

Resources for Seniors, Inc.

1110 Navaho Drive, Suite 400

Raleigh, NC 27609

(919) 872-7933

www.resourcesforseniors.com

LONG TERM CARE FACILITIES

Families provide the majority of care to older relatives. The care is often provided in the older adult's own home or in the home of a family caregiver. However, sometimes the physical, emotional and social demands on the caregiver can become more than the family can handle. Families may reach the decision that care in the home is no longer possible after all other options have been considered. The family may find that their relative's safety and health is at risk if they remain at home. Whenever possible the older adult should have a major role in the decision-making process from beginning to end.

Finding a facility that meets the needs of the older adult can be an overwhelming task for family members. The placement decision may have to be made at a time of crisis, leaving little time for the selection process. However, it is important to evaluate prospective facilities as carefully as possible to ensure that the facility provides the level of care, staff training and expertise to meet your relative's special needs. If physical rehabilitation is needed, ask about the facility's rehabilitation program. If your relative has dementia, does the facility have a special care unit? If not, how will they meet these special needs?

Levels of care provided in long term care facilities are described below:

Nursing Care is appropriate when the patient needs on-going nursing intervention and supervision following illness or for chronic conditions. It is also appropriate for short-term intensive physical, occupational or speech rehabilitation therapy. The patient's care is under the direction of a physician.

Domiciliary Care is custodial care for persons 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 is provided. This care can be provided in a nursing facility, adult care home (or assisted living home), family care home, or DDA home (group home for developmentally disabled adults). In North Carolina, this level of care is licensed as "adult care". Public assistance provided through the Special Assistance program.

Wake County Human Services (WCHS) has a long-term care placement unit. Social workers can assist in evaluating the need for placement and offer support throughout the process. In addition, this agency monitors domiciliary homes on issues relating to resident's rights and licensure standards, and investigates complaints involving suspected abuse, neglect, or exploitation of residents in long-term care facilities.

Paying for Long Term Care

Long term care can be very costly. The cost of domiciliary care in Wake County averages about \$1800 in small family care homes, and can range from \$2000 to over \$5000 in larger assisted living settings, depending on the type of accommodations and the level of care needed. These averages are for facilities that have only domiciliary beds. Nursing facilities' charges can be \$3500 to over \$6000 per month, depending on level of care. Most people cannot afford the cost of care for an extended period of time.

It is a common misconception that Medicare will cover most of the cost. In fact, **Medicare pays for less than 2 percent of nursing home care.** Medicare will only pay for time-limited skilled care after meeting strict criteria including prior hospitalization.

Medicaid (the federal/state program providing health coverage for financially needy individuals) covers the cost of intermediate and skilled care for many people when they have exhausted their personal resources. To be eligible, the nursing home resident must meet age and disability criteria as well as meeting income and resource limits. Assisted living is not considered a medical service, and so the majority of the cost is not covered under Medicaid, but under a state/county program called Special Assistance for Adults, which is administered locally by Wake County Human Services. This program also has strict age, disability, income, and resource criteria. If eligible, the resident also receives Medicaid to cover the cost of medical and medically-necessary personal care services. **For more information about eligibility guidelines for either Medicaid or Special Assistance for long term care, call WCHS at 212-7541.**

While evaluating a long-term care facility, discuss the financing options the facility will accept. If it is a nursing facility ask if the facility is Medicare and Medicaid certified. If it is a rest home or assisted living facility, will they accept Special Assistance? Does the facility expect payment in advance?

Note that even if a facility accepts Medicaid, they may limit the number of beds allocated for Medicaid patients. As a result it may be difficult to find a long-term care bed for an individual who is entering the facility on 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.

Nursing Facilities

These facilities are licensed to provide skilled and intermediate care; some also have adult care (assisted living) rooms available. Facilities that have special units for Alzheimer's/dementia care are noted where appropriate. All of these facilities are Medicare and Medicaid certified, though availability of Medicaid beds may be limited.

