

## INTERESTED IN LEARNING MORE?

TruRehab also offers a very unique service that is not found in many other facilities in the area. The use of modalities in conjunction with traditional interventions include:

- + Fall Prevention
- + Stroke Rehabilitation
- + Urinary Incontinence
- + COPD (Chronic Obstructive Pulmonary Disease)
- + Contracture Management
- + Rheumatoid Arthritis
- + Peripheral Neuropathy
- + Wound Healing



IT'S ALL ABOUT  
**U!**

## OUR MISSION

TruRehab provides a safe, nurturing, comfortable environment where our rehabilitation Guests will achieve their highest level of function. Our Guests are treated with respect and dignity by highly qualified, compassionate and exceptional staff.



### Urbandale Nursing and Rehab

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Urbandale, IA 50322

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(515) 278-5693 *fax*

[www.urbandalehealthcare.com](http://www.urbandalehealthcare.com)



IMG and related facilities will not discriminate against any individual to include patients, residents, employees and independent contractors on the basis of race, color, sex, gender, age, religion, national origin, sexual orientation, pregnancy, marital status, military or veteran status, disability or any other protected status in accordance with applicable state, local and federal laws.

ALWAYS STRIVING TO ACHIEVE  
*functional independence*

**TruRehab**  
*of Urbandale*  
Recover in Comfort and Style

A SERVICE PROVIDED BY



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## WE WILL GET YOU IN

*complete rehab and home again!*

TruRehab is one of the largest Medicare certified providers of rehabilitation in Iowa.

A service of Urbandale Health Care Center, TruRehab continues to offer the same excellence in care and service that we've consistently provided to our Guests.

Our three distinct rehabilitation services including speech, occupational and physical therapy. Our team will work together to establish goals in order to achieve the best possible results for our Guests so they are able to achieve their highest level of function.



Rehab Nursing Technicians assist our Guest, when they are not in therapy, with daily cares and provide ongoing education that will benefit our Guests when they return home.

Urbandale Health Care Center prides itself on success stories when our Guests are able to return home. Participation in care planning with an interdisciplinary team of therapists, social workers and nursing encourage our Guests to set goals and reach their full potential. Our aggressive discharge planning ensures our Guests have all the adaptive equipment, home modifications and training to guarantee once our Guests return home, they stay at home.

## OUR TruRehab FEATURES INCLUDE

- + Newly remodeled, spacious private rooms that offer complimentary TV, phone services and internet
- + Therapy clinic with large square footage featuring the most advanced therapeutic services and equipment in the area
- + In-house licensed physical, occupational and speech therapists
- + Spacious occupational therapy clinic with fully functional kitchen, laundry area, bedroom and shower room
- + Therapeutic diets that offer in-room service or dining in our private dining area
- + Easy access to therapy department
- + On-site physician clinic for follow up as needed
- + Lounge area to enjoy visits from family and friends

## WHAT OUR GUESTS HAVE TO SAY

*"I had good care, very attentive. I enjoyed the therapy department. It was helpful. They got me so I could walk straight and home sooner than I thought. The nurses are very good and compassionate!"*

Martha, TruRehab Guest

*"You did a wonderful job! I was in bad shape. I am now in great shape! I never thought I would be going back to my apartment. I got the best care. Whenever I rang the buzzer, (call light), they were right there. Everyone was wonderful!"*

Deloris, TruRehab Guest

*"I enjoyed my stay on the rehab unit. My room was cheerful. All the staff were very nice and helpful. The therapy staff helped me get back on my feet. I enjoyed the activities on the rehab unit, they worked with my arm to find things I could do. The dietary staff always assisted me with my food preferences and delivered foods I liked."*

James, TruRehab Guest

