

LONG-TERM CARE FACILITIES

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If you feel that a loved one's safety or health is at risk if they remain living at home, consult with their doctor about whether a long-term care facility may be appropriate. Before beginning to evaluate facilities, you will need to know the level of care that is needed. The official form that is filled out by a doctor to indicate this is called an **FL-2**.

Types of Long-Term Care

There are two basic types of long-term care facilities, corresponding to different levels of care:

- **Skilled care:** **Skilled nursing facilities**, also called **nursing homes** or **rehabilitation (rehab) centers**, are appropriate when an individual needs ongoing nursing intervention (following an illness, or for chronic conditions) or for short-term intensive physical, occupational, or speech therapy. Patients need skilled care services, but do not require hospital care. Care is provided under the direction of a physician.
- **Assisted living:** Licensed as "**adult care**" in North Carolina, an assisted living level of care is appropriate for individuals who do not need skilled medical intervention but cannot live alone unsupervised. Room and board, activities, administration of medications, medical transportation, assistance with personal hygiene, and 24-hour supervision are included. Care can be provided in **adult care homes** (also called assisted living facilities, rest homes, or homes for the aged), which are licensed to care for seven or more residents, or **family care homes**, which are licensed to care for 2-6 residents. Some skilled care facilities and retirement communities also have adult care (assisted living) sections. There are also group home options for specific populations, such as DDA homes for developmentally disabled adults.

Paying for Long-Term Care

Long-term care can be extremely costly. A typical cost in Wake County may be \$4,000-\$8,500 per month for an assisted living facility, and \$7,000 or more per month for a skilled care facility.

When evaluating facilities, be sure to discuss payment options. For nursing facilities, ask if the facility is Medicare and Medicaid-certified. For assisted living facilities, ask if the facility accepts Special Assistance. If you anticipate applying for public funding, ask if the facility requires payment in advance if there is an application pending.

Medicare:

It is a common misconception that Medicare will cover most of the cost of long-term care. In fact, Medicare pays for less than 2% of skilled care, limited to short-term stays after an individual meets strict criteria including prior hospitalization, and Medicare does not pay for assisted living care under any circumstances.

Medicaid:

Medicaid rules are complex. It is a good idea to get information from a specialist before money runs out, and before considering any transfers of assets.

- **Long Term Care Medicaid:** The cost of **skilled care** can be covered by Long Term Care Medicaid, also referred to as “Nursing Home Medicaid,” for many people who have exhausted their personal resources. To be eligible, an individual must meet age and disability criteria as well as income and resource (asset) limits. The eligibility requirements for receiving Medicaid in a nursing home are quite different from the Medicaid requirements for community-dwelling adults; many people not eligible for Medicaid when living at home become eligible when they enter a nursing home. Also, it is **not** the case that a couple must use up all of their joint assets in order to qualify one of them for nursing home Medicaid; current rules allow some assets and income to be allocated for the use of the spouse who remains at home. Owning a home does not automatically disqualify you from getting Medicaid, but transferring the home or other property to a different owner (other than the spouse) could make an individual ineligible for coverage. **For more information contact Wake County Human Services, at 919-212-7000 (ask for the Long-Term Care Medicaid office). Also see: www.wakegov.com/medicaid.**
- **Special Assistance:** The cost of **assisted living care** can be covered not by Medicaid directly, because it is not considered a medical service, but rather under a state/county program called Special Assistance. To be eligible, an individual must meet strict age and disability criteria as well as income and resource (asset) limits. An applicant whose income is too high is ineligible even if they cannot afford to pay privately for care. If eligible, Special Assistance pays for the room and board portion of costs, after the resident’s own income has been applied (individuals are only allowed to keep a very small amount of their income), and the resident also receives Medicaid to cover the cost of medical care and prescription medications. **For more information contact Special Assistance at Wake County Human Services, at 919-212-7138. Also see: www.wakegov.com/medicaid.**

Even if a facility accepts Medicaid or Special Assistance, they may limit the number of beds allocated for patients on public assistance. As a result, it may be difficult to find a long-term care bed for an individual who is entering the facility on Long Term Care Medicaid or Special Assistance. It is often easier to find a place if the individual is able to pay privately for some period of time, then convert to public assistance funding when personal resources are exhausted.

Long-Term Care Insurance:

If you have long-term care insurance, call a representative for more information about your policy’s benefits, specific to long-term care in a facility, as policies vary.

