

LONG-TERM CARE FACILITIES

If you feel that a loved one's safety and/or health are at risk if they remain living at home, consult with their doctor about whether a long-term care facility may be appropriate. Before beginning to evaluate facilities you will need to know the level of care that is needed. The official form that is filled out by a doctor to indicate this is called an **FL-2**.

There are two basic types of long-term care facilities, corresponding to different levels of care:

- **Nursing home care** or "skilled care" is appropriate when someone needs ongoing skilled 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 resident's care is under the direction of a physician. Skilled care is provided in **nursing facilities** and **rehabilitation centers**. Public assistance is provided through Long Term Care Medicaid.
- **Assisted living care** is appropriate for persons who do not need skilled medical intervention, but cannot live alone unsupervised. In North Carolina, this level of care is licensed as "adult care." Room and board, activities, assistance with personal care needs, administration of medications, and 24-hour supervision is provided. Care can be provided in **adult care homes**, **family care homes**, or group homes. Public assistance is provided through the Special Assistance program. Some nursing facilities also have assisted living units.

Wake County Human Services (WCHS) has a **Senior and Adult Services Team** which may be helpful to families making placement decisions. In addition, this team monitors adult care 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. See page 10 for more information.

Paying for Long-Term Care

The cost of assisted living in Wake County starts at over \$2,000 per month in small family care homes and can range from \$3,000-\$9,000+ per month in larger facilities, depending on accommodations and the level of care required. The cost of nursing facilities can be \$7,000-\$9,500+ per month, depending on the level of care. Most people cannot afford the cost of long-term care for an extended period of time.

While evaluating long-term care facilities, discuss the financing options the facility will accept. Does the facility expect payment in advance? Can they accept a patient with a Medicaid application pending? If the patient is paying privately, what will happen when the patient's funds run out? Can the patient transition to public assistance at that time? If it is a nursing facility, ask if the facility is Medicare and Medicaid certified. If it is an assisted living facility (adult care home or family care home), ask if they accept Special Assistance.

Medicare

It is a common misconception that Medicare will cover most of the cost of long-term care. In fact, Medicare pays for less than 2% of nursing home care, and does not pay for assisted living care at all. Medicare will only pay for skilled care after a patient meets strict criteria, including prior hospitalization, and Medicare-funded stays are typically quite short.

Medicaid

Medicaid is the federal/state program providing health coverage for financially needy individuals.

- The cost of **nursing home care** is covered by **Long Term Care Medicaid** for many people when they have exhausted their personal resources. To be eligible, the nursing home resident must meet age and/or disability criteria as well as meeting income and resource (asset) limits. Owning a home does not automatically disqualify a person from receiving Medicaid for long-term care. A couple with one spouse remaining at home while the other goes into a facility does not have to spend all of their joint resources before qualifying. Medicaid rules allow protection of some income and assets for the spouse remaining at home. Individuals who attempt to avoid Medicaid rules by transferring money or property can encounter penalties when they apply for Medicaid.
- The majority of the cost of **assisted living care** is not covered under Medicaid, because it is not considered a medical service, but rather under a state/county program called **Special Assistance**. This program also has strict age, disability, income, and resource criteria. Persons whose income is too high are ineligible even if they cannot afford to pay privately. If eligible, the resident also receives Medicaid to cover the cost of medical care and medically-necessary personal care services.

Even if a facility accepts Medicaid or Special Assistance, they may limit the number of beds allocated for patients on public assistance. As a result it may be difficult to find a long-term care bed for an individual who is entering the facility on Long Term Care Medicaid or Special Assistance. Most patients are admitted to nursing homes directly after a hospitalization. Otherwise, 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.

Medicaid rules are complex, and it is a good idea to get information from a specialist before the money runs out, and before considering any transfers of assets. For detailed information about eligibility guidelines for either Long Term Care Medicaid or Special Assistance, call Wake County Human Services at (919) 212-7000.

Long Term Care Insurance

If you have long-term care insurance, be sure to call a representative for more information about your policy's benefits, specific to long-term care in a facility, as policies vary.