Blue Ridge Health Care Center	781-4900
3830 Blue Ridge Road, Raleigh, NC 27612	<i>(134 nursing beds)</i>
Capital Nursing and Rehabilitation Center.....	231-6045
3000 Holsten Lane, Raleigh, NC 27610	<i>(125 nursing beds)</i>
Cary Health and Rehabilitation.....	851-8000
6590 Tryon Rd, Cary, NC 27518	<i>(120 nursing beds, 30 adult care beds)</i>
City of Oaks Health and Rehabilitation Center	231-8113
3609 Bond Street, Raleigh, NC 27604	<i>(180 nursing beds, 6 adult care beds)</i>
Guardian Care of Zebulon	269-9621
509 West Gannon Avenue, Zebulon, NC 27597	<i>(60 nursing beds)</i>
Hillside Nursing Center of Wake Forest.....	556-4082
968 Wait Avenue, Wake Forest, NC 27587	<i>(130 nursing, 20 adult care, 12 dementia care beds)</i>

Laurels of Forest Glenn	772-8888
1101 Hartwell Street, Garner, NC 27529	<i>(120 nursing beds, 20 adult care beds)</i>
Litchford Falls Healthcare & Rehabilitation Center.....	878-7772
8200 Litchford Road, Raleigh, NC 27615	<i>(90 nursing beds, 20 adult care beds)</i>
Mayview Convalescent Center	828-2348
513 E. Whitaker Mill Road, Raleigh, NC 27608	<i>(139 nursing beds)</i>
The Oaks of Carolina.....	755-0226
2420 Lake Wheeler Rd, Raleigh, NC 27603	<i>(130 skilled nursing beds, 20 dementia care beds)</i>
Raleigh Rehabilitation & Health Care Center	828-6251
616 Wade Avenue, Raleigh, NC 27605	<i>(174 nursing beds)</i>
Rex Rehabilitation and Nursing Care Center of Apex	363-6011
911 South Hughes Street, Apex, NC 27502	<i>(107 nursing beds)</i>
Rex Rehabilitation and Nursing Care Center	784-6600
4210 Lake Boone Trail, Raleigh, NC 27607	<i>(120 nursing beds)</i>
Sunnybrook Healthcare and Rehabilitation Specialists.....	231-6150
25 Sunnybrook Road, Raleigh, NC 27610	<i>(97 nursing beds, 19 dementia unit beds)</i>
Universal Health Care and Rehabilitation Center.....	872-7033
5201 Clarks Fork Dr, Raleigh, NC 27616	<i>(132 nursing beds)</i>
WakeMed - Fuquay-Varina	350-4600
400 West Ransom Street, Fuquay-Varina, NC 27526	<i>(36 skilled nursing beds)</i>
Wellington Nursing Center.....	266-7744
1000 Tandal Place, Knightdale, NC 27545	<i>(80 nursing beds, 20 adult care beds)</i>

Adult Care Homes (Assisted Living)

The homes listed below are licensed by the state as Adult Care to house 7 or more residents. Facilities with special units for Alzheimer's/dementia care are noted.

Atwater Rest Home (<i>Special Assistance accepted</i>)	362-6266
312 Lynch Street, Apex, NC 27502	(Licensed for 55 residents)
Brighton Gardens (<i>Private pay</i>).....	571-1123
3101 Duraleigh Road, Raleigh, NC 27612	(Licensed for 90 residents, 25 bed dementia unit.)
Carolina House of Cary (<i>Private pay</i>)	460-5959
111 MacArthur Drive, Cary, NC 27513	(Licensed for 74 residents; Alzheimer's care program)
Carolina House of Wake Forest (<i>Private pay only</i>).....	562-8400
611 South Brooks Street, Wake Forest, NC 27587	(Licensed for 65 residents, 22 bed dementia unit)
Chatham Creek Rest Home (<i>Special Assistance accepted</i>)	469-9309
809 West Chatham Street, PO Box 1389 Cary, NC 27511	(Licensed for 80 residents)
Clare Bridge of Cary (<i>Private pay</i>).....	852-1355
7870 Chapel Hill Road, Cary, NC 27513	(Licensed for 50 residents; all have dementia)
Coventry House of Zebulon (<i>Special Assistance accepted</i>)	269-7762
1205 W Gannon Ave, Zebulon, NC 27597	(Licensed for 60 residents)
The Covington (<i>was Pine Tree Villa; Special Assistance accepted</i>).....	791-1981
4510 Duraleigh Road, Raleigh, NC 27612	(120 residents; 60 dementia care beds)
Elmcroft of Northridge (<i>was Outlook Pointe at Northridge; Special Assistance accepted</i>)	848-4906
421 Van Thomas Drive, Raleigh, NC 27615	(112 residents, 60 dementia care beds).
Falls River Court (<i>Private pay</i>)	844-2499
1130 Falls River Avenue, Raleigh, NC 27614	(Licensed for 38 residents, all have dementia)
Falls River Village (<i>Private pay</i>).....	844-9747
1110 Falls River Avenue, Raleigh, NC 27614	(Licensed for 60 residents)
HeartFields Assisted Living (<i>Private pay</i>)	852-5757
1050 Crescent Green Drive, Cary, NC 27518	(Licensed for 90 residents; 16 dementia beds)
The Heritage of Raleigh (<i>Private pay</i>).....	334-2222
1200 Carlos Drive, Raleigh, NC 27609	(35 adult care units in 218 unit retirement community)
James Rest Home (<i>Special Assistance accepted</i>)	362-8856
8420 James Rest Home Road, New Hill, NC 27562	(Licensed for 40 residents)
Lawndale Manor (<i>Special Assistance accepted</i>)	662-0099
601 Lakeside Drive, Garner, NC 27529	(Licensed for 62 residents)

