

P.A.N. ZENTRUM  
FÜRST DONNERSMARCK-HAUS



STEP BY STEP – NEW WAYS  
BACK INTO EVERYDAY LIFE

# DEAR READER,

People who have suffered a traumatic brain injury or other causes of damage to the brain find themselves facing the immense challenge of learning to live a new life. In order to make progress on the way towards independence they need a secure environment and reliable support. The P.A.N. Zentrum\* is a centre for Post-Acute Neurorehabilitation and offers the best possible conditions for a return to daily life. We adopt new approaches to neurorehabilitation and build bridges for transferring from the period of time spent in the rehabilitation clinic to subsequent residential facilities.

We view people as whole beings, with their physical and cognitive functions as well as their wishes and feelings. In order to achieve a high quality of life, we adopt a participatory approach, thus motivating the residents and encouraging them to develop their own initiative.

Our work is oriented towards everyday situations and actions. In the P.A.N. Zentrum, we always try to link the skills needed to learn to the individual's experience. Based on interdisciplinary cooperation, we also use new research findings to help identify the potential of each person and develop every facet. We support people during their rehabilitation, assist them for part of the way, and are at their side when they take their first steps towards an independent life.

*Prof. Dr. med. Stephan Bamborschke,  
FAAN, Head physician*

\*The Post-Acute Neurorehabilitation Zentrum is part of the Fürst Donnersmarck-Haus.

# HOW DO WE WORK?

» *The approach of the P.A.N. Zentrum draws on the latest findings in neuro-rehabilitation and implements these in targeted practical applications.*



**Prof. Paul Walter Schönle**

Median Clinics, Bad Oeynhausen,  
University of Constance

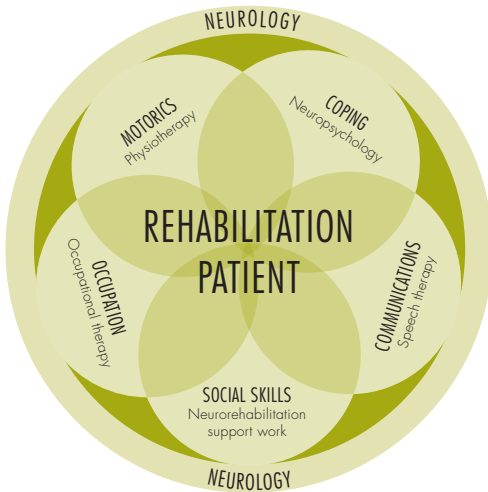
## THE FOCUS IS ON THE INDIVIDUAL

On the basis of initial consultations and discussions with family members, our doctors, neurorehabilitation support workers and therapists develop an individual rehabilitation plan which takes into account each person's potential and deficits. To encourage residents to assume responsibility for their own recovery, we agree on milestones and regularly check on progress, to be sure that we are providing the best possible support.



## COOPERATING FOR SUCCESS

We adopt an interdisciplinary approach in order to achieve the rehabilitation goals, with close cooperation at all times between the departments for neurology, occupational therapy and physiotherapy, speech therapy, neuropsychology and neurorehabilitation support work. Transparency and trust are the basis for interdisciplinary success. The quality and effectiveness of our approach is also ensured by the willingness to integrate new research findings.



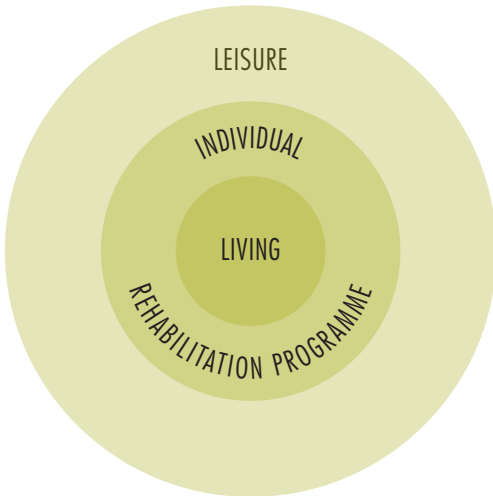
Coordination procedures and regular progress checks enable continuous reassessment of our therapeutic strategies:

- Interdisciplinary meetings are held every six weeks, networking discussions every six months, and progress consultations every twelve months
- Networking software is used for documentation of the rehabilitation process
- Ongoing interdisciplinary checks are carried out to monitor individual progress

# WHAT CAN WE OFFER?

## INDIVIDUAL ACCOMMODATION IN RESIDENTIAL GROUPS

We usually provide single rooms with an en suite bathroom. Twelve rooms form a residential group. This provides a degree of privacy and at the same time allows social learning and contacts in the group. The residential groups are supervised by our neurorehabilitation support workers. Practical skills can be trained in a safe environment. Each resident has a contact carer at their side.



So-called training apartments are provided to prepare in a realistic setting for the everyday situations which will later be encountered.

## INDIVIDUAL REHABILITATION PROGRAMMES

During the rehabilitation process we aim to achieve the right balance between intensive therapies and relaxing activities. The programme is geared towards everyday experiences and the wishes of the resident. The treatment typically takes up to 18 months, but this depends on the needs and goals of each person. We prepare the residents to live a life which is as independent as possible. Our neuropsychologists also help them to learn to accept any remaining limitations and to live with the changes.

## VARIED LEISURE ACTIVITIES

In the P.A.N. Zentrum, residents are offered a wide range of leisure activities:

- Sports
- Creative techniques, such as painting, pottery, handicrafts
- Visits to cultural events in Berlin
- Excursions in the surrounding countryside





## ADVICE AND SUPPORT FOR FAMILY MEMBERS

Family and friends also often face considerable difficulties, and they can receive advice and various forms of support from the P.A.N. Zentrum and the foundation.



» *Accompanying residents on their way into an independent life is a professional challenge for us that we approach with dedication.*



**Prof. Dr. med. Stephan Bamborschke**  
Head physician

## FACTS AND FIGURES

- Situated in the green suburban area of Frohnau, easily reached with local public transport
- The centre is a further development of the foundation's "Temporary Accommodation – Rehabilitation" facility
- Offers 66 places
- Loyal staff with little turnover in our collaborative teams
- Staff continue their professional training
- 70% of residents move to ambulatory assisted accommodation
- Interdisciplinary cooperation of neurologists, therapists, neurorehabilitation support workers and neuropsychologists

## WHERE TO FIND US





# WHAT PROBLEMS DO WE SOLVE?



» *My time at the P.A.N. Zentrum really helped me on my way to living independently again!* «

**Malte Bockhorst**

Patient

Our clients include people with traumatic brain injury, stroke and other types of brain diseases who seek further progress following their initial hospital-based care. We are also equipped to care for people with multiple diagnoses. Regardless of the cause, acquired brain injuries produce similar impairments, disabilities and limitations that will vary from one person to the next:

- It is no longer possible to fulfil the various roles that an individual has played in the past – husband, mother, son, partner, employee or employer.
- The ability to develop relationships, communicate and cope with daily situations becomes difficult.
- Daily self care and mobility is no longer as independent as before.
- Psycho-social limitations are encountered.
- Cognitive limitations affect planning, insight, memory and personality.

# OPENING PATHS

The P.A.N. Zentrum is an institution of the Fürst Donnersmarck-Stiftung zu Berlin. The objective of the foundation, founded in 1916, is the rehabilitation of people with physical and multiple disabilities. The foundation and its subsidiaries have a workforce of 600 employees working in

■ REHABILITATION

■ EDUCATION

■ TOURISM



Beginning with Post-Acute Neurorehabilitation, the foundation offers appropriate care and accommodation for various levels of independence. We work in close cooperation with universities and support their work by regularly awarding research prizes in the field of neurological rehabilitation.

## ■ P.A.N. ZENTRUM FÜR POST-AKUTE NEUROREHABILITATION IM FÜRST DONNERSMARCK-HAUS, BERLIN-FROHNAU

Your contact: Prof. Stephan Bamborschke,

Post-Acute Neurorehabilitation

Raentaler Str. 32 | 13465 Berlin

Tel. +49 30 40606-0 | Fax +49 30 40606-340

E-mail: bamborschke.fdh@fdst.de | [www.panzentrum.de](http://www.panzentrum.de)