LONG-TERM CARE FACILITIES

1110 Navaho Drive, Fourth Floor, Raleigh, NC 27609
(919) 872-7933 • www.resourcesforseniors.com
Services and information for older adults and adults with disabilities in Wake County, North Carolina

If you feel that a loved one’s safety or health is 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.

Types of Long-Term Care

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

- **Skilled care:** Skilled nursing facilities, also called nursing homes or rehabilitation (rehab) centers, are appropriate when an individual needs ongoing nursing intervention (following an illness, or for chronic conditions) or for short-term intensive physical, occupational, or speech therapy. Patients need skilled care services, but do not require hospital care. Care is provided under the direction of a physician.

- **Assisted living:** Licensed as “adult care” in North Carolina, an assisted living level of care is appropriate for individuals 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 are included. Care can be provided in adult care homes (also called assisted living facilities, rest homes, or homes for the aged), which are licensed to care for seven or more residents, or family care homes, which are licensed to care for 2-6 residents. Some skilled care facilities and retirement communities also have adult care (assisted living) sections. There are also group home options for specific populations, such as DDA homes for developmentally disabled adults.

Paying for Long-Term Care

Long-term care can be extremely costly. A typical cost in Wake County may be $4,000-$8,500 per month for an assisted living facility, and $7,000 or more per month for a skilled care facility.

When evaluating facilities, be sure to discuss payment options. For nursing facilities, ask if the facility is Medicare and Medicaid-certified. For assisted living facilities, ask if the facility accepts Special Assistance. If you anticipate applying for public funding, ask if the facility requires payment in advance if there is an application pending.

**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 skilled care, limited to short-term stays after an individual meets strict criteria including prior hospitalization, and Medicare does not pay for assisted living care under any circumstances.
Medicaid:  
Medicaid rules are complex. It is a good idea to get information from a specialist before money runs out, and before considering any transfers of assets.

- **Long Term Care Medicaid:** The cost of skilled care can be covered by Long Term Care Medicaid, also referred to as “Nursing Home Medicaid,” for many people who have exhausted their personal resources. To be eligible, an individual must meet age and disability criteria as well as income and resource (asset) limits. The eligibility requirements for receiving Medicaid in a nursing home are quite different from the Medicaid requirements for community-dwelling adults; many people not eligible for Medicaid when living at home become eligible when they enter a nursing home. Also, it is **not** the case that a couple must use up all their joint assets in order to qualify one of them for nursing home Medicaid; current rules allow some assets and income to be allocated for the use of the spouse who remains at home. Owning a home does not automatically disqualify you from getting Medicaid but transferring the home or other property to a different owner (other than the spouse) could make an individual ineligible for coverage.

For more information contact Wake County Human Services, at 919-212-7000 (ask for the Long-Term Care Medicaid office). Also see: [www.wakegov.com/medicaid](http://www.wakegov.com/medicaid).

- **Special Assistance:** The cost of assisted living care can be covered not by Medicaid directly, because it is not considered a medical service, but rather under a state/county program called Special Assistance. To be eligible, an individual must meet strict age and disability criteria as well as income and resource (asset) limits. An applicant whose income is too high is ineligible even if they cannot afford to pay privately for care. If eligible, Special Assistance pays for the room and board portion of costs, after the resident’s own income has been applied (individuals are only allowed to keep a very small amount of their income), and the resident also receives Medicaid to cover the cost of medical care and prescription medications.

For more information contact Special Assistance at Wake County Human Services, at 919-212-7138. Also see: [www.wakegov.com/medicaid](http://www.wakegov.com/medicaid).

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. 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.

**Long-Term Care Insurance:**
If you have long-term care insurance, call a representative for more information about your policy’s benefits, specific to long-term care in a facility, as policies vary.

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### Evaluating Facilities

When visiting facilities, ask plenty of questions to be sure the facility provides the level of care and staff training that your loved one requires. Visit more than once, if possible, at different times of day and on different days of the week. For a detailed checklist to use when evaluating facilities, see the Guide to Choosing a Long-Term Care Facility at [www.resourcesforseniors.com/resourcelist.php](http://www.resourcesforseniors.com/resourcelist.php), or call Resources for Seniors to request a copy.