NURSING AND REHABILITATION FACILITIES

Nursing facilities are licensed to provide skilled care; some also have adult care (assisted living) available. Facilities that have special units for dementia care are noted where appropriate. **All of these facilities are Medicare and Medicaid certified. Availability of Medicaid beds may be limited.** For more information about nursing facilities:

Medicare Nursing Home Compare, www.medicare.gov/nursinghomecompare/search.html

Online database of nursing facilities searchable by location and name. Lists information about complaints and inspection reports, and gives quality ratings.

- BellaRose Nursing and Rehab**, www.bellarosehealth.com 919-985-8400
 200 BellaRose Wake Way, Garner, 27529
 100 nursing beds.
- Capital Nursing and Rehabilitation Center** 919-231-6045
 3000 Holston Ln., Raleigh, 27610
 125 nursing beds.
- Cary Health and Rehabilitation Center**, www.consulatehealthcare.com 919-851-8000
 6590 Tryon Rd., Cary, 27518
 90 nursing beds; 30 adult care beds.
- Hillcrest Raleigh at Crabtree Valley**, hillcrestnc.com/raleigh-nc 919-781-4900
 3830 Blue Ridge Rd., Raleigh, 27612
 134 nursing beds.
- Hillside Nursing Center of Wake Forest**, hillsidenursingcenter.com 919-556-4082
 968 E. Wait Ave., Wake Forest, 27587
 130 nursing beds, incl. 12-bed dementia care unit; 20 adult care beds.
- The Laurels of Forest Glenn**, www.laurelsofforestglenn.com 919-772-8888
 1101 Hartwell St., Garner, 27529
 120 nursing beds; 20 adult care beds.
- Litchford Falls Healthcare** 919-878-7772
 8200 Litchford Rd., Raleigh, 27615
 90 nursing beds; 24 adult care beds.
- The Oaks at Whitaker Glen-Mayview**, www.pruitthealth.com 919-828-2348
 513 E. Whitaker Mill Rd., Raleigh, 27608
 91 nursing beds.
- PruittHealth – Raleigh**, www.pruitthealth.com 919-755-0226
 2420 Lake Wheeler Rd., Raleigh, 27603
 130 skilled nursing beds; 20 dementia care beds.
- Raleigh Rehabilitation Center**, www.raleighrehabhc.com 919-828-6251
 616 Wade Ave., Raleigh, 27605
 157 nursing beds.
- Sunnybrook Rehabilitation Center**, www.sunnybrookrehab.com 919-231-6150
 25 Sunnybrook Rd., Raleigh, 27610
 95 nursing beds; 19 sub-acute/rehab unit beds.
- Tower Nursing and Rehabilitation Center** 919-231-8113
 3609 Bond St., Raleigh, 27604
 180 nursing beds; 6 adult care beds.

- UNC Rex Rehabilitation and Nursing Care Center of Apex, www.rexhealth.com..... 919-363-6011**
 911 S. Hughes St., Apex, 27502
 107 nursing beds.
- UNC Rex Rehabilitation and Nursing Care Center of Raleigh, www.rexhealth.com.. 919-784-6600**
 4210 Lake Boone Trl., Raleigh, 27607
 120 nursing beds.
- Universal Health Care, North Raleigh..... 919-872-7033**
 5201 Clarks Fork Dr. NW, Raleigh, 27616
 132 beds.
- Universal Health Care, Fuquay-Varina..... 919-577-0421**
 410 S. Judd Pkwy. SE, Fuquay-Varina, 27526
 100 nursing beds.
- Wellington Rehabilitation and Healthcare, www.consulatehealthcare.com..... 919-266-7744**
 1000 Tandall Pl., Knightdale, 27545
 80 nursing beds, 20 adult care beds.

ASSISTED LIVING FACILITIES

Adult Care Homes and Family Care Homes are listed below. For more information about assisted living facilities (adult care homes and family care homes):

North Carolina Facility Search, Division of Health Service Regulation, NC DHHS

www2.ncdhhs.gov/dhsr/acls/star/search.asp#usestar

Information on all licensed assisted living facilities in NC. “**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.

