

## Resources for Seniors, Inc.

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www.resourcesforseniors.com

### LONG TERM CARE FACILITIES

Families provide the majority of care to older relatives, whether in the older adult's own home or in the home of a family caregiver. At some point, though, the physical, emotional, financial, and social demands of caregiving can become more than the family can handle, and the family may reach the decision that care in the home is no longer possible. At this point, the possibility of a move to a long-term care facility may have to be considered

The first question that must be addressed is, what level of care is needed? What kinds of help does the older adult need on a daily basis? This will determine the type of facility that is needed. The older adult's primary care physician can make an evaluation of the appropriate level of care before placement.

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

Nursing home or "skilled care" is appropriate when the patient 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 patient's care is under the direction of a physician. Skilled care is provided in **nursing facilities and rehabilitation centers**.

Assisted living or domiciliary care is appropriate 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 an **assisted living facility, family care home**, or DDA home (group home for developmentally disabled adults). Some nursing facilities also have a separate unit that provides this kind of care. In North Carolina, this level of care is licensed as "**adult care**". Public assistance for adult care is provided through the Special Assistance program.

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.

Another resource to help in selecting a facility is the state's "**Star Rating System**". Adult care homes are rated based on annual inspections. Consumers can search a website by facility location or by individual facility name. Each facility has a numerical score from 0-100 and a star rating from 0-4 stars. **To search for star ratings, go to: <http://www.dhhs.state.nc.us/dhsr/acls/star/search.asp>**

## Paying for Long Term Care

Long term care can be very costly. The cost of adult care in Wake County averages about \$1800 and up 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 more than \$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 of long-term care. In fact, **Medicare pays for less than 2 percent of nursing home care, and does not pay for assisted living care at all.** Medicare will only pay for skilled care after the patient meets strict criteria including prior hospitalization, and Medicare-funded stays are typically quite short.

**Medicaid** (the federal/state program providing health coverage for financially needy individuals) covers the cost of nursing home care 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.** Also, a couple with one member 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.

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. Individuals who attempt to get avoid Medicaid rules by transferring money or property can encounter penalties when they apply for Medicaid. **For more detailed information about eligibility guidelines for either Medicaid or Special Assistance for long term care, call WCHS at 212-7000 and ask for Adult Economic Services.**

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. 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.

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, family care home, or assisted living facility, will they accept Special Assistance? 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?

Note that 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 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.

## Nursing Facilities

These facilities are licensed to provide skilled 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.

Capital Nursing and Rehabilitation Center.....	919-231-6045
3000 Holston Lane, Raleigh, NC 27610	<i>(125 nursing beds)</i>
Cary Health and Rehabilitation.....	919-851-8000
6590 Tryon Road, Cary, NC 27518	<i>(120 nursing beds, 30 adult care beds)</i>
Crabtree Valley Rehab Center .....	919-781-4900
3830 Blue Ridge Road, Raleigh, NC 27612	<i>(134 skilled nursing beds)</i>
Hillside Nursing Center of Wake Forest.....	919-556-4082
968 Wait Avenue, Wake Forest, NC 27587	<i>(130 nursing, 20 adult care, 12 dementia care beds)</i>
Kindred Nursing and Rehab - Zebulon.....	919-269-9621
509 West Gannon Avenue, Zebulon, NC 27597	<i>(60 nursing beds)</i>
Kindred Transitional Care & Rehab of Raleigh .....	919-828-6251
616 Wade Avenue, Raleigh, NC 27605	<i>(157 nursing beds)</i>
Kindred Transitional Care & Rehab - Sunnybrook .....	919-231-6150
25 Sunnybrook Road, Raleigh, NC 27610	<i>(95 nursing beds, 19 transitional care beds)</i>
Laurels of Forest Glenn .....	919-772-8888
1101 Hartwell Street, Garner, NC 27529	<i>(120 nursing beds, 20 adult care beds)</i>
Litchford Falls Healthcare & Rehabilitation Center.....	919-878-7772
8200 Litchford Road, Raleigh, NC 27615	<i>(90 nursing beds, 24 adult care beds)</i>
The Oaks at Mayview .....	919-828-2348
513 E. Whitaker Mill Road, Raleigh, NC 27608	<i>(139 nursing beds)</i>
Rex Rehabilitation and Nursing Care Center of Apex .....	919-363-6011
911 S. Hughes Street, Apex, NC 27502	<i>(107 nursing beds)</i>
Rex Rehabilitation and Nursing Care Center .....	919-784-6600
4210 Lake Boone Trail, Raleigh, NC 27607	<i>(120 nursing beds)</i>
Tower Nursing and Rehabilitation Center .....	919-231-8113
3609 Bond Street, Raleigh, NC 27604	<i>(130 nursing beds)</i>
Unihealth Post Acute Care.....	919-755-0226
2420 Lake Wheeler Road, Raleigh, NC 27603	<i>(130 skilled nursing beds, 20 dementia care beds)</i>

