



Adult Family Home Disclosure of Services Required by RCW 70.128.280

HOME / PROVIDER Foothills Adult Family Home / Wendy S. Mitchell, BSN, RN, ERP	LICENSE NUMBER A 245600
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NOTE: The term “the home” refers to the adult family home / provider listed above.

The scope of care, services, and activities listed on this form may not reflect all required care and services the home must provide. The home may not be able to provide services beyond those disclosed on this form, unless the needs can be met through “reasonable accommodations.” The home may also need to reduce the level of care they are able to provide based on the needs of the residents already in the home. For more information on reasonable accommodations and the regulations for adult family homes, see [Chapter 388-76](#) of Washington Administrative Code.

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About the Home

1. PROVIDERS STATEMENT (OPTIONAL)

The optional provider’s statement is free text description of the mission, values, and/or other distinct attributes of the home.

FOOTHILLS is a 3,500 sq. ft., 6 bedroom custom built family home for cognitive Seniors, who are medically fragile. We fill the need of widowed Seniors who prefer living in a retirement home atmosphere without the isolation of apartment living.

FOOTHILLS is noted as the benchmark in the community of Adult Family Homes in Washington State. The physical setting is lovely and the Mitchells share the gift of hospitality and have the expertise to deal with the complexities of the aging process.

2. INITIAL LICENSING DATE
12/10/1994

3. OTHER ADDRESS OR ADDRESSES WHERE PROVIDER HAS BEEN LICENSED:
8525 - 234th Ave. E., Buckley, WA. 98321

4. SAME ADDRESS PREVIOUSLY LICENSED AS:
N/A

5. OWNERSHIP

- Sole proprietor
 Limited Liability Corporation
 Co-owned by:
 Other: **C Corporation**

Personal Care

“Personal care services” means both physical assistance and/or prompting and supervising the performance of direct personal care tasks as determined by the resident’s needs, and does not include assistance with tasks performed by a licensed health professional. (WAC 388-76-10000)

1. EATING

If needed, the home may provide assistance with eating as follows:

Foothills Seniors generally feed themselves. If or when assistance is needed, it is provided to meet the level of need; ie: cueing, oversight, up to and including total assistance with feeding.

2. TOILETING

If needed, the home may provide assistance with toileting as follows:

Reminders, set-up, assistance with management of clothes/incontinence protection, cleansing, transfers on and off the toilet, if needed. There are five toilets/sinks in the home.

3. WALKING

If needed, the home may provide assistance with walking as follows:

Foothills Seniors are generally independent in ambulation. However, standby assist or contact guard assist is available when needed. Cueing and coaching for appropriate, safe use of front wheel and four wheel walkers is overseen by the in-home RN.

4. TRANSFERRING

If needed, the home may provide assistance with transferring as follows:

Foothills Seniors are generally independent in the area of transferring from place to place. As Seniors age, and transfer-needs increase, staff is available and prepared to assist with 1 person transfers. A Senior requiring a two person transfer is not a Foothills candidate.

5. POSITIONING

If needed, the home may provide assistance with positioning as follows:

Towards end-of-life, if a Senior becomes bed bound, repositioning in bed will be done on a schedule determined by the Foothills RN and undertaken by staff.

6. PERSONAL HYGIENE

If needed, the home may provide assistance with personal hygiene as follows:

In the event a Foothills Senior is not independent in personal hygiene, staff participation ranges from set-up through full assistance.

7. DRESSING

If needed, the home may provide assistance with dressing as follows:

Foothills Seniors generally dress and undress themselves. Assistance may range from cueing, to set-up with oversight, up to and including full dress / undress assistance.

8. BATHING

If needed, the home may provide assistance with bathing as follows:

There are no bathtubs at Foothills. All showers are overseen throughout the shower process. Total assistance with showers is available. A roll-in shower, grab bars, shower chair and hand held shower head are standard equipment.

9. ADDITIONAL COMMENTS REGARDING PERSONAL CARE

Private hairdresser is onsite weekly. Foothills strives to work with each Senior to establish a personal care routine that is familiar and comfortable for each individual. No two routines are the same.

Medication Services

If the home admits residents who need medication assistance or medication administration services by a legally authorized person, the home must have systems in place to ensure the services provided meet the medication needs of each resident and meet all laws and rules relating to medications. (WAC 388-76-10430)

The type and amount of medication assistance provided by the home is:

All Foothills Seniors receive assistance with their medications. If administration is required, then Nurse Delegation is initiated, according to WA state law. Foothills RN is responsible for all medication services.

ADDITIONAL COMMENTS REGARDING MEDICATION SERVICES

Medication services include medication orders, refills, dosage changes & pharmacy pick up. In some cases, a pharmacy delivery service may be used.

