MEMORY CARE

The Harbor at Opelika

1001 Fox Run Parkway, Opelika, AL 36801

ABOUT

The Harbor at Opelika is a memory care community in Opelika, Alabama 36801, providing memory care for older adults in the Opelika area.

For individuals and families searching for memory care Opelika, The Harbor at Opelika is an option serving the 36801 area of Opelika. Memory care is a specialised residential setting for people living with Alzheimer's disease or another form of dementia. It offers a secure, structured environment with staff trained in dementia care, layouts designed to reduce confusion, and routines built to support memory and reduce distress.

Families researching Alzheimer's care Opelika, dementia care Opelika, or senior care Opelika can use this listing to find the community and make contact. Memory care communities typically provide round-the-clock supervision by dementia-trained staff, secured entrances and outdoor areas, help with all personal care, medication management, and therapeutic activities intended to support cognition, routine and engagement. Families are usually involved in building the individual care plan.

The Harbor at Opelika may also be relevant to families comparing memory care options across Opelika and the wider Alabama 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

- Secured dementia care
- Trained staff
- Structured daily routine

CONTACT

Phone (334) 749-7992

Web https://www.harboropelika.net/

uborahealth.com

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

The Harbor at Opelika

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-harbor-at-opelika-36801