Universal Health Care and Rehabilitation Center.....	919-872-7033
5201 Clarks Fork Drive, Raleigh, NC 27616	(112 nursing beds)
Universal Health Care of Fuquay-Varina.....	919) 577-0421
410 S. Judd Parkway SE, Fuquay-Varina, NC 27526	(49 skilled nursing beds, 31 adult care beds)
Wellington Rehabilitation and Healthcare.....	919-266-7744
1000 Tandal Place, Knightdale, NC 27545	(80 nursing beds, 20 adult care beds)

### 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.

Brighton Gardens ( <i>Private pay</i> ).....	919-571-1123
3101 Duraleigh Road, Raleigh, NC 27612	(Licensed for 90 residents, 25-bed dementia unit)
Brookdale Cary ( <i>Private pay</i> ).....	919-852-1355
7870 Chapel Hill Road, Cary, NC 27513	(Licensed for 44 residents; all have dementia)
Brookdale MacArthur Park ( <i>Private pay</i> ).....	919-460-5959
111 MacArthur Drive, Cary, NC 27513	(Licensed for 70 residents; Alzheimer's care program)
Brookdale Wake Forest ( <i>Private pay</i> ).....	919-562-8400
611 South Brooks Street, Wake Forest, NC 27587	(Licensed for 69 residents, 11-bed dementia unit)
Brookridge Assisted Living ( <i>Special Assistance accepted</i> ).....	919-362-6266
312 Lynch Street, Apex, NC 27502	(Licensed for 55 residents)
Carillon Assisted Living of Fuquay-Varina ( <i>Special Assistance accepted</i> ).....	919-577-8102
6516 Johnson Pond Rd, Fuquay-Varina, NC 27526	(Licensed for 96 residents; 36 dementia beds)
Carillon Assisted Living of Knightdale ( <i>Special Assistance accepted</i> ).....	919-266-6676
2408 Hodge Road, Knightdale, NC 27545	(Licensed for 96 residents; 26 dementia beds)
Carillon Assisted Living of North Raleigh ( <i>Special Assistance accepted</i> ).....	919-876-6316
5219 Old Wake Forest Road, Raleigh, NC 27609	(Licensed for 96 residents, 36 dementia beds)
Chatham Commons ( <i>Special Assistance accepted</i> ).....	919-469-9309
809 West Chatham Street, Cary, NC 27511	(Licensed for 80 residents, 30 dementia beds)
Coventry House of Zebulon ( <i>Special Assistance accepted</i> ).....	919-269-7762
1205 West Gannon Avenue, Zebulon, NC 27597	(Licensed for 60 residents)
The Covington ( <i>Special Assistance accepted</i> ).....	919-791-1981
4510 Duraleigh Road, Raleigh, NC 27612	(120 residents; 60 dementia care beds)
Elmcroft of Northridge ( <i>Limited Special Assistance accepted</i> ).....	919-848-4906
421 Van Thomas Drive, Raleigh, NC 27615	(120 residents; 58 dementia care beds)