Evaluating Facilities

When visiting facilities, ask plenty of questions to be sure the facility provides the level of care and staff training that your loved one requires. Visit more than once if possible, at different times of day and on different days of the week. For a detailed checklist to use when evaluating facilities, see the **Guide to Choosing a Long-Term Care Facility** at www.resourcesforseniors.com/resource/choosing_a_long-term_care_facility.pdf, or call Resources for Seniors to request a copy. **Senior & Adult Services** at Wake County Human Services may also be helpful to families making placement decisions. See page 10.

SKILLED CARE FACILITIES

(Skilled Nursing Facilities and Rehabilitation Facilities)

This is a partial listing of facilities licensed in Wake County to provide skilled nursing care. Most also provide rehabilitation services such as physical or occupational therapy for patients recovering from surgery or illness. Some have adult care (assisted living) sections. **The following facilities participate in Medicare and Medicaid, but Medicaid beds may be limited.**

Ratings Resource:

Medicare Care Compare, www.medicare.gov/care-compare

Choose “Nursing homes” in the “Provider type” drop-down menu to search for Medicare-certified nursing homes and rehab facilities by location. Listings show an overall rating based on quality of resident care, staffing levels, and health inspection reports.

- BellaRose Nursing and Rehab** www.bellarosehealth.com **919-985-8400**
200 BellaRose Lake Way, Garner, 27529
Licensed for 100 nursing patients. Short-term and long-term rehabilitation and skilled nursing care.
- Capital Nursing and Rehabilitation Center** **919-231-6045**
3000 Holston Lane, Raleigh, 27610
Licensed for 125 nursing patients. Rehabilitation and nursing care.
- Cary Health and Rehabilitation Center** www.consulatehealthcare.com **919-851-8000**
6590 Tryon Road, Cary, 27518
Licensed for 120 nursing patients. Long-term nursing care. Dementia care on a case-by-case basis.
- Glenaire** www.glenaire.org **919-460-8095**
4000 Glenaire Circle, Cary, 27511
Continuing Care Retirement Community (CCRC) that offers direct admission to Nursing level of care. Licensed for 71 certified beds. Ages 62+.
- Hillcrest Raleigh at Crabtree Valley** www.hillcrestnc.com/raleigh-nc **919-781-4900**
3830 Blue Ridge Road, Raleigh, 27612
Licensed for 134 nursing patients. Specializes in inpatient rehabilitation.
- Hillside Nursing Center of Wake Forest** hillsidenursingcenter.com **919-556-4082**
968 E. Wait Avenue, Wake Forest, 27587
Licensed for 130 nursing patients, 20 adult care, plus Dementia care with NO secure unit.
Rehabilitation services inpatient and outpatient
- The Laurels of Forest Glenn** www.laurelsofforestglenn.com **919-772-8888**
1101 Hartwell Street, Garner, 27529
Licensed for 140 nursing patients. Rehabilitation and nursing care.
- Litchford Falls Healthcare & Rehabilitation Center** www.uhc-litchford.com **919-878-7772**
8200 Litchford Road, Raleigh, 27615
Licensed for 90 nursing patients, and 24 adult care. Short and long-term rehabilitation and nursing.
- The Oaks at Whitaker Glen-Mayview** www.pruitthealth.com **919-828-2348**
513 E. Whitaker Mill Road, Raleigh, 27608
Licensed for 91 certified beds. Rehabilitation and nursing care.

