# Residential Care and Assisted Living Newsletter

## August 2018

### ~Gold Awards~

<table>
<thead>
<tr>
<th>Facility</th>
<th>Administrator</th>
<th>Date</th>
</tr>
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<tbody>
<tr>
<td>Living Spring Residential Care, LLC</td>
<td>Patricia Fowler</td>
<td>5/17/18</td>
</tr>
<tr>
<td>Jullion House Assisted Living</td>
<td>Dominique Jackson</td>
<td>7/3/18</td>
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<tr>
<td>Pleasant Valley Shelter Home</td>
<td>Joy Cook</td>
<td>7/12/18</td>
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### ~Silver Awards~

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<tr>
<th>Facility</th>
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<tbody>
<tr>
<td>Woodland Assisted Living, LLC</td>
<td>Pam Crabtree</td>
<td>5/16/18</td>
</tr>
<tr>
<td>Unique Senior Care - Assisted Living</td>
<td>Amy Knapp</td>
<td>5/16/18</td>
</tr>
<tr>
<td>Good Samaritan Moscow Village, Mickey Assisted Living Center</td>
<td>Jennifer Anderson</td>
<td>7/11/18</td>
</tr>
<tr>
<td>Golden Girls Residential Care, LLC</td>
<td>Patricia Fowler</td>
<td>7/12/18</td>
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In this newsletter, we would like to highlight the requirements related to serving as an administrator over multiple facilities, specifically IDAPA 16.03.22.216.04; including its five subparts (i.e. a-e). The rule reads:

04. No Unresolved Core Issues. None of the multiple facilities operated under one (1) administrator can have any unresolved core issue deficiencies described in Section 010 of these rules. The administrator approved to oversee more than one (1) facility must have an established record of compliance, which includes:

a. No repeat deficiencies;
b. No enforcement actions;
c. A history of submitting acceptable plans of corrections within the time frame established in Subsection 130.08 of these rules;
d. A history of submitting acceptable evidence of resolution of deficiencies within the time frame established in Subsection 130.09 of these rules; and

e. The administrator’s record must show that he has two (2) years or more of experience working as a licensed residential care administrator in Idaho.

This means when an administrator becomes responsible for more than one licensed assisted living facility, multiple aspects of the administrator’s history will be reviewed. The administrator must have an established record of surveys with no repeating deficiencies or enforcement actions, a history of submitting plans of correction and evidence of resolution as required and two or more years of experience as an administrator of a licensed assisted living in Idaho.

Please remember these requirements as your assisted living communities grow. If you have questions regarding any rule, contact the RALF team Monday through Friday, 8 a.m. - 5 p.m. at 208-364-1962 or RALF@dhw.idaho.gov.
Free Training Opportunities

Free trainings are being provided in multiple regions of Idaho by Licensing and Certification. Current (licensed and employed) Idaho Residential Care and Assisted Living administrators and nurses may take one of the corresponding 2-day courses listed below to receive valuable information as well as TWELVE (12) Continuing Education Units after the completion of both days of training.

**FOR ADMINISTRATORS:**

- October 23rd & 24th - Idaho Falls
- October 25th & 26th - Idaho Falls
- November 6th & 7th - Caldwell
- November 8th & 9th - Caldwell

**FOR NURSES:**

- October 23rd & 24th - Idaho Falls
- November 6th & 7th - Caldwell

Invitations and registration forms for the remaining courses will be uploaded to FLARES as the courses open. An e-mail notification of the upload will be sent to the current administrator of each assisted living facility using the name and e-mail address in FLARES; please make sure your contact information is up-to-date.

Course registration documents and additional details related to the courses (e.g. venue, course hours, etc.) can also be found on the RALF website ([www.assistedliving.dhw.idaho.gov](http://www.assistedliving.dhw.idaho.gov)).
In the first two Licensing and Certification Administrator Training Courses, there were nine “no call, no shows” (18% of those registered). The course waitlists included 30 administrators, but we were unable to offer them seats. Further, several of those not in attendance have since submitted registrations for future courses without explaining the absence.

If you, your facility nurse or another employee from your facility signs up for an Administrator or Nurse Training Course, Licensing and Certification expects notification as soon as possible, should the RSVP change. Registrants who no call, no show will not be eligible to register for future classes.

If you have any questions, please contact Maureen McCann, Coordinator of the Training Courses, at RALF@dhw.idaho.gov or 208-364-1962.

Sleep Deprivation and Alzheimer’s
By: Raj Sandou

It is a fact that poor sleep hygiene and poor mental health are strongly interrelated. Now a 2018 research study, conducted by the National Institute of Health (NIH), shows that sleep deprivation can lead to an increased risk of Alzheimer’s disease. Findings from this study underline the importance of promoting better sleep, particularly in our assisted living community residents.

Beta-amyloid (β-amyloid) is a metabolic waste product that is produced in our bodies. This product can cause Alzheimer’s disease. β-amyloid is found in the fluid between brain cells (neurons). When β-amyloid clump together, they form amyloid plaques which can hinder communication between neurons. A greater amount of β-amyloid in the brain would result in a higher number of amyloid plaques, and worse communication between neurons.

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Researchers scanned participants’ brains after getting a full night’s rest and after a night of sleep deprivation. Through comparison of the scans, researchers found a 5% difference in the amount of β-amyloid in participants’ brains; with the increase being in those who were sleep deprived (NIH, 2018). Thus, sleep deprivation translates into an increased risk of Alzheimer’s disease.

Promoting good sleep hygiene can support improved physical and mental health and also reduce the risk of Alzheimer’s disease. Assisted living facilities can help educate communities and promote good sleep hygiene in their residents. Generally, all adults need about the same amount of sleep – 7 to 9 hours each night. Older adults tend to go to sleep and get up earlier than younger adults.

Some of the reasons for poor sleep in older adults are feeling sick, being in pain, and medication side effects. The following are some ideas to consider when trying to promote good sleep hygiene:

- Address any signs or symptoms of illness, discomfort, pain, etc.
- Monitor medications for side effects.
- Ensure adequate exposure to natural light during daytime.
- Exercise regularly.
- Limit daytime naps to 30 minutes.
- Avoid stimulants such as caffeine or nicotine close to bedtime.
- Establish a regular, relaxing, bedtime routine.
- Make sure that the sleep environment is pleasant.

It is important while using these approaches with assisted living residents to continue to promote rights and independence.

References:
Medical Gas Storage
By: Nate Elkins

In January 2018, the National Fire Protection Association provided updated information related to Medical Gas Storage requirements. The PDF can be reviewed here:

https://www.nfpa.org/~/media/4B6B534171E04E369864672EBB319C4F.pdf

Bullying in Assisted Living Facilities
By: Ashley Henscheid

Often when the word “bully” is used, it conjures up images of school-aged children. Merriam-Webster defines a bully as “a blustering, browbeating person; especially: one who is habitually cruel, insulting, or threatening to others who are weaker, smaller, or in some way vulnerable.” By definition, anyone can be a bully; including the residents in assisted living facilities.

Residents can bully each other in a variety of ways, some of which include: taunting other residents, sitting in certain areas during mealtimes or activities and not allowing others to sit there too or bossing other residents around.

For friends and family, it can be hard to believe their loved one is engaging in bullying behavior. There can be many things that cause bullying that were not a part of the resident’s normal life in the past. The resident now lives in a facility setting, the resident lives with (likely) many more people than they previously did and the resident may have a cognitive impairment which affects their thoughts and actions.

There are many online resources available to learn more about bullying and then educate and train your assisted living communities. One resource that is popular in many states is a 6-part “Bullying Series” available at: