Ospedale Niguarda

Sistema Socio Sanitario
Regione Lombardia

Medium-Care Protected Community Ippocrate/Rufo

Services Guide

Community Health
and Social Care Services

What is the Medium-Care Protected Community?

The Medium-Care Protected Community (MPC) is an extensive therapeutic and rehabilitation residential facility, affiliated with the Residential Psychiatric Rehabilitation Unit of the Niguarda Hospital's Department of Mental Health and Addictions.

It is a residential service addressed to adults with mental health disorders in stable clinical conditions, who require ongoing daytime care support and therapeutic-rehabilitative interventions aimed at maintaining and/or enhancing personal and social independence.

The staff working at the MPC endeavours to help each resident maintain and develop his or her abilities, strengthen daily living skills and acquire relational skills, in order to reduce isolation and promote social inclusion, in line with the objectives defined in the Individualised Treatment Plan.

The Residential Psychiatric Rehabilitation Unit includes two MPCs with 14 beds in total. Specifically, the Rufo MPC has 8 beds, while the Ippocrate MPC offers 6 beds.

Who is it intended for

The Medium-Care Protected Community is intended for adults up to 65 years of age with mental disorders, who require a structured therapeutic-rehabilitative program while not needing a high level of care.

What the MPC offers

The Medium-Care Protected Community offers group and individual therapeutic and rehabilitative interventions, tailored to the individual's needs, formalised in the therapeutic rehabilitation project and implemented by a multidisciplinary team consisting of:

- Psychiatrists
- Psychiatric rehabilitation technicians
- Nurses
- Orderlies

The team works in an integrated manner to ensure comprehensive and continuous care paying heed to both clinical and daily life aspects.

Main Activities and Interventions:

- Regular visits and consultations with the psychiatrist
- Assessment of personal, relational, and social functioning
- Monitoring of health status and clinical aspects
- Self-administration of drug therapy
- Cognitive rehabilitation interventions, within the framework of an individualised treatment program
- Personalised training, internship and job placement programs, in collaboration with the Community Mental Health Centre (CMHC)
- Support for daily activities and relationships with local services
- Involvement of the family network or other reference figures, where present
- Interventions on basic skills with individual coaching for personal and household hygiene
- Entertainment and resocialisation activities on-site or off-site
- Participation in community activity planning
- Participation in structured group rehabilitation activities: expressive, psychomotor, occupational, musical, discussion groups, etc.
- Involvement of volunteers to support personalised programs and resocialisation activities on-site or off-site

How to access the service

Placement in a Medium-Care Protected Community is by referral from the relevant Community Mental Health Centre (CMHC), as part of a care process shared with the individual concerned following the preparation of a specific Individualised Treatment Plan.

Contact details

Psychiatric Residential Rehabilitation
Director: Mauro Percudani
Head of Psychiatric Residential Rehabilitation Unit: Ivan Limosani
Head of MPC: Patrizia Thei
Healthcare Coordinators: Elena Consonni,/ Ismaele Morsello

How to reach us

IPPOCRATE / RUFO MPC

Via Ippocrate 45, Milano
Pavillion 25 - Mezzanine floor
Tel. 02 6444.5139

Public transport:

- Bus: lines 40, 41, 35 - Via L. Modignani / Via Salemi stop
- Metro: M3 (yellow line) - Affori FN stop
- Underground railway: line S2 and S4 – Milano Affori stop

By car:
A4 Torino-Trieste motorway, exit Cormano
Parking available in the areas adjacent to the facility

ASST Grande Ospedale Metropolitano Niguarda

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