

October 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.*

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# Hello Adult Family Homes of Washington,

I want to take this opportunity to ask a favor. Let me explain why. We at the AFH Council are currently working on several very important initiatives with the capacity to significantly impact every adult family home in a positive way. These initiatives include:

- Make improvements to Medicaid reimbursement by increasing rates and improving the type of services authorized for residents
- Recruit, train and hire more care-giving staff
- Market the adult family home option and members' vacancies
- Improve access to online resources, webinars and training
- Pass legislation to increase the maximum capacity for an adult family home from six beds to eight

All these efforts are underway. As we move these issues forward, we need your help in two ways. First, we are asking you to engage. Checkout **input opportunities**, come to chapter meetings, look for emails and social media posts for a chance to share your opinions. Without your input, we will not know what would be most helpful for you. The second thing we need is members. All adult family homes benefit from the AFH Council's efforts, but only half are dues-paying members. Our ability to be successful on all of these efforts is limited by the resources provided. If we can reach out to those nonmembers and share with them the important work that is underway, we can grow our impact. Our mission remains clear, to improve the lives of vulnerable adults through the support of adult family homes.

All the best,



John Ficker  
Executive Director

# 2019 Adult Family Home Council Fall Conference

Thank you to all who attended and participated in the 2019 Adult Family Home Council Fall Conference! This year, we sold out at over 400 attendees a week before the event. We would also like to thank all of our sponsors and vendors for their contributions!

Save the dates for next year:

**October 1-2, 2020**



# 2019 Adult Family Home Council Fall Conference Special Guests



**Volunteer of the Year**  
Hope Reffett



**A Caregiver of the Year**  
Amanda Aguilar - Reeses  
Adult Family Homes, Inc.



Retiring Senator  
Barbara Bailey  
&  
Maria Chiechi, AFH Council  
Legislative Director



