INDEPENDENT LIVING

THE HIGHLANDS

30 Governors Way, Topsham, ME 04086

ABOUT

THE HIGHLANDS is an independent living community in Topsham, Maine 04086, providing independent living for older adults in the Topsham area.

For individuals and families searching for independent living Topsham, THE HIGHLANDS is an option serving the 04086 area of Topsham. Independent living is a residential community for older adults who can manage day to day life on their own but prefer to give up the upkeep of a house. Residents live in private apartments or cottages, and the community takes care of maintenance, and usually meals, transport and activities.

Families researching retirement community Topsham, senior living Topsham, or senior care Topsham can use this listing to find the community and make contact. Independent living communities generally include maintenance-free housing, dining options, scheduled transport, housekeeping, security, and a full calendar of social, fitness and recreational activities. Personal or medical care is not normally part of the package, though many communities sit alongside assisted living so residents can move as needs change.

THE HIGHLANDS may also be relevant to families comparing independent living options across Topsham and the wider Maine area. Contacting the community directly is recommended to confirm current availability, pricing, the levels of care offered, and whether it suits the individual's needs.

SERVICES

- Maintenance-free living
- Dining and activities
- Scheduled transport

CONTACT

Phone +1 (207) 725-2650

Web highlandsrc.com/?utm_source=google&utm_medium=organic&utm_campaign=gbp&utm_content=website_button

uborahealth.com

Details are drawn from published provider data and may change. Confirm availability, services and costs with the provider directly.

THE HIGHLANDS

Take this with you. Tick what you see, write down what you are told, and ask the same questions everywhere so visits can be compared afterwards.

WHAT TO LOOK FOR

- [ ] Is the building clean and free of odour?
- [ ] Are residents up, dressed and engaged?
- [ ] Do staff speak to residents by name?
- [ ] How long do call bells ring before someone comes?
- [ ] Are bathrooms accessible, with grab rails?
- [ ] Is there safe outdoor space residents can use?
- [ ] Did you eat a meal, and was it good?
- [ ] Were you shown the actual room, not a model?

WHAT TO ASK

- [ ] What is the staff ratio, day, evening and overnight?
- [ ] How many staff are awake overnight?
- [ ] What was staff turnover last year?
- [ ] What is included, and what costs extra?
- [ ] What would trigger a fee increase?
- [ ] What would mean my relative has to leave?
- [ ] How and when will you contact me?
- [ ] May I see the last inspection report?

NOTES

Date visited / spoken: _____ Full listing: https://www.uborahealth.com/care-centers/the-highlands-04086