The morning sun rises—a majestic orange glow against a bright blue canvas—that’s one blessing we can count today. At The Highlands Assisted Living, we know that our attitudes shape our life experiences. With a positive outlook, a nurturing environment and the right support, every day can be a time of freedom and fulfillment.

Our philosophy is to nurture and encourage individuals to live independently with purpose. It’s not just our philosophy—it’s our promise. We help people live meaningful and rewarding lives.

When family and friends call, don’t be surprised if you are too busy to answer the phone. You might be painting al fresco or deep in conversation with other residents during cocktail hour before dinner. Here at The Highlands, the sunny side is easy to find.

See the sunny side of life.

Discover a better way of living.
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In more than 100 years, our mission hasn’t changed; but how we deliver it has evolved over time. We know you and your family are counting on us and we are committed to working together. This dedication and approach has led our four communities to be among only 12 in Illinois and 350 nationwide certified by the Continuing Care Accreditation Commission (CARF/CCAC), an organization that promotes retirement industry quality. We’re proud of this recognition, and we’re delighted to collaborate with individuals and their families to bring happiness and meaning to people’s lives.

We whistle your favorite tune.

Because your well-being matters to us, you will not only find friendly faces and highly-trained, caring staff, but also invigorating fitness classes that enhance your wellness and delicious meals that feature your favorite foods. With varying levels of assistance available, we will work with you to develop a personalized plan that meets your specific needs while respecting your preferences.
Wellness is a lifestyle and a state of mind, which is why it’s an essential part of life at The Highlands. Our Choices program is based on the seven dimensions of wellness.

Each person is unique. The Choices Program offers a wide range of options for exploring your interests. For some, wellness is exercising with a personal trainer and discovering healthy dining options. For others it’s about having a strong social network or exploring an intellectual outlet through an offered class. One person might want to garden while another might want to volunteer. We create a supportive environment for you to engage in activities that are meaningful and important to you. It’s all about Choices.

As you grow older, how can you ensure you are receiving the care you need to age well? Your family can’t be there every moment. What if you need help getting dressed, need medication reminders, or if there is an emergency in the middle of the night? Encouraging independence is our goal, but having dedicated licensed nurses onsite and 24/7 emergency response systems in every apartment home provides peace of mind for everyone.

So leave your worries behind.

If a higher level of care is needed, it’s provided in assisted living, creating a more comfortable and secure environment. You can stay in your own home throughout the process. The Highlands Assisted Living also takes care of daily responsibilities that can be a burden—laundry, cooking, transportation, housekeeping—so you can spend your time and energy on more rewarding pursuits. Without these worries, everyone has a little more spring in their step.

And experience more Choices for wellness.

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The central locations of each of our campuses allow you to enjoy the greater community, including renowned universities, arts, music and cultural destinations. If you love history or have been going to the theatre for years, we want to know about it and will help make it a part of your adventures.

The Highlands hosts orchestra concerts, thought-provoking lectures from college professors, computer classes and more. Whether you played an instrument, ran a company, taught history or have other specialized knowledge or interests, you’re sure to enjoy conversing and sharing your experiences with others or even leading a class of your own. The Highlands invites you to continue being an active part of our legendary city.

March to your own drum.

Play chess or take a stroll down the scenic walking paths. Explore the beautiful grounds and connected neighborhoods that feel like a college campus. Sit in the sun and read the newspaper. Work with friends on a community service project. Swim in the pool. The endless opportunities, friendly faces of our staff, your neighbors and the security of being part of a connected community helps to fill lives with purpose and meaning. Are you ready to get into the rhythm?

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The energy and joy of discovering, learning and meeting new people. Opportunities are plentiful, but the choice to participate is up to you.

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Together, we’ll create harmony.

Ours is a story of excellence and success for one reason: we work hard at it. It’s sunnier here because we seek out the golden moments—life’s simple pleasures—like a favorite song. When the sun rises tomorrow, our focus will still be on our mission and the people we serve. We’ll always encourage independence and provide caring, personalized support when needed — every new day under the golden orange sun.

We know the decision to seek some assistance can be an emotional one. Although it may seem overwhelming, know that you’re not alone. We’re here to answer your questions. We’ll listen and work side-by-side with you.

Everything in the universe has a rhythm, everything dances.

~ Maya Angelou
A Strong Tradition of Exceptional Care

The Highlands Assisted Living is part of every Presbyterian Homes community, a not-for-profit, faith-based organization known throughout the Chicago area for an unending commitment to improving the quality of people’s lives. From our beginning in 1904, we helped create a new model of care: aging well with dignity in a comfortable and nurturing environment. Our respected reputation has helped us build a strong legacy and a promising future for generations to come.

Not-for-profit, faith-based assisted living communities

The Highlands at King Home
Evanston | (847) 866-2111

The Highlands at Lake Forest Place
Lake Forest | (847) 604-6704

The Highlands at Westminster Place
Evanston | (847) 866-1615

The Highlands at The Moorings of Arlington Heights
Arlington Heights | (847) 956-4095

www.PresbyterianHomes.org