



Recovery Plans Made Easy

Need time to recuperate after a scheduled surgery? Had an unexpected hospital stay?

PLAN AHEAD FOR PEACE OF MIND

Before you go in for a procedure, know what's next—reserve the therapy you may need with Tabitha. After an unplanned emergency, ask your doctor to refer you to Tabitha for all your therapy needs.

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OUF 184-1 THE BLAIR

Tabitha has therapy options to fit your needs as you progress.

PHYSICAL OCCUPATIONAL | SPEECH THERAPY

Short-Stay

RETREAT TO A PRIVATE SUITE

- Targeted therapy to get you safely back at home, wherever home may be
- Exceptional quality nursing care to support you each step of the way
- Keep up your momentum with multiple therapy sessions tailored to your needs

At-Home

LET EXPERT THERAPISTS COME TO YOU

- Therapy sessions in the comfort of your residence, wherever you call home
- No need to worry about transportation
- Home Health Care services voted Best of Lincoln—since 2008

Outpatient

STOP IN FOR YOUR SESSIONS

- By-appointment therapy at Tabitha LifeQuest
- Two bright and airy gyms: LifeQuest and Club4
- Convenient on-site parking at the corner of S. 48th & 'J' Streets in Lincoln

- Contact a Senior Care Expert today to learn more 402.486.8520 | TABITHA.ORG/REHABILITATION

TABITHA **EMPOWERS** PEOPLE OYFULLY, GRATEFULLY



TABITHA'S CARE SERVICES INCLUDE:

Results-driven rehabilitation, accessible at-home health care, innovative living communities and compassionate hospice care.