



Bethel Manor and Winona Shores Assisted Living HEALTH CARE SERVICE DESCRIPTIONS

Effective Date September 1, 2008

Bethel Manor and Winona Shores Apartments offer a full range of personal health care services. A pre-assessment prior to move-in may be conducted and a full assessment at the time of move in is required. A registered nurse will determine the levels of care the resident requires. The following menu outlines the service levels available at Bethel Manor and Winona Shores Apartments. Unless there is a major change in condition, the levels of care will remain consistent for the entire month. When a major change in condition occurs, an assessment will be conducted and levels adjusted accordingly.

Bethel Manor and Winona Shores Apartments offer most personal care services in service levels. The following provides a brief description of the services provided in each service level.

Customized Packages

(1) Scheduled services that exceed the 15 or 30 minutes per day will be billed at the prevailing quarter hour rate.

Bathing Assistance

This service provides assistance with one to two showers per week. This includes observation of skin conditions, application of lotion (if desired) and nail¹ trimming as needed. Showers are typically scheduled for approximately 30 minutes each. If a Dressing & Grooming Assistance service level is purchased, then dressing and grooming service is included in bathing assistance. There are three levels of service available.

- Bathing Assistance 1 = 1 shower per week
- Bathing Assistance 2 = 2 showers per week
- Bathing Assistance 3 = 3 showers per week

Morning &/or Evening Dressing &/or Grooming – Minimal Assistance

The service includes a customized selection of dressing and grooming services needed by the resident to prepare for the day and evening. This service typically takes approximately 15 minutes and may involve personal grooming such as hair care, pericare, shaving, oral hygiene, lotion, powder, and/or make-up application. Minimal AM Dressing and Grooming consist primarily of verbal reminders and/or cueing and less hands-on care.

Morning &/or Evening Dressing &/or Grooming – Total Assistance

The service includes a customized selection of dressing and grooming services needed by the resident to prepare for the day and evening. This service typically averages between 25 and 35 minutes and may involve personal grooming such as hair care, pericare, shaving, oral hygiene, lotion, powder, and/or make-up application. Total AM Dressing and Grooming consist of primarily hands-on direct care and less verbal reminders and/or cueing.

Minimal Toileting Assistance

This service includes either toileting schedule or toileting assistance upon request during the hours of 6 AM – 10 PM. Residents receiving these services are able to maintain personal hygiene and are independent with the use of incontinence products. When receiving this service, there are no additional charges for unscheduled toileting during the above hours. Residents can maintain a dry environment during nighttime hours. Service is provided to promote skin integrity and personal hygiene.

Maximum Toileting Assistance

This service includes either a toileting schedule or hands on assistance as needed. When receiving this service, there are no additional charges for unscheduled toileting during daytime or nighttime hours. Service is provided to promote skin integrity and personal hygiene 24 hours/day. This service may also include the ordering of incontinence products per request.

Regularly Scheduled Resident Assistant Tasks - A

This service provides up to 15 minutes a day ⁽¹⁾ with regularly scheduled home health aide tasks such as refilling oxygen tanks, nebulizer, catheter bag service, ostomy, simple dressing changes, or vitals.

Regularly Scheduled Resident Assistant Tasks - B

This service provides up to 30 minutes per day ⁽¹⁾ for regularly scheduled home health aide tasks such as refilling oxygen tanks, nebulizer, catheter bag service, ostomy, simple dressing changes, or vitals.

Therapeutic Ambulation

This service includes the assistance of one home health aide to assist in walking for exercise, range of motion, or maintenance purposes within the building up to two times per day, 15 minutes each session.

Transfer Assistance

This service provides one person assisting in transferring a resident from a stationary location to another, for example; transferring from bed to chair, chair to bed, etc. A transfer belt may be used in extreme situations. This service does not include any personal care; this service supplements other levels of care.

Diabetic Monitoring Minimum

Resident will receive diabetic monitoring two times daily. The glucose level will be recorded in the Resident record.

Diabetic Monitoring Maximum

Resident will receive diabetic monitoring 3-5 times daily. The glucose level will be recorded in the Resident record.

