

*Contact us today,
and let us help you:*

Maintain **INDEPENDENCE**
in your home

Achieve **CONFIDENCE**
with your daily activities

Create **PEACE OF MIND**
for you and your family

Develop **FREEDOM** from worry

Acquire **CONTROL** over
your goals and desires



Above and Beyond Senior Services was founded by licensed medical professionals with extensive experience working with the senior community. We have a passion for what we do and look forward to demonstrating our commitment and expertise to you and your loved ones.



Above & Beyond Senior Services was founded in 2007 by Allison Bakke. Allison is an occupational therapist with over 15 years of experience working with seniors and has specialized in treatment of cognition and dementia. She is licensed by the MN Department of Health and certified by the National Board for Certification in Occupational Therapy.

*Call to set-up a free phone consultation
or inquire with any questions.*



507.535.9792

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www.aboveservices.com



*Taking You to a New Level
of Independence!*

Finding Peace At Home

Above and Beyond Senior Services was born from a desire to help seniors and their families ensure their environment and lifestyle are as safe and comfortable as possible. Too often, therapists and other medical professionals find themselves responding to potentially avoidable crisis situations. That is why our focus is to work to provide proactive services. Our services and assessments are designed to help seniors live independently and safely in their homes as long as possible. If the decision is ultimately made to move, we have services designed to ensure the entire transition is stress-free and the new home is as safe and comfortable as possible.





Above & Beyond Senior Services provides consultation and support for older adults and their families who want a way of life that is less demanding, and allows for enhanced personal freedom.

Our Services

- » Assist in exploring lifestyle options that will meet the needs and capabilities of the senior
- » Make living at home less burdensome
- » Assist the senior and family with recommendations for needs related to moving
- » Coordinate with family and/or medical support staff to meet client needs
- » Coordinate complex community resources & support networks

Above & Beyond Senior Services is well qualified to conduct cognitive, physical, and safety assessments, responsive to the aging process. All evaluations are completed by licensed physical and occupational therapists.

Home Assessment

Home Safety Assessment May Include:

- » Environmental assessment for safety
- » Ease of movement in all living areas
- » Analysis of activities of daily living
- » Energy conserving layouts
- » Recommendations for adaptive equipment and home modification
- » Furniture re-arrangement
- » Assist to “de-clutter” living areas

Falls & Balance Assessment:

- » Complete standardized balance assessments
- » Recommendations for adaptive equipment and environmental modification
- » Recommendations for exercise or further therapy

Cognitive Assessment:

- » Complete a series of standardized cognitive assessments
- » Recommendations for safety around the home, medication and financial management
- » Driving recommendations
- » Implement compensatory strategies
- » Recommendations for level of supervision or services

Therapy

- » Physical therapy treatments
- » Occupational therapy treatments
- » Ongoing strengthening and recovery once Medicare services have ended
- » Balance maintenance for fall prevention through our **STEPAbove Program**
- » Adaptive equipment and mobility device training
- » Fall prevention and home safety instruction
- » Relocation support through recommendations with our **Move Above & Beyond Program**
- » Modification of daily activities to allow for continued participation in lifelong, meaningful hobbies and tasks



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“In the middle of every difficulty lies opportunity.”

~Albert Einstein



FOR MORE INFORMATION, GO TO WWW.ABOVESERVICES.COM