**Senior & Adult Services** at Wake County Human Services may also be helpful to families making placement decisions. See page 10.
SKILLED CARE FACILITIES
(Skilled Nursing Facilities and Rehabilitation Facilities)

This is a partial listing of facilities licensed in Wake County to provide skilled nursing care. Most also provide rehabilitation services such as physical or occupational therapy for patients recovering from surgery or illness. Some have adult care (assisted living) sections. The following facilities participate in Medicare and Medicaid, but Medicaid beds may be limited.

Ratings Resource:
Medicare Care Compare, [www.medicare.gov/care-compare](http://www.medicare.gov/care-compare)
Choose “Nursing homes” in the “Provider type” drop-down menu to search for Medicare-certified nursing homes and rehab facilities by location. Listings show an overall rating based on quality of resident care, staffing levels, and health inspection reports.

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BellaRose Nursing and Rehab  [www.bellarosehealth.com](http://www.bellarosehealth.com) ........................................... 919-985-8400
200 BellaRose Lake Way, Garner, 27529
Licensed for 100 nursing patients. Short-term and long-term rehabilitation and skilled nursing care.

Capital Nursing and Rehabilitation Center ................................................................. 919-231-6045
3000 Holston Lane, Raleigh, 27610
Licensed for 125 nursing patients. Rehabilitation and nursing care.

Cary Health and Rehabilitation Center  [www.consulatehealthcare.com](http://www.consulatehealthcare.com) ..................919-851-8000
6590 Tryon Road, Cary, 27518
Licensed for 120 nursing patients. Long-term nursing care. Dementia care on a case-by-case basis.

Glenaire  [www.glenaire.org](http://www.glenaire.org) ................................................... 919-460-8095
4000 Glenaire Circle, Cary, 27511
Continuing Care Retirement Community (CCRC) that offers direct admission to Nursing level of care. Licensed for 71 certified beds. Ages 62+.

Hillcrest Raleigh at Crabtree Valley  [www.hillcrestnc.com/raleigh-nc](http://www.hillcrestnc.com/raleigh-nc) ..................919-781-4900
3830 Blue Ridge Road, Raleigh, 27612
Licensed for 134 nursing patients. Specializes in inpatient rehabilitation.

Hillside Nursing Center of Wake Forest  [hillsidenursingcenter.com](http://hillsidenursingcenter.com) ....................... 919-556-4082
968 E. Wait Avenue, Wake Forest, 27587
Licensed for 130 nursing patients, 20 adult care, plus Dementia care with NO secure unit. Rehabilitation services inpatient and outpatient.

The Laurels of Forest Glenn  [www.laurelsofforestglenn.com](http://www.laurelsofforestglenn.com) ................................. 919-772-8888
1101 Hartwell Street, Garner, 27529
Licensed for 140 nursing patients. Rehabilitation and nursing care.

Litchford Falls Healthcare & Rehabilitation Center  [www.uhc-litchford.com](http://www.uhc-litchford.com) ..........919-878-7772
8200 Litchford Road, Raleigh, 27615
Licensed for 90 nursing patients, and 24 adult care. Short and long-term rehabilitation and nursing.

The Oaks at Whitaker Glen-Mayview  [www.pruitthealth.com](http://www.pruitthealth.com) ........................................... 919-828-2348
513 E. Whitaker Mill Road, Raleigh, 27608
Licensed for 91 certified beds. Rehabilitation and nursing care.
2420 Lake Wheeler Road, Raleigh, 27603
Licensed for 150 nursing patients (including 20 dementia care). Short and long-term rehabilitation and nursing care.

Raleigh Rehabilitation Center  www.raleighrehabhc.com ........................................... 919-828-6251
616 Wade Avenue, Raleigh, 27605
Licensed for 157 nursing patients. Short and long-term rehabilitation and nursing care.

Sunnybrook Rehabilitation Center  www.sunnybrookrehab.com ......................................... 919-231-6150
25 Sunnybrook Road, Raleigh, 27610
Licensed for 95 nursing patients. Short-term and sub-acute rehabilitation, and long-term nursing.

Tower Nursing and Rehabilitation Center  www.townrnursing.com ..................................... 919-231-8113
3609 Bond Street, Raleigh, 27604
Licensed for 180 nursing patients, and 6 adult care. Rehabilitation and nursing care.

