

**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**

- ◆ Aversboro Assisted Living.....779-4560
- ◆ Brookridge Assisted Living (formerly Atwater Rest Home).... 362-6266
- ◆ Carolina House of Cary ..... 460-5959
- ◆ Carolina House of Wake Forest..... 562-8400

◆ Chatham Creek Rest Home.....	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
◆ Wake Forest Care Center .....	556-3210
◆ Woodland Terrace.....	465-0356

**Nursing Facilities**

• Blue Ridge Healthcare Center .....	781-4900
• Capital Nursing and Rehabilitation Center.....	231-6045
• Cary Health and Rehabilitation Center.....	851-8000
• Durham VA Medical Center.....	286-0411
(Veterans only, medically stable with caregiver at home)	
• Guardian Care of Zebulon .....	269-9621
• 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 May 2011*