Wake County Listing of Facilities, Senior and Adult Services, Wake Co. Human Services

services.wakegov.com/pmcweb/AdultCareListing.aspx?HomeType=AdultCare

Information on all assisted living facilities in Wake County. Lists recent complaints.

Adult Care Homes

Adult care homes (also known simply as assisted living facilities) are licensed to care for 7 or more residents. Facilities with special units for dementia care are noted, as are those that accept Special Assistance:

Brighton Gardens of Raleigh 919-571-1123

www.sunriseseniorliving.com

3101 Duraleigh Rd., Raleigh, 27612

Licensed for 115 residents, incl. 25 dementia care

Brookdale Cary 919-852-1355

www.brookdale.com

7870 Chapel Hill Rd., Cary, 27513

Licensed for 50 residents; dementia care only.

Brookdale MacArthur Park..... 919-460-5959

www.brookdale.com

111 MacArthur Dr., Cary, 27513

Licensed for 70 residents, incl. dementia care.

- Brookdale Wake Forest** 919-562-8400
www.brookdale.com
 611 S. Brooks St., Wake Forest, 27587
 Licensed for 70 residents, incl. dementia care.
- Brookridge Assisted Living (Special Assistance accepted)**..... 919-362-6266
 312 Lynch St., Apex, 27502
 Licensed for 55 residents.
- Carillon Assisted Living of Fuquay-Varina (Special Assistance accepted)** 919-577-8102
www.carillonassistedliving.com
 6516 Johnson Pond Rd., Fuquay-Varina, 27526
 Licensed for 96 residents, incl. 36 dementia care.
- Carillon Assisted Living of Garner (Special Assistance accepted)** 919-773-1550
www.carillonassistedliving.com
 200 Minglewood Dr., Garner, 27529
 Licensed for 84 residents.
- Carillon Assisted Living of Knightdale (Special Assistance accepted)** 919-266-6676
www.carillonassistedliving.com
 2408 Hodge Rd., Knightdale, 27545
 Licensed for 96 residents, incl. 26 dementia care.
- Carillon Assisted Living of North Raleigh (Special Assistance accepted)** 919-876-6316
www.carillonassistedliving.com
 5219 Old Wake Forest Rd., Raleigh, 27609
 Licensed for 96 residents, incl. 36 dementia care.
- Carillon Assisted Living of Wake Forest (Special Assistance accepted)**..... 919-569-2101
www.carillonassistedliving.com
 3218 Heritage Trade Dr., Wake Forest, 27587
 Licensed for 96 residents, incl. 36 dementia care.
- Coventry House of Zebulon**..... 919-269-7762
www.coventryassistedliving.com
 1205 W. Gannon Ave., Zebulon, 27597
 Licensed for 60 residents.
- The Covington (Special Assistance accepted)**..... 919-791-1981
affinitylivinggroup.com
 4510 Duraleigh Rd., Raleigh, 27612
 Licensed for 120 residents, incl. 60 dementia care.
- Elmcroft of Northridge**..... 919-999-3611
www.elmcroft.com
 600 Newton Rd., Raleigh, 27615
 Licensed for 133 residents, incl. 58 dementia care.
- Falls River Court**..... 984-265-1004
www.seniorlifestyle.com/property/falls-river-court
 1130 Falls River Ave., Raleigh, 27614
 Licensed for 36 residents; dementia care only.
- HeartFields at Cary** 919-852-5757
www.fivestarseniorliving.com
 1050 Crescent Green Dr. Cary, 27518
 Licensed for 97 residents, incl. dementia care unit.

