

April 2020

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 have known for many years what amazing people operate adult family homes. Your response to the COVID-19 pandemic has highlighted your commitment and caring of the residents we are all here to serve. The everchanging landscape of restrictions, requirements and information have left many exhausted and frustrated. "Uncharted waters," "unprecedented times" and other phrases like these almost seem to lose their meaning. I am impressed by the perseverance and strength our community has demonstrated.

Here at the AFH Council, half of our staff are working remotely. We are all working to ensure we are here to answer questions, provide guidance and advocate for you through this pandemic. Currently, we are focused on keeping you up-to-date on the most current guidance through our website, emails and webinars. We are also working with state leadership in emergency response to ensure that adult family homes are recognized as long term care facilities. When communicating about your AFH, be sure to refer to your AFH as a "Long-Term Care Facility." Along with the Washington State Hospital Association and associations representing skilled nursing and assisted living, we have been advocating to increase the supply of PPE to all long-term care facilities, increase attention on testing in facilities and provide financial support to providers struggling with staff overtime/shortages. We are also working with retailers to ease restrictions on purchase limits for Adult Family Homes.

I am very excited by the increase in our membership totals. As I imagine the process of re-implementing training requirements, changes to the current rules and the economic impact this shut-down will have on the state's economy, it becomes increasingly important that we all work together to advocate for our needs. In many ways this pandemic has highlighted the compassionate care adult family homes offer. In other ways we will be challenged with increased regulations and expectations. We will be challenged to secure increases to rates as the state economy recovers. It is critical we have the resources to be present and at the table to face the many conversations and challenges to come.

We are all committed to helping manage these times and ensuring that our residents, families and businesses thrive.

All the best,



John Ficker
Executive Director

COVID-19 Updates & Best Resources

COVID-19 Updates and Resources

Stay up-to-date with the latest COVID-19 resources and announcements regarding adult family homes!

Visit our COVID-19 Updates & Best Resources Page:

<https://www.adultfamilyhomecouncil.org/covid-19-updates-best-resources/>

We will be updating this page as soon as new information and resources become available, so please stay tuned and keep checking in!

A Message from the South King Fire & Rescue to AFH's in South King County Please see the following letter from the Fire Chief of South King Fire and Rescue regarding your facility and our responses to your facilities. These also fall in line with the WA Department of Social and Health Services ALISA: ALF #2015-005. Through your cooperation we can make it through this together and we appreciate and value your efforts to keep your citizens, staff, and our personnel safe during these difficult times. [Click here](#) to access the letter.

Governor Inslee Signs Our 8 Bed Bill Into Law!

We are proud to report the official signing of **ESHB 1023**. On Tuesday, March 31, 2020 Governor Inslee signed our bill into law.

Follow [this link](#) to watch Governor Inslee sign our bill into law.

While DSHS has their focus in many directions, we do know they are currently working on the details for the WAC's, rules and directions on allowing certain homes to apply for a 7-8 bed. Once we learn they are ready, we will share with you the steps to take if you are interested in applying. In the meantime, we are happy to report this and are thankful for this win!

To apply for a 7-8 bed, the adult family home must be able to meet the following qualifications:

- Appropriate square footage to allow increased capacity
- Adequate staffing level to meet all care plans
- Ability to meet the needs of the current and prospective residents
- Have operated an licensed AFH for 24 months
- Complete two full inspection cycles resulting in no enforcement actions
- Operate at a six-bed capacity for at least 12 months
- Attest that an increase will have no adverse impact of the health, safety or quality of life of the current residents
- Demonstrated ability to comply with emergency evacuation standards
- Install a residential sprinkler system in order to serve residents requiring assistance



There's a WAC for That!

COVID-19 Reporting Requirements: There's a WAC for That!

