

May 2019

The Washington Voice

An E-Newsletter From



Adult Family Home Council

OF WASHINGTON STATE

Who We Are

Advocates for compassionate, individualized care. Serving adult family homes for more than 20 years!

Our Mission

To improve the lives and well-being of vulnerable adults through support of adult family homes.

In This Issue

Letter from Executive Director John Ficker	p. 1
Welcome Our New Education and Support Specialist!	p. 2
Big Wins for AFHs 2019 Legislative Session	p. 3
Reach Your Next Resident Today!	p. 4
AFH Council 2019 Spring Conference	p. 5
Affiliate Business Profile - Proactive Solutions	p. 6
Managing Allergies in the Elderly	p. 7
Affiliate Business Profile - Dispatch Health	p. 8
Washington State Equity and Diversity Project	p. 9
Affiliate Business Profile - Providence Home Care	p. 10
Dear Provider Letter Guidance	p. 11
Upcoming Webinars	p. 12
Upcoming Events & Trainings	p. 13
Are You Up-To-Date with Your Chapter?	p. 14
Buy-Sell-Trade	p. 15

Hello Adult Family Homes of Washington,

Dear AFH of Washington,

The 2019 Legislative session ended with some important wins for adult family home operators, staff and residents. The legislature took some important steps to help build capacity in the long-term care system. Important investments are also being made in developing a workforce to serve the increasing number of seniors and disabled adults seeking care.

As a result of Senate Bill 5672, DSHS will be pulling together groups of stakeholders and advocates to review and expand upon services for adult family home residents living with developmental disabilities or dementia. These workgroups will meet and establish recommendations for supports and services to be included in the next budget cycle. We anticipate these services will expand into the types of supervision, community integrations, support and training needed to successfully deliver care to these populations. If your home is interested in participating in the development of these services please contact the AFH Council.

Much attention is also being focused on the need to develop a workforce of long term care workers to meet the increasing demand for care. The Nursing Commission and Department of Health is extending the work of the long term care worker task force. The work of this task force is intended to improve the alignment of training requirements, access to training, testing and certification process. We are hopeful this effort will improve the process for those entering the workforce and build increased opportunities for career development, education and certification.

This legislative session also paved the way for the development of an Adult Family Home Training Network. The network will help address the challenges of hiring and training qualified caregivers. The network will contract will approved trainers to ensure that required training is available for providers and staff. The network will also be able to assist providers in developing facility based training programs. This will support each home to develop and train their own staff. We also anticipate the network being able to provide funding for the cost of tuition and time that employees spend learning.

Lastly, while we were very disappointed in the delay of the 8 bed expansion bill, we are looking to the 2020 legislative session to ensure its final passage!

All the best,



John Ficker
Executive Director

Welcome Our New Education and Support Specialist!



Molly Noble

Education and Support Specialist



Molly comes to the Adult Family Home Council with more than ten years of experience working in social service and case management roles in a variety of long-term care residential and community settings, including In-home care, Adult Day Programs, and Skilled Nursing, Memory Care, and Assisted Living communities.

In addition to her professional experience, she has a Master's Degree in Gerontology and wrote her thesis on the experience of (voluntarily) living in nursing facilities around the clock for six weeks. More personally, she watched her mother provide care to her grandmother, who lived with Alzheimer's Disease for nearly twenty years. All of these experiences have made her aware of how much caregivers matter. She was most recently working at Senior Services for South Sound, where she was made more aware of the growing need for safe, supportive, and compassionate long-term housing options for seniors and other vulnerable adults. Her current role with the Council as Education & Support Specialist is a perfect way to combine her skills and to support Adult Family Home providers in delivering much needed care to the people in our state who need it most.

Big Wins for Adult Family Homes from the 2019 Legislative Session

Workforce Development



Senate Bill 5672

- Concerning adult family home specialty services.

Passed out of the Senate unanimously. Amended in the House of Representatives with the language from SB 5728 - **(Concerning the establishment of a training network for adult family homes)** Passed out of the House of Representatives unanimously. The bill was required to go back over to the Senate for concurrence as it was changed in the House of Representatives. The Senate *DID* concur with a vote count of 31 Yeas & 17 Nays. It is now in the Governor's office awaiting a signature.

Financing



Long Term Care Trust Act (LTCTA) House Bill 1087

- Concerning long-term services and supports.

