

# Looking for **QUALITY** senior rehabilitation for your loved one?

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

## STRATEGIC BUILDING DESIGN AND SAFETY

	HIGHLAND SPRINGS	Name _____	Name _____
Homelike environment strategically designed to include smaller, intimate spaces to allow our guests to meet their highest level of independence during their stay	✓		
All private suites with full baths to preserve privacy and dignity	✓		
Medications stored in a locked cabinet in each guest's suite to foster participation in managing medications and encourage independence and a successful return to home	✓		

## PERSON-CENTERED APPROACH TO CARE

	HIGHLAND SPRINGS	Name _____	Name _____
A holistic review of each resident's likes, dislikes, goals, and motivators resulting in higher guest participation and engagement in their care plan	✓		
Interdisciplinary approach involving our own medical director, and nursing, therapy, and social services teams to support each guest's progress and goals throughout their stay	✓		
Flexible dining options that include a choice of dining locations and times that satisfy varying dietary needs	✓		

## ACCESS TO QUALITY HEALTH CARE

	HIGHLAND SPRINGS	Name	Name
Full-time physicians and nurse practitioner on-site who are experts in caring for older adults and are involved in the medical oversight of each guest	✓		
Full-time therapists dedicated to the residents and guests of Highland Springs allowing for more flexibility in therapy times, locations, and approaches based on the guest's preferences	✓		
Frequent care plan meeting in which the guest, family, and care team work to develop and discuss the plan of care, supporting each individual's goals	✓		
Part of Erickson Living®, a national network of communities with 35+ years of experience serving the health and wellness needs of seniors	✓		
Holds a coveted 5-star rating from the Centers for Medicare and Medicaid Services	✓		
Named a Best Nursing Home by <i>U.S. News &amp; World Report</i>	✓		
<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 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.



*Add more Living to your Life®*

7910 Frankford Road, Dallas, TX 75252

HighlandSpringsCommunity.com

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