Before you arrive at Potomac Falls Health and Rehab, there are a few preparations you and your family members can make which will facilitate the admissions process and get you started on your way to recovery.

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*Potomac Falls Health & Rehab*

***Pre-Admissions Preparations at Potomac Falls Health & Rehab***

***What to Bring to the Transitional Care Unit***

* Insurance Cards and Complete insurance information.
* Clothing- In order to promote as much independence as possible, patients dress each day in their own clothes for therapy. You and your family are responsible for providing clean clothes. Arrangements can be made to assist patients with laundry services during their stay.

Please bring the following items of clothing sufficient for seven days:

* + Long pants are preferred, but long shorts may be worn if desired. Regular belted slacks and/or warm-ups are recommended. Jeans are not recommended for patients as they are too constricting
  + Shorts may be recommended for patients with surgery to lower limbs or lower limb amputations
  + Shirts and blouses. T-shirts may be recommended for patients with neck or back braces
  + Undergarments
  + Well-fitting shoes and socks, they may tie or Velcro. Rubber soled shoes are recommended
  + Sleep wear
  + Lightweight jacket or sweater
  + Black Sharpie for labeling laundry
  + Laptop/tablet/PDA- The facility has public Wi-Fi available for use
  + Toiletries are provided however please feel free to provide your personal preferred toiletries
* Please leave personal Medications including over the counter medications at home.