

LONG-TERM CARE FACILITIES

Families provide the majority of care to older relatives, either in the older adult's own home or in the home of a caregiver. However, sometimes the physical, emotional, and social needs of the older adult, and demands on the caregiver, can become more than a family can handle. After all other options have been considered, families may decide that their loved one's safety and health are at risk if they remain at home.

Before beginning to evaluate facilities, you will need to determine the level of care needed by the older adult. The official form that indicates this is called an **FL-2**. This form is filled out by a doctor; consult the older adult's primary care physician to get their recommendation on the level of care required.

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

- **Nursing home 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 for nursing home care is provided through Long Term Care Medicaid.
- **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. See page 8 for more information.

PAYING FOR LONG TERM CARE

Long term care can be very costly. The cost of adult care in Wake County averages about \$2,000 and up in small family care homes, and can range from \$2,500-\$6,000 in larger assisted living settings, depending on the type of accommodations and the level of care required. Nursing facilities' charges can be more than \$7,000 per month, depending on level of care. Most people cannot afford the cost of care for an extended period of time.

Long Term Care Insurance:

If you have **long-term care insurance**, your plan may cover part of the cost of a nursing facility stay or assisted living care. Policies vary; call your policy representative for more information.

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 (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; the specific program is called **Long Term Care Medicaid**. 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. 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**. Special Assistance 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.

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 more detailed information about eligibility guidelines for either Long Term Care Medicaid or Special Assistance, call Wake County Human Services at (919) 212-7000 (also see: www.wakegov.com/humanservices/social/medicaid/adult).

Please note: 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.

** 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 an assisted living facility or family care home, 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?

NURSING AND REHABILITATION FACILITIES

Nursing facilities are licensed to provide skilled care; some also have adult care (assisted living) rooms available. Facilities that have special units for dementia care are noted where appropriate. All of these facilities are Medicare and Medicaid certified, though 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.

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 (120 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, incl. 12-bed dementia 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.pruithhealth.com	919-828-2348
513 E. Whitaker Mill Rd., Raleigh, 27608 (91 nursing beds)	
PruittHealth – Raleigh, www.pruithhealth.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 Services 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 (<i>Private pay</i>), www.sunriseseniorliving.com	919-571-1123
3101 Duraleigh Rd., Raleigh, 27612 (115 residents, incl. 25-bed dementia unit)	
Brookdale Cary (<i>Private pay</i>), www.brookdale.com	919-852-1355
7870 Chapel Hill Rd., Cary, 27513 (50 residents; all have dementia)	
Brookdale MacArthur Park (<i>Private pay</i>), www.brookdale.com	919-460-5959
111 MacArthur Dr., Cary, 27513 (66 residents, incl. dementia unit)	
Brookdale Wake Forest (<i>Private pay</i>), www.brookdale.com	919-562-8400
611 S. Brooks St., Wake Forest, 27587 (70 residents, incl. dementia unit)	
Brookridge Assisted Living (<i>Special Assistance accepted</i>).....	919-362-6266
312 Lynch St., Apex, 27502 (55 residents)	
Carillon Assisted Living of Fuquay-Varina (<i>Special Assistance accepted</i>)	919-577-8102
www.carillonassistedliving.com	
6516 Johnson Pond Rd., Fuquay-Varina, 27526 (96 residents, incl. 36 dementia beds)	
Carillon Assisted Living of Knightdale (<i>Special Assistance accepted</i>)	919-266-6676
www.carillonassistedliving.com	
2408 Hodge Rd., Knightdale, 27545 (96 residents, incl. 26 dementia beds)	
Carillon Assisted Living of North Raleigh (<i>Special Assistance accepted</i>)	919-876-6316
www.carillonassistedliving.com	
5219 Old Wake Forest Rd., Raleigh, 27609 (96 residents, incl. 36 dementia beds)	
Carillon Assisted Living of Wake Forest (<i>Special Assistance accepted</i>).....	919-569-2101
www.carillonassistedliving.com	
3218 Heritage Trade Dr., Wake Forest, 27587 (96 residents, incl. 36 dementia beds)	
Coventry House of Zebulon (<i>Private pay</i>), www.coventryassistedliving.com	919-269-7762
1205 W. Gannon Ave., Zebulon, 27597 (60 residents)	
The Covington (<i>Special Assistance accepted</i>), affinitylivinggroup.com	919-791-1981
4510 Duraleigh Rd., Raleigh, 27612 (120 residents, incl. 60 dementia care beds)	