**A Caregiver of the Year**  
Jereel Jan Ariola - Benevita  
Adult Family Home



**A Caregiver of the Year**  
Patrick Kindy - Sean  
Humphrey House

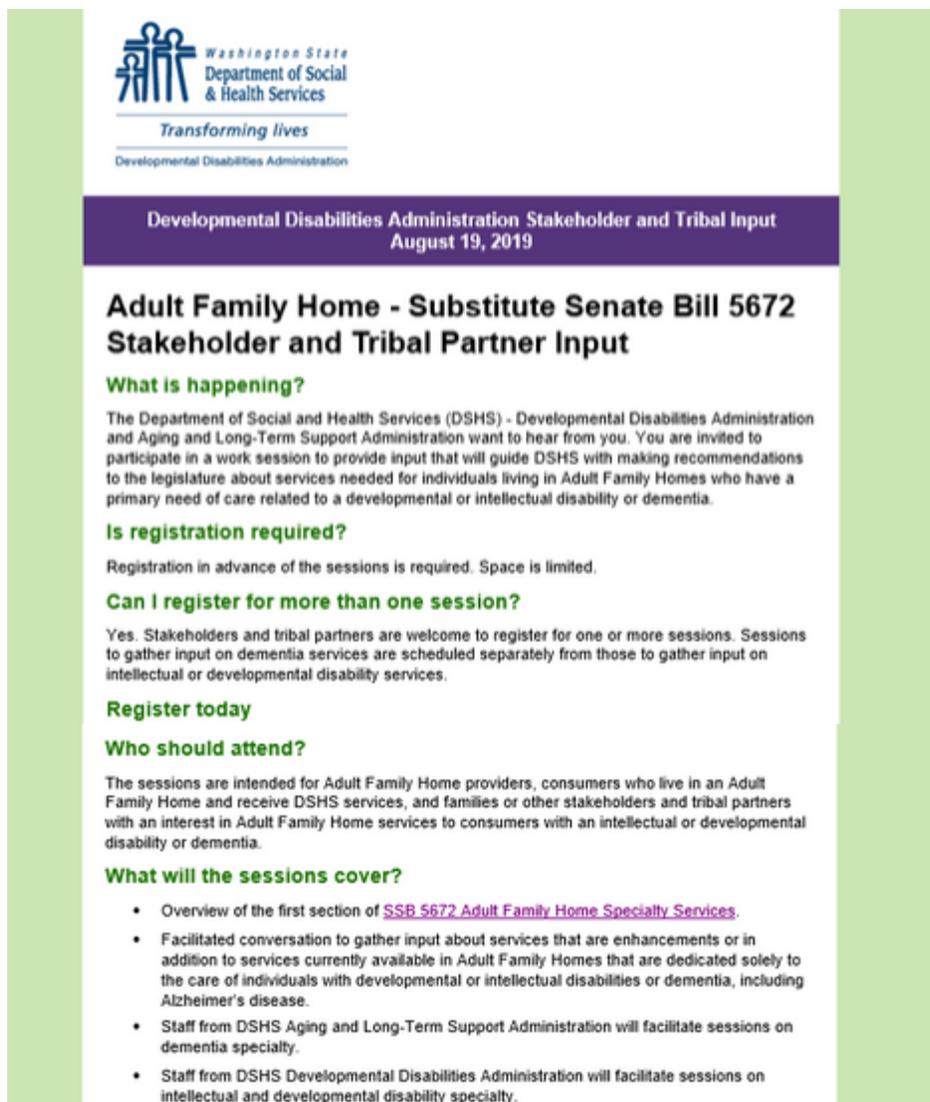


Representative Kelly  
Chambers, Representative Steve  
Tharinger, Representative Cindy Ryu,  
Representative June Robinson and  
Senator Barbara Bailey

# Adult Family Home Specialty Services Input Sessions

The Adult Family Home Council worked to pass Senate Bill 5672 aimed at improving services for specific population living in adult family homes. Residents with developmental disabilities and residents living with Alzheimer's or other forms of dementia often need additional supports and services not assumed in the base daily rates. These public forums are an opportunity to make your voice heard. If you are unable to attend you can always send you feedback directly to the Adult Family Home Council at [info@adultfamilyhomecouncil.org](mailto:info@adultfamilyhomecouncil.org)

**Next Meeting: October 25 in Vancouver!**



The flyer features the Washington State Department of Social & Health Services logo at the top, with the tagline "Transforming lives" and "Developmental Disabilities Administration". Below this is a purple header with the text "Developmental Disabilities Administration Stakeholder and Tribal Input August 19, 2019". The main title is "Adult Family Home - Substitute Senate Bill 5672 Stakeholder and Tribal Partner Input". The flyer contains several sections: "What is happening?" (inviting participation in a work session), "Is registration required?" (yes, space is limited), "Can I register for more than one session?" (yes, sessions are scheduled separately), "Register today", "Who should attend?" (Adult Family Home providers, consumers, families, etc.), and "What will the sessions cover?" (overview of SSB 5672, facilitated conversation, and staff facilitation).

Washington State  
Department of Social  
& Health Services  
*Transforming lives*  
Developmental Disabilities Administration

Developmental Disabilities Administration Stakeholder and Tribal Input  
August 19, 2019

**Adult Family Home - Substitute Senate Bill 5672  
Stakeholder and Tribal Partner Input**

**What is happening?**  
The Department of Social and Health Services (DSHS) - Developmental Disabilities Administration and Aging and Long-Term Support Administration want to hear from you. You are invited to participate in a work session to provide input that will guide DSHS with making recommendations to the legislature about services needed for individuals living in Adult Family Homes who have a primary need of care related to a developmental or intellectual disability or dementia.

**Is registration required?**  
Registration in advance of the sessions is required. Space is limited.

**Can I register for more than one session?**  
Yes. Stakeholders and tribal partners are welcome to register for one or more sessions. Sessions to gather input on dementia services are scheduled separately from those to gather input on intellectual or developmental disability services.

**Register today**

**Who should attend?**  
The sessions are intended for Adult Family Home providers, consumers who live in an Adult Family Home and receive DSHS services, and families or other stakeholders and tribal partners with an interest in Adult Family Home services to consumers with an intellectual or developmental disability or dementia.

**What will the sessions cover?**

- Overview of the first section of [SSB 5672 Adult Family Home Specialty Services](#).
- Facilitated conversation to gather input about services that are enhancements or in addition to services currently available in Adult Family Homes that are dedicated solely to the care of individuals with developmental or intellectual disabilities or dementia, including Alzheimer's disease.
- Staff from DSHS Aging and Long-Term Support Administration will facilitate sessions on dementia specialty.
- Staff from DSHS Developmental Disabilities Administration will facilitate sessions on intellectual and developmental disability specialty.

