A Guide to Traveling for Care

THE ADVANCED FETAL CARE CENTER
Boston Children’s Hospital
# Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Search for Hope</td>
<td>3</td>
</tr>
<tr>
<td>Traveling to Boston Children’s Hospital</td>
<td></td>
</tr>
<tr>
<td>Directions</td>
<td>4</td>
</tr>
<tr>
<td>Parking</td>
<td>4</td>
</tr>
<tr>
<td>By Airplane</td>
<td>5</td>
</tr>
<tr>
<td>By Rapid Transit</td>
<td>5</td>
</tr>
<tr>
<td>Finding Your Way in the Neighborhood</td>
<td>6</td>
</tr>
<tr>
<td>Map of Longwood Medical Area</td>
<td></td>
</tr>
<tr>
<td>Where to Stay in Boston</td>
<td></td>
</tr>
<tr>
<td>BCH Patient and Family Accommodations</td>
<td>7</td>
</tr>
<tr>
<td>Hotels</td>
<td>8</td>
</tr>
<tr>
<td>Short-term Furnished Rentals</td>
<td>9</td>
</tr>
<tr>
<td>Inside Boston Children’s Hospital</td>
<td></td>
</tr>
<tr>
<td>Map of Hospital</td>
<td>10</td>
</tr>
<tr>
<td>Boston Children’s MyWay App</td>
<td>10</td>
</tr>
<tr>
<td>The Essentials: Meals, Money and Mail</td>
<td></td>
</tr>
<tr>
<td>Restaurants</td>
<td>11-12</td>
</tr>
<tr>
<td>Groceries</td>
<td>12</td>
</tr>
<tr>
<td>Pharmacies</td>
<td>12</td>
</tr>
<tr>
<td>Postal Services</td>
<td>12</td>
</tr>
<tr>
<td>Important Numbers</td>
<td>13</td>
</tr>
</tbody>
</table>
The Search for Hope …

If you are reading this, a problem has been detected in your unborn baby and you have made the decision to travel to Boston Children’s Hospital (BCH) for consultation or care. The decision to leave home for medical care is never easy, but it is especially difficult following the discovery of a fetal anomaly. Parents often tell us that the diagnosis of a fetal anomaly hits them like a tidal wave and calls into question many of the dreams they had for their little one. In the wake of such news, they report feelings of fear, sadness, anger and helplessness. They grieve the loss of an uncomplicated pregnancy and instead reluctantly enter a complex and unfamiliar medical world. For many parents, this is their first experience with parenting and they struggle with ambiguous diagnostic information and impossible choices. The decision to travel for consultation or care is often a search for hope in the face of great uncertainty.

In the Advanced Fetal Care Center (AFCC), it is our mission to provide the finest diagnosis, treatment and compassionate care for a woman carrying a baby with a congenital anomaly. We also strive to prepare you for the potential impact of congenital malformations on health, quality of life and the family. Ultrasound, magnetic resonance imaging (MRI) and echocardiograms are used to gain optimal detail for diagnosis. You will then meet pediatric specialists who have cared for children with this anomaly to learn about treatment options. Physicians, nurses, genetic counselors and a social worker provide education and support for optimal adjustment and decision-making. Our clinical team remains available to you for monitoring, intervention and/or support for the duration of the pregnancy.

Traveling to Boston for such care, however, is not without complications. The logistics of travel, identification of accommodations, added expenses, uncertain length of stay, distance from usual supports, all add to the stress of carrying a baby with a fetal anomaly. This guide has been created to help you with some of the challenges of traveling to Boston for care. It includes: directions for travel by air or car to BCH, a partial listing of accommodations, suggestions for food/shopping, and maps of Boston Children’s Hospital, the Longwood medical area and public transit system (MBTA). This guide will not answer all your questions, but hopefully it will shed some light on some of the details of this journey. We have helped many families travel to Boston for care and will do our best to reduce the challenges for you.

After reading this, please feel free to contact me for assistance with additional questions. We look forward to meeting you and sharing your journey.

Laurie Oliver Taylor, LICSW
Clinical Social Worker
Advanced Fetal Care Center
Boston Children’s Hospital
laurie.olivertaylor@childrens.harvard.edu
617. 355.0882
Traveling to Boston Children’s Hospital...

