

# Above & Beyond Senior Services

## STEP Above™



S

Targeted treatment focused on **strengthening** muscle groups to provide **security** and independence.

T

**Training** provided by skilled physical and occupational therapists to train caregivers and **teach** family members.

E

Regular therapist visits ensure **easy** progress. We create an **effective** environment to achieve your goals in your own home.

P

A **plan** tailored to your situation **prevents** injury and promotes wellness. We provide updates on your progress and achievements with each visit.



S

Strength & Security

T

Train & Teach

E

Easy & Effective

P

Plan & Prevent

# STEP Above™

**FREEDOM • INDEPENDENCE • CONFIDENCE • PEACE OF MIND**

## **Physical and Occupational Therapy Proven to:**

- Promote Health & Wellness
- Achieve Strength and Mobility
- Reduce the Risk for Falls
- Assist With Adapting to Chronic Illness
- Ensure Safe Environmental Set-up
- Promote Independence for Individuals With Dementia, Parkinson's, Stroke, Arthritis, and Other Chronic Conditions
- Provide Safe Adaptive Equipment Recommendations and Training
- Evaluate and Consult on Cognitive Decline

## **Here's What Our Clients and Families Are Saying About Us:**

"You are our angels on Earth!" ~ Client

"I will never forget the outstanding and patient care you gave Arnold." ~ Client's Wife

"Jill is one in a million. Mom has a bit more spring in her step, as a family we really appreciate the positive focus." ~ Client's Daughter

"You kept John out of the nursing home and he looked forward to your visits!" ~ Client's Wife

"Carolyn is doing a great job! I see significant improvements in my father's mobility."  
~ Client's Son



**Above & Beyond**  
SENIOR SERVICES

**612.965.5122**

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**SERVING THE TWIN CITIES METROPOLITAN AREA.**

**CALL TODAY FOR A FREE PHONE CONSULTATION • 612.965.5122**