

Rehabilitation AT HIGHLAND SPRINGS

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.

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.

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	✓		

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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 Senior Living, [®] a national network of managed communities with 35+ years of experience serving the health and well-being needs of seniors	✓		
<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	✓		



Independent Living | Post-Acute and Outpatient Rehabilitation
 Assisted Living | Memory Care | Long-Term Care
972-656-3500