Insulin Management Minimum (Up to 2 times per day)

- Licensed staff draws up the insulin and the Resident Assistant gives the injection to the client.
- Licensed staff draws up the insulin and the Resident Assistant gives the syringe to the client for self administration.

Insulin Management Maximum (3 or more times per day)

- Licensed staff draws up the insulin and the Resident Assistant gives the injection to the client.
- Licensed staff draws up the insulin and the Resident Assistant gives the syringe to the client for self administration.

Daily Comfort Checks

This service provides round-the-clock safety checks of a resident. This service is commonly used for someone at risk for falls, unable to utilize his/her call pendant, recovering from an illness or health procedure, has anxiety or confusion, or prefers isolation. The times for the checks will be determined upon implementation, not to exceed one check an hour. Safety checks do not include any personal care and if personal care is requested or required, an additional charge may be assessed.

Night Comfort Checks

This service provides nighttime safety checks of a resident between the hours of 10:00 p.m. and 6:00 a.m. This service is commonly used for someone at risk for falls, unable to utilize his/her call pendant or cord, recovering from an illness or health procedure, has anxiety or confusion. Residents requiring only nighttime checks usually socialize with others during day hours. Safety checks do not include any personal care and if personal care is requested or required, an additional charge may be assessed.

Daily Reassurance Checks

This service provides one daily check at a set time. Daily reassurance checks do not include any personal care and if personal care is requested or required, an additional charge may be assessed.

Medication Management - Simple or Complex ⁽²⁾ A (1- 2 total passes per day)

Resident received assistance with or administration of the prescribed medication in accordance with Doctor's orders with one or two total medication passes per day. Medications may include oral medications, ointments, PRN, and/or eye/ear drops. This service includes Medication Set-up; however, the facility will be responsible for storing and handling the container/pillbox between set-ups. The facility will provide a locked drawer/container for medications.

Medication Management - Simple or Complex ⁽²⁾ B (3+ total passes per day)

Resident received assistance with or administration of the prescribed medication in accordance with Doctor's orders with three or more medication passes per day. Medications may include oral medications, ointments, PRN, and/or eye/ear drops. This service includes Medication Set-up; however, the facility will be responsible for storing and handling the container/pillbox between set-ups. The facility will provide a locked drawer/container for medications.

Medication Setup Only

Resident is able to take medications on his/her own, but requests an RN to set-up medications in containers labeled for the day of the week. The Resident is responsible for storing and handling the container between set-ups. This service includes medications changes.

Medication Ordering Only

Resident is able to take medications on his/her own, but requests an RN to order medications. If the Resident chooses their pharmacy, the RN calls/ faxes the pharmacy to get the prescription refilled.

Med Reminders

Unlicensed staff will provide visual and/or verbal reminders to take medications. NOTE: This service will be provided only once the RN completes an assessment for self –administration of medications and determines that this service is sufficient to give a reasonable assurance that the resident is capable of complying with the medication regimen.

Escort Service

This service includes scheduled escort service within the building to and from meals, beauty/barber shop and mailbox up to four (4) times per day. This may include the encouragement in the use of an assistive device.

Ted Hose Morning &/or Evening Assist

Resident will receive partial or total assistance with putting on/removing ted hose socks in the AM &/or PM

Nutritional Support, Level I

This service provides assistance for the resident at meal times. Assistance may include meal ordering and setting up food, i.e., thickening, puree, and encouragement to eat. Emphasis is on assisting the resident to eat independently.

Housekeeping

This service provides up to one hour of cleaning, offered weekly or bi-weekly per the service agreement. Cleaning supplies are included in this service.

Laundry

This service includes up to 2 loads of laundry per week. If there are additional loads, a fee will be assessed. Residents are to supply their own soap and fabric softener. Does not include ironing of clothing.

B12 Injections

The LPN or RN draw up and administer a B12 injection to a client 1 time a month

Foot Care Clinic

This service includes soaking and exfoliating feet, nail trimming, foot massage, and application of lotion. All supplies (towel, foot wash, nail file, nail clippers, and lotion) are included in the fee. This service is performed by a home health aide; each session typically lasts about 20 minutes. A registered nurse is available upon request; however, there may be an additional charge.