Boston Children’s Hospital (BCH) is located at 300 Longwood Avenue, Boston, Massachusetts. The traffic in the Longwood medical area is congested between 7-9 AM and 4-6 PM. If you are driving and have early appointments, leave adequate time for travel and parking.

**From the North or South:**
- Via Interstate 93 or 95, take Storrow Drive westbound
- Exit at the Fenway, Route 1 South.
- Follow signs for Boylston Street, Outbound and bear right on Boylston Street.
- At 4th traffic light, bear left on Brookline Avenue.
- At 2nd traffic light, turn left on Longwood Avenue.
- The main entrance to BCH is the 2nd right.

**From the South:**
- Via Route 1, continue to the Jamaicaway. Via Routes 28 or 138, proceed via Morton Street and the Arborway to the Jamaicaway.
- Continue on the Jamaicaway to the light at Brookline Avenue.
- Turn right on Brookline Avenue.
- At the 2nd light, turn right on Longwood Avenue.
- The main entrance to BCH is the 2nd right.

**From the West:**
- Via the Massachusetts Turnpike, take Exit 18 and get on Storrow Drive eastbound towards Boston.
- Exit at the Fenway, Route 1 South.
- Follow signs for Boylston Street, Outbound and bear right on Boylston Street.
- At the 4th traffic light, bear left on Brookline Avenue.
- At 2nd traffic light, turn right on Longwood Avenue.
- The main entrance to BCH is the 2nd right.

Or

- Via 128 (I-95), take Exit 20/ Route 9 East.
- At Brookline Village intersection, turn left on Brookline Avenue.
- At 6th light turn right on Longwood Avenue.
- The main entrance to BCH is the second right.

**Parking:**

Parking is available in the Children’s Hospital Garage on Blackfan Street directly across from the main entrance. Patients and their families are eligible for a discounted rate. **Validation of your parking ticket is available at the reception desk in the hospital lobby. With a validated ticket, the maximum fee is $10.00 per 24 hours.** Valet parking is also available at the main entrance for an additional $4.00. Parking programs are available for inpatient families. See your social worker for details.
By Airplane:

Logan International Airport in Boston is the closest airport to BCH, approximately 7 miles from the hospital. You can get to the hospital via public transit (see map below) or taxi. Allow 15-60 minutes depending on the time of day and traffic. There is no designated shuttle from Logan Airport to BCH.

By Rapid Transit (MBTA):

Take either the D or E Green line to Longwood. Follow Longwood Ave. to BCH.
Finding Your Way in the Neighborhood…

- **BCH** Boston Children's Hospital
- **BWH** Brigham and Women's Hospital
- **BIDMC** Beth Israel Deaconess Medical Center
- **P** Boston Children’s Hospital Parking
  (Entrance on Blackfan Cir)
- **The House at 21 Autumn Street**
- **Yawkey Family Inn (241 Kent St)**
- **Subway Stop (MBTA)**
Where to Stay in Boston…

Accommodations in Boston can be very expensive and difficult to find. The best option for you will depend on your financial resources, the number of people traveling with you, the anticipated length of stay, and your own need for company vs. privacy. Whether you choose to stay in the hospital, hospital housing, a hotel or a furnished rental, keep in mind, that *advanced planning is strongly recommended.*

**BCH Patient and Family Accommodations:**

- **The House at 21 Autumn Street**
  - Yawkey Family Inn
  - 21 Autumn Street, 5th Floor
  - 241 Kent Street
  - Boston, MA
  - Brookline, MA
  - 617.919.3450
  - $30.00 a night
  - Private rooms with shared bathrooms for BCH families
  - Walking distance to hospital
  - Communal kitchen, laundry facilities, internet access
  - Parking available in BCH garage for $10.00 per day
  - [www.childrenshospital.org/familyhousing](http://www.childrenshospital.org/familyhousing)

- **Parent Sleep Spaces**
  - 617.355.6279
  - Farley 5 and 6
  - Boston Children’s Hospital
  - No charge
  - Private room with twin bed, shared bathrooms in hospital for parents with a child in ICU
  - Available on a first-come, first-served basis
  - Rooms reserved daily through the Center for Families
  - Communal kitchen, laundry facilities, internet access, linens provided
  - Parking available in BCH garage for $10.00 per day

