



Adult Family Home Disclosure of Services Required by RCW 70.128.280

HOME / PROVIDER Best Quality Home Care 2/ Marius Costan	LICENSE NUMBER 754195
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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. Our unique programs assures each resident receives an individualized and of the highest quality and continuity of care.	
2. INITIAL LICENSING DATE 8/16/2019	3. OTHER ADDRESS OR ADDRESSES WHERE PROVIDER HAS BEEN LICENSED: N/A
4. SAME ADDRESS PREVIOUSLY LICENSED AS: Best Quality Home Care	
5. OWNERSHIP <input type="checkbox"/> Sole proprietor <input checked="" type="checkbox"/> Limited Liability Corporation <input checked="" type="checkbox"/> Co-owned by: Elena Costan <input type="checkbox"/> Other:	
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:

We assure each resident receives the diet, texture, and supplements per their preference and doctor's orders. Hydration, nutrition, and weights are monitored. We provide thickened liquids, supplement drinks, and tube feedings. We cook all meals from scratch.

2. TOILETING

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

Each resident is taken to the bathroom, sat on the toilet, and provided peri-care every 2 hours during the day. Residents in bed are checked every 2 hours and given peri care. Urine and bowel movements are monitored. Dignity is always maintained.

3. WALKING

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

Residents are encouraged to walk throughout the day. Residents at risk for falls are assisted by 1 or 2 staff, gait belt, walker, etc. We also work with doctors in providing rehab care.

4. TRANSFERRING

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

To assure safety and skin integrity, transfers made from bed to chair, to toilet etc. always have 1 to 2 staff, gait belt and if necessary- a "sit-to-stand". Hoyer lifts are available if needed.

The home has a wheelchair accessible van on-site for local transportation to doctor, shopping, and outings.

5. POSITIONING

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

To assure skin integrity and prevent skin breakdowns, all residents, based on individual mobility needs, are repositioned at least every 2 hours, 24/7. Skin is always monitored for redness, edema, rash, etc.

We provide full-size beds with Tempurpedic mattresses, all bedding, and positioning aides and incontinent products- hospital beds available when necessary or upon request.

In bed, we use a turn sheet, numerous pillows for comfort/positioning and skin protectors.

6. PERSONAL HYGIENE

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

From stand-by assist to total assist, each resident receives excellent oral care, nail, hair and skin care, peri-care, foot soaks, back rubs, sitz bath, and ear wax removal. Diabetic nail care given by RN. All supplies for personal care is included in our rate.

7. DRESSING

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

From stand-by assist to total assist, each resident wears clean and ironed clothes, shoes, socks, and underwear. Hair, makeup, shaves, and jewelry provide the finishing touch.

We have a licensed beautician come on-site for hair cuts every 4-6 weeks at no additional charge.

8. BATHING

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

Residents are showered twice a week and as needed. Depending on mobility, we provide stand-by assist to total assist. Bed bound residents receive a complete bed bath including shampoo, nail, shaves. Skin and scalp is always monitored.

9. ADDITIONAL COMMENTS REGARDING PERSONAL CARE

All personal care supplies and equipment is provided.

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 residents are assessed and monitored by RN. We maintain Nurse Delegated staff on all three shifts that are certified to provide medication. Our staff can provide oral medications, drops, suppositories, medications per G-Tube, sublingual, and insulin tests and injections per current doctor's orders, state laws and regulations. RN, Medical Director, and Pharmacist available 24/7.

ADDITIONAL COMMENTS REGARDING MEDICATION SERVICES

Vital Signs, i.e., BP, pulse, respiration, temperature and oxygen saturation levels are monitored.

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:

Nurse Delegation, resident assessment, injectible medications, sterile dressing/procedures, gastrostomy tube feedings and care, indwelling catheters, catheter care and irrigation, suctioning, suture/staple removal, and wound assessments.

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

Medication delivery, eye and ear gtt's, blood sugar testing plus insulin coverage, catheter care, intake and output, O2 per nasal cannula, vaginal and rectal suppositories, non-stick dressing changes, ointments and creams.

ADDITIONAL COMMENTS REGARDING SKILLED NURSING SERVICE AND NURSING DELEGATION

RN on call 24/7 and Medical Director.

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

We would like to continue caring for residents with Alzheimer's/Dementia diagnosis, but if economic necessity will ask for it, we can now admit residents with DD and Mental Health problems. We will not admit residents that are known to be verbally or physically abusive.

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: On-call 24/7
- Licensed practical nurse, days and times: _____
- Certified nursing assistant or long term care workers, days and times: every day of the week
- Awake staff at night
- Other:

ADDITIONAL COMMENTS REGARDING STAFFING

Our staff turnover is extremely low, plus the owners are working in the home every day.

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:

English, Greek, Romanian

ADDITIONAL COMMENTS REGARDING CULTURAL OR LANGUAGE ACCESS

We respect everybody's cultural background and try to gear activities that they would enjoy.

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:

The rate is over \$100/day.

ADDITIONAL COMMENTS REGARDING MEDICAID

On admission we would ask a prospective resident if they will convert to Medicaid and for how long they can pay privately in our home

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:

Each month, an activity calendar is posted with a list of activities the home will provider based on resident preference and ability. Staff assures resident's preferences are respected and considered during every activity provided. Some activities include: arts and crafts, cooking class, gardening in our waist-high vegetable and herb beds, exercise class, music socials, and reminiscing.

We also provide outings- going to the park to feed the ducks or to enjoy a picnic, driving to Baskin Robbins for a favorite ice cream treat, heading to a restaurant for lunch and every year, we go to the Southwest Washington Fair.

ADDITIONAL COMMENTS REGARDING ACTIVITIES

Birthdays, Holidays, and special events are always celebrated and honored. Residents are included- and encouraged- if they prefer and enjoy to participate in the daily activities of the home such as folding laundry or setting the dining room table. Activities are always geared to each Resident's ability.

Please Return the completed form electronically to AFHDisclosures@DSHS.WA.GOV

The form may also be returned by mail at:
RCS – Attn: Disclosure of Services
PO Box 45600
Olympia, WA 98504-5600

