

SKILLED NURSING FACILITY

FIRST CHOICE HOME CARE

1400 Shepard Dr #100, Sterling, VA 20164

ABOUT

FIRST CHOICE HOME CARE is a skilled nursing facility in Sterling, Virginia 20164, providing skilled nursing care for individuals who require ongoing medical support, nursing supervision, and assistance following hospitalization, surgery, illness, or injury.

For individuals and families searching for skilled nursing care Sterling, FIRST CHOICE HOME CARE is a facility option located in the 20164 area of Sterling. A Skilled Nursing Facility (SNF) provides a supervised healthcare setting for patients who require continued nursing care or support beyond what can typically be provided at home.

Patients researching SNF in Sterling, post-acute care Sterling, or a nursing facility Sterling can use this listing to find essential facility information and contact details. Skilled nursing care may include nursing supervision, medication management, medical monitoring, rehabilitation, therapy, wound care, and assistance with daily activities, depending on the patient's needs and the services available at the facility.

FIRST CHOICE HOME CARE may also be relevant to individuals searching for a rehabilitation facility in Sterling following a hospital stay or other medical event. Contacting the facility directly is recommended to confirm current services, admissions requirements, availability, insurance information, costs, and facility tour options.

SERVICES

Skilled nursing care

Rehabilitation therapy

24-hour nursing

CONTACT**Web** [firstchoicehome.care](https://www.firstchoicehome.care)uborahealth.com

Full listing: <https://www.uborahealth.com/care-centers/first-choice-home-care-497745>

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

FIRST CHOICE HOME CARE

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/first-choice-home-care-497745>