

Long-Term Care AT HIGHLAND SPRINGS

Helpful information for family members

Making the decision to move your loved one to a long-term care setting can be difficult and confusing. As you weigh your options, consider these important points:

Who would benefit from long-term care?

Long-term care is appropriate for seniors who need complete assistance with daily living tasks like bathing, eating, dressing, and help in the bathroom. It is most appropriate for:

- Older adults with major health conditions.
- Seniors living with advanced dementia or Parkinson's disease.
- Individuals with physical limitations caused by a stroke or those who can no longer live independently after a hospitalization.

When is the right time to seek additional support?

Caring for a loved one with around-the-clock needs can be challenging. You should consider making the transition to a long-term care facility if:

- Family caregivers are no longer able to provide the level of support your loved one needs.
- Your loved one's health condition requires a high level of personal support or ongoing nursing care.
- Your loved one's care needs exceed what can be provided in your independent living home.

Where should I turn to find the right long-term care facility?

As you do your research, be sure to seek advice from sources you can trust. We recommend:

- **Your doctor or a health care professional.** Your family physician or a hospital social worker or discharge planner will be able to point you to long-term care facilities in your area.
- **Friends or family members.** If you know someone who has placed a loved one in long-term care, inquire about their experiences and ask for a recommendation.

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How will I pay for long-term care?

- Here are some financial options to consider:
- **Long-term care insurance.** Medigap, employer-provided, or private health insurance plans can offset the cost of long-term care, but these policies need to be in place before a major health event occurs.
 - **Medicare.** While Medicare generally doesn’t cover long-term care stays in a nursing home, it may cover hospital care, doctor services, and medical supplies for those in long-term care.
 - **Paying out of pocket.** If your family chooses to pay for care with their own funds, be sure to ask each facility you’re considering about their payment options.

How do I prepare my loved one for a move to long-term care?

- It’s no surprise that most people would rather stay in their home than transition to a care facility. Here are some tips to consider before starting the discussion.
- **Enlist the help of your loved one’s doctor or a health care professional.** Often doctors and nurses are more persuasive than a relative or close friend.
 - **Share information about the care center.** Your loved one will want to know details about where they’ll be moving, so be prepared with photos, brochures, and other educational materials.
 - **Listen and acknowledge your loved one’s concerns.** Demonstrate that you understand their feelings, and assure your loved one that the move is the best way to ensure they receive the care and attention they need.

What are my next steps?

- **Use the attached checklist** to help you select the best long-term care facility for your loved one.
- **Contact Highland Springs at 972-656-3500** if you have additional questions or wish to learn more about long-term care at our North Dallas community. It will be our privilege to help you.

Looking for quality long-term care for your loved one?

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

Review your long-term care 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.

BUILDING DESIGN AND SAFETY	HIGHLAND SPRINGS	Name	Name
Homelike environment strategically designed to include smaller, intimate spaces for quiet conversations and reflection	✓		
All private suites with full baths to preserve privacy and dignity	✓		
Medications stored in a locked cabinet in each resident's room to create efficiencies in managing medications	✓		

PERSON-CENTERED APPROACH TO CARE	HIGHLAND SPRINGS	Name	Name
A holistic assessment for each resident to determine their likes, dislikes, desires, and needs	✓		
Interdisciplinary approach that looks at each resident’s physical, spiritual, and emotional needs to create an individualized care plan	✓		
Highly engaged caregivers who create meaningful relationships with the residents they support	✓		
Flexible dining program that includes a choice of dining locations, times, and menu items prepared fresh daily by a dedicated on-site chef	✓		

QUALITY HEALTH CARE	HIGHLAND SPRINGS	Name	Name
Full-time physicians on campus who are experts in caring for older adults	✓		
Routine care planning meetings in which the resident, family, and care team work together to develop the care plan and make adjustments as needs change	✓		
Holds a coveted 5-star rating from the Centers for Medicare and Medicaid Services	✓		
D Magazine “Top Docs” Dr. Mary Norman and Dr. Jill Studley are boardcertified in geriatrics and internal medicine and practice only at the Highland Springs medical center	✓		
Part of a national network of communities managed by Erickson Senior Living® with over 35 years of experience meeting the health and well-being needs of older adults	✓		