Elmcroft of Northridge (<i>Private pay</i>), www.elmcroft.com	919-999-3611
600 Newton Rd., Raleigh, 27615 (133 residents, incl. 58-bed dementia unit)	
Falls River Court (<i>Private pay</i>), www.seniorlifestyle.com/property/falls-river-court	984-265-1004
1130 Falls River Ave., Raleigh, 27614 (36 residents, all have dementia)	
HeartFields at Cary (<i>Private pay</i>), www.fivestarseniorliving.com	919-852-5757
1050 Crescent Green Dr. Cary, 27518 (97 residents, incl. dementia unit)	
Lawndale Manor (<i>Special Assistance accepted</i>), www.lawndalemanorassistedliving.com	919-662-0099
601 Lakeside Dr., Garner, 27529 (62 residents)	
Magnolia Glen (<i>Private pay</i>), www.kiscoseniorliving.com	919-651-3803
5301 Creedmoor Rd., Raleigh, 27612 (48 adult care residents, within larger retirement community)	
Morningside of Raleigh (<i>Private pay</i>), www.fivestarseniorliving.com	919-828-5557
801 Dixie Trl., Raleigh, 27607 (110 residents, incl. dementia unit)	
Phoenix Assisted Care (<i>Special Assistance accepted</i>), phoenixassistedcare.com	919-460-8644
201 W. High St., Cary, 27513 (120 residents, incl. dementia unit)	
Spring Arbor of Apex (<i>Private pay</i>), springarborliving.com	919-303-9990
901 Spring Arbor Ct., Apex, 27502 (76 residents)	
Spring Arbor of Raleigh (<i>Private pay</i>), springarborliving.com	919-250-0255
1810 New Hope Rd., Raleigh, 27604 (80 residents)	
Sunrise of Cary (<i>Private pay</i>), www.sunriseseniorliving.com	919-462-9147
1206 W. Chatham St., Cary, 27513 (85 residents, incl. 33-bed dementia unit)	
Sunrise at North Hills (<i>Private pay</i>), www.sunriseseniorliving.com	919-981-6100
615 Spring Forest Rd., Raleigh, 27609 (130 residents, incl. 24-bed dementia unit)	
Sunrise of Raleigh (<i>Private pay</i>), www.sunriseseniorliving.com	919-787-0777
4801 Edwards Mill Rd., Raleigh, 27612 (96 residents, incl. 46-bed dementia unit)	
Wake Assisted Living (<i>Special Assistance accepted</i>), www.wakeassistedliving.com	919-231-7575
2800 Kidd Rd., Raleigh, 27610(Licensed for 60 residents)	
Windsor Point (<i>Private pay</i>), windsorpoint.com	919-552-4580
1221 Broad St., Fuquay-Varina, 27526 (CCRC; can admit directly to assisted living or dementia unit)	
Woodland Terrace (<i>Private pay</i>), www.kiscoseniorliving.com	919-234-5223
300 Kildaire Woods Dr., Cary, 27511 (84 residents, incl. dementia unit)	
Zebulon House (<i>Special Assistance accepted</i>), affinitylivinggroup.com/community	919-269-6061
551 Pony Rd., Zebulon, 27597 (60 residents, incl. 31-bed dementia unit)	

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. These homes generally accept Special Assistance; exceptions are noted below.

