



Housing Options for Consumers of North Carolina Long-Term Care Services

I can no longer live at home and must find housing that provides the care and support I need. What are my options?

Assisted Living Facilities

For a complete list of Assisted Living Facilities, visit <https://info.ncdhhs.gov/dhsr/reports.htm> and search for Adult Care Homes or Family Care Homes.

What are Assisted Living Facilities? Group housing for 2+ unrelated adults with services including meals, housekeeping, and personal care. The Department of Social Services in the county in which the home is located is responsible for monitoring provision of services.

Adult Care Homes are where 7+ Aged or Disabled Adults who require 24-hour supervision and/or assistance with personal care needs live in a group residence with a common dining area. Services include personal care, supervision, health care service coordination, three meals per day, laundry and housekeeping services, and individual and group activities.

Family Care Homes are where 6 or fewer individuals live in the home of an unrelated family or individual homeowner. These homes provide many of the same basic services provided in Adult Care Homes.

Multi-Unit Housing with Services are not licensed and are for residents who do not require 24-hour supervision. Individuals live in their own apartment within a multi-unit complex with personal care services provided by a licensed home care or hospice agency through an individualized written care plan.

Supervised Living Facilities

For a complete list of Supervised Living Facilities, visit <https://info.ncdhhs.gov/dhsr/reports.htm> and search for Mental Health Facility or Intermediate Care Facility for Individuals with Intellectual Disabilities.

What are Supervised Living Facilities? 24-hour residential services to 2+ adults in a home environment where the primary purpose of services is the care, habilitation or rehabilitation and who require supervision when in residence. Local Management Entities monitor the provision of services.

Alternative Family Living is when individuals live in the home of an unrelated homeowner who

provides services and supports.

Supported Living is when individuals live in an apartment or house with at least one other resident and receive staff support based on individual needs.

Group Homes are when individuals live in a home for 2-6 persons. There is an emphasis on learning self-care and daily living skills. Residents usually participate in programs in the community.

Intermediate Care Facility for Individuals Intellectual Disabilities: Individuals with significant developmental disabilities and habilitation needs requiring additional staff support may live in a group home certified as an ICF/MR Facility and are eligible to receive state/federal Medicaid funding.

Nursing Homes

For a complete list of Nursing Homes, visit <https://info.ncdhhs.gov/dhsr/reports.htm> and search for Nursing Home.

Nursing Homes provide services and supports to people who need round-the-clock nursing care or supervision. They provide a standard set of core services that include: room and board, personal care, nursing services, dietary services, social services, activities, housekeeping and maintenance. They must also provide or arrange physical/occupational/etc. therapies, dental care, optometry services and transportation to medical appointments. Individuals with mental illness are not eligible for nursing home care solely on the basis of their mental illness. To be eligible, they must also need the type of care provided by a nursing home such as assistance with activities of daily living or care for a medical condition. There are also Combination homes which have assisted living beds.

Continuing Care Retirement Communities

For a complete list of Continuing Care Retirement Communities, visit <https://www.ncdoi.gov/licensees/continuing-care-retirement-communities-ccrc>

Continuing Care Retirement Communities are housing communities that offer several levels of care in one location. Where people live depends on the level of care they need. CCRCs generally charge a large payment before a person moves in and then charge monthly fees. CCRCs in North Carolina are regulated by the Department of Insurance.

About Us

[Friends of Residents in Long-Term Care](http://www.forltc.org) is an independent, nonprofit organization (501c3), committed to advancing the quality of life for the 100,000 individuals who receive long-term care in North Carolina. We focus on the entire continuum of long-term care including nursing homes, adult care homes (assisted living), continuing care retirement communities (CCRCs), and home health care.

www.forltc.org; friends@forltc.org; 919-782-1530; 514 Daniels Street, #205, Raleigh, NC 27605