



**VIERRA**  
COMMUNITIES

*Admiral Health & Rehab is a proud member of Vierra Communities, a third-generation, family-owned skilled nursing owner and operator with a legacy of excellence.*

With 240 beds and a broad continuum of clinical programs, Admiral is uniquely equipped to care for patients with complex medical needs while providing the personalized attention and compassionate support that define the Vierra experience.

**To better serve residents of Arlington and surrounding communities, our center will undergo a multi-million dollar renovation designed to elevate comfort, recovery, and quality of life.**



**ADMIRAL**  
Health & Rehab  
A VIERRA COMMUNITY

1785 S. Hayes Street  
Arlington, VA 22202

**(703) 920-5700**  
Fax: (703) 979-8190  
admissions@admiralrehab.com  
**admiralrehab.com**



*Our convenient Northern Virginia location is easily accessible from many major area hospitals throughout the DMV region.*



**ADMIRAL**  
Health & Rehab  
A VIERRA COMMUNITY

**Clinical Excellence & Timeless Charm for a PREMIER REHAB EXPERIENCE**



## Innovative Rehabilitation

Benefit from advanced therapies offered 7 days a week and customized care plans, all designed to foster recovery and enhance quality of life.

## Dedicated Specialty Units

**Our 60-bed Ventilator Unit** is designed to care for individuals requiring advanced respiratory support. Patients benefit from 24/7 skilled nursing, respiratory therapy, ventilator and tracheostomy management, oxygen therapy, and individualized treatment plans.

**Our onsite Hemodialysis Unit** provides convenient access to life-sustaining dialysis treatments within the comfort of our facility. By eliminating the need for outside transportation, patients benefit from greater continuity of care and a more seamless healthcare experience.

**A secure Dementia Unit** provides a safe, structured, and nurturing environment for individuals living with Alzheimer's disease and other forms of memory impairment.

## Agency-Free Staff

**We take pride in our in-house team of caregivers which translates into consistency of care every step of the way.** With familiar faces at your side daily, our compassionate and well-trained nurses, aides and therapists provide the highest level of personalized and attentive care.



CLEAR CARE. STRONGER OUTCOMES.

Whether you are recovering from orthopedic surgery, a cardiac event or stroke, **our signature VIVID Recovery™ program** aims to get you back home STRONGER, SOONER!

Our extensive continuum of care includes:

- Subacute Rehab
- Long-Term Care
- Ventilator Care
- Renal Care/Hemodialysis
- Orthopedic Rehab
- Cardiac Care
- Pulmonary Care
- Physical Medicine
- Chronic Condition Management
- Pain Management
- Diabetes Management
- Infection Prevention
- Memory Care
- Hospice Care

*All aspects of your recovery are expertly managed by our trusted Hospitalist physician team.*



## Recovery Path: GETTING YOU HOME

### ASSESSMENT

The first step is a comprehensive evaluation of your medical needs to determine the appropriate plan of care, and ultimately discharge goals and expectation.



### GETTING STARTED

Meet the team and begin a therapy regimen tailored to your specific needs. This includes managing pain and other symptoms, as our ultimate goal is to help you regain your strength, mobility and independence.



### YOUR STAY

During your time with us we continuously monitor your progress and assess your treatment plan. Together, we can make any necessary adjustments to provide continuous access to top-notch medical care.



### DISCHARGE

With your input, our interdisciplinary team will curate a discharge plan to ensure a smooth transition back home. This includes home health set up, ordering of durable medical equipment, and additional resources for post rehab care.

