereneo, we implement therapeutic measures on an individual and flexible basis. At the same time, we actively involve patients and their social environment. Our therapists and doctors provide daily information about improvements and the next steps to ensure maximum patient motivation.

This approach can be compared to a top athlete's performance and training process. That's what inspired us to develop a programme for potential world champions which has been designed to nurture knowledge transfer between top-tier sport and medicine in a sustainable manner, using the latest approaches to raise the motivation for both patient treatment and athlete training in a targeted way.

Please contact us for further details on the cereneo Motivation Matters project!

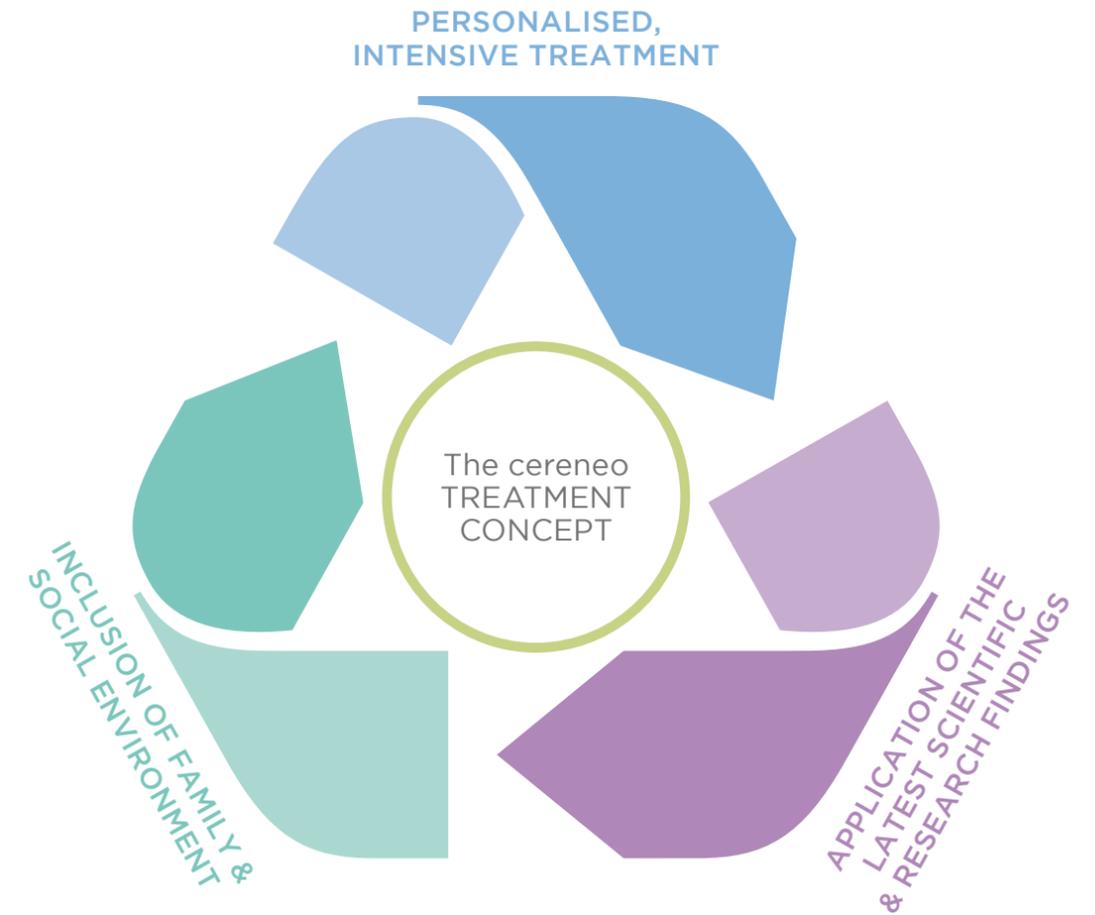
THE cereneo TREATMENT CONCEPT

“We create progress” – in researching physiological processes and processes in the human brain, in developing new therapy methods and technical innovations, such as specialised robotic systems and, not least, for our patients.

