



## 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 leads to better care. The Highlands offers residents a variety of amenities including spacious one-bedroom apartments.

## Assisted Living at The Highlands Helps Maintain Your Independence

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

At The Highlands, our professional, attentive and well-trained staff provides 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 24/7.



### Assisted Living Benefits Include:

- ✓ State-of-the-art luxurious assisted living residences
- ✓ Three delicious meals daily
- ✓ 24-hour assistance with daily living activities
- ✓ Housekeeping services
- ✓ Personalized levels of care
- ✓ Nurses 24-hours a day
- ✓ Safety/wellness checks multiple times a day
- ✓ Geriatric-certified Medical Director on staff
- ✓ 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, shopping and restaurants
- ✓ Formal gardens, walking paths & shaded outdoor seating