A Good Life Family Care Home	919-834-3966
4013 Tryon Rd., Raleigh, 27606	
Allcare Assisted Living, www.allcarehha.com	919-661-0289
202 Bainbridge Cir., Garner, 27529	

Ann's Family Care #4.....	919-803-6580
208 Blanchard St., Raleigh, 27603	
Ann's New Day	919-790-7663
400 Parnell Dr., Raleigh, 27610	
Ann's Sunrise II.....	919-720-4011
404 Parnell Dr., Raleigh, 27610	
Avendelle Assisted Living (<i>Private pay</i>), www.avendelle.com	
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 (<i>Private pay</i>), www.brighthorizoncare.com	919-720-4884
1405 Falls Church Rd., Raleigh, 27609	
Brightside Homes 2	919-986-8800
105 Avery St., Garner, 27529	
Brown's Family Care Home	919-362-6686
8416 James Rest Home Rd., New Hill, 27562	
Common Ground at River Knoll	919-212-3807
1616 River Knoll Dr., Raleigh, 27610	
Compassionate Place Home (<i>Private pay</i>)	919-325-0722
3401 Sheryl Dr., Raleigh, 27604	
Elsie's Place (<i>Private pay</i>).....	919-847-9495
10916 Raven Rock Dr., Raleigh, 27614	
Falls of Neuse Senior Living (<i>Private pay</i>), www.fallofneuseseniorliving.com	919-977-3364
5204 Cherrywood Ct., Raleigh, 27609	
Gracie Sturdivant Care Home of Knightdale (<i>Private pay</i>), graciesturdivant.com	919-771-6471
1004 Edinburghs Keep Dr., Knightdale, 27545	
Gracie Sturdivant Care Home of North Raleigh (<i>Private pay</i>), graciesturdivant.com	919-771-6471
2445 Deanwood Dr., Raleigh, 27615	
Jackson Family Care Home	919-404-0628
221 East Barbee St., Zebulon, 27597	
Lynn's Care Home at Riverside (<i>Private pay</i>), lynnscarevillage.com	919-621-9670
5614 Apalachicola Dr., Raleigh, 27616	
The Manor at Coventry Creek	919-264-0775
5124 Werribee Dr., Raleigh, 27616	

The Manor at Edgewater	919-264-0775
1038 Stormy Ln., Raleigh, 27610	
The Manor at Perry Creek	919-977-3367
7305 Perry Creek Rd., Raleigh, 27616	
Mercy Manor at Saybrooke	919-271-0917
6320 Saybrooke Dr., Raleigh, 27604	
Midtown Senior Living (<i>Private pay</i>), www.midtownseniorliving.com	919-803-0127
6220 Dresden Ln., Raleigh, 27612	
Mim's Family Care Home	919-552-6455
6337 Mims Rd., Holly Springs, 27540	
North Hills Senior Living (<i>Private pay</i>), www.northhillsseniorliving.com	919-571-2556
110 Dartmouth Rd., Raleigh, 27609	
Poole Road Family Care Home	919-345-9087
5818 Poole Rd., Raleigh, 27610	
R & S Family Care Home.....	919-821-4546
1445 Sawyer Rd., Raleigh, 27610	
Rose Hill #2.....	919-896-8233
2305 Glascock St., Raleigh, 27610	
Rose Hill Family Care	919-522-8581
1116 Beverly Dr., Raleigh, 27610	
Seagraves Family Care Home.....	919-362-8556
1052 Irongate Dr., Apex, 27502	
Tender Touch Family Care Home	919-798-8098
2005 Ann Ave., Raleigh, 27610	
Tiffany's Family Care Home	919-772-3755
1139-A Benson Rd., Garner, 27529	
Val's Family Care Home (<i>Private pay</i>), www.valsfamilycare.com	919-606-9804
3708 Rock Creek Dr., Raleigh, 27609	
Val's Place at Brookhaven (<i>Private pay</i>)	919-977-7185
6112 Winthrop Dr., Raleigh, 27612	
Worthdale Family Care Home.....	919-231-9706
933 Friar Tuck Rd., Raleigh, 27610	
Wrenette's Place	919-779-4456
7029 San Juan Hill Ct., Raleigh, 27610	

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
- Licensure for Nursing Homes..... 919-855-4520
- Licensure for Adult Care Homes..... 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

Toll-free 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.