- PruittHealth – Raleigh** www.pruithhealth.com**919-755-0226**
 2420 Lake Wheeler Road, Raleigh, 27603
 Licensed for 150 nursing patients (including 20 dementia care). Short and long-term rehabilitation and nursing care.
- Raleigh Rehabilitation Center** www.raleighrehabhc.com**919-828-6251**
 616 Wade Avenue, Raleigh, 27605
 Licensed for 157 nursing patients. Short and long-term rehabilitation and nursing care.
- Sunnybrook Rehabilitation Center** www.sunnybrookrehab.com.....**919-231-6150**
 25 Sunnybrook Road, Raleigh, 27610
 Licensed for 95 nursing patients. Short-term and sub-acute rehabilitation, and long-term nursing.
- Tower Nursing and Rehabilitation Center** www.townernursing.com**919-231-8113**
 3609 Bond Street, Raleigh, 27604
 Licensed for 180 nursing patients, and 6 adult care. Rehabilitation and nursing care.
- UNC Rex Rehabilitation and Nursing Care Center, Apex** www.rexhealth.com**919-363-6011**
 911 S. Hughes Street, Apex, 27502
 Licensed for 107 nursing patients. Short-term and post-acute rehabilitation, and nursing care.
- Universal Health Care, Fuquay-Varina** www.uhc-fuquay-varina.com**919-577-0421**
 410 S. Judd Parkway SE, Fuquay-Varina, 27526
 Licensed for 100 nursing patients. Rehabilitation and nursing care.
- Universal Health Care, North Raleigh** www.uhc-north-raleigh.com.....**919-872-7033**
 5201 Clarks Fork Drive NW, Raleigh, 27616
 Licensed for 132 nursing patients. Rehabilitation and nursing care.
- Wellington Rehabilitation and Healthcare** www.consulatehealthcare.com.....**919-266-7744**
 1000 Tandal Place, Knightdale, 27545
 Licensed for 80 nursing patients. Short and long-term rehabilitation, and long-term nursing care. Dementia care on a case-by-case basis.
- Zebulon Rehabilitation Center** www.zebulonrehab.com**919-269-9621**
 509 W. Gannon Avenue, Zebulon, 27597
 Licensed for 60 nursing patients.

ASSISTED LIVING FACILITIES

(Adult Care Homes and Family Care Homes)

Ratings Resources:

North Carolina Star Rating Program, <https://info.ncdhhs.gov/dhsr/acls/star/search.asp>

Ratings system for assisted living facilities in North Carolina, based on inspections. Ratings are 1-4 stars, with 3 being a basic score. Deductions are given for violations. 4 stars can only be earned after two consecutive high ratings. Searchable by location or facility name. From the NC Division of Health Service Regulation.

Adult Care Homes

This is a partial listing of facilities licensed in Wake County to provide adult care (assisted living) for **seven or more residents**. See the Family Care Homes section, below, for a listing of smaller facilities.

(SA) = Special Assistance accepted

- The Addison of Fuquay-Varina (SA)** www.seniorlifestyle.com **919-577-8102**
6516 Johnson Pond Road, Fuquay-Varina, 27526
Licensed for 96 residents, including 36 dementia care. Formerly Carillon Assisted Living of Fuquay-Varina.
- The Addison of Knightdale (SA)** www.seniorlifestyle.com **919-266-6676**
2408 Hodge Road, Knightdale, 27545
Licensed for 96 residents, including 26 dementia care. Formerly Carillon Assisted Living of Knightdale.
- Brighton Gardens of Raleigh** www.sunriseseniorliving.com **919-571-1123**
3101 Duraleigh Road, Raleigh, 27612
Licensed for 115 residents, including 25 dementia care.
- Brookdale Cary** www.brookdale.com **919-852-1355 or 919-346-4097**
7870 Chapel Hill Road, Cary, 27513
Dementia care only. Licensed for 50 residents.
- Brookdale MacArthur Park** www.brookdale.com **919-460-5959**
111 MacArthur Drive, Cary, 27513
Licensed for 80 residents, including some dementia care.
- Cadence at Wake Forest** www.cadencewakeforest.com **919-569-2101**
3218 Heritage Trade Drive, Wake Forest, 27587
Licensed for 96 residents, including 36 dementia care.
- Cadence North Raleigh** www.cadencenorthraleigh.com **919-876-6316**
5219 Old Wake Forest Road, Raleigh, 27609
Licensed for 96 residents, including 36 dementia care.
- Coventry House of Zebulon** www.zebulonseniorliving.com **919-375-4504**
1205 W. Gannon Avenue, Zebulon, 27597
Licensed for 60 residents.
- The Covington** www.thecovingtonseniors.com **919-269-7762**
4510 Duraleigh RD., Raleigh, 27612
60-bed dementia special care unit.