Falls River Court Memory Care Community ( <i>Private pay</i> ) .....	919-844-2499
1130 Falls River Avenue, Raleigh, NC 27614	(Licensed for 36 residents, all have dementia)
Falls River Village ( <i>Private pay</i> ) .....	919-844-9747
1110 Falls River Avenue, Raleigh, NC 27614	(Licensed for 60 residents; 36 dementia beds)
HeartFields Assisted Living ( <i>Private pay</i> ) .....	919-852-5757
1050 Crescent Green Drive, Cary, NC 27518	(Licensed for 90 residents; 16 dementia beds)
James Rest Home ( <i>Special Assistance accepted</i> ) .....	919-362-8856
8420 James Rest Home Road, New Hill, NC 27562	(Licensed for 40 residents)
Lawndale Manor ( <i>Private Pay</i> ) .....	919-662-0099
601 Lakeside Drive, Garner, NC 27529	(Licensed for 62 residents)
Lee's Long Term Care Facility, Inc. ( <i>Special Assistance accepted</i> ).....	919-772-8846
7133 Rock Service Station Road, Raleigh, NC 27603	(Licensed for 60 residents)
Magnolia Glen ( <i>Private pay</i> ) .....	919-841-4747
5301 Creedmoor Road, Raleigh, NC 27612	(Licensed for 48 adult care residents, within larger retirement community)
Morningside Assisted Living and Memory Care ( <i>Private pay</i> ) .....	919-828-5557
801 Dixie Trail, Raleigh, NC 27607	(Licensed for 88 residents, 41 dementia beds)
Oliver House ( <i>Special Assistance accepted</i> ) .....	919-366-9737
4230 Wendell Boulevard, Wendell, NC 27591	(Licensed for 100 residents)
Phoenix Assisted Care ( <i>Special Assistance accepted</i> ).....	919-460-8644
201 West High Street, Cary, NC 27513	(Licensed for 120 residents)
Spring Arbor of Apex ( <i>Private pay</i> ).....	919-303-9990
901 Spring Arbor Court, Apex, NC 27502	(Licensed for 76 residents)
Spring Arbor of Raleigh ( <i>Private pay</i> ) .....	919-250-0255
1810 New Hope Road, Raleigh, NC 27604	(Licensed for 78 residents)
St. Mark's Manor ( <i>Special Assistance accepted</i> ) .....	919-363-5311
3735 Heritage Meadow Lane, Holly Springs, NC 27540	(Licensed for 12 residents)
Sunrise at North Hills ( <i>Private pay</i> ) .....	919-981-6100
615 Spring Forest Road, Raleigh, NC 27609	(Licensed for 130 residents, 24 dementia care beds)
Sunrise of Cary ( <i>Private pay</i> ) .....	919-462-9147
1206 W Chatham Street, Cary, NC 27513	(Licensed for 85 residents, 32 dementia beds)
Sunrise of Raleigh ( <i>Private pay</i> ).....	919-787-0777
4801 Edwards Mill Road, Raleigh, NC 27612	(Licensed for 90 residents, 45 dementia beds)

Tanglewood Assisted Living ( <i>Special Assistance accepted</i> ) .....	919-779-4560
1437 Aversboro Road, Garner, NC 27529	(Licensed for 126 residents)
Wake Assisted Living ( <i>Special Assistance accepted</i> ) .....	919-231-7575
2800 Kidd Road, Raleigh, NC 27610	(Licensed for 60 residents)
Windsor Point ( <i>CCRC, but will admit directly into assisted living or Alzheimer's unit</i> ).....	919-552-4580
1221 Broad Street, P.O. Box 1330, Fuquay-Varina, NC 27526	
Woodland Terrace ( <i>Private pay</i> ) .....	919-465-0356
300 Kildaire Woods Drive, Cary, NC 27511	(Licensed for 84 residents, dementia care unit)
Zebulon House ( <i>Special Assistance accepted</i> ) .....	919-269-6061
551 Pony Road, Zebulon, NC 27597	(Licensed for 60 residents, 31 bed dementia unit)

### Family Care Homes

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

A Good Life Family Care Home .....	919-834-3966
4013 Tryon Road, Raleigh, NC 27606	
Ann's Country Manor .....	919-790-7663
105 Avery St, Garner, NC 27529	
Ann's Family Care Home .....	919-790-7663
1116 Beverly Drive, Raleigh, NC 27610	
Ann's Family Care Home #4 .....	919-790-7663
208 Blanchard St, Raleigh, NC 27603	
Ann's Place of Hope #1 .....	919-790-7663
1925 Atkins St, Raleigh, NC 27610	
Ann's Place of Hope #2 .....	919-790-7663
2305 Glascock St, Raleigh, NC 27610	
Ann's Sunrise #1 .....	919-790-7663
400 Parnell Drive, Raleigh, NC 27610	
Ann's Sunrise #2 .....	919-790-7663
404 Parnell Drive, Raleigh, NC 27610	
Bainbridge Family Care Home .....	919-661-0289
202 Bainbridge Circle, Garner, NC 27529	
Baker's Family Care Home .....	919-269-5852
215 Riverside Drive, Zebulon, NC 27597	
Baker's Family Care Home #2 .....	919-812-4393
7112 Outrigger Drive, Wendell, NC 27591	
Brown's Family Care Home .....	919-362-6686