- Lawndale Manor (Special Assistance accepted)** 919-662-0099
www.lawndalemanorassistedliving.com
601 Lakeside Dr., Garner, 27529
Licensed for 62 residents.
- Magnolia Glen** 919-651-3803
www.kiscoseniorliving.com
5301 Creedmoor Rd., Raleigh, 27612
Licensed for 48 adult care residents within retirement community.
- Morningside of Raleigh** 919-828-5557
www.fivestarseniorliving.com
801 Dixie Trl., Raleigh, 27607
Licensed for 110 residents, incl. dementia care unit.
- Phoenix Assisted Care (Special Assistance accepted)** 919-460-8644
phoenixassistedcare.com
201 W. High St., Cary, 27513
Licensed for 120 residents, incl. dementia care unit.
- Spring Arbor of Apex** 919-303-9990
springarborliving.com
901 Spring Arbor Ct., Apex, 27502
Ages 60+. Licensed for 76 residents.
- Spring Arbor of Raleigh** 919-250-0255
springarborliving.com
1810 N. New Hope Rd., Raleigh, 27604
Ages 60+ (55+ for dementia care). Licensed for 80 residents, incl. dementia care unit.
- Sunrise of Cary** 919-462-9147
www.sunriseseniorliving.com
1206 W. Chatham St., Cary, 27513
Licensed for 85 residents, incl. 33 dementia care.
- Sunrise at North Hills** 919-981-6100
www.sunriseseniorliving.com
615 Spring Forest Rd., Raleigh, 27609
Licensed for 130 residents, incl. 24 dementia care.
- Sunrise of Raleigh** 919-787-0777
www.sunriseseniorliving.com
4801 Edwards Mill Rd., Raleigh, 27612
Licensed for 96 residents, incl. 46 dementia care.
- Wake Assisted Living (Special Assistance accepted)** 919-231-7575
www.wakeassistedliving.com
2800 Kidd Rd., Raleigh, 27610
Licensed for 60 residents; dementia care only.
- Windsor Point** 919-552-4580
windsorpoint.com
1221 Broad St., Fuquay-Varina, 27526
Licensed for 87 adult care residents within CCRC (admits directly to assisted living/dementia care).
- Woodland Terrace** 919-234-5223
www.kiscoseniorliving.com
300 Kildaire Woods Dr., Cary, 27511
Licensed for 84 residents, incl. dementia care unit.

Zebulon House (Special Assistance accepted) 919-269-6061
affinitylivinggroup.com/community
 551 Pony Rd., Zebulon, 27597
 Licensed for 60 residents, incl. 31 dementia care.

Family Care Homes

Family care homes are licensed to care for 2-6 residents. They are often in converted houses in residential areas. Many require residents to be ambulatory since the homes may not be fully accessible for wheelchairs. Homes that accept Special Assistance are noted below:

A Good Life Family Care Home (Special Assistance accepted) 919-834-3966
 4013 Tryon Rd., Raleigh, 27606
 Ages 18+ (preference given to ages 55+). Licensed for 3 residents.

Allcare Assisted Living 919-661-0289
www.allcarehha.com
 202 Bainbridge Cir., Garner, 27529
 Ages 18+. Licensed for 6 residents.

Ann's Family Care #4 (Special Assistance accepted) 919-803-6580
 208 Blanchard St., Raleigh, 27603
 Ages 18+. Licensed for 5 residents.

Ann's New Day (Special Assistance accepted) 919-790-7663
 400 Parnell Dr., Raleigh, 27610
 Ages 18+. Licensed for 6 residents.

Ann's Sunrise II (Special Assistance accepted) 919-720-4011
 404 Parnell Dr., Raleigh, 27610
 Ages 18+. Licensed for 6 residents.