UNC Rex Rehabilitation and Nursing Care Center, Apex  www.rexhealth.com ........... 919-363-6011
911 S. Hughes Street, Apex, 27502
Licensed for 107 nursing patients. Short-term and post-acute rehabilitation, and nursing care.

UNC Rex Rehabilitation and Nursing Care Center, Raleigh  www.rexhealth.com 919-784-6600
4210 Lake Boone Trail, Raleigh, 27607
Licensed for 120 nursing patients. Sub-acute rehabilitation, and long-term nursing care.

Universal Health Care, Fuquay-Varina  www.uhc-fuquay-varina.com ............................ 919-577-0421
410 S. Judd Parkway SE, Fuquay-Varina, 27526
Licensed for 100 nursing patients. Rehabilitation and nursing care.

Universal Health Care, North Raleigh  www.uhc-north-raleigh.com ......................... 919-872-7033
5201 Clarks Fork Drive NW, Raleigh, 27616
Licensed for 132 nursing patients. Rehabilitation and nursing care.

Wellington Rehabilitation and Healthcare  www consulatehealthcare.com .................. 919-266-7744
1000 Tandal Place, Knightdale, 27545
Licensed for 80 nursing patients. Short and long-term rehabilitation, and long-term nursing care. Dementia care on a case-by-case basis.

Zebulon Rehabilitation Center  www.zebulonrehab.com .................................................... 919-269-9621
509 W. Gannon Avenue, Zebulon, 27597
Licensed for 60 nursing patients.
ASSISTED LIVING FACILITIES
(Adult Care Homes and Family Care Homes)

Ratings Resources:
Ratings system for assisted living facilities in North Carolina, based on inspections. Ratings are 1-4 stars, with 3 being a basic score. Deductions are given for violations. 4 stars can only be earned after two consecutive high ratings. Searchable by location or facility name. From the NC Division of Health Service Regulation.

Adult Care Homes
This is a partial listing of facilities licensed in Wake County to provide adult care (assisted living) for seven or more residents. See the Family Care Homes section, below, for a listing of smaller facilities.

(SA) = Special Assistance accepted

The Addison of Fuquay-Varina (SA) www.seniorlifestyle.com ................................................. 919-577-8102
6516 Johnson Pond Road, Fuquay-Varina, 27526
Licensed for 96 residents, including 36 dementia care. Formerly Carillon Assisted Living of Fuquay-Varina.

The Addison of Knightdale (SA) www.seniorlifestyle.com ......................................................... 919-266-6676
2408 Hodge Road, Knightdale, 27545
Licensed for 96 residents, including 26 dementia care. Formerly Carillon Assisted Living of Knightdale.

Brighton Gardens of Raleigh www.sunriseseniorliving.com ...................................................... 919-571-1123
3101 Duraleigh Road, Raleigh, 27612
Licensed for 115 residents, including 25 dementia care.

Brookdale Cary www.brookdale.com ......................................................................................... 919-852-1355 or 919-346-4097
7870 Chapel Hill Road, Cary, 27513
Dementia care only. Licensed for 50 residents.

Brookdale MacArthur Park www.brookdale.com ....................................................................... 919-460-5959
111 MacArthur Drive, Cary, 27513
Licensed for 80 residents, including some dementia care.

Cadence at Wake Forest www.cadencewakeforest.com ............................................................... 919-569-2101
3218 Heritage Trade Drive, Wake Forest, 27587
Licensed for 96 residents, including 36 dementia care.

Cadence North Raleigh www.cadencenorthraleigh.com ............................................................ 919-876-6316
5219 Old Wake Forest Road, Raleigh, 27609
Licensed for 96 residents, including 36 dementia care.

Coventry House of Zebulon www.zebulonseniorliving.com .................................................... 919-375-4504
1205 W. Gannon Avenue, Zebulon, 27597
Licensed for 60 residents.

The Covington www.thecovingtonseniors.com .................................................................. 919-269-7762
4510 Duraleigh RD., Raleigh, 27612
60-bed dementia special care unit.
Falls River Court Memory Care  [www.seniorlifestyle.com]  .......................................................... 919-844-2499
1130 Falls River Avenue, Raleigh, 27614
Dementia care only. Licensed for 38 residents.