**Find a meeting near you!**

## Letter from Multi-care organization

CHI Franciscan and MultiCare sent this letter to all care facilities in their region. They have experienced challenges finding placement to discharge patients from the hospitals. Additionally they have experienced inappropriate actions by facilities taking a resident to the emergency room for the purpose of discharge. Rule around resident's right require an appropriate discharge by the facility. Taking someone to the ER does not qualify. This letter does not change the requirement and obligation to discharge a resident when you do not feel that you can safely provide the required services. Members of the AFH Council are encouraged to contact our office to discuss challenging discharges. Our staff can provide guidance to ensure that all discharges honor resident rights and comply with licensing rules.



Dear Residential Care Provider,

CHI Franciscan (CHI) and MultiCare Health System (MHS) are committed to supporting and improving the health of all members of our community. We recognize that residents of adult family homes, assisted living facilities, and skilled nursing facilities (hereinafter, collectively, "Facilities") receive care and support from many sources. We believe that the best health outcomes come from the partnership of those various sources, including you, us and our patients. We also understand that resources are sometimes limited. Today, we ask for your assistance as we all work toward improving and maintaining the health and safety of patients who seek care from all our facilities.

Our health systems recently have faced challenges discharging facility residents from emergency departments to more appropriate care settings. In response, we ask that when one of your residents comes to a MHS or CHI emergency department, you identify a representative of your facility who is available by phone 24/7 to participate in the discharge process (compliant with WAC 388.76.10200) if we determine that the resident does not need to remain in our hospital. We also ask that you do not bring all the resident's belongings to the emergency departments until after we have determined that a resident will be admitted to our hospital.

If your resident visits one of our emergency departments, is stabilized, ready for discharge, and requires the same level of care as prior to his or her visit, it is CHI's and MHS's expectation that you will accept that resident back to their home. Further, it is MHS's and CHI's expectation that you will work with our staff to discharge your resident from the emergency department quickly, as CHI and MHS cannot board patients in our emergency departments or inpatient units. Boarding a patient at a hospital is not an acceptable discharge plan.

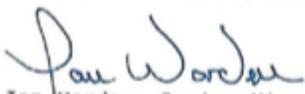
MHS and CHI are not responsible to identify alternative discharge options from our emergency departments. Unless there is a change in a resident's medical condition or care needs that cannot be met in your facility, CHI and MHS will report facilities refusing to readmit their residents to the State complaint line.

We welcome questions and the opportunity to discuss ways that we can work together to improve the discharge process. Contact a Care Management representative from either organization if you have questions:

CHI: 253-426-6962

MultiCare: 253-403-4951

Thank you for your partnership.



Ian Worden, Senior Vice  
President  
Chief Operating Officer  
CHI Franciscan



Tim Bricker, Senior Vice President  
Chief Exec-South Sound Region  
MultiCare

## Affiliate Business Profile

*Motivated real estate professional versed in all aspects of Adult Family Home sale transactions. Experienced sales rep with closing and territory experience. Dedicated sales and marketing professional who exceeds goals, retains customers and maintains a strong reputation for customer satisfaction. Adult Family Home Owner/provider since 2005*



Cristina Leta

Real Estate Broker

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# Symptoms of Hypo and Hyperglycemia

By Amy Pond, Clinical Pharmacist at Ready Meds Pharmacy

Hypoglycemia means having very low levels of blood sugar, while hyperglycemia means having high blood sugar levels. The normal fasting blood sugar range is 70 - 100. (see chart below)

Blood Sugar Levels	Fasting Values	Post Meal Value: 2 hrs. after the Meal
Normal	70 - 100 mg/dL	Less than 140 mg/dL
Early Diabetes	101 - 126 mg/dL	140 - 200 mg/dL
Diabetes	More than 126 mg/dL	More than 200 mg/dL