Even if limited, the brain still possesses certain self-healing abilities. This ability must be used in a targeted manner, supported and accelerated through the neuro-rehabilitative therapy. Furthermore, the brain is able to learn even at an old age, provided it receives appropriate stimuli. The ability to learn can be exploited to relearn lost functions.

Supporting its self-healing abilities and re-learning functions requires

training, the more personal and intensive, the more effective it is. At cereneo we employ the latest scientific findings from research and science in the form of the most modern therapy and treatment methods and technical training equipment. Furthermore, we involve the patients’ families and social environment in the treatment as they play an important role in the recovery process.



When treating patients, we take into account their individual requirements and needs, using the highest possible intensity and measure the success of our treatments.



We apply state-of-the-art scientific and research findings, thus ensuring the best possible rehabilitation using the latest treatment methods and training equipment.



We include family and social environment in the treatment process creating an atmosphere that optimises treatment success.

PERSONALISED, INTENSIVE TREATMENT



Treatment at cereneo is based on the collaboration between therapists, nurses and physicians. While taking into account our patients' individual requirements and needs, we develop a personalised and at all times flexible treatment programme for each patient. We thereby aim to reach the highest possible therapy intensity in accordance with individual requirements. Treatment progress is measured and

documented regularly. The treatment programmes are based on the respective medical diagnoses, the individual impairment profile and the patients' personal goals. Treatment success is reviewed regularly (at least weekly) and therapies are adapted accordingly. Measuring success is not only important for the clinicians but also for patients, as it increases their motivation.



When treating patients, we take into account their individual requirements and needs, using the highest possible intensity and measure the success of our treatments.



THE INDIVIDUAL THERAPIES IN DETAIL

Neuropsychology

Neurological illnesses greatly affect our ability to pay attention, think and memorise. Our neuropsychologists use modern methods to train the higher functions of thought – memory, attention, abstract reasoning, spatial imagination, and perception which is the ability to perform complex, targeted movements.

THE DIFFERENT THERAPEUTIC METHODS GO HAND IN HAND AND ARE DESIGNED TO BE FLEXIBLE AT ANY TIME.

Movement therapy (physiotherapy, occupational therapy)

Mobility, balance and arm use mean independence and ensure high quality of life. Physical fitness is a prerequisite for sufficient movement. First, our movement therapists work on bio-mechanical limitations, for example strength, range and

precision of motion, always aiming to mitigate the limitation. At the same time, they help patients practice daily life activities.

To this end, we combine different therapies and training methods, in part using high-tech equipment supporting or measuring a specific movement or function. The intensity of the training – the exercises' duration and difficulty – is important as the more intensive the training becomes, the more success it will yield.

Speech therapy

Language, speech and swallowing disorders arise in all types of brain damage. Limitations in communication and the ability to eat independently decrease one's quality of life to a great degree. In order to adjust speech and swallowing and to allow for individual needs, patients' deficits are analysed using clinical tests and imaging procedures (MRI, endoscopy). On this basis, the speech therapist implements an individual training programme, the success of which is reviewed on a regular basis. Once again, the training's intensity plays a major role (several hours of training every day).





INTENTIONALLY,
OUR INDIVIDUAL
THERAPIES
ARE CLEARLY
GEARED TOWARDS
EVERYDAY LIFE
TO MAKE IT AS
EASY AS POSSIBLE
FOR PATIENTS TO
RETURN TO DAILY
LIFE.

Supporting therapies

Brain stimulation (trans-cranial magnetic stimulation, trans-cranial electrical DC stimulation) can be used as supporting therapies to increase the effectiveness of the trainings aimed at movement, thought or speech.

Nursing care

The nursing care team motivates day to day life and directs patients towards independence, which means our nurses activate, stimulate and work with the same concepts as our therapists. For this reason our care team contributes to achieving individual treatment goals. At the same time, their monitoring is central to the assessment and identification of deficits and disabilities. Thus, our nurses perform a central diagnostic task. Most importantly, however, is their contribution to the motivation of the patient, which they can make via close and frequent contact.

Nutritional advice

Intensive training requires sufficient energy. Nutrition must be healthy and take into account the secondary preventative aspects and co-morbidities of the patients (for example diabetes) while contributing to motivation and well-being. Together with the cooks, our nutritional specialists compile individualised nutrition plans.

