



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.

Having Difficulty With...

FALLING?

GETTING UP FROM THE
COUCH OR TOILET?

MEMORY?

DRESSING OR GETTING
TO THE BATHROOM?



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



*Call today to experience
our difference!*

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

612.965.5122

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...*

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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