In addition to the usual reporting requirements for AFH staff and providers, we currently find ourselves needing clarification of reporting requirements related to COVID-19. WAC 388-76-10225 describes all reporting requirements for AFH providers. If you have confirmed cases of COVID-19 among staff or residents in your adult family home it is helpful to focus on the last two sections of the WAC, copied below:

WAC 388-76-10225 – Reporting Requirement

- (3) Whenever an outbreak of suspected food poisoning or communicable disease occurs, the adult family home must notify:
- (a) The local public health officer; and
 - (b) The department's complaint toll-free hotline number.
- (4) The adult family home must notify the department's case management office within twenty-four hours whenever a resident, whose stay is paid for by the department is discharged for more than twenty-four hours on medical leave to a nursing home or hospital.

Statewide local public health contacts are available on this [Department of Health website](#) . Click on your county to take you to your local public health webpage. If you have COVID-19 in your home, you will need to report it to your local public health as well as the Residential Care Services CRU Hotline. The hotline number is 800-562-6078 or you can report online [here](#) . In addition, if the resident is on Medicaid, you will need to notify their case manager within twenty-four hours if the resident is discharged from your AFH for more than 24 hours to another location. It is also always important to notify the resident's physician, and representative.

One final resource that is helpful for general reporting guidelines is page 39 of this [AFH Guidebook with Reporting Chart](#) . It is a single page chart that is easy to print out and keep posted in your home, to consult when you have a reporting requirement question. If you are in doubt about what or to whom to report, never hesitate to reach out to us here at the Adult Family Home Council. We are here to help you during this challenging time and appreciate so much all the work you are doing to keep your residents, your staff, and yourselves safe.

AFH Info Changes

DSHS is currently making calls to all long-term care facilities in Washington during the COVID-19 pandemic to check on them and ask a series of questions about PPE and infection control. We have heard from a number of providers that DSHS called an incorrect or old number, rather than the best phone contact for their adult family home. If you want or need to update your home's information, you can do so by filling out this [AFH Information Changes form](#) , available in MS Word or PDF format, and returning it to BAAU@dshs.wa.gov. Your information does not automatically update with DSHS unless you fill out this form and send it in. Feel free to contact our office if you have any questions about how to fill out the form.

Affiliate Business Profile



WAYS TO ADDRESS MARKET VOLATILITY CONCERNS

Together we can address your market volatility concerns with these simple steps:

- Do a portfolio check
- Look for ways to optimize spending
- Balance the need for cash reserves with the opportunity for growth
- Discuss how Social Security could impact retirement income
- Considering adding guarantees to the portfolio



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The economic collapse of 2008 taught harsh lessons about the potential for portfolio losses and how that could derail one's retirement plans. When there's volatility in the market, it's natural to worry about your retirement nest egg. Actions taken today can affect your financial security tomorrow, so let's map out a strategy that includes guarantees that may help ease concerns despite fluctuations in the stock market.

Annuities can help.

When used correctly annuities can be powerful long-term retirement planning tools by helping to create an income stream for life. Annuity payments can be received monthly, quarterly, annually or in a lump sum, and have tax deferral benefits. **Variable annuities** allow investors to potentially grow assets in the market, with the opportunity to purchase optional guarantee features for an additional fee that provide downside protection. Younger investors planning for retirement may be interested in the growth potential of a variable annuity. Some providers like New York Life offer certain variable annuities with an option called an accumulation benefit rider which provide principal

protection over a chosen holding period. This means that at least the initial premium is guaranteed at the end of the holding period, helping to address volatility concerns.

Income annuities are known for their efficiency in generating guaranteed lifetime income. Other than a pension and Social Security, a guaranteed income annuity, can also produce a lifetime payment stream. It is like getting a "paycheck" for life. With a guaranteed income annuity, you can have peace of mind with the knowledge that you'll have a steady retirement income to help with basic expenses in retirement, while weathering market volatility.

While investors may react differently to fluctuations in the market, many can benefit from working with a trusted financial professional to support the retirement planning process. Let's scheduled a meeting to talk through worst case scenarios, your tolerance for risk and any other changes to your financial picture that necessitates refining your current approach. Together we can put a strategy in place that will help you live out the retirement of your dreams.