Avendelle Assisted Living, www.avendelle.com
 All: Ages 65+ (preference given to ages 75+). Licensed for 6 residents. Wheelchair-accessible.
 Carlton Pointe, 451 Bendemeer Ln., Rolesville, 27571 919-435-1250
 Fuquay, 709 Minerva Dale Dr., Fuquay-Varina, 27526 857-413-7599
 Heritage, 5112 Granitic Dr., Rolesville, 27571 919-435-6145
 Lazy River, 2268 Lazy River Dr., Raleigh, 27610 919-888-0008
 Maynard, 1104 SE Maynard Ave., Cary, 27511 919-650-1676
 Rolesville, 129 Nortwick Rd., Rolesville 27571 919-263-8119
 Saratoga, 3905 Saratoga Dr., Raleigh 27604 919-850-2955
 Shepherds Vineyard, 1100 Wellstone Cir., Apex, 27502 919-345-7715
 Southern Oaks, 605 Lawson Cypress Ln., Fuquay-Varina, 27526 919-345-7715
 Waterford Landing, 1008 Flower Round Ct., Raleigh, 27610 919-255-6890
 Weaver Crossing, 2768 Weaver Hill Dr., Apex, 27502 919-363-6912
 Wyckford, 4520 Dilford Dr., Raleigh, 27604 919-231-7008

Bright Horizon 919-852-3918
www.brighthorizoncare.com
 1405 Falls Church Rd., Raleigh, 27609
 Ages 60+. Licensed for 6 residents.

Bright Horizon at Lake Boone 919-852-3918
www.brighthorizoncare.com
 3324 Lake Boone Trl., Raleigh, 27609
 Ages 55+. Licensed for 6 residents.

- Brightside Homes 2 (Special Assistance accepted)**..... 919-986-8800
 105 Avery St., Garner, 27529
 Licensed for 6 residents.
- Brown’s Family Care Home (Special Assistance accepted)** 919-362-6686
 8416 James Rest Home Rd., New Hill, 27562
 Licensed for 6 residents.
- Care Innovations of North Carolina**919-749-7677 or 919-373-0353
 2409 Horton Rd., Knightdale, 27545
 Licensed for 4 residents.
- Compassionate Place Home** 919-325-0722
 3401 Sheryl Dr., Raleigh, 27604
 Licensed for 5 residents.
- Dedove Homes at River Knoll (Special Assistance accepted)** 919-212-3807
 1616 River Knoll Dr., Raleigh, 27610
 Ages 55+. Licensed for 6 residents.
- Elsie’s Place** 919-847-9495
 10916 Raven Rock Dr., Raleigh, 27614
 Ages 18+. Licensed for 6 residents.
- Falls of Neuse Senior Living**..... 919-977-3364
www.fallsofneuseseniorliving.com
 5204 Cherrywood Ct., Raleigh, 27609
 Licensed for 3 residents. Specializes in dementia care.
- Gracie Sturdivant Care Home of Knightdale**..... 919-771-6471
graciesturdivant.com
 1004 Edenburghs Keep Dr., Knightdale, 27545
 Licensed for 6 residents. Wheelchair-accessible.
- Gracie Sturdivant Care Home of North Raleigh** 919-771-6471
graciesturdivant.com
 2445 Deanwood Dr., Raleigh, 27615
 Licensed for 6 residents. Wheelchair-accessible.
- Kelley’s Family Care Home** 919-896-4195
www.kelleysfamilycare.com
 1919 High Holly Ln., Raleigh, 27614
 Licensed for 6 residents. Wheelchair-accessible.
- Lynn’s Care Home at Riverside**..... 919-621-9670
lynnscarevillage.com
 5614 Apalachicola Dr., Raleigh, 27616
 Licensed for 6 residents. Women with dementia only.
- Lynn’s Care Home at Sandy Forks** 919-621-9670
lynnscarevillage.com
 6809 Sandy Forks Rd., Raleigh, 27615
 Licensed for 3 residents. Women with dementia only.
- The Manor at Coventry Creek (Special Assistance accepted)** 919-264-0775
 5124 Werribee Dr., Raleigh, 27616
 Ages 55-70. Licensed for 6 residents.
- The Manor at Edgewater (Special Assistance accepted)** 919-264-0775
 1038 Stormy Ln., Raleigh, 27610
 Ages 60-80. Licensed for 6 residents.