- **Hospitality Homes**
  - 888.595.4678
  - Suggested donation $25/night
  - Lodging for patient/families in private volunteer host homes
  - [www.hosp.org](http://www.hosp.org)

- **The Medical-Surgical Intensive Care Unit (MSICU) and the Cardiac Intensive Care Unit (CICU) also have a bed available in the baby’s room. The Neonatal Intensive Care Unit (NICU) does not. The ICU is not the most relaxing place to sleep and families often find they need a place away from the unit to relax. But if you feel the need to be close to your baby, you should know that there is the option in the MSICU and CICU for one parent to sleep at bedside. Once the baby transfers to the floor there are only bedside accommodations for one parent.**
Hotels:

- **The Inn at Longwood Medical**
  617.731.4700
  342 Longwood Avenue, Boston, MA 02115
  .01 miles from BCH
  Fridge and microwave available upon request
  Overnight parking $23.00 per day, walking distance to hospital

- **Best Western Roundhouse Suites**
  617.989.1000
  891 Massachusetts Avenue, Boston, MA 02112
  2.11 miles from BCH
  Fridge and microwave available upon request
  Free parking, free shuttle to hospital

- **Four Seasons Hotel**
  617.338.4400
  200 Boylston Street, Boston, MA 02118
  2.79 miles from BCH
  Fridge and microwave available upon request
  Valet parking $48.00 per day, complimentary drop off car service

- **Hampton Inn & Suites**
  617.445.6400
  811 Massachusetts Avenue, Boston, MA 02118
  2.0 miles from BCH
  Fridge and microwave available upon request
  Free shuttle to Logan and some area attractions
  Daily parking $25.00, free shuttle to BCH

- **The Longwood Inn**
  617.566.8615
  123 Longwood Ave, Brookline, MA 02446
  .55 miles from BCH
  Twenty-one rooms and a one-bedroom apartment
  Free Parking, short walk to hospital

- **Holiday Inn Brookline**
  617.277.1200
  1200 Beacon Street, Brookline, MA 02446
  .75 miles from BCH
  Fridge and microwave available upon request
  Daily parking $32.00, free shuttle to hospital

- **Marriott Courtyard Brookline**
  617.734.1393
  40 Webster Street, Brookline, MA 02446
  1.30 miles from BCH
  Fridge and microwave available upon request
  Daily parking $35.00, free shuttle to hospital

*Ask for patient rate when booking. Letters to verify patient status are available from the AFCC.*
Short-Term Furnished Rentals:

The following is a partial list of sources for furnished rentals. Neighborhoods in proximity to BCH include: Longwood Medical area, Fenway/Kenmore and Brookline.

www.airbnb.com: an online community marketplace that connects people looking to rent their homes with people who are looking for accommodations.

www.furnishedhousing.com: extended stay and corporate rental site

www.oakwood.com: corporate housing site.

www.sublet.com: apartments, rooms, sublets and houses for rent.

www.vrbo.com: online advertising of “for-rent-by-owner” properties.

180 Brookline Ave: 180 Brookline Ave, Boston 877.902.0832

1330 Boylston St: 1330 Boylston St, Boston 877.902.0832

Fenway Triangle Trilogy, 180 Brookline Ave, Boston 877.383.1237

Greenhouse Apartments: 150 Huntington Ave, Boston 617.267.6777
   1 Bedrooms starting at $4,170
   2 Bedrooms starting at $5370

Hancock Village Apartments, 298 Independence Drive, Chestnut Hill 877.314.1472
   1 Bedrooms Starting at $3,300
   2 Bedrooms Starting at $4,500
   3 Bedrooms Starting at $4,700

Longwood Towers, 20 Chapel St, Brookline 855.596.8125
   1 Bedrooms Starting at $4,550
   2 Bedrooms Starting at $5,730

Longwood Galleria Apartments, 400 Brookline Ave, Boston 617.566.5204
   Unfurnished, one year lease required.
Inside Boston Children’s Hospital...