Hypoglycemia is often related to the treatment of diabetes. However, a variety of conditions can cause low blood sugar in people without diabetes. Like fever, hypoglycemia isn't a disease itself. It's an indicator of a health problem. Long-term treatment requires identifying and treating the underlying cause of hypoglycemia. Some causes of hypoglycemia are not eating enough food or skipping a meal, using too much insulin or diabetes medications, consuming alcoholic beverages, or exercising or being more active than usual. Some symptoms of hypoglycemia are shakiness, fast heartbeat, sweating, dizziness, anxiousness, hunger, blurred vision, weakness or fatigue, headache, and irritability. In some people, these symptoms do not necessarily manifest, and the diabetic individual may not recognize that their blood sugar has fallen too low. This is called hypoglycemia unawareness. Individuals with long-standing insulin-dependent (type 1) diabetes are at the greatest risk of hypoglycemia unawareness, but type 2 diabetics who are taking insulin due to advanced disease are also at risk. The brain may also be desensitized to the symptoms of hypoglycemia as it becomes "used to" low blood sugar levels. In addition, certain medications may mask the symptoms of hypoglycemia. For example, certain blood pressure medications such as beta blockers may blunt the effects of epinephrine so that the typical warning signs are not experienced. If low blood sugar is left untreated, an individual may pass out or need medical help. If you think a resident may be experiencing hypoglycemia check their blood sugar right away. If you can't check, treat anyway. Treat by following your protocol for hypoglycemia. For example, treat by giving 3 to 4 glucose tablets or 3 to 5 hard candies that can be chewed quickly (such as peppermints), or by giving 4 ounces of fruit juice, or ½ can of regular soda pop.

*Continued on page 8*

# Symptoms of Hypo and Hyperglycemia

By Amy Pond, Clinical Pharmacist at Ready Meds Pharmacy

*Continued from page 7*

Check blood glucose again after 15 minutes. If it is still low, treat again. If symptoms don't stop, call the healthcare provider. Residents with hypoglycemia unawareness may benefit from a continuous glucose monitoring system (CGM). The following link has some very good information about continuous glucose monitoring:

<https://www.thediabetescouncil.com/continuous-glucose-monitoring-everything-you-need-to-know/>

Some causes of hyperglycemia are eating too much food, using too little insulin or diabetes medications, illness, or stress. Hyperglycemia doesn't cause symptoms until glucose values are significantly elevated – usually above 180 to 200 mg/dL. Symptoms of hyperglycemia develop slowly over several days or weeks. The longer blood sugar levels stay high, the more serious the symptoms become. However, some people who've had type 2 diabetes for a long time may not show any symptoms despite elevated blood sugar levels.

Some symptoms of hyperglycemia are extreme thirst, frequent urination, dry skin, hunger, blurry vision, drowsiness, and wounds are slow to heal. High blood glucose may lead to a medical emergency if not treated. If your resident's blood glucose levels are higher than normal, call the healthcare provider according to your protocol.

If you have further questions regarding this topic, contact your long-term care pharmacy or medical provider's office. If you would like a hypoglycemia or hyperglycemia flier for your adult family home, please call Ready Meds Pharmacy at (877) 425-6337.



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# Dear Provider Letters

## AL TSA: AFH #2019-017 AUTHORIZED USE OF THE BACKGROUND CHECK SYSTEM (BCS)

### HERE

In June of 2018, the Background Check Central Unit (BCCU) implemented an on-line Background Check System (BCS) for providers to submit and receive background checks. Each authorized entity (service provider/licensee) must register a Primary Account Administrator (PAA) who will manage the user roles on the account. As a provider, you have permission from the department to submit and receive background checks through BCCU for those people required to have a background check under chapter 388-76 WAC.

As a reminder:

- The use of BCS by Adult Family Home providers is limited to completing the background check requirements of chapter 388-76 WAC. See [WAC 388-76-10161](#) for details on who must have a background check.
- Any other use is prohibited. Examples of unauthorized use of the BCS include:
  - o Using the account to run a check on a friend or family member.
  - o Giving login info to a third party to conduct checks on their behalf.
  - o Using the account to run a background check on a business associate or for employment not related to the AFH license.
- As noted in the terms of use for accessing the BCS:
  - o Unauthorized use of the BCS may result in enforcement.
  - o Unauthorized use of the BCS may violate state and federal law and could result in civil or criminal liability.