Falls River Village Assisted Living  [www.seniorlifestyle.com]  .......................................................... 919-844-9747
1110 Falls River Avenue, Raleigh, 27614
Licensed for 60 residents.

HeartFields at Cary  [www.fivestarseniorliving.com]  .......................................................... 919-852-5757
1050 Crescent Green Drive, Cary, 27518
Licensed for 97 residents, including some dementia care.

601 Lakeside Drive, Garner, 27529
Ages 55+. Licensed for 62 residents.

Magnolia Glen  [www.lifeatmagnoliaglen.com]  .......................................................... 919-841-4747
5301 Creedmoor Rd., Raleigh, 27612
Rental retirement community with 48 Assisted Living units. Ages 55+.

Morningside of Raleigh  [www.fivestarseniorliving.com]  .......................................................... 919-828-5557
801 Dixie Trail, Raleigh, 27607
Licensed for 110 residents, including some dementia care.

Oliver House (SA)  [www.wendellseniors.com]  .......................................................... 919-366-9737
4230 Wendell Boulevard, Wendell, 27591
Licensed for 100 residents, including some dementia care.

Phoenix Assisted Care (SA)  [www.victorianseniorcare.com]  .......................................................... 919-460-8644
201 W. High Street, Cary, 27513
Licensed for 120 residents, including some dementia care.

Spring Arbor of Apex  [springarborliving.com]  .......................................................... 919-303-9990
901 Spring Arbor Court, Apex, 27502
Ages 65+. Licensed for 76 residents, including some dementia care.

Spring Arbor of Cary  [springarborliving.com]  .......................................................... 919-388-9635
1705 Kildaire Farm Road, Cary, 27511
Ages 60+. Licensed for 80 residents, including some dementia care.

Spring Arbor of Raleigh  [springarborliving.com]  .......................................................... 919-250-0255
1810 N. New Hope Road, Raleigh, 27604
Ages 60+ (55+ for dementia care). Licensed for 80 residents, including some dementia care.

Sunrise at North Hills  [www.sunriseseniorliving.com]  .......................................................... 919-981-6100
615 Spring Forest Road, Raleigh, 27609
Licensed for 160 residents, including 24 dementia care.

Wake Assisted Living Memory Care (SA)  [www.wakememorycare.com]  ......................... 919-231-7575
2800 Kidd Road, Raleigh, 27610
Dementia care only. Licensed for 60 residents.

Waltonwood Cary Parkway  [www.waltonwood.com]  .......................................................... 919-234-5162
750 Southeast Cary Parkway, Cary, 27511
Rental retirement community with 85 Assisted Living units, including some dementia care.
Ages 55+.
Family Care Homes

This is a partial listing of facilities licensed in Wake County to provide adult care (assisted living) for 2-6 residents. Family Care Homes are often converted houses in residential areas; some are not fully accessible for wheelchairs.

(SA) = Special Assistance accepted

Ann’s Family Care #4 (SA) .......................................................... 919-803-6580
208 Blanchard Street, Raleigh, 27603
Ages 18+. Licensed for 5 residents.

Ann’s New Day (SA) .......................................................... 919-790-7663
400 Parnell Drive, Raleigh, 27610
Ages 18+. Licensed for 6 residents.

Ann’s Sunrise II (SA) .......................................................... 919-720-4011
404 Parnell Drive, Raleigh, 27610
Ages 18+. Licensed for 6 residents.