**FLOOR**

B: Main Entrance, Information Desk/Parking Validation, Fresh Food Court, Au Bon Pain, Hale Center for Families (MAIN)

1: Admitting, Financial Services, Laundry, ATMs (FARLEY/PAVILLION)

2: Advanced Fetal Care Center (PAVILLION)

5, 6: Parent Sleep Spaces (FARLEY)

7: Neonatal Intensive Care Unit (NICU), Medical/Surgical Intensive Care Unit (MSICU) (MAIN)

8: Cardiac Intensive Care Unit (CICU), Inpatient Cardiac Floor (MAIN)

**Boston Children's MyWay** is a free mobile app with step-by-step directions to help you get around many of our locations. MyWay connects you with Boston Children’s support services like our Center for Families and has listings for local restaurants, hotels and fun things to do with the kids while in the area. Download Boston Children's MyWay on your iPhone or Android smart phone, and start spending less time focused on where you’re going.

**Download the app today in Apple’s App Store or Android’s Google Play Store.**
The Essentials: Meals, Money and Mail…

Restaurants:

- **Fresh Food Court**
  BCH lobby
  Chef’s Playground, Starbucks, Subway, Pizzeria Regina

- **Au Bon Pain**
  BCH lobby
  Soups, salads, sandwiches and pastries

- **Red Mango**
  BCH lobby
  Frozen yogurt and smoothies

- **Galleria Food Court**
  342 Longwood Avenue, Boston, MA
  McDonald’s, Subway, Dunkin Donuts, Beantown Burrito, T. Sushi Wraps and Noodles, etc…

- **Bertuccis**
  1 Blackfan Circle, Boston, MA
  Italian cuisine and pizza

- **Boloco**
  283 Longwood Avenue, Boston, MA
  Burritos and smoothies

- **Bruegger**
  375 Longwood Avenue, Boston, MA
  Bagels, sandwiches, salads, and coffee

- **Caffe Nero**
  360 Longwood Ave, Boston, MA
  European coffeehouse specializing in Italian coffee and “good, simple food”

- **JP Licks**
  1618 Tremont Street, Boston, MA
  Homemade ice cream and frozen yogurt

- **Longwood Grille** (in the Inn at Longwood)
  342 Longwood Avenue, Boston, MA
  American cuisine
• **TGI Fridays**  
  1626 Tremont Street, Boston, MA  
  American cuisine

• **Uno Chicago Grill**  
  645 Beacon Street, Boston, MA  
  American cuisine and pizza

**Groceries:**

• **Shaw’s**  
  33 Kilmarnock Street, Boston, MA

• **Stop and Shop**  (Brigham Circle)  
  1620 Tremont Street, Boston, MA

• [www.Peapod.com](http://www.Peapod.com)  
  Online grocery service with delivery from Stop and Shop. Minimum order $60.

• **Trader Joe’s**  
  1317 Beacon Street, Brookline, MA

**Pharmacies:**

• **CVS**  
  1st floor, BCH

• **CVS**  
  350 Longwood Avenue, Boston, MA

**Banks:**

• **Bank of America**  (ATM)  
  1st floor BCH, near new Fegan elevators

• **Citizens Bank**  (ATM)  
  1st floor BCH, near new Fegan elevators

**Postal Services:**

• **UPS Store**  
  423 Brookline Avenue, Boston, MA

• **US Post Office**  (near Brigham Circle)  
  1575 Tremont Street, Boston, MA
Important Numbers at BCH:

**Advanced Fetal Care Center**
BCH Patient Financial Services
Pastoral Care
Hale Center for Families
Hospitality Homes
Inpatient Food Service

**Intensive Care Units:**
Cardiac (CICU) - 8 South
Neonatal (NICU) - 7 North
Medical/Surgical (MSICU) - 7 South

International Health Services
Interpreter Services
Lactation Support
Parent Sleep Space Reservations
Patient Family Housing Reservations

**Important Numbers for Maternal Care:**

**Beth Israel Deaconess Medical Center**
Patient Registration
Maternal Fetal Medicine

**Brigham and Women’s Hospital**
Patient Registration
Maternal Fetal Medicine

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13