Lee's Long Term Care Facility, Inc. (<i>Special Assistance accepted</i>).....	772-8846
7133 Rock Service Station Road, Raleigh, NC 27603	(<i>Licensed for 65 residents</i>)
Magnolia Glen (<i>Private pay</i>)	841-4747
5301 Creedmoor Road, Raleigh, NC 27612	(<i>Licensed for 48 adult care residents, within larger retirement community</i>)
Morningside Assisted Living of Raleigh (<i>Private pay</i>).....	828-5557
801 Dixie Trail, Raleigh, NC 27607	(<i>Licensed for 92 residents, 44 dementia beds</i>)
Oliver House (<i>Special Assistance accepted</i>)	366-9737
4230 Wendell Boulevard, Wendell, NC 27591	(<i>Licensed for 100 residents</i>)
Phoenix Assisted Care (<i>was Parkway Retirement Home; Special Assistance accepted</i>).....	460-8644
201 West High Street, Cary, NC 27513	(<i>Licensed for 120 residents</i>)
Spring Arbor of Apex (<i>Special Assistance accepted</i>).....	303-9990
901 Spring Arbor Court, Apex, NC 27502	(<i>Licensed for 76 residents</i>)
Spring Arbor of Raleigh (<i>Special Assistance accepted</i>).....	250-0255
1810 New Hope Rd, Raleigh, NC 27604	(<i>Licensed for 78 residents</i>)
St. Mark's Manor (<i>Special Assistance accepted</i>)	363-5311
3735 Heritage Meadow Lane	(<i>Licensed for 12 residents</i>)
Sunrise at North Hills (<i>Private pay</i>)	981-6100
615 Spring Forest Road, Raleigh, NC 27609	(<i>Licensed for 145 residents, 24 dementia care beds</i>)
Sunrise of Raleigh (<i>Private pay</i>).....	787-0777
4801 Edwards Mill Road, Raleigh, NC 27612	(<i>Licensed for 88 residents</i>)
Wake Assisted Living (<i>Special Assistance accepted</i>)	231-7575
2800 Kidd Road, Raleigh, NC 27610	(<i>Licensed for 60 residents</i>)
Wake Forest Care Center, Inc. (<i>Special Assistance accepted</i>)	556-3210
306 South Allen Street, Wake Forest, NC 27587	(<i>Licensed for 80 residents</i>)
Windsor Point (<i>CCRC, but will admit directly to assisted living or Alz. Unit</i>).....	552-4580
1221 Broad Street, P.O. Box 1330, Fuquay-Varina, NC 27526	
Woodland Terrace (<i>Private pay</i>)	465-0356
300 Kildaire Woods Drive, Cary, NC 27511	(<i>Licensed for 84 residents, dementia care unit</i>)
Yarborough-O'Neal Villa (<i>Special Assistance accepted</i>)	269-6061
551 Pony Road, Zebulon, NC 27597	(<i>Licensed for 60 residents</i>)

Family Care Homes

Homes licensed for 6 residents or fewer that provide custodial care. Most accept Special Assistance.

A Good Life Family Care Home	834-3966
4013 Tryon Rd, Raleigh, NC 27606	
Ann's Family Care Home	231-1767
2801 Gladstone Drive, Raleigh, NC 27610	
Ann's Family Care Home #3	832-4133
205 Fenton St, Raleigh, NC 27604	
Bainbridge Family Care Home	661-0289
202 Bainbridge Circle, Garner, NC 27529	
Baker's Family Care Home	269-5852
215 Riverside Drive, Zebulon, NC 27597	
Brown's Family Care Home	362-6686
8416 James Rest Home Road, State Road 1182, New Hill, NC 27562	
Elsie's Place Family Care Home (<i>private pay only</i>).....	847-9495
10916 Raven Rock Drive Raleigh, NC 27614	
Helm's Family Care Homes	
1. 2305 Glascok Street, Raleigh, NC 27610	851-3715
2. 502 Carolina Avenue, Raleigh, NC 27606	851-3715
3. 105 Avery Street, Garner, NC 27529	851-3715
Jones Family Care Home	772-7382
3620 Barwell Road, Raleigh, NC 27610	
Joyner Family Care Home.....	829-2600
3404 Rock Quarry Rd, Raleigh, NC 27610	
Lake Wheeler Road Family Care Home	833-0742
1315 Lake Wheeler Road, Raleigh, NC 27603	
Linda's Family Care Home.....	231-9838
816 Peyton Street, Raleigh, NC 27610	
Long Acres Family Care Home #1 & #2	231-7500 or 231-1404
400 and 404 Parnell Drive, Raleigh, NC 27610	
Mim's Family Care Home	552-6455
6337 Mims Road, Holly Springs, NC 27540	
R & S Family Care Home.....	821-4546
1445 Sawyer Road, Raleigh, NC 27610	
Seagraves Family Care Home	362-8556
1052 Irongate Drive, Apex, NC 27502	
Springhaven Family Care Home.....	828-3834
1308 East Lane St, Raleigh, NC 27610	

The Haven.....269-7389
 310 West Horton Street, Zebulon, NC 27597

Worthdale Family Care Home.....231-9706
 933 Friar Tuck Road, Raleigh, NC 27610

Advocacy For Residents of Long Term Care

Friends of Residents in Long-Term Care 782-1530
 883-C Washington Street, Raleigh, NC 27605
(Provide information to families or residents with concerns about issues in long term care.)
(www.forltc.org)

Long-Term Care Ombudsman/ Regional..... 558-2711
 Triangle J Council of Governments, Area Agency on Aging
 P.O. Box 12276, RTP, NC 27709
(Information on long-term care facilities, grievance investigation and resolution. Fax# 998-8101)

Long-Term Care Ombudsman/State 733-8395
 NC Division of Aging, 2101 Mail Service Center, Raleigh, NC 27699-2101
(Advocacy and information for long term care resident's concerns.)

Long Term Care Facilities Licensing/Monitoring

North Carolina Division of Health Service Regulation
(Licenses all nursing facilities and domiciliary homes, surveys the nursing facilities for Medicare and Medicaid certification, and investigates complaints.)
 Web: facility-services.state.nc.us (note: Do not type www before this address!)
 Certification & Licensure for Nursing Homes & Long Term Care..... 855-4520
 Certification & Licensure for Adult Care Homes/Assisted Living (Group Care)..... 855-3765

Wake County Human Services
(Monitors and investigates complaints about adult care homes – assisted living, rest homes, and family care homes. Can assist with placement.)
 Web: [http:// lnweb02.co.wake.nc.us/dhs/acth.nsf/webfacilityview?openview](http://lnweb02.co.wake.nc.us/dhs/acth.nsf/webfacilityview?openview)
 Complete listing of facilities, info on complaints, online form to file a complaint
 Adult Home Specialist 212-7500
 Adult Medicaid and Special Assistance applications 212-7541

Community Alternatives Program for Disabled Adults

The Community Alternatives Program for Disabled Adults (CAP/DA) provides in-home care for Medicaid recipients who would otherwise need to be in a nursing facility. The program can provide personal care, nursing services, meals, adult day health care, medical supplies, and other services. This program is intended to meet the needs of the patient and provide relief for the caregiver in the home.

NOTE: THIS PROGRAM HAS A WAIT LIST OF ABOUT ONE YEAR

Internet Information

Nursing Home Compare feature of Medicare website, with inspection results
www.medicare.gov/NHCompare/Home.asp

Wake County Adult Home information, with complaints/corrective actions
<http://lnweb02.co.wake.nc.us/dhs/acth.nsf/webfacilityview?openview>

Wake County Nursing Home information, including Community Advisory Committee reports
<http://lnweb02.co.wake.nc.us/dhs/acth.nsf/webnhview?openview>

Division of Health Service Regulation website provides listings of nursing homes, adult care homes, hospitals, and home care agencies licensed by the state, at
<http://facility-services.state.nc.us/reports.htm>

Information about Medicaid for long term care is available at
www.dhhs.state.nc.us/dma/

Click on “Consumer Links”, then “Long Term Care” and then refer to the Financial Rules for Long-Term Care Medicaid Recipients and Long Term Care Frequently Asked Questions.

Revised April 2008