Social counselling

Social counselling assists patients with returning to everyday and professional life. They offer support and information on questions relating to social security and establish contact with the authorities and institutions when needed.

Psychological care

cereneo supports and advises patients and relatives with problems and difficulties which arise from damage to the brain.



APPLICATION OF THE LATEST SCIENTIFIC & RESEARCH FINDINGS

cereneo applies the latest scientific and research findings obtained in close cooperation with internationally renowned medical research institutes. This comprises the latest therapy and treatment methods as well as the most modern technical training equipment.

cereneo Switzerland as a research institute

cereneo Switzerland conducts basic and clinical research. As a research clinic, cereneo uses state-of-the-art technologies in researching brain recovery and developing new therapy approaches.

Especially in a relatively young field of research such as neurorehabilitation, actual results need critical evaluation before their integration into treatment can even be considered.

cereneo methods to measure brain anatomy and function, for purposes of brain stimulation and movement analysis provide instruments that cereneo can use to contribute to answering important questions of

neurorehabilitation. The technical and medical infrastructure for this is located directly at our clinic in Switzerland.

When it comes to research activities, cereneo is tied to the Chair for Vascular Neurology and Rehabilitation at the University of Zurich.

The holder of the chair himself (Prof. A. Luft) serves as cereneo's medical director while the organisation closely cooperates with leading research groups at the Swiss Federal Institute of Technology in Zurich (ETH), representatives of the Rehabilitation Initiative and Technology Platform Zurich (RITZ) and leading domestic and international research groups. These collaborations ensure that cereneo's research contributes to overall progress.



We apply state-of-the-art scientific and research findings, thus ensuring the best possible rehabilitation using the latest treatment methods and training equipment.



INCLUSION OF FAMILY & SOCIAL ENVIRONMENT

In the framework of the neurorehabilitation, patient well-being plays a particularly important role. Visits and having family and friends around create a pleasant atmosphere and increase well-being while additionally furthering motivation. All these factors contribute to faster patient recovery. At cereneo, patients' families and social environment are therefore involved in the treatment

to the greatest extent possible if the respective patient wishes so. This begins as early as when identifying goals and goes as far as active participation in individual therapy sessions. This creates an atmosphere that contributes to optimising treatment success.



We include family and social environment in the treatment process creating an atmosphere that optimises treatment success.



PATIENTS & RELATIVES

Optimal rehabilitation is a prerequisite for optimum recovery. cereneo strives to make such a recovery possible for patients suffering from neurological illnesses or brain injuries.

The brain and nervous system are complex organs. Damage to these organs requires comprehensive and highly personal support. In a novel way, cereneo combines an interdisciplinary treatment approach with new scientific and technological methods.

Our specially trained expert personnel work hand in hand and take

the time to discuss patients' needs. Based on this, they create a customised therapy plan for each and every patient.

The social environment is intentionally included as it forms part of the recovery process.

