



# Asheir Manor

Assisted Living

Providing Quality Care from the Heart

www.asheirmanor.com

Germantown, Maryland

301-250-6660

## What you need to know about Assisted Livings

### **What Is Assisted Living?**

Assisted living is a way to provide care to people who are having difficulty living independently, but do not need the daily nursing services provided in a nursing home. Assisted living providers furnish a place to live, meals, and assistance with daily activities, such as dressing, bathing, generally have less complicated medical problems than people in nursing homes.

Assisted living facilities also tend to have a less institutional look than nursing homes.

There is a wide variety of assisted living providers in Maryland. They range from large, corporate-managed facilities where hundreds of people live in their own apartments to small, private homes in which the owners provide services to two residents who may share a bedroom.

What all of these providers have in common, however, is they all offer their residents some level of assistance with their daily activities, like dressing, bathing and eating.

### **What are Levels of Care?**

Assisted living facilities in Maryland are licensed to provide up to three levels of care.

The levels correspond with how much assistance residents need.

Licensure at level one means the provider is authorized to take care of residents with low care needs. *(If a person is mentally sharp, only takes medication for arthritis she would be classified as needing a low level of care.)*

A level two license means the provider can also take care of residents with moderate care needs

Level three license allows a provider to care for residents with high-level care needs (as well as residents with low or moderate needs). *(A person would need a high level of care if he or she is mentally confused by dementia, has a complicated list of powerful medicines that must be given at different times each day, and requires assistance with bathing, walking, dressing, and toileting.)*

Such a person could only be accepted by a provider with a level three license. Most providers are licensed at level three, which means they can accept residents with low, moderate, or high care needs. If you have a progressive condition and do not want to have to move repeatedly, you should look for a provider with a level three license even if you only need a low level of care now.



# Asheir Manor

## Assisted Living

Providing Quality Care from the Heart

www.asheirmanor.com

Germantown, Maryland

301-250-6660

### **Assessment and Service Plan**

Before you move into an assisted living facility, the assisted living manager must assess the level of care you require and whether you qualify for admission under high level of care and the provider is licensed to provide a low level of care, the provider will not be able to admit you. There are two parts to an assessment: the Resident Assessment the Functional Assessment.

### **What is a Resident Assessment?**

A resident assessment is based on a physical examination made by a medical professional. It records a lot of basic medical information

### **What is a Functional Assessment?**

The assisted living manager must conduct a functional assessment. A functional assessment measures and records various kinds of information, such as your ability to take care of your daily needs and how much help you need from others.

It also records current symptoms you have that would have to be monitored by an assisted living provider. In addition to your physical needs, the functional assessment also looks at things like your ability and desire to participate in group activities.

### **What is a Service Plan?**

The manager must also develop a plan for your care based on the overall assessment. This plan is called the "service plan." A service plan must state what services you are to be provided, when they are to be provided, and who will provide them. You are entitled to participate in the development of your service plan. Moreover, a service plan must be updated every six months or more frequently, if there are changes in your needs. Your service plan is very important because it specifies precisely what services you will get, when you will get them, and how.

Each assisted living manager must make sure that every resident is monitored *daily* to see that a resident's care is provided in accordance with the service plan.



# Asheir Manor

## Assisted Living

Providing Quality Care from the Heart

www.asheirmanor.com

Germantown, Maryland

301-250-6660

### **Activities of Daily Living and Other Required Services** **Activities of Daily Living**

A large part of what assisted living providers do is provide assistance with "activities of daily living," which include:

- ❖ Eating;
- ❖ Grooming, bathing, oral hygiene, shaving, and combing hair;
- ❖ Walking or getting around, with or without assistive devices;
- ❖ Toileting; and
- ❖ Dressing in clean, weather-appropriate clothing. (Often this type of assistance is called "personal care" or "personal care service.")

Other services that assisted living providers in Maryland are required to deliver include:

#### **Meals**

Meals must be served in a common dining area three times a day seven days a week. Snacks also must be offered at intervals each day.

While every assisted living provider must try to accommodate special diets, a provider does not have to provide a special diet that is beyond its capabilities.

#### **Housekeeping and Laundry**

Housekeeping and Laundry services are required services that must be offered by every provider. Typically a certain amount of these services are covered by the basic monthly fee. What that amount is varies greatly from provider to provider.

#### **Facilitating Access to Healthcare and Social Services**

While a few assisted living providers may employ part time nurses, most providers do not supply the kind of medical care offered by licensed health care professionals. However, every assisted living manager is "responsible for facilitating access to appropriate health care and social services," such as physicians, nurses, social workers, dentists, hospice care, etc. "Facilitating access" is a flexible phrase so different providers implement this requirement in widely different ways. Some providers only provide help with appointments, and you will have to arrange for your own transportation.

Others will arrange appointments and provide transportation, while some providers go so far as to arrange for services to be delivered at the facility. You will want to ask providers how they facilitate access to health care and social services.



# Asheir Manor

## Assisted Living

Providing Quality Care from the Heart

www.asheirmanor.com

Germantown, Maryland

301-250-6660

### **Medication Management**

During the initial assessment process the assisted living manager must determine if:

- (1) You can handle your own medications
- (2) You need assistance with your medications or reminders to take them, or
- (3) Need someone to administer your medications for you.

If you need assistance with your medications or need someone to administer them for you, the provider must have specially trained staff to supply that help to you.

### **Social and Spiritual Activities**

The manager of each provider must provide or arrange opportunities for that will promote the physical and mental health of *each* resident.

This includes facilitating access to spiritual and religious activities. Typically providers satisfy this requirement by conducting activities in the facility and by arranging transportation to activities outside the facility. Card games, bingo, and sing-alongs are the kind of activities you will find in many facilities. Typical activities outside a facility may include trips to the mall, store, and local worship services. Transportation charges may apply, and when they do, they can vary widely.

*"Copy write University of Maryland School of Law"*

### **An Assisted Living program may NOT provide services to an individual who at the time of initial assessment requires:**

- More than one intermittent nursing care
- Treatment of stage 3 or 4 Pressure Ulcers
- Ventilator services, skilled monitoring, testing and aggressive adjustment of medications & treatments where there is a presence or risk for fluctuating acute condition
- Monitoring for chronic medical conditions that is not controllable through readily available medications and treatments
- Treatment for disease or condition which requires more than contact isolation

**\*An exception is provided for residents who are under the care of a Licensed General Hospice Program**

**TB test (negative chest x-ray or negative PPD) within one year of admission is required pre admission.**