



TO LEARN MORE OR TO  
SCHEDULE A TOUR, CALL  
**410.838.0101**



**Providing  
Care** WITH  
DIGNITY &  
COMPASSION

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

**the highest level of dignity and respect**

*by promoting a nurturing environment of*

**continuous improvement & service excellence.**

There are many ways to pay for a stay at Sterling Care Forest Hill, depending on your situation. **We accept:**

- ♥ Medicare
- ♥ Managed Care
- ♥ Insurance
- ♥ Private Payment
- ♥ Medicaid
- ♥ Hospice
- ♥ Workers' comp



109 Forest Valley Dr.  
Forest Hill, MD 21050  
P 410.838.0101  
F 410.893.3343  
sterlingcarehealth.com



# Quality REHABILITATION

The full suite of rehabilitative services at Sterling Care is designed to improve our residents' functioning and independence.

We create an individualized program with progressive levels of therapy helping each resident meet his/her goals. Our team at Sterling Care is dedicated to meeting and exceeding the needs of every individual in our care and enabling each resident to be as independent as possible.



# Nursing Care WITH COMPASSION

At Sterling Care, we provide the highest level of skilled nursing services with compassion and devotion.

Our experienced nurses are available 24 hours a day, 7 days a week. They are dedicated to providing quality care in an environment that empowers our residents to lead happy and meaningful lives.

- ♥ Skilled Nursing Services
- ♥ Post Acute Care
- ♥ Cardiac Care
- ♥ Pulmonary Care
- ♥ Pain Management
- ♥ Wound Care
- ♥ Dementia Care
- ♥ Respite Care
- ♥ Care for Medically Complex Residents

## Rehabilitation Services

Outpatient Rehabilitation at the Wellness Center at Sterling Care Forest Hill.

## Services

Physical Therapy  
Occupational Therapy  
Speech Therapy