- Falls River Court Memory Care** www.seniorlifestyle.com..... 919-844-2499
 1130 Falls River Avenue, Raleigh, 27614
Dementia care only. Licensed for 38 residents.
- Falls River Village Assisted Living** www.seniorlifestyle.com..... 919-844-9747
 1110 Falls River Avenue, Raleigh, 27614
 Licensed for 60 residents.
- Foundation Senior Living** www.foundationsseniorliving.com 919-332-2765
 1437 Aversboro Road, Garner, NC 27529
 Licensed for 82 residents.
- HeartFields at Cary** www.fivestarseniorliving.com 919-852-5757
 1050 Crescent Green Drive, Cary, 27518
 Licensed for 97 residents, including some dementia care.
- Lawndale Manor** www.lawndalemanorassistedliving.com 919-662-0099
 601 Lakeside Drive, Garner, 27529
 Ages 55+. Licensed for 62 residents.
- Magnolia Glen** www.lifeatmagnoliaglen.com 919-841-4747
 5301 Creedmoor Rd., Raleigh, 27612
 Rental retirement community with 48 Assisted Living units. Ages 55+.
- Morningside of Raleigh** www.fivestarseniorliving.com 919-828-5557
 801 Dixie Trail, Raleigh, 27607
 Licensed for 110 residents, including some dementia care.
- Oliver House (SA)** www.wendellseniors.com 919-366-9737
 4230 Wendell Boulevard, Wendell, 27591
 Licensed for 100 residents, including some dementia care.
- Phoenix Assisted Care (SA)** www.victorianseniorcare.com..... 919-460-8644
 201 W. High Street, Cary, 27513
 Licensed for 120 residents, including some dementia care.
- Spring Arbor of Apex** springarborliving.com..... 919-303-9990
 901 Spring Arbor Court, Apex, 27502
 Ages 65+. Licensed for 76 residents, including some dementia care.
- Spring Arbor of Cary** springarborliving.com 919-388-9635
 1705 Kildaire Farm Road, Cary, 27511
 Ages 60+. Licensed for 80 residents, including some dementia care.
- Spring Arbor of Raleigh** springarborliving.com..... 919-250-0255
 1810 N. New Hope Road, Raleigh, 27604
 Ages 60+ (55+ for dementia care). Licensed for 80 residents, including some dementia care.
- Sunrise at North Hills** www.sunriseseniorliving.com 919-981-6100
 615 Spring Forest Road, Raleigh, 27609
 Licensed for 160 residents, including 24 dementia care.
- Wake Assisted Living Memory Care (SA)** www.wakememorycare.com 919-231-7575
 2800 Kidd Road, Raleigh, 27610
Dementia care only. Licensed for 60 residents.
- Waltonwood Cary Parkway** www.waltonwood.com..... 919-234-5162
 750 Southeast Cary Parkway, Cary, 27511
 Rental retirement community with 85 Assisted Living units, including some dementia care.
 Ages 55+.

- Waltonwood Lake Boone** www.waltonwood.com 844-338-1458 or 984-232-0528
 3550 Horton Street, Raleigh, 27607
 Rental retirement community with 68 Assisted Living units, including some dementia care.
 Ages 55+.
- Woodland Terrace** www.kiscoseniorliving.com 919-465-0356
 300 Kildaire Woods Drive, Cary, 27511
 Rental retirement community with 84 Assisted Living units, including some dementia care.
 Ages 55+.

Family Care Homes

This is a partial listing of facilities licensed in Wake County to provide adult care (assisted living) for **2-6 residents**. Family Care Homes are often converted houses in residential areas; some are not fully accessible for wheelchairs.

(SA) = Special Assistance accepted

- Ann's Family Care #4 (SA)** 919-803-6580
 208 Blanchard Street, Raleigh, 27603
 Ages 18+. Licensed for 5 residents.
- Ann's New Day (SA)** 919-790-7663
 400 Parnell Drive, Raleigh, 27610
 Ages 18+. Licensed for 6 residents.
- Ann's Sunrise II (SA)** 919-720-4011
 404 Parnell Drive, Raleigh, 27610
 Ages 18+. Licensed for 6 residents.
- Avendelle Assisted Living** www.avendelle.com
 All: Ages 65+ (preference given to ages 75+). Wheelchair-accessible. Licensed for 6 residents.
 Carlton Pointe, 451 Bendemeer Lane, Rolesville, 27571 919-435-4459
 Fuquay, 709 Minerva Dale Drive, Fuquay-Varina, 27526....857-413-7599 or 919-285-2974
 Heritage, 5112 Granitic Drive, Rolesville, 27571 919-435-6145
 Kildare Farm, 115 Steep Bank Drive, Cary, NC, 27518 919-345-7705
 Lazy River, 2268 Lazy River Drive, Raleigh, 27610.....919-888-0008 or 919-917-7992
 Maynard, 1104 SE Maynard Avenue, Cary, 27511 919-650-1676
 Rolesville, 129 Nortwick Road, Rolesville 27571 919-263-8119
 Shepherds Vineyard, 1100 Wellstone Circle, Apex, 27502 919-446-6222
 Southern Oaks, 605 Lawson Cypress Lane, Fuquay-Varina, 27526 919-762-7219
 Tryon, 6645 Tryon Rd., Cary, 27518 984-242-0180
 Waterford Landing, 1008 Flower Round Court, Raleigh, 27610 919-255-6890
 Wyckford, 4520 Dilford Drive, Raleigh, 27604 919-231-7008
- Bright Horizon** www.brighthorizoncare.com 919-852-3918
 1405 Falls Church Road, Raleigh, 27609
 Ages 60+. Licensed for 6 residents.
- Bright Horizon at Lake Boone** www.brighthorizoncare.com 919-977-9574 or 919-852-3918
 3324 Lake Boone Trail, Raleigh, 27609
 Ages 55+. Licensed for 6 residents.