[Click here for disclosures](#)

Adult Family Home COVID-19 Preparedness

By Kevin McMahon, PharmD – Ready Meds Pharmacy

Last month we discussed general information regarding COVID-19, and methods for sanitation and distancing. We now turn our focus to the guidelines and policies that affect day-to-day life in adult family homes for both patients and caregivers. You may receive questions from family members of patients regarding visitation. As of now, visitors are prohibited until May 9th unless any of the following exceptions apply: individual is actively providing care to a patient, patient is actively dying, or for visitation by a government official (such as DSHS), or providing legal services like an attorney. Make certain that clear signage is posted and screening is being conducted for all individuals entering the building.

Based on OSHA's definition of COVID-19 exposure risk we are all operating in high to very high risk environments, and the work of our health care teams is to be commended during this perilous time. All facilities should screen every individual gaining access to the home. Screening is to include checking for fever and respiratory symptoms like cough/shortness of breath. Screenings are to be logged and in particular include information on other facilities or hospitals that employees work in when applicable.

New guidance from the Centers for Disease Control is allowing asymptomatic essential workers to continue to work after exposure to a COVID-19 positive individual in the interest of supporting continuity of staffing; provided that additional precautions are taken. These individuals must continually self-monitor for respiratory symptoms and wear a face-mask for 14 days from the last known exposure. They must return home immediately if they begin to feel ill in the workplace.

Social distancing is to be utilized where applicable and work spaces need to be frequently disinfected. Be aware that the Health Department has very specific criteria on returning to work in the event a health care worker has a confirmed COVID-19 test. Review this documentation carefully as many of the requirements will read this **AND** that, for example 72 hours since resolution of fever **AND** at least 7 days since onset of symptoms. It is important to follow these guidelines to keep both staff and residents of the home safe

At this time, full licensing inspections have been suspended but it is imperative to shift to thinking about ongoing inspections specific to infection control plans/procedures. All homes should have infection control plans in place, but a COVID-19 specific plan is now an essential addition to previous plans and provides an opportunity to update existing policy. The new plans need to contain information about how exposures and confirmed cases should be handled, educating staff and residents as well as their families, and managing/obtaining personal protective equipment (PPE) to minimize shortages. Our pharmacists are available to conduct over-the-phone consultation on infection control plans and assist with amending plans for the current pandemic.

Guidance from the CDC and the Washington State Department of Health is changing frequently and the Adult Family Home Council's website is available to act as your hub for essential information and changes. To close with some good news, individuals with Spring and Summer birthdays will see their due date for license renewal extended until Sept. 30th 2020. Stay safe and thank you for continuing to provide excellent care to residents while keeping your fellow staff members and families protected.

Affiliate Business Profile

Crown Health is now offering **TELEHEALTH
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and URGENT CARE**

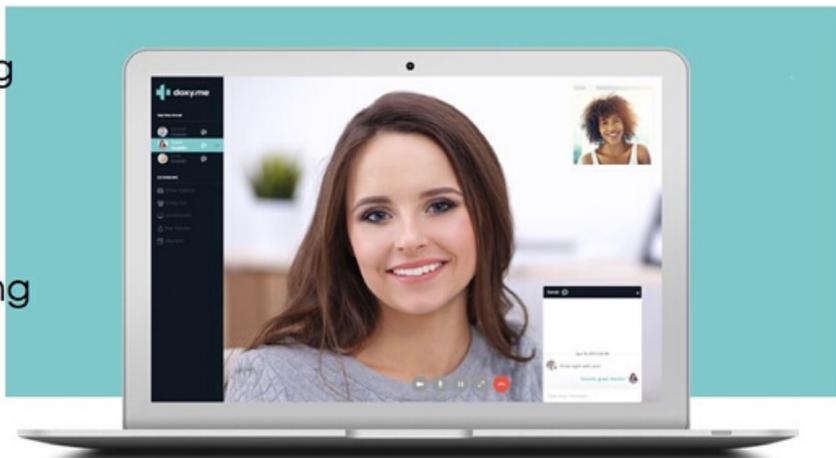


For the safety of patients, caregivers and providers, we are now connecting with homes via an online platform

One click access to a provider

- Regular primary care visits
- Urgent care and COVID-19 screening
- Update prescriptions and orders
- Enroll new patients

Call us at (888) 674-5871 Ext 102 to schedule a visit



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Upcoming Webinars

Managing Medications Successfully in Adult Family Homes

April 16, 2020
10:30 am - 12:00 pm

Please join Peter Bullock, PhD with ReadyMeds Pharmacy and Tammy Stimach, Adult Family Home Provider as they discuss managing medications in the adult family home.

