

## About the Owners

Heritage Health Care & Rehab is a family owned and operated facility by the Jackson family, recognized leaders in the health care industry with a combined experience of over 81 years. With the 3rd generation recently entering the business, the Jackson family will continue to serve the community for many years to come. Since 1971 they have been dedicated to identifying and meeting the long-term care needs of the people and the community it serves by providing high quality health services in the most compassionate and caring manner. You and your family will have the confidence of knowing that the Heritage family will be there to care for your loved one.

**Thanks for allowing our family to care for yours!**



## Our Facility

Whether residents need short or long-term care, they deserve much more than a traditional nursing facility. That is why Heritage Health Care & Rehab goes beyond the basics of expert medical care to provide the simple pleasures of life, from the beauty of the flowers to the sounds and smiles of your loved ones.

Our facility is committed to creating and maintaining excellence in care and service and promoting an environment that enhances health and wellness. Our staff supports the individual needs of all residents and their families using specialized therapists, compassionate nurses and assistants and friendly encouragement.

**If you would like to learn more about Heritage Health Care and our "Tradition of Caring", contact our Admissions Coordinator at:**  
**Phone: 205-759-5179 \* Fax: 205-759-5216**

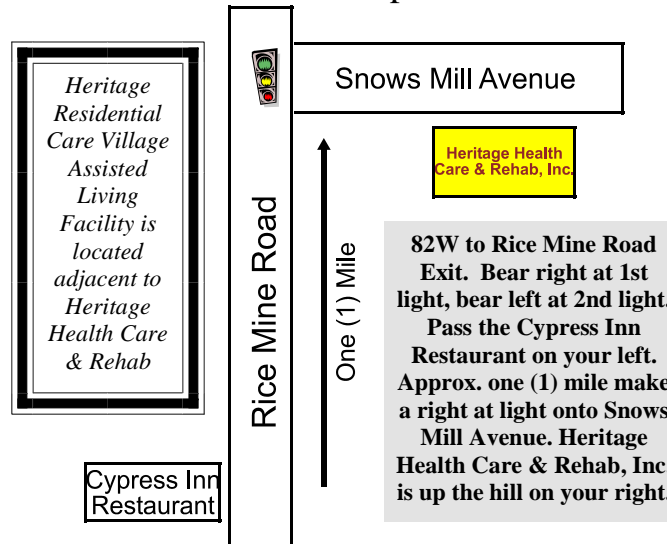
## Other Available Services . . .

- Restorative Nursing
- Psychiatrist Services
- Dermatologist Services
- Neurologist Services
- Podiatrist Services
- Optometry Services
- Hospice Services
- Home Health Care Services
- Consultant Pharmacist
- Audiological Services



Our residents enjoy a relaxing environment where family and friends are always welcome. Daily planned activities include exercise, arts and crafts, bingo, spiritual services, and more. Please ask for an activities calendar when taking a tour of our facility.  
**Phone 205-759-5179 for an appointment.**

## Downtown Northport



Heritage Health Care & Rehab



A Tradition of Caring Since 1971

# MISSION

Heritage Health Care & Rehab is one of the most respected facilities of its kind in West Alabama. Our staff is devoted to providing quality care whether you need short-term rehab or long-term care; we are here to meet your individual needs while promoting independence. In addition, our on-campus assisted living facility and in-home rehab services allow us to provide a complete continuum of care.

Our well respected and specialized therapists along with excellent nursing staff sets us apart.

Specialized programs are available for residents recovering from orthopedic surgery (back surgery, hip or knee replacement), stroke, or a cardiac or respiratory event. We believe that every individual deserves to be treated with respect and dignity and to live out their life to the fullest potential.

**Our rehab is one that produces the best functional results for our residents which comes from our compassionate and devoted staff!**



# Rehab Services

## Physical Therapy—Occupational Therapy—Speech Therapy

Heritage is dedicated and committed to providing the highest quality of health care for those residents requiring rehabilitation services. The therapy team utilizes a compassionate and personal approach in treatment to achieve a resident's maximum functional independence. The therapy atmosphere is pleasant and supportive—ensuring that every resident receives the greatest respect and care during their stay at Heritage. Our Rehabilitation Programs are designed for those recovering from:

- Orthopedic Injury and Surgery
- Stroke or other Neurological Disorders
- Cardiac Disorders or Procedures
- Respiratory Disorders or Procedures
- General Medical Conditions resulting in loss of strength and endurance



## Physical Therapy

### Strength—Balance Training—Fall Prevention

Our Physical Therapy Program specializes in evaluating and treating physical dysfunction resulting from injury, disease, medical illness or neurological conditions. Treatment areas include lower extremity and trunk strengthening, flexibility, coordination, fall prevention, and balance, mobility and transfer training.



## Occupational Therapy

### Self-Care Activities—Wheelchair Mobility Contracture Management

Our Occupational Therapy Program focuses on improving activities of daily living (ADLs) in order to achieve a person's maximum independence level. Treatment areas include: self-care activities, upper extremity strengthening, visual/perceptual training, therapeutic positioning for pressure relief or contracture management, energy conservation, safety awareness, wheelchair mobility and positioning, and equipment recommendations for ADLs.



## Speech Therapy

### Speech—Swallowing

Our Speech Therapy Program is designed to enhance functional communication skills, maximize safe swallowing, improve cognition, and hearing acuity. Our Speech-Language Pathologists are trained in specialized treatment techniques such as: alternative communication methods, assisted listening devices, compensatory strategies, and Vital-Stim, which is an innovative, non-invasive treatment for swallowing difficulties.