Passed out of the House of Representatives with a vote count of 63 Yeas & 33 Nays. Passed out of the Senate with a vote count of 26 Yeas & 22 Nays. The bill was required to go back over to the House of Representatives for concurrence of the changes made in the Senate. The House of Representatives concurred with a final passage of 55 Yeas & 41 Nays. It is now in the Governor's office awaiting a signature.

AFH Training Network

Senate Bill 5728

- Concerning the establishment of a training network for adult family homes.

Passed out of the Senate Committee on Health & Long Term Care. Referred to Senate Ways & Means and did not make it out of committee in time for cutoff.

Capacity



8 Bed Increase

Substitute House Bill 1023

- Allowing certain adult family homes to increase capacity to eight beds.

Passed out of the House of Representatives unanimously. Senator Steve O'Ban added an amendment to this legislation in the Senate Health & Long Term Care Committee. Passed out of the Senate unanimously. The bill was required to go back over to the House of Representatives for concurrence as it was changed in the Senate. In the end, the House of Representatives did not concur before the end of session. We will work with our prime sponsor again during the interim to bring it back in January 2020.

[View full 2019 Legislative Session Report](#)

Reach Your Next Resident Today!

Our New Locator is Here!



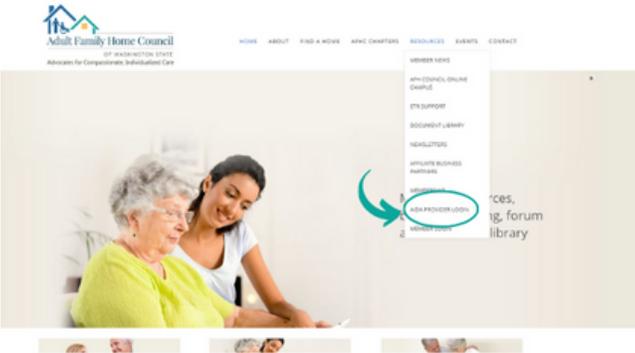
AIDA

Our new locator is here! The Adult Family Home Council are proud partners with AIDA in the creation of our new adult family home locator. Register your adult family home with AIDA today to find your next resident!

Click [HERE](#) to register your adult family home with AIDA!

To Register Your Home with AIDA:

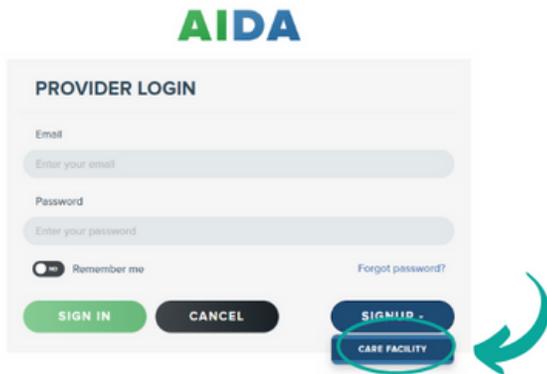
1) Press "AIDA Provider Login" under the Resource drop down on our website:



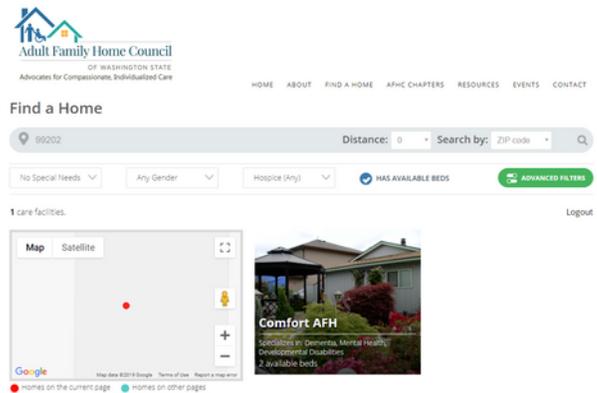
3) Fill out your adult family home profile:



2) Click the "Sign up/Care Facility" button on the bottom right corner of the sign in page:



4) Done! Your home is now listed!



