The Homestead at Anoka
A Senior Living and Care Community

ANOKA REHABILITATION & LIVING CENTER
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Short-term Rehabilitation

Your journey toward better health after surgery, illness or injury may just be beginning. When you choose specialist-led, clinically advanced therapy and health care within Anoka Rehabilitation and Living Center, you’ll find what seems like a challenge becomes our shared goal: attaining your highest levels of health and independence, safely, successfully and as quickly as possible.

Optimal Care and Innovative Technology

Specially trained nurses, therapists, social workers and other professionals at Anoka Rehabilitation and Living Center offer Optimal Care, a specialty team approach to providing personalized therapy and health care that helps you regain target levels of strength, mobility, independence and wellness. In collaboration with your physician, your Optimal Care team assesses your distinct needs, and relies on your input to help them develop individualized therapy goals and a plan of care designed to strengthen you. In addition to supporting you in rehab therapy regimes, your team is dedicated to nurturing your positive emotional health as you work toward your Optimal Care goals.

Optimal Care Team

- Physical and occupational therapists, and speech language pathologists
- Licensed practical and registered nurses
- Physician and nurse practitioner team
- Life enrichment professional
- Consulting pharmacist
- Registered dietician
- Social services professional

Innovative Technology

- Electronic health record
- Electronic pharmacy coordination

Premier Regional Rehab Center

- 100 guests choose Anoka Rehabilitation and Living Center for rehab each month, on average
- 80 percent quickly regain levels of independence needed to return to lives they love

Rehabilitation and Your Stay

Over the course of your stay, you’ll experience customized rehab sessions in our spacious, state-of-the-art therapy clinic. Leading-edge equipment and technology assist you in reaching your Optimal Care goals, and include HUR air-resistance machines; Biodex balance assessment and conditioning; and an advanced ceiling harness system which offers superior body support during many therapies. You also may receive consultation on how to adapt your home environment to suit your abilities.

Specialty Equipment

- HUR rehab and therapy equipment incorporates air-resistance technology to aid strength/cardio exercise
- Biodex technology screens for likelihood of falls and provides balance conditioning
- Ceiling harness system offers superior unweighting and body support to enhance recovery from neurological and orthopedic conditions
- Kitchenette includes stove, microwave, sink, appliances and other items to simulate an everyday environment
- Full bath setting containing tub/shower, toilet and sink is adaptable to meet various accessibility needs

Rehabilitation Services

- Physical and occupational therapies, and speech and language pathology
- Post-cardiac surgery rehabilitation
- Geriatric rehabilitation
- Joint replacement therapy and total hip/total knee replacement programs
- Neurologic rehabilitation
- Lee Silverman Voice Treatment (LSVT Parkinson’s Program)
- Lymphedema therapy
- Post-surgical care
- Orthopedic and sports medicine rehabilitation
- Cognitive and communication therapy
- Dysphagia therapy
- Beauty and barber salon
- Life enrichment, educational and spiritual programs
- Music and Memory program, Validation and on-staff music therapist

Payment Options and More Information

A number of options are available for financing your stay. To discuss finance options, request information about care and services, or to schedule a tour for you and your family, please call our concierge at 763.528.6407.

Floor Plans

Suites with private bath and kitchenette

Suites with shared bath and kitchenette

Floor plans shown depict a sampling of styles; stated dimensions and square footage are approximate. Please ask about availability. Floor plans, features, amenities and rates subject to change without notice.
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The Homestead at Anoka is a community filled with possibilities. Set amid the trails of the Rum River in historic Anoka, you’ll find small town ease and sensibility, combined with the convenience and inspiration of a thriving, vibrant neighborhood.

At The Homestead, you can take comfort in knowing your needs can be met today and tomorrow, through an array of thoughtfully planned living choices and amenities.

Living and Care Choices

- Spacious, well-appointed independent living apartments
- Thoughtfully designed assisted living apartments
- Private, nurturing memory support residences
- State-of-the-art care center offering short-term rehabilitation; long-term care; cardiac care; and specialized memory support

Community Attractions

- Meditation chapel
- Rehabilitation clinic
- Fitness center
- Garden area
- Bistro
- General store
- Club lounge
- Walking trail
- Community room
- Complimentary Wi-Fi
- Restaurant-style dining
- Private dining room
- Beauty and barber salon
- Guest suite
- Outdoor courtyard

*The Homestead at Anoka is a smoke-free community.*

The Homestead at Anoka is a Volunteers of America community. Founded in 1896, Volunteers of America is a national, nonprofit, faith-based organization dedicated to helping those in need live healthy, safe and productive lives. Through hundreds of human service programs, including housing and health care, Volunteers of America touches the lives of more than 2 million people each year.