



# Residential Care and Assisted Living Newsletter

April 2011

## Gold Awards—No Deficiencies

- Prestige Assisted Living at Autumn Wind — Caldwell
- Salubria Center — Cambridge
- Trinity at Lewis and Clark — Boise
- Ashley Manor Hawthorne — Chubbuck

## Silver Awards—Three or Fewer Non-Core Deficiencies

- The Cottages of Emmett — Emmett
- Phillippi House — Boise
- Aging Gracefully Assisted Living — Nampa

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## Reporting Abuse, Neglect, or Exploitation

Throughout the years we have seen allegations of abuse, neglect, and exploitation not reported to Adult Protection (AP). This severely limits the facility's ability to protect the residents and staff involved in an allegation. This is an important reminder to immediately report allegations of abuse, neglect, or exploitation to Adult Protection. Please refer to [Idaho Statute Title 39 Health and Safety, Chapter 53 Adult Abuse, Neglect, and Exploitation Act \(39-5303\)](#).

The section that impacts assisted livings reads, "Any physician, nurse, employee of a public or private health facility, or a state licensed or certified residential facility serving vulnerable adults...who has reasonable cause to believe that a vulnerable adult is being or has been abused, neglected, or exploited shall immediately report such information to the commission." Failing to report can result in loss of your professional and facility license, placement on the Medicaid exclusion list, jail, and fines. If you need to report abuse, neglect, or exploitation, remember:

- Report to AP first, and then begin your investigation.
- Ensure you make the report directly to an adult protection worker (AP is not the same as the Ombudsman for the elderly).
- If the alleged perpetrator is a staff member, remove that person from contact with all residents until your investigation is complete.
- If the alleged perpetrator is a resident, devise a plan to increase supervision to ensure there is no opportunity for the resident to repeat the offense against the victim or another resident.
- Your policy should clearly describe how the allegation will be documented, reported (to the administrator and AP), and investigated; how the investigation will be documented; and how the residents will be protected during the course of the investigation.
- Ensure all your staff are trained on your policy and the law, and know exactly what to do if they witness or hear an allegation of abuse, neglect, or exploitation.

## Resources

The Idaho Commission on Aging has a [quick reference list](#) with AP contacts.

On June 16 & 17, 2011, the "2011 Idaho Summit on Elder Abuse & Exploitation" conference will be held at BSU. Its mission is to raise awareness and support Idaho's multidisciplinary efforts to prevent elder abuse and exploitation. You can access the Web site to learn more about the conference or register at <http://idahoeldersummit.org/>.

## Reminder...

Don't forget to visit [www.assistedliving.idaho.gov](http://www.assistedliving.idaho.gov) to sign up to receive email notifications when we update our Web pages or post new information.



## Understanding Mechanically Altered Diets

When a resident is given an order for a mechanically altered diet, it means that solid foods must be chopped, ground, or pureed to make foods easier to chew or swallow. Two types of mechanically altered diets used in assisted living are pureed and mechanical soft.

### Pureed Diet

Composed of a variety of foods that are blended or pureed to the consistency of whipped topping or mashed potatoes. The diet should meet current recommended dietary allowances and portions should be equivalent to the regular or therapeutic diet portions.

Below are some examples of food groups and choices to use and avoid:

Food Group	Foods to Choose	Foods to Avoid
Beverages	All	None
Bread & Cereal Products	Cooked cereal; pureed or slurried French toast, rolls, pancakes, muffins, tortillas, bread, waffles	Bread with hard crusts; breads or muffins containing fruit, nuts, or seeds
Cheese	Pureed cheese without nuts or seeds; cheese sauce	All others
Desserts	Plain custard, pudding, gelatin, ice cream, sherbet; slurried cake, cookies,	Desserts containing coconut, dried fruit, decorative sprinkles, nuts, or seeds
Eggs	All eggs in pureed form	None
Fats	Butter, margarine, cream, sour cream, mayonnaise, smooth salad dressings, oil, gravy	Nuts & seeds; olives; salad dressings that contain seeds or whole herbs
Fruits	All fruit juices, applesauce, all other pureed fruits	Dried fruits
Meat & Meat Substitutes	All pureed meats	None
Milk	All	None
Potatoes & Potato Substitutes	Mashed potatoes, all other pureed potatoes, pureed pasta or noodles, pureed rice or cream of rice	Refried beans, potatoes with skins
Soups	Broth, bouillon, pureed soups	All others
Vegetables	All vegetable juices; pureed vegetables; corn & peas should be strained if not pureed smoothly	All others
Miscellaneous	Sugar, salt, pepper, ground spices, flavoring extracts, cocoa powder	Whole herbs & spices

Note: All food information obtained from the *Idaho Diet Manual, 9th Edition*.



## Mechanical Soft Diet

Texture modifications to help residents who have difficulty chewing or swallowing. The diet omits serving all raw and hard to chew foods and limits meats to being served only in ground form. It is also recommended that sauce or gravy should be ladled onto the ground meats to help with chewing and swallowing. The diet should meet current recommended dietary allowances and portions should be equivalent to the regular or therapeutic diet portions.

Below are some examples of food groups and choices to use and avoid:

Food Group	Foods to Choose	Foods to Avoid
Soups	Broth; bouillon; broth or cream soups made with al-	All others
Meat & Meat Alternatives	Ground meat prepared by any cooking method; ground frankfurters; bologna & lunchmeat; flaked fish; casseroles made with ground meat; cheese; eggs; meatloaf with crust removed	Whole, diced, or cut meat, fish, poultry; ground meat formed in a solid patty such as a hamburger; crunchy peanut butter
Potatoes & Alternatives	All	None
Breads & Cereal	Whole grain, enriched or fortified bread & cereal products; soft steamed flour tortillas	Hard, crusted crackers, bread or rolls; bread containing nuts, seeds, or dried fruits; corn
Fats	Butter; margarine; cream; lard; oil; vegetable shortening; may-	Nuts or seeds
Vegetables	Tender cooked or canned vegetables; vegetable juice; finely chopped raw vegetables	Whole raw vegetables
Fruit	All canned, cooked, or frozen fruits; fruit juices; soft fresh fruits including bananas, strawberries, ripe melon, peaches and pears with skins removed	All raw fruit except for soft fruits listed in allowed list; fruit with tough membranes such as oranges & grapefruit; dried fruit.
Milk & Milk Products	All	None
Desserts & sweets	Cakes; soft cookies, fruit cobbler; pie; pudding; custard; gelatin; ice cream; sherbet; & desserts made from allowed foods	Difficult to chew cookie bars & squares; hard cookies; desserts prepared with nuts, seeds, or coconut
Beverages	All	None
Miscellaneous	Sugar; honey; syrup; black pepper; mustard; ketchup; herbs & spices; minced olives; pickle	Whole olives; whole pickles; nuts & seeds

Note: All food information obtained from the *Idaho Diet Manual, 9th Edition*.

On survey we will review each physician's order and then observe whether or not a resident is being served the diet that matches the order.

We have often seen issues with the implementation of mechanically altered diets, especially mechanical soft diets. Residents on a mechanical soft diet should be receiving only ground meats, not cut-up or diced meats. Please review the guidelines above to ensure compliance and to protect your residents from choking and aspiration.