

## Assisted Living

## The Personalized Support You Deserve

At The Highlands, we don't believe assisted living and independent living are mutually exclusive. We've designed our assisted living program to help residents stay as independent as they can while remaining safe and comfortable.

Our staff provides a compassionate, intuitive way of caring. We build meaningful relationships with residents, the kind that create trust and lead to better care. The Highlands offers residents a variety of amenities including spacious one-bedroom apartments.

### Assisted Living Benefits Include:

- ✓ Three delicious meals daily
- ✓ 24-hour assistance with daily living activities
- ✓ Housekeeping services
- ✓ Personalized levels of care
- ✓ Nurses on staff daily
- ✓ Safety/wellness checks multiple times a day
- ✓ Geriatric-certified Medical Director
- ✓ Social worker to meet each resident's needs
- ✓ A multi-disciplinary team approach for comprehensive care
- ✓ Priority access to a complete continuum of health care
- ✓ Chaplain and Pastoral Care services
- ✓ Programs and events outside of the community
- ✓ Scheduled transportation to various entertainment venues
- ✓ Formal gardens, walking paths & shaded outdoor seating

## Assisted Living at The Highlands Helps Maintain Your Independence

*The Highlands Assisted Living at Lake Forest Place is designed for older adults who need some extra support with daily activities in order to maintain their independence.*

At The Highlands, our professional, caring and well trained staff provide care and services tailored to each person's needs. If you need help with dressing, bathing or managing medications, our onsite licensed nurses and resident assistants are available daily.

