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OPTIMAE ADDS OCCUPATIONAL THERAPIST TO CENTRAL IOWA OFFICE

December 12, 2018 (DES MOINES, Iowa) – Optimae LifeServices, Inc. announced today Dianne Kobberdahl, a registered occupational therapist, has joined its rehabilitation services division in Central Iowa.

Kobberdahl, who is also a certified hand therapist (CHT) and a certified dementia care practitioner (CDP), brings nearly 30 years of experience to Optimae’s team, which operates Iowa’s first outpatient rehabilitation clinic specializing in occupational therapy services for adults and adolescents with mental illness and intellectual disabilities. She is experienced in working with clients of multiple ages (including children, adolescents and adults) and in settings that include acute care and skilled rehabilitation in both inpatient and outpatient settings.

“The addition of another occupational therapist allows us to help more people enhance their ability to complete daily tasks with greater independence,” said Ashley Adams, director of Optimae Rehabilitation Services. “Diane brings diverse experience and a great personality to our team. Our customers enjoy her presence.”

Optimae’s occupational therapists help individuals achieve their goals by enhancing existing skills, promoting wellness, restoring skills, modifying environments or activities and preventing relapse. This prevents worsening of existing disabilities and conditions, while promoting independence in individuals who otherwise would require institutionalization or long-term care. Services are provided individually or in a group setting at the clinic or in the community or individual’s home.

Optimae Rehabilitation Services serves individuals in the Des Moines metro area and surrounding counties, including Polk, Dallas, Story, Jasper and Marion. It is one of five divisions of the company

providing services that improve individuals' physical, emotional and mental health. Other services include home health, behavioral health, community and residential services.

Optimae Rehabilitation Services also provides physical and speech therapy through contracted agencies with plans to bring those services in-house in the future.

Individuals can schedule an appointment or find out more by contacting the clinic at (515) 381-9278.

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About Optimae LifeServices

Optimae LifeServices, Inc. provides healthcare and human services for individuals with disabilities and mental illness from 39 Central, Eastern and Southern Iowa counties. For more than three decades, we have equipped our customers with supports and services that encourage choice, empowerment and community integration. Our programs include community-based, behavioral health, home health, rehabilitation and residential care services. We advocate for the rights and needs of more than 5,300 Iowans each year, providing the quality of care we would want for our own family.