



medical support services

24 Hour Nursing Care
Diabetes Management
Orthopedic Rehabilitation
Medication Administration
Alzheimer's/Dementia Care
On-site Lab & X-ray Services
Wound Care
Hospice Care
Physician Services



ammunities

Spacious units with individual climate control
Assistance with activities of daily living
Medication management
Housekeeping
Recreational activities & entertainment
Call bell system
Wi-Fi & cable television
Barber & beauty services
Weekly church services
3 Meals daily

We strive to treat our
residents, their families and
our caregivers with

**the highest level of
dignity & compassion**

by promoting an environment of
**continuous improvement
& service excellence.**

TO LEARN MORE OR TO
SCHEDULE A TOUR, CALL

301.937.3939



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STERLING
care 
HILLHAVEN

AN ASSISTED LIVING &
MEMORY CARE COMMUNITY

Providing
Care WITH DIGNITY
& COMPASSION





comforts of home



Minutes from local shopping & attractions



Spacious apartments with basic furniture



Residents have the option to bring their own furnishings & personal touches to make the space their own.



Fully stocked library



Entertainment & socialization events



Beautiful great room



Outings and trips



Fresh home style meals served 3 times a day in our community dining room



Some apartments have a private kitchenette equipped with a compact refrigerator & microwave.

resident centered care

STERLING CARE HILLHAVEN OFFERS THE PERFECT BLEND OF ASSISTANCE AND INDEPENDANCE FOR OUR RESIDENTS.

Our Nursing team works with each resident and their family members upon admission to develop a personalized care plan which encourages independence with supportive assistance. Our activities department develops both group and individual activities based on the interests and needs of our residents. To ensure the safety and security of our residents, our emergency call bell system is monitored 24 hours a day by our on-site nursing staff. Our highly skilled nursing staff provides a full range of clinical services.

stepping stones

After a stay in a hospital or skilled nursing facility, a patient can “step” into more independence through our “Stepping Stones” program. Sterling Care Hillhaven offers a 30 day stay for residents that need transitioning from the hospital, rehabilitation or higher level of care to ensure they are fully prepared to return to an independent home environment. Spend a short time with us to ease your way back home or as a trial run before making a long-term commitment to move in full time.



specialized secure memory care

When your family member or loved one is diagnosed with Alzheimer's, Dementia or a related cognitive disease, plans change; life, medical care and sometimes residential plans.

The effects of a Dementia related diagnosis are challenging for both the patient and the family caregivers. Sterling Care Hillhaven's secure Alzheimer's and Dementia Unit is specifically designed for memory and cognitively impaired residents. Our administrative and clinical teams are led by Certified Dementia Practitioners trained by and registered with the Council of Certified Dementia Practitioners.

We provide personalized behavioral management, designed to encourage participation and minimize difficult behaviors. Our residents enjoy specialized Alzheimer's recreational activities.

care continuum program

LET STERLING CARE HILLHAVEN ASSIST WITH YOUR TRANSITION FROM A SKILLED NURSING STAY TO A MORE INDEPENDENT SETTING.

The “Care Continuum Program” is designed for residents who no longer require an in-patient hospital or rehabilitation stay but who need a little extra care and support. For many, getting that added assistance can reduce the chance of having to return to the hospital. For patients who need more support following a skilled nursing stay, the Care Continuum Program offers the benefit of an assisted living facility without a long term commitment at a reduced fee.