- The Manor at Perry Creek (Special Assistance accepted)** 919-977-3367
7305 Perry Creek Rd., Raleigh, 27616
Ages 50+. Licensed for 6 residents.
- Mercy Manor at Saybrooke (Special Assistance accepted)**..... 919-271-0917
6320 Saybrooke Dr., Raleigh, 27604
Licensed for 6 residents.
- Mim’s Family Care Home (Special Assistance accepted)**..... 919-552-6455
6337 Mims Rd., Holly Springs, 27540
Ages 65+ preferred. Licensed for 6 residents.
- North Hills Senior Living** 919-571-2556
www.northhillsseniorliving.com
110 Dartmouth Rd., Raleigh, 27609
Ages 55+. Licensed for 3 residents.
- Poole Road Family Care Home (Special Assistance accepted)** 919-345-9087
5818 Poole Rd., Raleigh, 27610
Licensed for 6 residents.
- R & S Family Care Home (Special Assistance accepted)** 919-821-4546
1445 Sawyer Rd., Raleigh, 27610
Licensed for 5 residents.
- The Retreat at Cary** 919-468-3096
www.retreatcary.com
309 Tweed Cir., Cary, 27511
Ages 55+. Licensed for 6 residents. Wheelchair-accessible.
- Rose Hill #2 (Special Assistance accepted)** 919-896-8233
2305 Glascock St., Raleigh, 27610
Licensed for 6 residents.
- Rose Hill Family Care (Special Assistance accepted)** 919-522-8581
1116 Beverly Dr., Raleigh, 27610
Licensed for 6 residents.
- Seagraves Family Care Home (Special Assistance accepted)** 919-362-8556
1052 Irongate Dr., Apex, 27502
Licensed for 6 residents.
- Tiffany’s Family Care Home (Special Assistance accepted)** 919-772-3755
1139-A Benson Rd., Garner, 27529
Ages 18+. Licensed for 6 residents.
- Val’s Family Care Home** 919-606-9804
www.valsfamilycare.com
3708 Rock Creek Dr., Raleigh, 27609
Ages 55+. Licensed for 3 residents. Specializes in dementia care. Wheelchair-accessible.
- Val’s Place at Brookhaven** 919-606-9804
www.valsplaceatbrookhaven.com
6112 Winthrop Dr., Raleigh, 27612
Ages 65+. Licensed for 3 residents. Specializes in dementia care. Wheelchair-accessible.
- Worthdale Family Care Home (Special Assistance accepted)** 919-231-9706
933 Friar Tuck Rd., Raleigh, 27610
Licensed for 5 residents.

Wrenette's Place (Special Assistance accepted) 919-779-4456
7029 San Juan Hill Ct., Raleigh, 27610
Ages 50+. Licensed for 6 residents.

LICENSING AND MONITORING OF FACILITIES

Division of Health Service Regulation, North Carolina Dept. of Health and Human Services

www2.ncdhhs.gov/dhsr

Licenses and monitors all nursing facilities and assisted living facilities in North Carolina. Surveys nursing facilities for Medicare and Medicaid certification. Investigates complaints. Website lists facilities with recent penalties, by county.

Complaint Hotline 919-855-4500 or 800-624-3004

Nursing Home Licensure and Certification 919-855-4520

Adult Care Licensure 919-855-3765

Senior and Adult Services, Wake County Human Services 919-250-3830

220 Swinburne St., Raleigh, 27610

www.wakegov.com/humanservices/social/senior_adult

Monitors all assisted living facilities in Wake County. Can also assist individuals and families with finding long-term care placements.

ADVOCACY FOR RESIDENTS OF LONG TERM CARE

Friends of Residents in Long-Term Care, www.forltc.org 919-782-1530

Nonprofit providing information for families and residents with concerns about long-term care.

Regional Long-Term Care Ombudsman Program 919-558-2711 or 800-310-9777

Area Agency on Aging, Triangle J COG

www.tjcog.org/ombudsman.aspx

Advocates on behalf of long-term care facility residents to uphold residents' rights and address quality of care and quality of life issues; investigates grievances.

State Long-Term Care Ombudsman Program 919-855-3433

Division of Aging and Adult Services, NC DHHS

www.ncdhhs.gov/assistance/adult-services/long-term-care-ombudsman

Advocacy and information for long-term care residents.