If you have any questions, please feel free to contact the AIDA Team:
 contactus@aidaforparents.com
 Office Phone: (206)203-2432



Spring Conference
Adult Family Home Council
OF WASHINGTON STATE

AFH Council 2019 Spring Conference Dates

May 8	Ellensburg	Hal Holmes Center
May 14	Lakewood	Clover Park Technical College
May 16	Bellingham	Bellingham Technical College
May 22	Mountlake Terrace	The Romanian Cultural Center
May 29	Tukwila	Tukwila Community Center
June 5	Vancouver	Club Green Meadows
June 18	Spokane	Spokane Falls Community College

Participants will earn 6.0 hours CEU

**AFH Council
Members Only**

**All conference times are
from 9:00 a.m. - 4:00 p.m.**

**Check-in starts at
8:30 a.m.**

**Cost is \$15
per person**

*REFUND POLICY: Refunds available until 14 days before the conference (minus \$5 service fee)
NO REFUNDS if it is less than 14 days before the conference*

Agenda	
8:00-9:00 am	Check-in/Registration
9:00-10:00 am	Legislative & Industry Updates
10:00-11:00 am	DSHS Services & Supports <ul style="list-style-type: none"> • HCS Regional Resource Support & Development Team • Meaningful Day • Medical Escorts
11:00 am-12:00 pm	The Value of Activities
12:00-1:00 pm	Lunch and Vendor Fair
1:00-2:30 pm	Reaching Your Next Resident
2:30-4:00 pm	Bringing Your Residents Home



Register for Spring Conference today!
HERE



Affiliate Business Profile



Sherise Baltazar

Providing individualized consultation services with a personal touch to assist Adult Family Home business owners in the start-up and operation of their homes

Highlights of my services and the packages available

- 1) **PROACTIVE PACKAGE:** A thorough inspection that emulates a full inspection conducted by the Department. There will be a written comprehensive assessment of important items such as medication system, record management, staff records/training, resident records, daily operations, and physical environment. Based on the results, a written individualized work plan will be developed and implemented. I will collaborate with you to help you carry out the work plan which may include items such as developing a medication policy, updating resident and staff records, streamlining systems for proficiency, archiving records, and more.
- 2) **LICENSING PACKAGE:** Transitioning a residential home to a licensed adult family home? Turn to Proactive Solutions to cover all your bases. Beneficial to clients who are unfamiliar with the AFH licensing requirement. This will help clients who have little to zero knowledge about setting up and operating business/care systems as well. It has three stages and is invoiced per phase.
- 3) **CHANGE OF OWNERSHIP LICENSING PACKAGE:** For clients who are licensing a currently licensed AFH, this two-phase service is designed to give you a fresh start upon approval and make sure that you are starting your business on a solid foundation.
- 4) Additional services include hourly consultation services, maintenance plan and reminder plan – please contact me for details.

Highlights of my experience and background

I have close to a decade of involvement in the industry, and you can trust me to offer constructive insights based on my experience. This includes providing an in-depth understanding about the process and tasks that need to be accomplished. I have extensive experience in AFH licensing and policies in Washington, including management and safety.

- Specialized in AFH licensing from 2012 to 2015
- Conducted AFH Quality Assurance inspections from 2012 to 2015
- Worked as the AFH Policy Program Manager within Residential Care Services (RCS) since 2015
- Designated by RCS as the subject matter expert for the AFH program from 2015 to 2018
- Monitored legislative session and analyzed bills impacting the AFH industry
- Proposed bills to the legislature
- Instructed the AFH Prospective Provider Orientation class required for AFH application submission
- Communicated department changes to AFH providers/stakeholders
- Worked collaboratively with the AFH Council (AFHC), RCS licensing staff, and AFH providers in identifying areas for improvement in rules and processes that directly impacted the AFH industry such as revisions to Chapter 388-76 Washington Administrative Code and the AFH Professional Provider website



Contact Me

360-474-3553

Olympia, WA

www.proactivesolutionsllc.com
sherise@proactivesolutionsllc.com

Managing Allergies in the Elderly

By Tony Ly, PharmD at Ready Meds Pharmacy

Spring season marks the welcomed return of brighter days and flower blossoms that last through the summer. Pollen follows shortly and brings forth allergens which may lead to seasonal allergy symptoms. Seniors occasionally have chronic health conditions that may be complicated by allergy symptoms. Although mild allergy symptoms may not be considered a serious health problem, it is important to distinguish between seasonal allergies and medication-related allergies, which can indicate a significant problem.

Common seasonal allergy symptoms include sneezing, runny nose, congestion, itchy eyes, and persistent coughing. These symptoms may often be caused by pollen, dust, pet dander, and mold. Recognizing the signs early can help decrease the risk of complications and improve one's quality of life.

Since many aging adults have multiple chronic health conditions, their doctor visits often focus on managing those conditions and their allergies can be overlooked. It is a good idea to discuss seasonal allergy symptoms with a provider to rule-out medication-related allergies, especially after any changes in medications.

