



Above & Beyond Senior Services was founded in 2007 by Occupational Therapist, Allison Bakke. Allison has 20+ years of experience working with seniors and has specialized in treatment of cognition and dementia. Allison has built a team of exceptional therapists who help carry out her vision of doing therapy differently than you've seen before. We have a passion for what we do and look forward to demonstrating our commitment and expertise to you and your loved ones.

#### CLIENT TESTIMONIALS

"My therapists make all facets of my life less complicated. We work hard, but we also laugh and have fun. I look forward to my therapy days." -John

"The sessions are very relevant. I have had so much improvement in my daily life. I love the kind of relationship we have. The therapists are all very professional, personal, and comforting." -Mary

## Having Difficulty With...

FALLING?

GETTING UP FROM THE  
COUCH OR TOILET?

MEMORY?

DRESSING OR GETTING  
TO THE BATHROOM?



*Call today to experience  
our difference!*

**Set up a phone consultation or  
inquire with any questions.**

**507.535.9792**

**info@aboveservices.com**



*Your premier provider of Maintenance  
Physical and Occupational Therapy for  
seniors in the Twin Cities and Rochester*

**www.aboveservices.com**

## OUR SERVICES

Above & Beyond Senior Services provides consultation and maintenance therapy for older adults and their families who want to...

*Maintain INDEPENDENCE*  
in your home

*Achieve CONFIDENCE*  
with your daily activities

*Create PEACE OF MIND*  
for you and your family

*Develop FREEDOM*  
from worry

*Regain CONTROL*  
over your goals and desires

## AGE-IN-PLACE CONSULTATION

Performed to assess a client's needs and make recommendations for current living space

### *Home Safety Assessment:*

- › Environmental assessment for safety
- › Ease of movement in all living areas
- › Analysis of activities of daily living
- › Energy conserving layouts
- › Recommendations for adaptive equipment
- › Furniture re-arrangement
- › Assist to "de-clutter" living areas
- › Fall prevention

### *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

*Taking You to a New Level  
of Independence...*

507.535.9792  
aboveservices.com



With consistent visits 2-3x/week, our maintenance therapy is proven to preserve ability to perform daily tasks and activities!

## MAINTENANCE THERAPY

Physical and Occupational Therapy provided by licensed therapists with substantial experience with the geriatric population

- › We pick up where insurance and Medicare covered therapy leave off
- › Visits are provided in the senior's home - wherever home may be
- › Assist with recommendations for needs related to strength, balance, mobility, wellness, and prevention of injury
- › We partner to maintain abilities related to dressing, bathing, bathroom management, driving, cooking, and bill paying
- › We work with clients and families on issues related to memory loss
- › Provide hands-on treatment to help seniors retain or reclaim a healthier and more active lifestyle
- › Adaptive equipment and mobility device training
- › Fall prevention and home safety instruction
- › Modification of daily routines to allow for continued participation in lifelong, meaningful hobbies and activities
- › Recommend community resources & support networks or services