Learning Objectives:

1. Identify the policies and procedures that contribute to the safe and effective management of medications in an adult family home.
2. Understand the rationale underlying the requirement to provide medications in a timely manner.
3. Learn how a DSHS licensor evaluates medication management programs.

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

Register: [HERE](#)

COVID-19 Q & A

April 16, 2020
11:00 am - 12:00 pm

Washington Department of Health
COVID-19 Q & A
for Healthcare Providers

- Each session will provide attendees updates and a forum for submitting questions to healthcare experts about how to deal with COVID-19 pandemic in long-term-care communities (nursing homes, assisted living, adult family homes, continuing care retirement communities, and related services).
- Capacity for attendance is capped at 1,000 lines, so where possible and safe, please share-log-ins with others.
- Preference is given to questions submitted through the chat window of Zoom, but we will attempt to allow questions through telephone for those without internet connection.
- Sessions are not recorded, but we are keeping records of questions with answers for re-distribution.

Register: [HERE](#)

COVID 19-An Update for Adult Family Homes

April 16, 2020
2:30 pm - 4:00 pm

Please join Patty Montgomery, MPH, RN, CIC with the Washington State Department of Health and James Lewis, MD as they present an overview of COVID 19. They will: Review infection prevention steps - Describe how to obtain resources - Answer your questions

1.5 CE credit is available to all AFH Council members who attend the webinar

Register: [HERE](#)

Upcoming Webinars

Cannabis 101: Current Evidence & Considerations for Older Adults

April 17, 2020
9:30 am – 11:00 am

presented by Meghan King, MPH, Public Health Education & Communications Specialist with Washington Poison Center

By the end of this training, participants will be able to:

- Describe the basic principles of cannabis, including the substance's most studied chemical compounds and how they work in the body.
- Discuss the history of cannabis legality and its effects on current knowledge.
- Examine current research conclusions on health correlations with cannabis use (both therapeutic and harmful), specifically for conditions and outcomes applicable to older adults.
- Recognize acute effects, intoxication symptoms, and other considerations unique to older adults that may increase risk of adverse reactions or negative outcomes.

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

Register: [HERE](#)

COVID-19 Updates

April 17, 2020
1:00 pm – 2:30 pm

Please join AFH Council Executive Director, John Ficker, and Director of Education & Support, Karen Cordero, for updates on action steps to be taken while working to manage the Covid-19 pandemic. There will be time for questions.

1.5 hours of CE are available to all AFH Council members who attend.

Register: [HERE](#)

Caregiver Self-Care and Burnout Prevention

April 20, 2020
2:30 pm – 4:00 pm

Please join Tara DuBois, CNA, Owner of Butterflies R Us Mobile Training for this informative webinar.
Topic: Taking Care of You

Curriculum Outline

- Pre-test
- Characteristics of Caregivers
- Caregiving overview
- Reducing Personal Stress
- Self-Care
- Exercises, Role Play
- Action Plan development
- Summary

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

Register: [HERE](#)

Upcoming Webinars

Introducing Your AFH Training Network

April 21, 2020
10:30 am - 11:30 am
&
April 30, 2020
2:30 pm - 3:30 pm

Please join John Ficker, Executive Director of the Adult Family Home Council, and Bob Le Roy, Executive Director of the Long-Term Care Foundation, for an introduction to the Adult Family Home Training Network. We'll review how the Network came to be, current training requirements, and our plans for the future, and we'll invite you to participate in an online survey to gather your input on what it takes for you to get the staff and the training you need. There will be time for questions.

