



Residential Care and Assisted Living Newsletter

November 2011

Gold Awards—No Deficiencies

- Patty House
- The Cottages of Nampa

Silver Awards—Three or Fewer Non-Core Deficiencies

- Safe Haven Homes of Challis
- Discovery Care Center of Salmon
- Emmett Serenity Living
- Homestead Assisted Living Center of Rigby

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Notes on Residents and Facility Activities

Most residents have worked hard and been active much of their lives and probably don't want to spend their remaining years sitting in front of a television or sleeping. While surveyors are often told that residents don't want to participate in activities, it may be that some creativity and persistence is necessary. Group activities can be intimidating. Residents may need to gain some confidence at a solitary activity before they feel comfortable joining a group. It's important to know your residents and their needs so activities can meet their abilities and interests. Activities don't need to cost a lot of money; a big imagination can go a long way to improving your residents' quality of life.

- Residents who grew up in an environment that emphasized a strong work ethic might enjoy work-type activities such as gardening, folding towels, or setting the table.
- Consider social activities to promote group talking and reminiscing. Laminate cards with questions such as "What was your favorite place to visit?", "What's your favorite holiday and why?", or "What is your favorite meal?"
- Some facilities have created a walking group where members attempt to walk across America. They log their miles and move figures across a bulletin board. Remember to supervise and help residents with mobility needs.
- Partner with schools, churches, and volunteer groups to bring activities to your residents.
- Have a theme day, such as a western day. Rent a western film, prepare a western meal, and have staff dress in costume.
- Use diversional activities such as painting, sewing, and craft oriented activities to emphasize individual accomplishments.
- Some facilities have used modern technology such as wii games to encourage physical activity. With help, residents of many abilities can participate.
- Residents of all abilities can participate in seasonal decorating such as stringing popcorn or cranberries, or creating decorations and putting them up.
- Residents can help with cooking activities such as assembling shish kabobs of fruit and vegetables, peeling vegetables, shucking corn, shelling peas, or decorating cookies and cupcakes.

Regardless of what activities your facility chooses, remember to continually evaluate and modify your activity program to ensure it meets your residents' needs. Ask yourself if the activity:

- Promotes residents to maintain and develop their highest potential for independent living
- Includes socialization opportunities such as arts and crafts or music and group discussion
- Includes physical activities that help develop and maintain strength, coordination, and range of motion
- Provides opportunities for education such as special classes
- Integrates community resources

Please refer to rules 16.03.22.151 and 16.03.22.210 to ensure your activity policy is consistent with rule.



Rule Change — Residents' Rights

It's important to make sure your facility's "Residents' Rights" is updated and reflects the rule change made on March 29, 2010. The new rule states:

"Fee changes. Each resident has a right to written notice of any fee change not less than thirty days prior to the proposed effective date of the fee change, except:

- When a resident needs additional care, services, or supplies, the facility must provide to the resident, the resident's legal guardian, or conservator written notice within five (5) days of any fee change taking place; and
- The resident, the resident's legal guardian, or conservator must be given the opportunity to agree to the amended negotiated service agreement. If the two parties do not reach an agreement on the proposed fee change, the facility is entitled to charge the resident the changed rate after five (5) days have elapsed from the date of the facility's written notice."



It's also important to evaluate if your staffs' practices are respectful of resident rights. When evaluating your facility's practices, imagine how you would feel if you could no longer live in the familiarity of your own home and your routine revolved around staff convenience. For example, consider a staff member entering your room early in the morning, turning on a bright light and telling you to get out of bed for breakfast and medications. This is often seen when there are staff shortages; remember that living in an assisted living facility does not mean a resident should lose his or her rights as a person. A resident should have the choice of when to get up in the morning and when to go to bed. Also, consider how each resident would like to be addressed. Many do not want to be called "honey."

Consider doing a "mock survey" and observing staff practices from afar. Are they patient with residents, and allowing residents to participate in activities of daily living when residents are able? Are they interacting and engaging residents when providing care, or are they task oriented?

Remember, creating a positive environment will reduce behaviors, reduce staffs' stress levels, and increase the quality of your residents' lives.

Questions?...

Please call 334-6626 and a surveyor will be happy to help you. Also visit our Web site at www.assistedliving.idaho.gov for updates and helpful tools such as "Frequently Asked Questions".