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 complete rest from caregiving. It may also be a way to test how an individual would do in a facility setting.

Rates for facility-based respite are typically in the range of $150-$300 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.

Please note: 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.

• Information about facilities, with complaints and corrective actions, can be found on the web at:

  Assisted living: www2.ncdhhs.gov/dhhs/acls/star/search.asp#usestar (“Star rating” system gives each facility a rating of 1-4 stars, based on inspection results. A basic score is 3 stars; places receive deductions for violations and increases for positive features. A facility can only earn 4 stars after two consecutive high ratings.)

  Nursing homes: www.medicare.gov/nursinghomecompare/search.html (Listings have information about complaints and inspection reports, and give quality ratings.)

• For additional information about specific facilities call the Regional Long Term Care Ombudsman Program office, at (919) 558-2711.

Short-term respite may be available at the facilities listed. Call facilities directly to ask about availability and to get detailed information on admission requirements.
ASSISTED LIVING FACILITIES

Brighton Gardens of Raleigh (3101 Duraleigh Rd., Raleigh, 27612) .................................. (919) 571-1123
Brookdale Cary (7870 Chapel Hill Rd., Cary, 27513) ......................................................... (919) 852-1355
  Specializes in dementia care.
Brookdale MacArthur Park (111 MacArthur Dr., Cary, 27513) ........................................ (919) 460-5959
Brookdale Wake Forest (611 S. Brooks St., Wake Forest, 27587) ...................................... (919) 562-8400
Brookridge Assisted Living (312 Lynch St., Apex, 27502) ............................................. (919) 362-6266
Carillon Assisted Living of N. Raleigh (5219 Old Wake Forest Rd., Raleigh, 27609) ....... (919) 876-6316
Chatham Commons (809 W. Chatham St., Cary, 27511) ................................................ (919) 469-9309
Elmcroft of Northridge (600 Newton Rd., Raleigh, 27615) ............................................ (919) 999-3611
Falls River Court (1130 Falls River Ave., Raleigh, 27614) ............................................. (919) 670-2577
  Specializes in dementia care.
HeartFields at Cary (1050 Crescent Green Dr., Cary, 27518) ........................................ (919) 852-5757
Morningside of Raleigh (801 Dixie Trl., Raleigh, 27607) ............................................. (919) 828-5557
Phoenix Assisted Care (201 W. High St., Cary, 27513) ................................................ (919) 460-8644
Spring Arbor of Apex (901 Spring Arbor Ct., Apex, 27502) .......................................... (919) 303-9990
Spring Arbor of Raleigh (1810 N. New Hope Rd., Raleigh, 27604) ................................ (919) 250-0255
Sunrise at North Hills (615 Spring Forest Road, Raleigh, 27609) .................................... (919) 981-6100
Sunrise of Cary (1206 W. Chatham St., Cary, 27513) ............................................... (919) 462-9147
Sunrise of Raleigh (4801 Edwards Mill Rd., Raleigh, 27612) ........................................ (919) 787-0777
Woodland Terrace (300 Kildaire Woods Dr., Cary, 27511) ........................................ (919) 234-5223

NURSING FACILITIES

Capital Nursing and Rehabilitation Center (3000 Holston Ln., Raleigh, 27610) ................ (919) 231-6045
Cary Health and Rehabilitation Center (6590 Tryon Rd., Cary, 27518) ............................. (919) 851-8000
Durham VA Medical Center (508 Fulton St., Durham, 27705) ........................................ (919) 286-0411
  Veterans only; must be medically stable.
Hillcrest Raleigh at Crabtree Valley (3830 Blue Ridge Rd., Raleigh, 27612) ................. (919) 781-4900
The Laurels of Forest Glenn (1101 Hartwell St., Garner, 27529) ..................................... (919) 772-8888
Litchford Falls Healthcare (8200 Litchford Rd., Raleigh, 27615) ..................................... (919) 878-7772
The Oaks at Whitaker Glen – Mayview (513 E. Whitaker Mill Rd., Raleigh, 27608) ....... (919) 839-5604
Raleigh Rehabilitation Center (616 Wade Ave., Raleigh, 27605) ................................. (919) 828-6251
Sunnybrook Rehabilitation Center (25 Sunnybrook Rd., Raleigh, 27610) ...................... (919) 231-6150
Wellington Rehabilitation and Healthcare (1000 Tandall Pl., Knightdale, 27545) .......... (919) 266-7744

OTHER

Southeastern Wake Adult Day Center (3401 Carl Sandburg Ct., Raleigh, 27610) ........... (919) 212-8580
  Overnight respite services available from one night up to two weeks.
Brookdale North Raleigh (1200 Carlos Dr., Raleigh, 27609) ........................................... (919) 338-5394
  Independent living community offering short-term stays; optional home care services.