8416 James Rest Home Road, New Hill, NC 27562

Common Ground at Riverknoll .....	919-696-1772
1616 Riverknoll Drive, Raleigh, NC 27610	
Compassionate Place Home.....	919-325-0722 or 919-628-9775
3401 Sheryl Drive, Raleigh, NC 27604	
Elsie's Place Family Care Home ( <i>Private pay only</i> ).....	919-847-9495
10916 Raven Rock Drive, Raleigh, NC 27614	
Gracie Sturdivant Care Home of Knightdale ( <i>Private pay only</i> ) .....	919-217-8984
1004 Edenburghs Keep Drive, Knightdale, NC 27545	
Gracie Sturdivant Care Home of North Raleigh ( <i>Private pay only</i> ) .....	919-217-8984
2445 Deanwood Drive, Raleigh, NC 27615	
The Haven at Waterford Landing ( <i>Private pay</i> ).....	919-278-8120
1008 Flower Round Court, Raleigh, NC 27610	
The Haven on Saratoga.....	919-850-2955
3905 Saratoga Drive, Raleigh, NC 27604	
Linda's Family Care Home.....	919-231-9838
816 Peyton Street, Raleigh, NC 27610	
Lynn's Home at Saybrooke ( <i>Private pay only</i> ) .....	919-621-9670
6320 Saybrooke Drive, Raleigh, NC 27604	
Mim's Family Care Home .....	919-552-6455
6337 Mims Road, Holly Springs, NC 27540	
Nana's Touch Family Care Home ( <i>Private pay only</i> ) .....	919-754-0529
2604 Adcox Place, Raleigh, NC 27610	
North Hills Senior Living ( <i>Private pay only</i> ) .....	919-571-2556
110 Dartmouth Road, Raleigh, NC 27609	
R & S Family Care Home.....	919-821-4546
1445 Sawyer Road, Raleigh, NC 27610	
Seagraves Family Care Home .....	919-362-8556
1052 Irongate Drive, Apex, NC 27502	
Springhaven Family Care Home.....	252-813-8416
1308 East Lane Street, Raleigh, NC 27610	
Tiffany's Family Care Home.....	919-772-3755
1139A Benson Road, Garner, NC 27529	
Worthdale Family Care Home .....	919-231-9706
933 Friar Tuck Road, Raleigh, NC 27610	
Wrenette's Place .....	919-412-6024
7029 San Juan Hill Court, Raleigh, NC 27610	

## Advocacy for Residents of Long Term Care

- Friends of Residents in Long-Term Care .....919-782-1530  
Web: [www.forltc.org](http://www.forltc.org)  
*(Provides information to families or residents with concerns about issues in long term care.)*
- Long-Term Care Ombudsman/ Regional.....919-558-2711  
Triangle J Council of Governments, Area Agency on Aging  
*(Provides information on long-term care facilities, grievance investigations and resolution.)*  
*(Fax #: 998-8101)*
- Long-Term Care Ombudsman/ State .....919-855-3433  
NC Division of Aging, 2101 Mail Service Center, Raleigh, NC 27699-2101  
*(Advocacy and information for long term care residents' 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: <http://www.ncdhhs.gov/dhsr>  
Certification & Licensure for Nursing Homes & Long Term Care.....919-855-4520  
Certification & Licensure for Adult Care Homes/Assisted Living (Group Care).....919-855-3765
- 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://www.wakegov.com/humanservices/adult/adultcare/default.htm>  
Complete listing of facilities, info on complaints, online form to file a complaint  
Senior and Adult Services, Adult Home Specialist .....919-250-3830  
Adult Medicaid and Special Assistance applications .....919-212-7000

## 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: Since 9/1/09, new enrollments in the CAP program have been frozen due to budget cuts. The waiting list is nearly two years long. An exception is available for patients who have been in a nursing home for more than 3 months and are trying to go home.**

- Community Alternatives Program for Disabled Adults (CAP/DA) ..... 872-7933  
Resources for Seniors, Inc., 1110 Navaho Drive, Fourth Floor, Raleigh, NC 27609



## **Internet Information**

Nursing Home Compare feature of Medicare website, with inspection results:

**<http://www.medicare.gov/NHCompare/home.asp>**

NC Department of Health and Human Services Adult Care Home information, with violations/corrective actions:

**<http://www.ncdhhs.gov/dhsr/acls/adultcarehomefines.html>**

NC Adult Care Home **Star Rating System**:

**<http://www.ncdhhs.gov/dhsr/acls/star/index.html>**

NC 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://www.ncdhhs.gov/dhsr/reports.htm>**

Information about Medicaid for long term care is available at:

**<http://www.ncdhhs.gov/dma/medicaid/ltc.htm#nursinghome>**

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