



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

## FACILITY-BASED RESPITE OPTIONS

Last updated: 6/8/2021

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](http://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](http://www.bellarosehealth.com) ..... 919-985-8400  
200 BellaRose Lake Way, Garner, 27529
- Capital Nursing and Rehabilitation Center** ..... 919-231-6045  
3000 Holston Lane, Raleigh, 27610
- Durham VA Medical Center** ..... 919-286-0411  
508 Fulton St., Durham, 27705  
Veterans only.
- Hillcrest Raleigh at Crabtree Valley** [hillcrestnc.com/raleigh-nc](http://hillcrestnc.com/raleigh-nc) ..... 919-781-4900  
3830 Blue Ridge Road, Raleigh, 27612
- The Laurels of Forest Glenn** [www.laurelsofforestglenn.com](http://www.laurelsofforestglenn.com) ..... 919-772-8888  
1101 Hartwell Street, Garner, 27529
- Litchford Falls Healthcare & Rehabilitation Center** ..... 919-878-7772  
8200 Litchford Road, Raleigh, 27615
- The Oaks at Whitaker Glen-Mayview** [www.pruitthealth.com](http://www.pruitthealth.com) ..... 919-828-2348  
513 E. Whitaker Mill Road, Raleigh, 27608
- Sunnybrook Rehabilitation Center** [www.sunnybrookrehab.com](http://www.sunnybrookrehab.com) ..... 919-231-6150  
25 Sunnybrook Road, Raleigh, 27610
- Wellington Rehabilitation and Healthcare** [www.consulatehealthcare.com](http://www.consulatehealthcare.com) ..... 919-266-7744  
1000 Tandall Place, Knightdale, 27545  
Dementia care on a case-by-case basis.

## Assisted Living Facilities

- Brighton Gardens** [www.sunriseseniorliving.com](http://www.sunriseseniorliving.com) ..... 919-571-1123  
3101 Duraleigh Road, Raleigh, 27612  
Dementia care available.
- Brookdale Cary** [www.brookdale.com](http://www.brookdale.com) ..... 919-852-1355 or 919-346-4097  
7870 Chapel Hill Road, Cary, 27513  
Dementia care only.
- Brookdale MacArthur Park** [www.brookdale.com](http://www.brookdale.com) ..... 919-460-5959  
111 MacArthur Drive, Cary, 27513  
Dementia care available.
- Cadence North Raleigh** [www.cadencenorthraleigh.com](http://www.cadencenorthraleigh.com) ..... 919-876-6316  
5219 Old Wake Forest Road, Raleigh, 27609  
Dementia care available.
- Cadence at Wake Forest** [www.cadencewakeforest.com](http://www.cadencewakeforest.com) ..... 919-569-2101  
3218 Heritage Trade Drive, Wake Forest, 27587  
Dementia care available.
- Falls River Court Memory Care** [www.seniorlifestyle.com](http://www.seniorlifestyle.com) ..... 919-844-2499  
1130 Falls River Avenue, Raleigh, 27614  
Dementia care only.

- HeartFields at Cary** [www.fivestarseniorliving.com](http://www.fivestarseniorliving.com).....919-852-5757  
 1050 Crescent Green Drive, Cary, 27518  
 Dementia care available.
- Morningside of Raleigh** [www.fivestarseniorliving.com](http://www.fivestarseniorliving.com).....919-828-5557  
 801 Dixie Trail, Raleigh, 27607  
 Dementia care available.
- Phoenix Assisted Care** [phoenixassistedcare.com](http://phoenixassistedcare.com) .....919-460-8644  
 201 W. High Street, Cary, 27513  
 Dementia care available.
- Spring Arbor of Apex** [springarborliving.com](http://springarborliving.com).....919-303-9990  
 901 Spring Arbor Court, Apex, 27502  
 Dementia care available.
- Spring Arbor of Raleigh** [springarborliving.com](http://springarborliving.com) .....919-250-0255  
 1810 N. New Hope Road, Raleigh, 27604  
 Dementia care available.
- Sunrise at North Hills** [www.sunriseseniorliving.com](http://www.sunriseseniorliving.com) .....919-981-6100  
 615 Spring Forest Road, Raleigh, 27609  
 Dementia care available.

<b>Other</b>
--------------

- Southeastern Healthcare Overnight Respite**.....919-212-8580  
[www.sewake.com/overnight-respite](http://www.sewake.com/overnight-respite)  
 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](http://www.brookdale.com).....919-338-5394  
 1200 Carlos Dr., Raleigh, 27609  
 Independent Living community offering short-term stays.
- Woodland Terrace** [www.kiscoseniorliving.com](http://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.