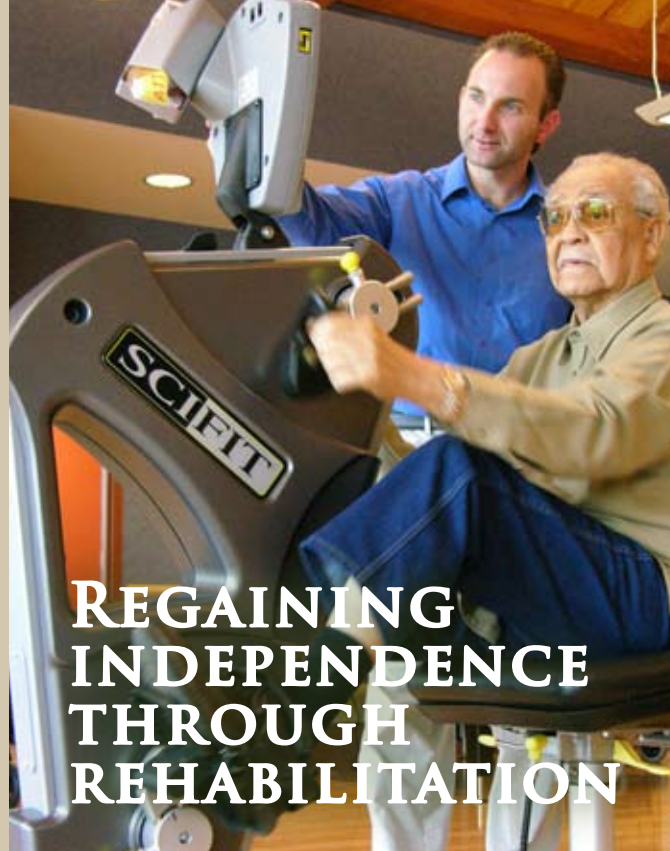
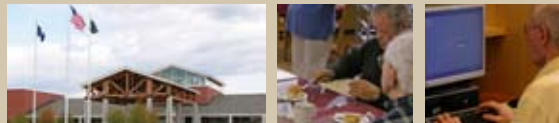


ABOUT THE VIRGINIA DEPARTMENT OF VETERANS SERVICES

The Virginia Department of Veterans Services assists veterans and their families with applying for federal and state benefits; ensures wounded warriors and their families receive timely assessment, treatment, and support; approves educational programs so veterans can use their G.I. Bill benefits; and operates two long-term care centers and three veterans cemeteries.



REGAINING INDEPENDENCE THROUGH REHABILITATION

The Sitter & Barfoot Veterans Care Center (SBVCC) provides both long-term skilled nursing care and short-term rehabilitative therapy. The SBVCC Rehab Department utilizes progressive therapy programs along with a variety of treatment modalities including hot and cold packs, shortwave diathermy, electrical stimulation, and ultrasound to ensure the optimal outcome for every individual.

No matter what the illness or injury, or the method of therapy, SBVCC staff work with one goal in mind: to restore the individual's ability to live independently to the greatest extent possible.

In other words, at SBVCC, therapy is all about getting your life back.



VISIT US

- FROM I-95 NORTH OR SOUTH
- Take exit 69—Bells Road and merge right
 - At the traffic signal, turn left on Bells Road. Continue across Jeff Davis Highway.
 - At the second traffic signal, turn right on Belt Boulevard
 - Go to the second traffic signal and turn right on Broad Rock Boulevard
 - Take the next right into McGuire VAMC complex. SBVCC will be on your right.

CONTACT US

ADMISSIONS OFFICE
1601 BROAD ROCK BLVD.
RICHMOND, VA 23224
(804) 371 · 8433 | (804) 371 · 8434
WWW.VIRGINIAFORVETERANS.COM

REGAINING FREEDOM

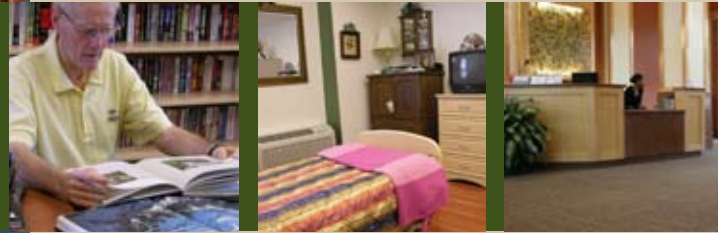


SHORT-TERM REHABILITATION AT THE SITTER & BARFOOT VETERANS CARE CENTER

« For more information »
www.virginiaforveterans.com

THE SITTER & BARFOOT VETERANS CARE CENTER

THERAPY PROGRAMS



ADMISSION CRITERIA

- Honorable discharge from the U.S. Armed Forces
- Virginia residency at the time of admission or entry into the Armed Forces from Virginia
- Meets medical requirements for nursing home care

AMENITIES

- Private rooms with private baths—all are handicap accessible and include a roll-in shower
- Barber/beauty shop
- Pharmacy
- Activity rooms
- Lounges
- Landscaped inner courtyards
- Library
- Game room
- Internet Café
- Walking trail

SBVCC serves only veterans. We understand service disabilities and have a working relationship with the McGuire VA Medical Center. This relationship provides convenient access to the VA medical continuum and enables us to offer the most comprehensive care possible.



SBVCC accepts payment from private insurers, Medicare and Medicaid. Most veterans also qualify for the VA per diem facility credit.



- Urinary incontinence
- Pain management
- Stroke recovery
- Orthopedic medicine
- Wound management
- Neurological enhancement
- Falls and balance
- Dementia
- Swallow retraining
- Contracture management



SBVCC SUCCESS STORIES

FLOYD

When Floyd arrived at the Sitter & Barfoot Veterans Care Center, it seemed unlikely that he would ever return home, much less resume his favorite activities, such as fishing, cooking, and entertaining. But over a three-month period, Floyd went through an intensive rehabilitation process that included breathing retraining and a variety of exercises to regain muscle tone and build up his endurance. He was also retrained to perform daily tasks, such as bathing, dressing, going up and down stairs, and meal preparation. Today, Floyd has his life back. He's driving, cooking, and entertaining. Floyd is back home—on his own.

ALICE

At age 72, Alice was living alone with a little help from her two grandchildren. A fall that resulted in a fractured hip, however, confined Alice to bed. Therapists at SBVCC implemented a treatment program that increased Alice's endurance and upper and lower body strength. They also trained Alice to dress and bathe with adaptive equipment. After six weeks, Alice left using a rolling walker. Today she's able to get in and out of bed without help and able to perform home-making tasks independently.

JOHN

One day while he was cutting wood, John tripped, severely fracturing his left leg. The injury caused him intense pain and doctors said he would probably never walk again. His rehabilitation at SBVCC started with strength training and endurance, using exercise equipment and aerobic exercises. To heal the fracture, physical therapists used shortwave diathermy and electric stim therapy. John left SBVCC walking without a cane. He's able to drive and living at home alone. With hard work and skilled care from the SBVCC staff, John has regained the freedom to enjoy the things he loves.