

## SKILLED NURSING FACILITY

# ASPIRE PHYSICAL RECOVERY CENTER AT CAHABA RIVER

3070 Healthy Way, Vestavia Hills, AL 35243

## ABOUT

ASPIRE PHYSICAL RECOVERY CENTER AT CAHABA RIVER is a skilled nursing facility in Vestavia Hills, Alabama 35243, providing skilled nursing care for individuals who require ongoing medical support, nursing supervision, and assistance following hospitalization, surgery, illness, or injury.

For individuals and families searching for skilled nursing care Vestavia Hills, ASPIRE PHYSICAL RECOVERY CENTER AT CAHABA RIVER is a facility option located in the 35243 area of Vestavia Hills. A Skilled Nursing Facility (SNF) provides a supervised healthcare setting for patients who require continued nursing care or support beyond what can typically be provided at home.

Patients researching SNF in Vestavia Hills, post-acute care Vestavia Hills, or a nursing facility Vestavia Hills can use this listing to find essential facility information and contact details. Skilled nursing care may include nursing supervision, medication management, medical monitoring, rehabilitation, therapy, wound care, and assistance with daily activities, depending on the patient's needs and the services available at the facility.

ASPIRE PHYSICAL RECOVERY CENTER AT CAHABA RIVER may also be relevant to individuals searching for a rehabilitation facility in Vestavia Hills following a hospital stay or other medical event. Contacting the facility directly is recommended to confirm current services, admissions requirements, availability, insurance information, costs, and facility tour options.

## SERVICES

Skilled nursing care

Rehabilitation therapy

24-hour nursing

## CONTACT

**Phone** +1 205 977 7216

**Web** [aspirephysicalrecovery.com](https://aspirephysicalrecovery.com)



[uborahealth.com](https://uborahealth.com)

Full listing: <https://www.uborahealth.com/care-centers/aspire-physical-recovery-center-at-cahaba-river-15468>

Details are drawn from published provider data and may change. Confirm availability, services and costs with the provider directly.

## ASPIRE PHYSICAL RECOVERY CENTER AT CAHABA RIVER

Take this with you. Tick what you see, write down what you are told, and ask the same questions everywhere so visits can be compared afterwards.

### WHAT TO LOOK FOR

- ☐ Is the building clean and free of odour?
- ☐ Are residents up, dressed and engaged?
- ☐ Do staff speak to residents by name?
- ☐ How long do call bells ring before someone comes?
- ☐ Are bathrooms accessible, with grab rails?
- ☐ Is there safe outdoor space residents can use?
- ☐ Did you eat a meal, and was it good?
- ☐ Were you shown the actual room, not a model?

### WHAT TO ASK

- ☐ What is the staff ratio, day, evening and overnight?
- ☐ How many staff are awake overnight?
- ☐ What was staff turnover last year?
- ☐ What is included, and what costs extra?
- ☐ What would trigger a fee increase?
- ☐ What would mean my relative has to leave?
- ☐ How and when will you contact me?
- ☐ May I see the last inspection report?

### NOTES

Date visited / spoken: \_\_\_\_\_ Full listing: <https://www.uborahealth.com/care-centers/aspire-physical-recovery-center-at-cahaba-river-15468>