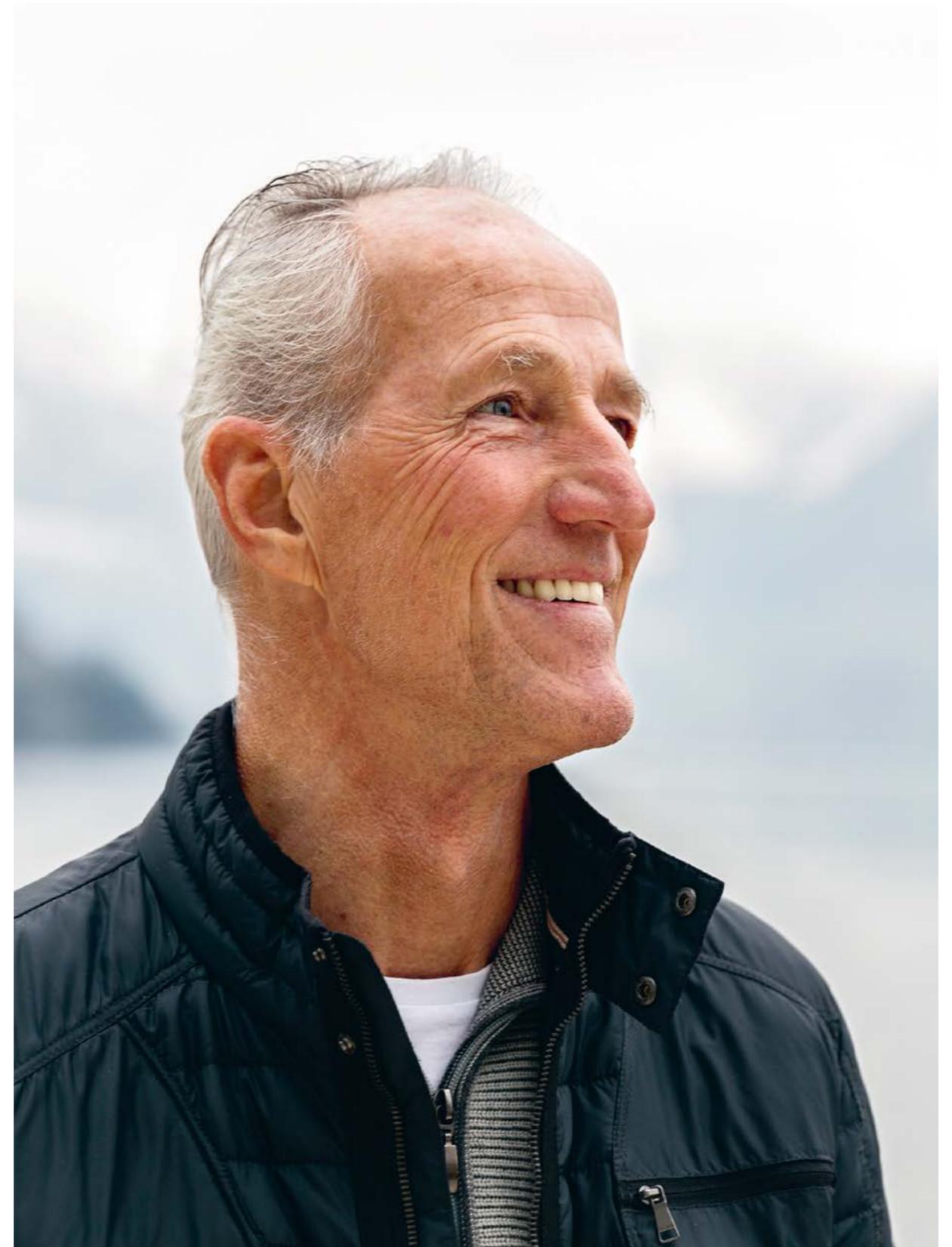
I suffered a stroke in 2009. I was lying alone in my flat for ten hours. I couldn't talk or move. It took me several years to get my life back.

As a former professional ice hockey player, ambition and taking myself to the limit are in my blood. After prolonged and very unsuccessful rehab—as both an in-patient and out-patient—I heard about cereneo and its unique therapy concept. I didn't hesitate for a second. I fought like a (SCL) tiger to receive treatment in Vitznau.

When I arrived at Lake Lucerne I got my confirmation: no other clinic compares to it. cereneo stands for a highly qualified professional team that always works hard and flexibly, and a therapy that stimulates patients both physically and mentally. It proved to be worth it every hour of every day.

cereneo was able to give me back part of the two things that are most important to me: freedom and independence.

Markus Gerber, cereneo patient



Atmosphere

cereneo is connected to the Park Hotel Vitznau, one of the most elegant hotels in Switzerland, located on the banks of Lake Lucerne in the midst of the breath-taking scenery of the Swiss Alps. Park Hotel Vitznau was extensively renovated with great attention to detail to meet all comfort and relaxation needs.

The Rigi nature and leisure time paradise with its rich alpine flora and a network of hiking trails encompassing more than 100 kilometres invites you to get active or relax outdoors.

Rooms

The bright and harmoniously decorated rooms at cereneo create a feeling of lightness and openness and are highly comfortable with a first-class medical infrastructure to guarantee recreation and well-being.



cereneo is not just interested in the patient's medical treatment. The clinic staff is also caring and professional when dealing with logistical issues or very personal requests from within the social environment.

We would wholeheartedly recommend cereneo to other relatives and would say to them: place your trust in Professor Luft and his team.