1.0 CE credit will be available to all who attend

Register: [HERE](#)

Infection Prevention and Control: A Deeper Dive for 2020

April 21, 2020
2:30 pm - 3:30 pm

Please join Jeanne C. Snow, RN, MSN, Nurse Delegator with In It Together RN, Vancouver, WA for this informative webinar

Learning Objectives:

1. Learner will be able to define infection prevention measures related to work and home environment.
2. Learner will be able to define infection control measures related to work and home environment.
3. Learner will be able evaluate prevention and control measures in the work and home environment.
4. Learner will be able to identify changes in the work and home environment that will enhance prevention and control of infections.
5. Learner will be able to identify resources that provide infectious disease guidance and directives to care providers in adult family homes and community settings.

1.0 CE credit is available to all AFH Council members who attend the webinar

Register: [HERE](#)

Advocating for Fair Medicaid Reimbursement Rates for Your Residents

April 28, 2020
9:30 am - 10:30 am

Please join AFH Council Executive Director, John Ficker, for a discussion about your role and rights in the collective bargaining agreement process. There will be time for questions.

1.0 CE credit is available to all AFH Council members who attend the webinar

Register: [HERE](#)

Upcoming Webinars



Diabetes & Medication Management An Update for Adult Family Homes

April 29, 2020
2:00 pm – 3:30 pm

Please join Peter Bullock, PhD with ReadyMeds Pharmacy and Tammy Stimach, Adult Family Home Provider as they discuss managing diabetes and medications in the adult family home.

Learning Objectives:

Part I Diabetes Management

1. Identify three forms of diabetes
2. Differentiate between Type 1 and Type 2 diabetes
3. Recognize the signs, symptoms and complications of prolonged, elevated blood glucose
4. Distinguish between treatment and management of diabetes
5. Understand the reasons for potential citations levied on adult family homes relating to diabetes management

Part II Review of Medication WACs

1. Medication Policy in the AFH
2. Written policy for medication disposal
3. Narcotics counts and why they are important
4. Medication review by LTC pharmacy
5. Temperature log
6. Psychopharmacologic medications and the negotiated care plan

1.5 hours CE is available for AFH Council Members who attend

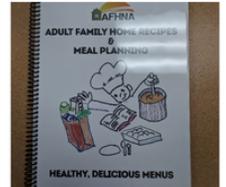
Register: [HERE](#)



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Adult Family Home Council Members Marketplace Page

Place an ad on this page in the next issue!

AFH for sale in Vancouver, WA



Excellent location! Family Care Home with two living quarters on the main and one on the basement, just minutes to freeways, shopping, hospital. This home has 9 bedrooms total: 7 bedrooms on the main level, kitchen, dining room, 2 living rooms, 3 full and 6 half bathrooms. There is a separate living quarters for caregiver with kitchenette, and two bedrooms in the basement.

Property sold as is.

CLeta@bhhsnw.com
360-513-9667

AFH for sale in Woodland, WA



Large one level was remodeled in 2007 features 7 bedrooms and office, 1 full bath, 3 showers and 3 half baths. The attached garage is partially converted. 5 large bedrooms are for residents and separate quarters for caregiver with master, 2nd bedroom, office and laundry. Fenced back yard, with 616 sq ft shop. Call /text LA for an appt. 24 hour notice.

Contact@CristinaLeta.realtor
360-513-9667

Adult Family Home • Online Learning



As the wave of older adults age 60 and better reshapes the United States, Clark County is set to experience the demographic shift in a unique way. Currently, one in six Clark County residents is age 60 or better—but incredibly, this population is expected to grow at a rate of 158 percent from 2005 to 2030. By 2030, one in four Clark County residents will be age 60 plus.

Adult family homes are crucial to our ability to care for the region's aging population. And an opportunity to own and manage your own business. Clark College Economic & Community Development offers the required training for those who wish to become licensed as Adult Family Home providers in Washington State.

Learn more | ecd.clark.edu/afh.php
360-992-2939

May 5th-20th

Due to COVID-19, the next AFH class will take place online via Zoom & Canvas.



Your AFH 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.

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