



1110 Navaho Drive, Fourth Floor, Raleigh, NC 27609
(919) 872-7933 • www.resourcesforseniors.org
Services and information for older adults and adults with disabilities
in Wake County, North Carolina

FACILITY-BASED RESPITE OPTIONS

Last updated: 04/21/2026

The following is a list of care facilities that may offer short-term respite stays. This service may be appropriate for an individual whose caregiver needs to go out of town, or just needs a rest from caregiving. It may also be a way to test how an individual would do in a facility setting. **Call facilities directly to ask about availability, and to get detailed information on admission requirements.**

Rates for facility-based respite can range from \$150-\$350 per night. Availability depends on whether a provider has space available, and requests are typically considered on a case-by-case basis. Plan to call in advance to make arrangements.

An FL-2 form may be required for review at most of the facilities listed. This form can be obtained from your loved one's primary physician. The FL-2 is a medical form that lists the physician's recommended level of care, as well as medical diagnoses and conditions. Long term care facilities use the FL-2 as an evaluation/assessment tool in deciding whether they will be able to provide appropriate care.

Most facilities can accommodate individuals with dementia, but some may not be able to manage those who wander or who have significant behavioral needs. If you are seeking respite for a loved one with dementia, be prepared to describe their symptoms and ask whether the facility would be able to handle their needs.

The providers listed are options, not recommendations. Since selecting a provider is a subjective decision, we suggest you call and visit multiple providers before making a decision.

For **ratings information** about facilities, consult these resources:

- **Nursing Facilities:** www.medicare.gov/care-compare
Choose "Nursing homes" in the "Provider type" drop-down menu to search for Medicare-certified nursing homes and rehabilitation facilities by location. Listings show an overall rating based on quality of resident care, staffing levels, and health inspection reports.
- **Assisted Living Facilities:** <https://info.ncdhhs.gov/dhsr/acls/star/search.asp>
"Star rating" system gives facilities a rating of 1-4 stars, based on inspection results. A basic score is 3 stars. Facilities receive deductions for violations and increases for positive features, and can only earn 4 stars after two consecutive high ratings.

Nursing Facilities

- BellaRose Nursing and Rehab** www.bellarosehealth.com..... 919-985-8400
200 BellaRose Lake Way, Garner, 27529
- Capital Nursing and Rehab Center** libertyhealthandrehab.com/capitalnursing/ 919-231-6045
3000 Holston Lane, Raleigh, 27610
- Durham VA Medical Center** www.va.gov/durham-health-care.....919-286-0411
508 Fulton St., Durham, 27705
Veterans only.
- Hillcrest Raleigh at Crabtree Valley** hillcrestnc.com/raleigh-nc..... 919-781-4900
3830 Blue Ridge Road, Raleigh, 27612
- The Laurels of Forest Glenn** www.laurelsofforestglenn.com 919-772-8888
1101 Hartwell Street, Garner, 27529
- Litchford Falls Healthcare & Rehab Center** litchfordfallshealthrehab.com/ ... 919-878-7772
8200 Litchford Road, Raleigh, 27615
- Sunnybrook Rehabilitation Center** www.sunnybrookrehab.com..... 919-231-6150
25 Sunnybrook Road, Raleigh, 27610
- Wellington Rehabilitation and Healthcare** www.wellingtonrehab.com/ 919-266-7744
1000 Tandall Place, Knightdale, 27545
Has a separate unit for dementia care.

Assisted Living Facilities

- Brighton Gardens** www.sunriseseniorliving.com..... 919-571-1123
3101 Duraleigh Road, Raleigh, 27612
Dementia care available.
- Brookdale Cary** www.brookdale.com..... 919-852-1355
7870 Chapel Hill Road, Cary, 27513
Dementia care only.
- Brookdale MacArthur Park** www.brookdale.com..... 919-460-5959
111 MacArthur Drive, Cary, 27513
Dementia care available.
- Cadence North Raleigh** www.cadencenorthraleigh.com.....919-876-6316
5219 Old Wake Forest Road, Raleigh, 27609
Dementia care available.
- Morningside of Raleigh** morningsideofraleigh.seniorlivingnearme.com/919-828-5557
801 Dixie Trail, Raleigh, 27607
Dementia care available.
- Phoenix Assisted Care** www.victorianseniorcare.com..... 919-460-8644
201 W. High Street, Cary, 27513
Dementia care available.
- Spring Arbor of Cary** springarborliving.com..... 919-388-9635
1705 Kildaire Farm Rd, Cary, NC 27511
Dementia care available.

- Spring Arbor of Apex** springarborliving.com..... 919-303-9990
 901 Spring Arbor Court, Apex, 27502
 Dementia care available.
- Sunrise at North Hills** www.sunriseseniorliving.com919-981-6100
 615 Spring Forest Road, Raleigh, 27609
 Dementia care available.

Other

- Southeastern Healthcare Overnight Respite** www.sehcnc.com 919-212-8580
 3401 Carl Sandburg Court, Raleigh, 27610
 Overnight respite services available from one night up to two weeks. Financial assistance may be available; call for more information. Dementia care available.
- Brookdale North Raleigh** www.brookdale.com 919-338-5394
 1200 Carlos Dr., Raleigh, 27609
 Independent Living community.
- Woodland Terrace** www.kiscoseniorliving.com 919-465-0356
 300 Kildaire Woods Drive, Cary, 27511
 Rental retirement community offering short-term stays. Independent Living and Assisted Living units. Dementia care available.