Skilled Nursing Services and Nurse Delegation

If the home identifies that a resident has a need for nursing care and the home is not able to provide the care per chapter 18.79 RCW, the home must contract with a nurse currently licensed in the state of Washington to provide the nursing care and service, or hire or contract with a nurse to provide nurse delegation. (WAC 388-76-10405)

The home provides the following skilled nursing services:

The Foothills RN is the private Care Manager for each Senior/Resident. Her background includes emergency/critical care and nursing administration at the University of WA Medical Center. All care is coordinated and overseen by the RN. Residents are taken to their essential MD visits by the RN to ensure direct communication with the health care provider and followthrough. All Nurse Delegation services & pre-admission and annual assessment services are provided by the Foothills RN without fee. Additional skilled nursing services may be provided, as determined by the overall acuity of the home; wound care, diabetic care, urinary devices, medication titration, congestive heart failure management, discharge directly to Foothills after surgery or other hospitalization, cancer care, joint rehabilitation, hospice and end-of-life skilled care.

The home has the ability to provide the following skilled nursing services by delegation:

Nursing tasks that do not require nursing judgement may be delegated to qualified nursing assistants, according to WA state law. At Foothills, this generally means medication administration for pills, eye/ear/nose drops or spray, suppositories, transdermal, topical or sublingual medications. In addition, the RN may choose to delegate blood sugar testing, non-sterile dressing changes, tube feedings, and oxygen administration. Insulin injections may be delegated, if the Senior is determined to be a good candidate for Foothills admission.

ADDITIONAL COMMENTS REGARDING SKILLED NURSING SERVICE AND NURSING DELEGATION

There is no additional cost / fees for Pre-admission assessment (if admitted to Foothills), no additional cost for the annual reassessment and no additional cost for Nurse Delegation services while at Foothills.

Specialty Care Designations

We have completed DSHS approved training for the following specialty care designations:

- Developmental disabilities
- Mental illness
- Dementia

ADDITIONAL COMMENTS REGARDING SPECIALTY CARE DESIGNATIONS

Foothills does not admit Seniors with a history of developmental disability, traumatic brain injury, chronic mental illness or sexual deviancy. Alcohol and smoking on the premises are prohibited. Please inquire if you need additional clarification on these points.

Staffing

The home's provider or entity representative must live in the home, or employ or have a contract with a resident manager who lives in the home and is responsible for the care and services of each resident at all times. The provider, entity representative, or resident manager is exempt from the requirement to live in the home if the home has 24-hour staffing coverage and a staff person who can make needed decisions is always present in the home. (WAC 388-76-10040)

- The provider lives in the home.
- A resident manager lives in the home and is responsible for the care and services of each resident at all times.
- The provider, entity representative, or resident manager does not live in the home but the home has 24-hour staffing coverage, and a staff person who can make needed decisions is always present in the home.

The normal staffing levels for the home are:

- Registered nurse, days and times: 7 days / week, 15-24 hours / day and oncall
- Licensed practical nurse, days and times: _____
- Certified nursing assistant or long term care workers, days and times: 1-2 staff 7a-3p, 1 staff 3p-11p, 1 @ 11p
- Awake staff at night
- Other: **Administrator onsite 15-24 hours / day, 7 days / week, ARNP as needed for oncall back-up**

ADDITIONAL COMMENTS REGARDING STAFFING

Foothills enjoys long term, stable staffing. Our staff are the crème de la crème of caregivers!

Cultural or Language Access

The home must serve meals that accommodate cultural and ethnic backgrounds (388-76-10415) and provide informational materials in a language understood by residents and prospective residents (Chapter 388-76 various sections)

The home is particularly focused on residents with the following background and/or languages:

Americans who speak primarily English

ADDITIONAL COMMENTS REGARDING CULTURAL OR LANGUAGE ACCESS

All faiths are welcome. Unable to provide care for non-English speaking Seniors.

Medicaid

The home must fully disclose the home's policy on accepting Medicaid payments. The policy must clearly state the circumstances under which the home provides care for Medicaid eligible residents and for residents who become eligible for Medicaid after admission. (WAC 388-76-10522)

- The home is a private pay facility and does not accept Medicaid payments.
- The home will accept Medicaid payments under the following conditions:
N/A

ADDITIONAL COMMENTS REGARDING MEDICAID

N/A

Activities

The home must provide each resident with a list of activities customarily available in the home or arranged for by the home (WAC 388-76-10530).

The home provides the following:

FOOTHILLS functions as a conventional family household, incorporating the needs of Seniors into our daily lives and household routine. Scheduled entertainment is not, generally, part of our daily household routine. On the other hand, activities such as attending the BL Senior Center, trips to the library, shopping trips, household subscriptions, such as Smithsonian, Nat'l Geographic, daily newspaper, Womens Day, World magazine, Prevention, etc. are available according to ability and desire. An annual Christmas Tea and Open House for Seniors, their families and friends is provided, along with other seasonal activities such as Christmas light tours, and such. FOOTHILLS facilitates family events such as birthday parties, church activities, family get-togethers, etc. A professional stylist is in the home weekly for haircuts, color, wash, set / styles and perms.

ADDITIONAL COMMENTS REGARDING ACTIVITIES