

**BARIATRIC CARE UNIT**  
**at the**  
**LIVINGSTON COUNTY CENTER FOR NURSING AND**  
**REHABILITATION:**

11 Murray Hill Drive, Mt. Morris, NY 14510

**DEFINITION**

The Bariatric Unit is a 12-bed unit within the Park Avenue Neighborhood at the Livingston County Center for Nursing and Rehabilitation. The bariatric unit contains a group of dedicated staff working together with people of size who are committed to weight loss and development of healthy eating patterns.

A comfortable setting is provided with specialized equipment designed for the obese population. The spacious rooms contain special sized beds, room chairs, and doorways to optimize the comfort of this population. Specialized ceiling lifts provide easy and safe transfers when necessary. Private and double rooms are available.

**GOALS**

The goal of the bariatric unit is to assist individuals who are committed to weight loss through a variety of interventions, to improve quality of life, maximize independence, and/or return to a life in the community.

**SERVICES PROVIDED BY THE CARE PLAN TEAM**

**Nutritional Counseling**

A registered dietician is available to provide individual and/or group counseling on healthy eating. For those that are committed to weight loss, a structured meal plan will be created to promote a healthier weight. Meetings between you and the dietician will occur on a regular basis to review current weight and menu, and to discuss options for healthier meal choices.

**Psychological Services**

Depression and emotional issues often accompany individuals who are dealing with weight issues. Psychological services will be available to address the depression and emotional issues that often accompany obesity.

**Nursing Services**

A registered nurse will be the manager of your health care and will monitor for any changes in condition. An in-house physician will provide services and oversee your specific health concerns.

**Exercise Program**

For those approved by a physician, individual and/or group exercise programs will be provided to promote a healthy lifestyle. Physical and Occupational therapists will provide recommended exercises geared towards the bariatric population, and oversee their implementation.

**Social Work Services**

A trained social worker will be available to oversee the functioning of the team, arrange for services, and provide support to the resident as needed.

**Bariatric Surgery Option-** Surgery options will be available through participating hospitals in the Rochester area for those who wish to undergo this process and have obtained medical clearance from their physician. Discharge planning will be provided for those ready to return to the community, as well as recommendations for healthy meals to maintain weight loss in the community.

**Contact Information**

For information on the bariatric program, please contact Anne Campfield, Social Work Assistant at 585-243-7862. Fax number 585-243-7999.