



Fresh approach. New opportunities.

THE HEALTH CARE CENTER AT
THE MOORINGS OF ARLINGTON HEIGHTS

A  Presbyterian Homes Community

Through creativity and curiosity, we enhance the quality of lives.

At The Moorings, our approach involves establishing a friendly, inclusive environment that focuses on the positive. Residents can be creative and satisfy their curiosity in a variety of ways, from taking art classes to exploring the wonders of music. At The Moorings, staff really get to know each person and the kind of things they enjoy. This allows us to customize a care plan for each person, including activities that engage and allow people to thrive.



A more positive, more personal memory care community

Over the last few years, memory care has been undergoing a significant transformation. The Moorings is at the forefront of today's fresh new thinking on caring for people who have difficulty processing information. We provide new opportunities for an enhanced and enriched quality of life. It is a friendly, inclusive community that focuses on the positive. We offer a secure environment with a staff of dedicated professionals, including nurses specially trained to care for people with impaired cognition.

OUR MAIN GOAL

We have one overarching goal for residents. We strive to help retain as much independence for as long as they can. We provide physical fitness programs and a wide variety of social gatherings, events and group outings that encourage interaction and foster friendships. We also promote frequent visits and communications with families, in person if possible, via Skype or telephone if distance prevents regular visits.

RESIDENT BIOGRAPHIES

Working closely with residents and their families, we get to know and understand each person as an individual, considering both their physical and emotional needs. From this, we create a comprehensive personal plan for each resident to enhance their quality of life and well being.



ESTABLISHING A RHYTHM OF THE DAY

Working with families, we create a “rhythm of the day,” aimed at keeping each resident’s schedule — does he or she rise early or late, do they eat breakfast, do they take a nap in the afternoon, do they like a bedtime snack — so as not to disrupt their daily routine.

Our plans are based on individual life histories and cognitive and physical abilities, including details on what each person likes to do and the things that have made them happy throughout their lives.

ASSURING COMFORT

We strive to create a home like environment where residents will feel comfortable both physically and emotionally. Our experienced staff are trained and know how to interpret verbal and non-verbal cues and are able to work with the resident to help alleviate their discomfort.

STAFF TRAINING

Our dedicated memory care staff receives Alzheimer’s and Dementia training through Rush University of Chicago. This training ensures our staff is thoroughly trained when it comes to taking care of those with Alzheimer’s and Dementia. They learn the different techniques to the “Best Friends Approach,” how to respond to out of character responses and encourage active participation in our Wellness program. We want residents to feel a sense of accomplishment throughout their day.



Residents can also participate in The Moorings community-wide choices program that's designed for living well. The program is based on the seven dimensions of wellness — physical, intellectual, emotional, environmental, spiritual, social and community.



WELLNESS PROGRAMMING

At The Moorings, there is always something to keep residents engaged throughout the day. We encourage participation in both old hobbies and new ones. Residents can enjoy walks along the beautiful lake and taking in the sunshine and views of our gorgeous campus. There are outings to Wrigley Field and local restaurants, getting

energized in exercise programs and expressing their talents through painting, adult coloring, and arts and crafts.

Our “It’s Never Too Late” or iN2L computer system has opened up a whole new level of exploration and has created a positive response from the residents. With a simple press of a button we can launch hundreds of applications for recreation, social connection and memory care engagement.



We understand that choosing the right environment for the one you love can be difficult. If you'd like to know more about making the decision and learn about the newest ideas in memory care, we'll be happy to answer your questions and arrange a visit to The Health Care Center at The Moorings. Please call us at (847) 956-4095.

Presbyterian Homes, a faith based not for profit, creates vibrant communities for older adults that inspire wellness, independence, joy and security — enriching the lives of residents and their families.

We offer a range of services and programs in Arlington Heights, Evanston and Lake Forest. Please visit us at www.presbyterianhomes.org.

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