

Resources for Seniors, Inc.
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FACILITY-BASED RESPITE OPTIONS

The following is a list of care facilities that may offer short-term respite stays. The facilities listed have said that they are willing to accommodate stays of two weeks or less. This service may be appropriate for a patient 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 a patient will do in a facility setting.

Most facilities can handle patients with dementia, but some may not be able to manage patients who wander or who have severe behavioral problems. If you are seeking to place a dementia patient, be prepared to describe their symptoms and ask whether the facility is able to handle them.

Important: An FL-2 form will 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 form 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 form as an evaluation/assessment tool in deciding whether or not their facility will be able to provide the most appropriate level of care.

The providers listed are options, not recommendations. Since selecting a provider is a subjective decision, **Resources for Seniors, Inc.** suggests you call and visit each provider. Rates for facilities generally range between \$100-200 per night. Both assisted living and nursing facilities offer respite based on availability of space. Please call in advance to make arrangements.

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

Assisted living: <http://lnweb02.co.wake.nc.us/dhs/acth.nsf/webfacilityview?openview>

Nursing homes: <http://lnweb02.co.wake.nc.us/dhs/acth.nsf/webnhview?openview>

For additional information about specific facilities, call the Regional Long Term Care Ombudsman's office at 558-2711.

**** Note**:** Short-term respite may be available at the facilities listed below on a space-available basis. Call the selected facility for details on admissions process and bed availability.

Assisted Living Facilities

- ◆ Brookridge Assisted Living (*formerly Atwater Rest Home*).... 362-6266
- ◆ Carolina House of Cary 460-5959
- ◆ Carolina House of Wake Forest..... 562-8400
- ◆ Chatham Commons..... 469-9309

◆ Clare Bridge of Cary	852-1355
◆ Elmcroft of Northridge	848-4906
◆ Falls River Court.....	844-2499
◆ Falls River Village	844-9747
◆ HeartFields Assisted Living at Cary.....	852-5757
◆ The Heritage of Raleigh.....	334-2222
◆ Morningside of Raleigh	828-5557
◆ Oliver House	366-9737
◆ Phoenix Assisted Care	460-8644
◆ Spring Arbor of Apex	303-9990
◆ Spring Arbor of Raleigh.....	250-0255
◆ Sunrise at North Hills.....	981-6100
◆ Sunrise of Raleigh.....	787-0777
◆ Tanglewood Assisted Living.....	779-4560
◆ Woodland Terrace.....	465-0356

Nursing Facilities

• Capital Nursing and Rehabilitation Center	231-6045
• Cary Health and Rehabilitation Center	851-8000
• Durham VA Medical Center.....	286-0411
<u>(Veterans only, medically stable with caregiver at home)</u>	
• Kindred Nursing and Rehab-Zebulon.....	269-9621
• Kindred Transitional Care & Rehab of Raleigh	828-6251
• Kindred Transitional Care & Rehab-Sunnybrook	231-6150
• Laurels of Forest Glenn	772-8888
• Litchford Falls Healthcare and Rehabilitation Center	878-7772
• Raleigh Rehabilitation and Healthcare Center.....	828-6251
• Sunnybrook Healthcare and Rehabilitation Specialists	231-6150
• Wellington Nursing and Rehabilitation Center.....	266-7744

This list was revised in June 2013