Even with the onslaught of allergens during the spring and summer, it is still important for seniors to be active. Staying mobile will help to promote a healthy lifestyle and to decrease the risk for bedsores or pressure sores (related article: Pond, Amy. [2017 December]. How to Recognize the Stages of Decubitus Ulcers. The Washington Voice, 11-12.)

While antihistamines may be a convenient option for adults, they are generally not recommended for seniors without provider monitoring. Older generation antihistamines may cause drowsiness, dry mouth, dry eyes, and urine retention. They may also cause more serious side effects such as confusion and dizziness – which could potentially lead to falls and other physical harm.

Non-pharmacologic products can be an effective way to provide relief to an elderly patient dealing with allergy symptoms. For example, saline nasal spray can be used to rinse out allergens and moisturize the nose and sinuses. It is also covered by many insurance plans and is widely available at most pharmacies. Air purifiers with HEPA filters help to clean the air inside the home and reduce exposure to allergens. Consider discussing options with a healthcare provider to find the right product.

While mild seasonal allergy symptoms are concerning, more serious symptoms may arise which can demand a more immediate response. Anaphylaxis is a rare, but life-threatening reaction that may arise from severe allergies or medication-related allergies. Signs of anaphylaxis include hives, tightening of airways and throat, dizziness, lightheadedness, weak or rapid pulse, sudden drop in blood pressure, seizure, and/or loss of consciousness. Upon noticing signs of severe reactions or suspected anaphylaxis, it is recommended to call 911 or seek emergency medical help as soon as possible.

Medication-related allergies may occasionally arise. Some common culprits include antibiotics, sulfa drugs, non-steroidal anti-inflammatory (NSAID) agents, blood pressure medications, chemotherapy drugs, and medications used to treat autoimmune diseases.

Recognizing signs of allergy symptoms early, distinguishing between mild versus serious reactions, and taking appropriate action promptly; will lead to improved outcomes. The physician and pharmacist will work with your medical team to identify the cause of medication-related issues and to find a solution. Seasonal allergies are inconvenient, but they can be manageable. Medication-related allergies should involve a prompt discussion with your medical team. Starting a discussion with the medical team can address allergy symptoms appropriately. When allergy symptoms are managed, patients have more freedom to lead a more active and healthy lifestyle for the spring and summer seasons.

Affiliate Business Profile



Dispatch Health is a mobile urgent care service in Pierce and South King counties. We deliver advanced medical care to all residents in these communities. Our medical team is equipped with all the tools necessary to provide advanced medical care in the home. We treat a wide range of injuries and illnesses, from common to complex. A team consisting of a Med-Tech and a board certified care provider (Nurse Practitioner or Physician's Assistant) will arrive at the patient's home to make a thorough assessment, diagnose, and treat the acute episode. No sign-up required, for medical care a patient would simply contact 253-271-9720 and request care, he/she will speak to a DH representative in our call center. During the call the patient will be asked to provide demographic and insurance information as well as screened for the appropriateness of the call, we want to make sure that we can treat the acute episode that the patient needs. The patient is then provided the DH team's estimated time of arrival.

Please don't hesitate to reach out to me if you have any questions.

Edie Wood, RN
Community Engagement Manager
(303) 501-9019
Edie.Wood@dispatchhealth.com

Request Care: (253) 271-9721

Washington State Equity and Diversity Project: Voicing the Needs of LGBTQ People!

We need your help with the Washington State Equity and Diversity Project: Voicing the Needs of LGBTQ People! Our goal is to understand the health, economic, and social needs and resources of LGBTQ adults living in Washington State.

Are you a lesbian, gay, bisexual, transgender, or queer (LGBTQ) or sexual or gender non-binary or diverse adult aged 18 years or older residing in Washington State?

Please [click here](#) to complete the online questionnaire and raffle participation form.

You are eligible for a raffle drawing awarding \$200.00 Gift Certificates to 10 randomly selected individuals. Please keep in mind your participation in the project is completely voluntary.

Please forward this email with the questionnaire link far and wide!

We are collaborating with more than 40 community-based organizations and agencies across the state to understand the needs and resources of LGBTQ Washingtonians. See our community partners and Advisory Committee members listed below.

If you have any questions about the project, please contact us at 1-206-221-9001 or uwLGBTX@uw.edu or visit our website [here](#) .

Voice your needs!

Affiliate Business Profile



Providence Home and Community Care is committed to helping you get the most out of life. A chronic or life-limiting illness can be challenging, but we offer a full range of services to help you or your loved one meet those challenges and live life to the fullest. Our programs serve more than 24,000 people in their homes or in a variety of facility-based settings every day.