The Carrion family

BRIGHT AND HARMONIOUSLY DECORATED ROOMS CREATE A FEELING OF LIGHTNESS AND OPENNESS.



Arrival

cereneo organises patient transport, if needed on a stretcher and with or without medical support.

Admission

At cereneo, we strive to make our patients' stay as comfortable as possible.

- Welcoming and arrival with the support of the nursing staff
- Admission examination by our highly qualified team of physicians and therapists
- Definition of treatment goals together with patients and relatives

Meals

Nutrition plays an important role in the various stages of neurological illnesses and has the potential to optimise the patient's rehabilitation.

cereneo's culinary offers therefore include:

- Daily choice of several nutritious and tasty menus
- Consideration of special food requirements or allergies
- Support from the internal room service team



INTERNATIONAL PATIENTS

Arrival

cereneo organises patient transport regardless of where the patient is located, if needed on a stretcher and with or without medical support.

Admission and services

As a Swiss host, cereneo wants to make sure international patients and their relatives feel excellently cared for. Of course, patients' different cultural backgrounds will be respected. Our services include:

- Assistance with obtaining a Visa
- Bi-lingual patient administration (German, English) as well as translation services
- Consideration of patient preferences when selecting the therapists
- Respect for religious issues (e.g. offering Halal or Kosher certified meals)

OUR CLINIC IS LOCATED ON THE BANKS OF LAKE LUCERNE, IN THE MIDST OF THE BREATHTAKING SCENERY OF THE SWISS ALPS.

Relatives

Relatives and other people of significance for patients are incorporated into the rehabilitation process as early as possible. Visits and the presence of family and friends create a good atmosphere, enhance the patient's well-being and help them to make a speedy recovery.

In addition, cereneo is happy to provide support concerning social and financial questions relating to the patient's illness.

Accommodation

Available space provided, family and other people of significance can stay either directly in the patient's room or at the adjoining 5-star hotel Park Hotel Vitznau. cereneo is equally happy to provide advice on alternative accommodation options in the close vicinity (3- and 4-star hotels, apartments, etc.)



EXPERT PERSONNEL & MANAGEMENT

cereneo's team consists of highly qualified neurologists, physiotherapists, occupational therapists, speech therapists, neuro-psychologists, nutrition specialists and care specialists.

The various professionals involved in the rehabilitation process are in constant dialogue to provide patients with a goal-orientated treatment.

Whenever necessary, expert fields are combined with specific treatments. This interdisciplinary cooperation is

of the highest importance to optimally support patients. To ensure the most intensive therapy possible, cereneo employs a great number of specially qualified therapists to implement this high number of therapeutic hours.

The cereneo Advanced Rehabilitation Institute

The cereneo Advanced Rehabilitation Institute (CARING) is attached to the cereneo clinic and cooperates closely with Zurich University and the Swiss Federal Institute of Technology in Zurich (ETH). At CARING, researchers look into measuring and validating the effectiveness of post-stroke therapy both in the environment of the clinic and at home following in-patient care. In addition, it conducts research into how patients can train safely and independently at home to improve or at least maintain their state following in-patient rehabilitation. This

method of dubbed tele-rehabilitation used at home and in everyday life aims to motivate patients to perform daily training and to increase training intensity without increasing treatment costs to the same extent. Following the development of effective measurement and therapy methods, the researchers intend to solve issues regarding their use in various health care systems such as economic efficiency, financing, service infrastructure and product commercialisation.



World-class medicine and corresponding treatment require exceptional performance from the team and the best research. And precisely this is found at cereneo. A global network of experts and the specialisation in neurotherapy enable us to achieve the best possible progress for our patients.

We also assume that our approach will reduce therapy costs in the long term, as treatments are targeted and more intense.

Michael Horacek, President of the board of directors cereneo



CONTACT & DIRECTIONS



The journey to our facility takes 35 minutes from Lucerne, barely 45 minutes from Zurich, 1 hour and 40 minutes from Basel, 3 hours from Milan and 4 hours from Munich. The nearest airport is Zurich (50 minutes).

Using public transport, one can reach cereneo by railway, coach or ship. The exact schedules and routes can be found at www.sbb.ch.

Do not hesitate to contact us for personal and further information at any time. We look forward to your message!

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