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*Continued on page WHAT*

# Dear Provider Letters

*Continued from page 8*

## **AL TSA: AFH #2019-016 INFLUENZA AND PNEUMOCOCCAL REMINDER**

**HERE**

Protect residents and staff from flu and pneumonia this season. Flu is highly contagious and can be brought into facilities like yours through newly admitted residents, visitors, and staff. Residents can experience severe and fatal illness from flu, and pneumonia is one of the most common flu complications. Follow this link for tips on preventing and minimizing the impact of flu and pneumonia at your adult family home: **HERE**



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# Upcoming Administrator Training Courses

**Green River College** will be offering the AFH Administrator course on the dates below:

October 26 - December 14

Item #: Y104

Saturday's (No class November 30)

8:00 AM - 4:15 PM

Location: Auburn Center, Auburn Center 160



**Register: [HERE](#)**

**North Seattle College** will be offering the AFH Administrator course on the dates below:

November 9 - December 8  
(skip November 30 & December 1)

Item #7151

Saturday & Sunday's: 9:00 AM - 4:30 PM



**Register: [HERE](#)**

**Spokane Community College** will be offering the AFH Administrator course on the dates below:

February 4 - February 20, 2020

Item #: 5504

Tuesday, Wednesday, Thursday's

9:00 AM - 4:00 PM

Location: MaxSnyder Bldg 50 Rm ARR



**Register: [HERE](#)**

**Clark College** will be offering the AFH Administrator course on the dates below:

November 7 - November 20

Item #: F020

Thursday, Friday's

8:00 AM - 5:30 PM

Location: CTC 339



**Register: [HERE](#)**

# Upcoming Webinars

## Webinar: Bloodborne Pathogens

October 30, 2019  
10:00 - 11:00 am

November 5, 2019  
2:30 - 4:00 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](#)**

## Webinar: Identifying signs of Early Sepsis

October 21, 2019  
2:30 - 3:30 pm

Participants will learn:

- Define sepsis
- Identify patients at high risk for developing sepsis
- Discuss early clinical signs of sepsis
- Sepsis tool - how to use it
- Discuss why early intervention is paramount to reducing mortality rates
- Define best practice when you have identified your patient (resident) may be septic

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

**Register: [HERE](#)**

## Webinar: Understanding the CARE Tool and How it Affects Your Resident's Daily Rate and Services

October 17, 2019  
2:30 - 4:00 pm

October 22, 2019  
10:30 am - 12:00 pm

November 5, 2019  
2:30 - 4:00 pm

Participants will learn:

- Medicaid Programs and funding
- The purpose of the CARE tool
- How CARE affects daily rates
- Your role in the CARE assessment
- Additional information captured in CARE

Additionally they will be introduced to important resources:

- Appropriate WAC sections
- CARE assessor's manual
- Long Term Care Manual

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

**Register: [HERE](#)**

**Stay up-to-date with more upcoming administrator trainings in our newsletter!**

# 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!**



**Federal Way  
Chapter**

Adult Family Home Council  
OF WASHINGTON STATE

**Join Us!**



**Kent Chapter**

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**Kitsap County  
Chapter**

Adult Family Home Council  
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**Lacey Chapter**

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**Longview  
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**Mountlake  
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**Richland  
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**Spokane  
Chapter**

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**Tacoma/Lakewood  
Chapter**

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**University Place  
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**Vancouver  
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**Yakima Chapter**

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

**\$ Buy - Sell - Trade \$**

*Adult Family Home Council Members Marketplace Page*

Place an ad on this page in the next issue!

Profitable Private Pay AFH in  
Vancouver, WA



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.

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- 8 resident capacity including fire suppression sprinkler system
- Meets requirements for streamlined change of ownership (CHOW) license transfer; no WABO inspection required
- Luxurious bedroom suite with private sitting area perfect for a couple
- 9' ceilings, huge vaulted great room with numerous skylights, and a wall of windows with overhead transoms, make the living space light and bright
- Updated with new engineered hardwood flooring throughout, kitchen has quartz counters and all new stainless steel appliances within the last 3 years
- Built-in security system with door and window alerts
- Large AFH management office has outside and indoor entrance
- Beautiful barrier free, custom roll-in shower room with individual heat unit
- Hair Salon with half bath
- Private 1 acre fenced grounds with greenbelt to enjoy the sites and sounds of nature
- Room for 7 on site parking spots

  
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## 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 optimal 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](http://www.adultfamilyhomecouncil.org)