A division of Providence Health & Services, Providence Home and Community Care provides the following services for people of all ages in Western Washington, many of whom reside in an adult family home:

- **Assisted Living** – A broad range of services to help elderly and disabled individuals to live as independently as possible
- **Home Health** – Skilled health care provided in the comfort of home
- **Home Infusion and Pharmacy Services** – Pharmaceutical and nutrition services in the patient’s home or in an ambulatory infusion suite
- **Hospice and Palliative Care** – Specialized care for those with life-limiting or serious illnesses
- **Program of All-Inclusive Care for the Elderly (PACE)** – Comprehensive health care and social services to help adults 55 and over remain healthy and independent for as long as possible, including activities and classes to support the physical, mental, emotional and spiritual needs of seniors
- **Skilled Nursing/Rehabilitation** – Short-term rehabilitation after a hospital stay and before returning home, and skilled care and assistance with daily activities for those with chronic and/or disabling conditions
- **Supportive Housing** – Safe, affordable and independent living for low-income seniors and disabled adults

To learn more, visit www.providence.org/pscs

Dear Provider Letter Guidance

It is not unusual that when a DSHS policy or practice change is being implemented, the Dear Provider letter is the only way that DSHS will inform you. Sometimes these letters can be confusing or vague. When this is the case, we will do our best to clarify the information contained in the letters and provide best practice guidance. Other times Dear Provider letters may consist of more general information. We will include those in this section as well, so you don't miss anything.

There are no new Dear Provider letters for this month's newsletter.




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At Ready Meds Pharmacy we do more than just accurately fill your residents' prescriptions. If you have questions about what your residents are getting, we're here for you. We're glad to listen to your concerns and answer all your questions. Call us today. Ready Meds Pharmacy. It's not just a name, it's a promise!

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Upcoming Webinars



Webinar: Blood borne Pathogens

June 11, 2019
2:30 – 3:30 pm

Participants will learn:

- Common blood-borne diseases
- How blood-borne diseases are spread
- The need for and how to use Standard Precautions
- An in-depth look at HIV/AIDs
- Questions

1.0 hours of CE are available for AFH Council Members who register and attend the webinar

Register: [HERE](#)

**Stay up-to-date
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**AFH For Rent
in Centralia, WA**

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	<p>WIDE FORMAT Posters, Banners, Engineering Prints, Signs? No matter what your wide format needs are we have you covered in a variety of sizes and wide format materials</p>
	<p>PROMOTIONAL PRODUCTS Looking for some promotional products with your logo on it for an upcoming event or conference? Looking for something specific or just browsing for ideas? Let us help get you the right product with your logo on it to make you shine at your next event.</p>



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Upcoming Events & Trainings

Washington State Department of Social and Health Services

Transforming Lives

Suicide and Non-Suicidal Self Harm Training

Come and learn effective ways to support, engage and intervene with clients dealing with non-suicidal self-injury, suicidal ideation and suicide.

Tuesday June 4th 2019
Spokane HCS office
1330 N. Washington - Rock Point III
Conference Room "A" next to Honeywon Cafe

10 am to Noon

All attendees will receive two (2) **free** CEUs upon completion of the training.

To register please contact:
Amy Tabino, M.S.
HCS Behavioral Support Specialist, HCS
amy.tabino@dshs.wa.gov
(509) 568-3875



Washington State Department of Social and Health Services

Transforming Lives

Residential Guide to Challenging Behaviors Training

Come and learn effective ways to work with residents with challenging behaviors.

Wednesday 5th June 2019
Puget Sound Room, Holgate DSHS Office, 1737
Airport Way S, St 130, Seattle, 98134.
10am to 1:00pm

All attendees will receive three (3) **free** CEUs upon completion of the training.
To register please and for a parking pass, please contact:
Tammy Butler, BSc SW,
HCS Behavioral Support Specialist, HCS
tammy.butler@dshs.wa.gov
206 - 919 - 0600



Washington State Department of Social and Health Services

Transforming Lives

Mental Health Diagnoses and Interventions: Supporting Individuals in Long Term Care

Come and develop your awareness of Mental Health diagnoses and supports in care provision.

Friday June 14th 2019
9:30 am - 2 pm
Spokane HCS office 1330 N. Washington
Rock Point III
Conference Room "A" next to Honewon Café

All attendees will receive 4.5 **free** CEUs upon completion of the training.

