

Looking for QUALITY assisted living for your loved one?

With so many options for assisted living, how can you feel confident that you're making the right decision? **Use this checklist to compare the assisted living communities in your area.** To help you get started, we've already checked the Highland Springs column for you.

	HIGHLAND SPRINGS	Name	Name
STRATEGIC BUILDING DESIGN AND SAFETY			
Variety of private studio and one and two bedroom apartments with modern finishes, full baths, and kitchenettes; some with patios	✓		
Small, intimate neighborhoods designed with strategically placed sitting areas and nooks	✓		
Building designed with neighborhoods off short hallways that encourage independence in getting to and from meals and activities	✓		
Easy access to outdoor walking paths, gardens, and courtyards	✓		
Medications stored in a locked cabinet in each resident's room to create a more homelike environment, encourage independence, and create efficiencies in managing medications	✓		

	HIGHLAND SPRINGS	Name	Name
PERSON-CENTERED APPROACH TO CARE			
A holistic assessment is completed for every resident to understand likes, dislikes, desires, and needs	✓		
Interdisciplinary approach looks at residents' physical, spiritual, and emotional needs to create an individualized plan for each resident	✓		
Spacious, family-style kitchen where healthy, tasty foods are available around the clock; a variety of menu options are prepared on-site by a dedicated chef	✓		
Staff and resident interaction allows for the development of close personal relationships that allow each resident to have meaningful moments with their dedicated care associates	✓		
Residents are encouraged to share their gifts and experiences to create meaningful programming and activities	✓		
Special benefit of access to the clubs, activities, and amenities of the entire Highland Springs community support each resident's preferences and interests	✓		

Continue on reverse side.

PRINT SPECS: 8.5 x 11 INK: 4/4 no bleeds STOCK: Accent, 80# Text, Uncoated, Smooth, White					
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ACCESS TO QUALITY HEALTH CARE

HIGHLAND SPRINGS Name _____
Name _____

Part of a network of communities with over 35 years of health care experience, and managed by Erickson Living,® a leader in senior health and wellness	✓		
Full-time physicians on campus who are experts in caring for older adults	✓		
Access to post-acute rehabilitation and outpatient services (physical, speech, and occupational therapies) in the same building	✓		
Access to fitness room in the neighborhood encourages independence and a healthy lifestyle	✓		
Several levels of care available in one location to seamlessly manage changes in care needs	✓		
Routine care planning meetings that allow the resident, family, and care team to partner together in developing the care plan and making adjustments as needs change	✓		
<i>D Magazine</i> "Top Docs" Dr. Mary Norman and Dr. Jill Studley are board-certified in geriatrics and internal medicine and practice only at the Highland Springs medical center	✓		

Review your assisted living options, then call **972-656-3500** to request more information or to schedule a visit to Highland Springs. Our knowledgeable team is here to help.



7910 Frankford Road, Dallas, TX 75252

HighlandSpringsCommunity.com

Independent Living | Post-Acute and Outpatient Rehabilitation
Assisted Living | Memory Care | Long-Term Care

