

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 91 years. With the third generation 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 long-term care needs of the people and the community it serves by providing high quality 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 ones.



Our Mission

Heritage Health Care & Rehab is one of the most respected facilities of its kind in West Alabama. Our staff supports the individual needs of all residents and their families using specialized therapists, compassionate nurses and assistants and friendly encouragement. In addition, our on-campus assisted living facility and rehab services allow us to provide a complete continuum of care. Specialized programs are available for residents recovering from orthopedic surgery, stroke or a cardiac or respiratory event. We believe that every individual deserves to be treated with respect and dignity and to live their life to their fullest potential.

OCCUPATIONAL, SPEECH AND PHYSICAL THERAPY

Other Available Services...

- Restorative Nursing
- Psychiatry
- Dermatology
- Neurology
- Podiatry
- Dentistry
- Optometry
- Hospice
- Home Health Care
- Consultant Pharmacy
- Audiological

A Tradition of Caring

Whether residents need short or long-term care, they deserve more than an ordinary nursing facility. That is why Heritage Health Care & Rehab focuses on the simple pleasures of life by providing a home-like environment in a traditional setting. We pride ourselves in promoting an environment that enhances personal health and wellness while allowing our residents to maintain the best quality of life.



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 activity calendar when taking a tour of our facility.

1101 SNOWS MILL AVENUE, TUSCALOOSA, AL 35406

ADMISSIONS (205) 759-5179



HERITAGE HEALTH CARE & REHAB

A Tradition of Caring



REHAB SERVICES

Physical Therapy • Speech Therapy Occupational 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. 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 • Fall Prevention Balance Training

Our Physical Therapy Program specializes in evaluating and treating physical dysfunctions resulting from injury, disease and medical illness or neurological conditions.

Treatment areas include:

- Lower extremity and trunk strengthening
- Flexibility
- Coordination
- Fall Prevention
- Balance, mobility and transfer training

OCCUPATIONAL THERAPY

Self-Care Activities • Wheelchair Therapy 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
- Equipment recommendations for ADLs



SPEECH THERAPY

Speech • Swallowing • Hearing

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, assistive listening devices, compensatory strategies, and Vital-Stim, which is an innovative, non-invasive treatment for swallowing difficulties.