- Brightside Homes 2 (SA)** **919-986-8800**
 105 Avery Street, Garner, 27529
 Ages 18+. Licensed for 6 residents. Residents must be ambulatory.
- Care Innovations of North Carolina (SA)** **919-749-7677 or 919-373-0353**
 2409 Horton Road, Knightdale, 27545
 Licensed for 4 residents.
- Elsie's Place** **919-847-9495**
 10916 Raven Rock Drive, Raleigh, 27614
 Ages 55+. Licensed for 6 residents.
- Kelley's Family Care Home** www.kelleysfamilycare.com **919-896-4195**
 1919 High Holly Lane, Raleigh, 27614
 Wheelchair-accessible. Licensed for 6 residents.
- Lynn's Care Home at Riverside** lynns carevillage.com **919-621-9670**
 5614 Apalachicola Drive, Raleigh, 27616
Women ages 65+ with dementia only. Wheelchair-accessible. Licensed for 6 residents.
- Lynn's Care Home at Sandy Forks** lynns carevillage.com **919-621-9670**
 6809 Sandy Forks Road, Raleigh, 27615
Women ages 65+ with dementia only. Licensed for 6 residents.
- Mims Family Care Home (SA)** **919-552-6455**
 6337 Mims Road, Holly Springs, 27540
 Ages 50+ preferred. Licensed for 6 residents.
- The Retreat at Cary** www.retreatatcary.com **919-468-3096**
 309 Tweed Cir., Cary, 27511
 Licensed for 6 residents.
- Val's Place at Brookhaven** www.valsfamilycare.com **919-606-9804 or 919-977-7185**
 6112 Winthrop Drive, Raleigh, 27612
 Ages 65+. Specializes in dementia care. Wheelchair-accessible. Licensed for 6 residents.
- Wrenette's Place** **919-779-4456**
 7029 San Juan Hill Court, Raleigh, 27610
 Ages 50+. Licensed for 6 residents.

LICENSING AND MONITORING OF FACILITIES

- Adult and Community Services** **919-250-3835**
Senior & Adult Services, Wake County Human Services, 220 Swinburne St., Raleigh, 27610
www.wakegov.com/departments-government/human-services/programs-assistance/senior-and-adult-services
Monitors and investigates complaints regarding assisted living facilities (adult care homes and family care homes) in Wake County, and assists individuals and families with placement decisions.
- Division of Health Service Regulation**, NC Department of Health and Human Services
<https://info.ncdhhs.gov/dhsr/ciu/index.html>
Licenses and monitors all nursing facilities and assisted living facilities in North Carolina. Surveys nursing facilities for Medicare and Medicaid certification. Investigates complaints.
- Complaint Hotline**..... **919-855-4500 or 800-624-3004**
Nursing Home Licensure and Certification 919-855-4520
Adult Care Licensure 919-855-3765

ADVOCACY FOR RESIDENTS OF LONG-TERM CARE

- Friends of Residents in Long-Term Care** www.forltc.org..... **919-782-1530**
Nonprofit providing information for families and residents with concerns about long-term care.
- Regional Long-Term Care Ombudsman Program** **919-558-2713 or 800-310-9777**
Triangle J COG Area Agency on Aging
<https://www.tjcog.org/focus-areas-aging/long-term-care>
Advocates on behalf of long-term care facility residents to uphold residents' rights and address quality of care and quality of life issues; investigates grievances.