



*Cognitive Care
Program*

**Heather
Court**



Heather Court, an 18-bed cognitive care program, is an important component of nursing care at The Highlands.

Its structured, calming environment staffed by trained professionals enables residents with dementia to maintain maximum independence and to best express their wants and needs.

Staff gets to know each resident so care and treatment are individualized. Through relationship bonding, trust is built: empowerment, not restriction.

Safety. Security. Dignity.

Knowing each resident well enables staff to recognize changes, identify needs, and resolve challenges early on.

Residents participate in activities such as cooking, baking, crafts, exercise, games, music programs, discussion groups, and pet interaction. There is a beauty/barber salon on site.

Staff works closely with the spouse, family and friends to promote understanding about dementia. Methods of communicating and interacting are explored.

An on-site Therapy Department provides prescribed physical, occupational, speech and nutrition therapy in a convenient, familiar setting.

Admission criteria for Heather Court target residents in the middle stage of dementia. Assessment is a precondition for initial placement as well as on-going care planning. During the later stage of dementia, a transfer to Skilled Nursing may be needed to address declining abilities.

Information/Referral
(610) 288-3425



Heather Court is designed to convey a warm, homelike setting. Colors are soothing and complement wood trims. Welcoming lounge arrangements, tactile fabrics, and the elimination of long sterile halls invite interaction and comfort.

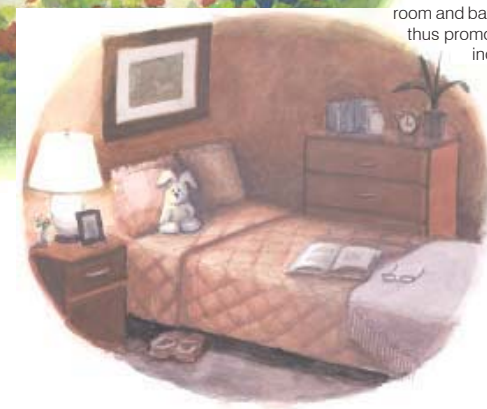


Rest periods and contemplative independent times are also important parts of residents' days. Activity centers and "rooting boxes" provide leisure opportunities. The disquieting cacophony and blitz of television are discouraged. Instead, movies and videos are shown to foster tranquility and encourage positive interaction.

Heather Court, blessed with abundant natural light, crescents around a beautiful garden courtyard. Residents safely enjoy being outdoors, walking pathways, gardening, or sitting by a soothing pond. Plentiful inside window vistas in lounges and private residences enable residents to stay in touch with the rhythms of a nature-centered environment.



Delicious dining opportunities are customized to meet the needs of residents. For example, if a resident becomes restless before bedtime, staff may offer a calming snack. Meals are taken in a charming dining room that fosters social interaction. Residents enjoy baking and cooking in the homelike activities kitchen.



Each resident has a private room and bath with a shower, thus promoting dignity and individual respect.



The Ultimate Blend of Freedom and Security

Residents enjoy a unique interdependence that encourages positive exploration, movement and interaction. Families enjoy the confidence that their loved one is being served in a respectful, dignified and quality manner.



Quality of Life

A Heather Court resident is assured of our commitment to excellence in healthcare. Other nursing care services, including longterm care and rehabilitation services, are available if needed.

Gracious Living and Comfort

Feel the essence of dignity, grace and beauty. The professionalism of Highlands staff touches every facet of the care that is given to each resident.

The Highlands Mission

Enrich the lives of senior adults through sponsorship of a high-quality, not-for-profit, continuing care retirement community.



Heather Court

2000 Cambridge Avenue • Wyomissing, PA 19610-2714

A joint venture of The Lutheran Home at Topton and The Reading Hospital and Medical Center.

Phone (610) 288-3425
(800) 446-0119

Fax (610) 775-9851
www.thehighlands.org