Avendelle Assisted Living  www.avendelle.com
All: Ages 65+ (preference given to ages 75+). Wheelchair-accessible. Licensed for 6 residents.
Carlton Pointe, 451 Bendemeer Lane, Rolesville, 27571 .......................... 919-435-4459
Fuquay, 709 Minerva Dale Drive, Fuquay-Varina, 27526 .......................... 857-413-7599 or 919-285-2974
Heritage, 5112 Granitic Drive, Rolesville, 27571 .......................... 919-435-6145
Lazy River, 2268 Lazy River Drive, Raleigh, 27610 .......................... 919-888-0008 or 919-917-7992
Maynard, 1104 SE Maynard Avenue, Cary, 27511 .......................... 919-650-1676
Rolesville, 129 Nortwick Road, Rolesville 27571 .......................... 919-263-8119
Shepherds Vineyard, 1100 Wellstone Circle, Apex, 27502 .......................... 919-446-6222
Southern Oaks, 605 Lawson Cypress Lane, Fuquay-Varina, 27526 .......................... 917-762-7219
Tryon, 6645 Tryon Rd., Cary, 27518 .......................... 984-242-0180
Waterford Landing, 1008 Flower Round Court, Raleigh, 27610 .......................... 919-255-6890
Wyckford, 4520 Dilford Drive, Raleigh, 27604 .......................... 919-231-7008

Bright Horizon  www.brighthorizoncare.com
1405 Falls Church Road, Raleigh, 27609
Ages 60+. Licensed for 6 residents.

Bright Horizon at Lake Boone  www.brighthorizoncare.com ...... 919-977-9574 or 919-852-3918
3324 Lake Boone Trail, Raleigh, 27609
Ages 55+. Licensed for 6 residents.

Brightside Homes 2 (SA) .......................................................... 919-986-8800
105 Avery Street, Garner, 27529
Ages 18+. Licensed for 6 residents. Residents must be ambulatory.
Care Innovations of North Carolina (SA)........................................... 919-749-7677 or 919-373-0353
  2409 Horton Road, Knightdale, 27545
  Licensed for 4 residents.

Compassionate Place Home ................................................................. 919-325-0722
  3401 Sheryl Drive, Raleigh, NC 27604
  Licensed for 5 residents.

Elsie’s Place .......................................................................................... 919-847-9495
  10916 Raven Rock Drive, Raleigh, 27614
  Ages 55+. Licensed for 6 residents.

Gracie Sturdivant Care Home ................................................................. 919-771-6470 919-771-6471
  1004 Edinburghs Keep Drive, Raleigh, 27609
  Ages 65+. Wheelchair-accessible. Licensed for 6 residents.

Gracie Sturdivant Care Homes (North Raleigh) ................................. 919-846-2389 or 919-771-6471
  2445 Deanwood Drive, Raleigh, 27615

Kelley’s Family Care Home  www.kelleysfamilycare.com ...................... 919-896-4195
  1919 High Holly Lane, Raleigh, 27614
  Wheelchair-accessible. Licensed for 6 residents.

Lynn’s Care Home at Riverside  lynnscarevillage.com ......................... 919-621-9670
  5614 Apalachicula Drive, Raleigh, 27616
  Women ages 65+ with dementia only. Wheelchair-accessible. Licensed for 6 residents.

Lynn’s Care Home at Sandy Forks lynnscarevillage.com .................... 919-621-9670
  6809 Sandy Forks Road, Raleigh, 27615
  Women ages 65+ with dementia only. Licensed for 6 residents.

Mim’s Family Care Home (SA) ............................................................... 919-552-6455
  6337 Mims Road, Holly Springs, 27540
  Ages 50+ preferred. Licensed for 6 residents.

Val’s Place at Brookhaven www.valsfamilycare.com .............................. 919-606-9804 or 919-977-7185
  6112 Winthrop Drive, Raleigh, 27612

Wrenette’s Place .................................................................................... 919-779-4456
  7029 San Juan Hill Court, Raleigh, 27610
  Ages 50+. Licensed for 6 residents.
LICENSING AND MONITORING OF FACILITIES

Adult and Community Services ................................................................. 919-250-3835
Senior & Adult Services, Wake County Human Services, 220 Swinburne St., Raleigh, 27610
www.wakegov.com/departments-government/human-services/programs-assistance/senior-and-
adult-services
Monitors and investigates complaints regarding assisted living facilities (adult care homes and
family care homes) in Wake County, and assists individuals and families with placement
decisions.
Division of Health Service Regulation, NC Department of Health and Human Services
https://info.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.
Complaint Hotline................................................................. 919-855-4500 or 800-624-3004
Nursing Home Licensure and Certification ........................................... 919-855-4520
Adult Care Licensure .............................................................................. 919-855-3765

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 ...................... 919-558-9396 or 800-310-9777
Triangle J COG Area Agency on Aging
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.