To register please contact:
Amy Tabino, M.S.
Behavioral Support Specialist, HCS
amy.tabino@dshs.wa.gov
(509) 568-3875



giving care • taking care

A CONFERENCE FOR FAMILY CAREGIVERS

MONDAY, JUNE 3, 2019

9:00am - 4:30pm • Tukwila Community Center

ARE YOU CARING FOR AN ADULT WITH A CHRONIC CONDITION OR DISABILITY?



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- Creative Tools for Better Caregiving
- Legal Planning
- Dementia Basics
- Grief, Loss and other Difficult Emotions
- Reducing Stress through Mindfulness
- Family Dynamics
- And more...

EARLY REGISTRATION DEADLINE

- REDUCED FEE THROUGH MAY 13, 2019
- \$35 - family and volunteer caregivers
 - \$55 - agency-based community caregivers
- LIMITED SPACE - you must pre-register, there is no registration at the door.
1. Find out more at <http://tinyurl.com/GivingCareTakingCare>
 2. OR call (360) 725-2544 or 1-800-422-3263 to leave a voicemail with your name and street mailing address.

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CONFERENCE HOSTS



Are You Up-To-Date with Your Chapter?

Click on your chapter to view upcoming chapter meetings and events!



**Bellevue
Chapter**

Adult Family Home Council

OF WASHINGTON STATE

Join Us!



Kent Chapter

Adult Family Home Council

OF WASHINGTON STATE

Join Us!



**Kitsap County
Chapter**

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Lacey Chapter

Adult Family Home Council

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**Longview
Chapter**

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**Mountlake
Terrace Chapter**

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**Richland
Chapter**

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**Spokane
Chapter**

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**University Place
Chapter**

Adult Family Home Council

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Chapter**

Adult Family Home Council

OF WASHINGTON STATE

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Yakima Chapter

Adult Family Home Council

OF WASHINGTON STATE

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**Click here to view
all chapter
meeting dates!**

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Adult Family Home Council Members Marketplace Page

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Turn-key ready adult family home nestled in quiet well-established neighborhood located within minutes from Peace Health Hospital and The Vancouver Medical Clinic. Beautifully remodeled 1900 sq. ft. home offers 5 bedrooms, 2.5 baths, large spacious great room with abundant natural light overlooking 0.34 acres of park-like landscaping with raised garden beds. Home is licensed for 5 residents and will be sold completely furnished including all appliances. New roof installed August 2017. Vinyl siding state of the art windows. Asking: \$419,000 for Home \$185,000 for business Call 360-600-0887 for more information and pictures. Please, qualified buyers only.

AFH For Sale Tokeland, WA



2591 Tokeland Rd, Tokeland 98590
List Price: \$349, 900 Active Adult Family home located in Tokeland.

Dolphin Cove Adult Home licensed for 6 client residents has been in business for 10yrs. Home & business sold together. Owner will assist in transition for new owners.

6 beds, 2.5 baths, large 2-car garage w/ workshop. Newer roof, outside paint, vinyl windows & doors. Inside new vinyl floors, new carpet upstairs, new paint. 2 bdrms & bonus rm located upstairs for owner. Handicap accessible, outside decks. Quiet peaceful location. Deeded access to bay. Presented by: Sandra Shea, Washington Coast Real Estate, 360-268-0977 sandrashea@techline.com

Your Adult Family Home Council Team



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Code of Ethics for Adult Family Home Providers

This Code of Ethics for Adult Family Home Providers has been developed as a guide for carrying out provider responsibilities in a manner consistent with professional values and more standards which define the essentials of honorable behavior for the Adult Family Home Provider.

As Adult Family Home Providers, we want the public to acknowledge us as professionals. Part of this process is to develop a system of ethical codes of conduct and standards of practice that incorporate our principles and values regarding quality care. Through their Associations and working with fellow members:

- An Adult Home Provider recognizes and respects the dignity of residents without consideration for race, religion, gender, sexual orientation, social or economic status.
- An Adult Family Home Provider, while honoring the residents' rights to self determination, will promote and protect the rights of all their residents.
- An Adult Family Home Provider is responsible and accountable for their individual practice and determining how they deliver optimum care to their residents.
- An Adult Family Home Provider acknowledges the responsibility to protect their own integrity, maintain competence in their field, and continue their personal and professional growth.
- An Adult Family Home Provider will promote their profession with continued education and political action in shaping the WACs and rules that govern their profession

523 Pear Street SE, Olympia, WA 98501

Toll Free - 1-888-439-8999

Fax - 360-943-6653

www.adultfamilyhomecouncil.org