



## WELLINGTON PARC

In compliance with KRS 216.595, Wellington Parc maintains and updates the following information that is available to anyone who might request it.

- a) The long term care facility's mission or philosophy statement concerning the needs of residents with Alzheimer's disease or related disorders.

It is the mission of Wellington Parc to assist families of Alzheimer's disease (and related disorders) patients to achieve peace of mind in care giving through the provisions of quality, cost effective services that are provided.

1. In a secure environment that promotes freedom of movement.
2. With special attention paid to enhancing and maintaining residents functional abilities while maintaining dignity and quality of life.
3. In a manner that allows for meaningful use of time through individual and group activity participation geared toward resident likes and lifelong activities.
4. Through the use of an established daily routine and cueing mechanisms designed to help replace some of the memories lost during their disease progression in a home like setting while providing support services to family members.
5. Through the provision of community educational opportunities designed to enhance the understanding of Alzheimer's disease and related disorders.

- b) The process and criteria the long-term care facility uses to determine placement into services for persons with Alzheimer's disease or related disorders.

Upon receiving an inquiry from a referral source (e.g., physician, family member, hospital discharge planner, case manager, etc.), we ask that information be sent to us that includes diagnoses, medications, history and physical examination, and notes (such as available nurses and social services notes), to help us assess the appropriateness of placement at Wellington Parc. Clinicians are also available to do at home assessments for local / area residents or hospital on-site assessments. Our interdisciplinary team (licensed nurse, social worker, activities director, dietitian), and administrator assesses the information and make a determination as to acceptance of the admission. Because we admit adults with memory impairment, most of whom do not have decisional capacity, a meeting is arranged with the patient's responsible party to discuss clinical, historical and financial information. Wellington Parc is unable to admit a person who has been determined to be a danger to self or others, however, periodic re-evaluations can be conducted by Wellington Parc upon request of the referral source. Wellington Parc is licensed to provide Alzheimer's long-term-care in Kentucky.

- c) The process and criteria the long-term care facility uses to transfer or discharge persons from special services for Alzheimer's or related disorders.

After admission to Wellington Parc, the resident will not be transferred or discharged except for one of the following reasons:

- The resident has a need for greater medical attention that the facility can provide;

- The resident's health has improved sufficiently such that the resident no longer needs the facility's services.
- The safety and/or health of other individuals in the facility is endangered by the residents continued presence;
- The resident has failed to pay for the facility services;
- The facility ceases to operate.

d) The supervision provided for residents with a medical diagnosis of Alzheimer's disease and related disorders.

A licensed nurse is available 24 hours per day. The amount of supervision a resident receives is based upon assessment and the recommendations of the interdisciplinary care plan team. Due to behavioral symptoms that some residents with dementia exhibit, the administrator and director of nurses have the discretion to increase supervision up to and including one to one supervision if warranted. If a resident is determined to be a danger to self or others, professional psychiatric services are sought, either through psychiatric care being provided at the facility or in some cases, as an in-patient transfer to an acute care psychiatric hospital. Behavior plans are developed based on family provided background information and clinical assessment. The staff are trained on using appropriate interventions during behavioral incidents and utilization of behavior plans.

e) The family's role in care.

While our trained staff will provide daily care (grooming, bathing, dressing, activities, meals, etc), we realize many family members are committed to assisting with care. Our philosophy is to promote family involvement to the extent allowable by regulations, and in the best interest of the resident. Family members are not required to provide direct care to residents, but are encouraged to attend interdisciplinary care plan conferences, support group meetings, activities, and participate as much as they feel comfortable with in their loved ones care. Wellington Parc considers the loved one's of the resident to be "partner's in care," providing the facility caregivers with invaluable background and care information. We realize that many of our family members have extensive knowledge and experience of providing care for an adult with Alzheimer's disease or related disorders, and value their input into the care they receive at Wellington Parc.

f) The process for assessing, planning, implementing and evaluating the plan of care for persons with Alzheimer's disease or related disorders.

An interdisciplinary care plan team (nursing, social services, activities, dietary) assess a residents clinical and psychosocial functioning levels and then develop a plan of care. This plan identifies a residents problems (such as eating, grooming, behavior, medications, etc.), and develops specific goals for the resident to achieve. Approaches, or interventions, are documented and include ways the staff intend to assist the resident in obtaining those goals. The care plan is reviewed at regular intervals (at least every 90 days or whenever a significant change in the residents condition occurs) and family members are invited to attend.

g) A description of any special care services for persons with Alzheimer's disease or other related disorders.

Although Wellington Parc primarily provides care to adults with Alzheimer's disease, we also care for residents who have related memory impairments, such as Chronic and Organic Brain Syndrome, Dementia, Arteriosclerosis, and stroke related dementia.

- 24 hour supervision and care by licensed nursing staff.
- Secure Environment—Wellington Parc operates under Kentucky regulations governing Alzheimer's regulations.
- Behavior Management Program.
- Staff trained on the special needs of Alzheimer's victims.

- Family support groups specific to Alzheimer’s disease.
- Wellington Parc takes an active role in educating the community on Alzheimer’s disease, including research, care giving, security, etc.
- Enclosed courtyards allow residents the freedom to move about, inside and out, while remaining safe.
- Specialized, therapeutic activities programming.
- Structured, meaningful day programming.
- Transfer agreements with local providers of psychiatric care (for medication and behavior management—as needed).
- Therapeutic diets planned by a Registered Dietitian.
- Ongoing training for staff related to the latest information available on caring for Alzheimer’s disease symptoms.
- Specialized dining programs (including assistance with eating, where necessary).
- “Memory Boxes” placed outside each resident’s room that allows for display of special items and photographs. These boxes help residents identify rooms (personal space), and spark conversation between residents, visitors and staff.
- Wide, unobstructed hallways.
- No over-head paging allowed to promote calm environment.
- Bedrooms are designed to serve no more than two residents and are large enough so that each can easily "claim" their own space. Large bay windows allow for sufficient natural light penetration which is known to assist with a reduction of symptoms of depression. Residents and family members are encouraged to make space as personal and home-like as possible for identification and comfort.
- Evenly distributed and indirect lighting, carpeted floors, and judicious use of color help present a calm, soothing effect within the building. Over head paging is not allowed except in emergency. Reduction of noise-levels, unobstructed hallways, hand railings, wide doors, all are part of Wellington Parc's overall design to better serve those with dementia.
- Human scale and home like quality to spaces and settings, including the use of patterns, textures and finishes, which are conducive to normalized behavior is an integral part of Wellington Parc's environmental philosophy.
- The unobtrusive hand railings at Wellington Parc are one example of how the facility was designed to meet the needs of residents. While functional, they do not detract from the home like quality of the facility. People with Alzheimer's disease have a difficult time differentiating between certain hues of the color spectrum. Typically, our colors are brighter and are chosen carefully.
- Opportunity for social interaction with others in small, home like scale seating areas is also an important programming feature of Wellington Parc. Residents have the opportunity to interact with other residents based on competence, orientation levels, and abilities. Our philosophy allows for both privacy and group interaction in appropriate settings and with peers who function on the same levels.
- Signage is kept to a minimum, and normally only utilized to help direct a resident to complete a task. For example, an Alzheimer's resident may be able to better identify a bathroom if the door has a picture of the bathroom on it, or, a photo of clothes on a closet door. However, written directives to staff and family members are kept to a minimum due to the confusion it may cause residents.
- The skylights at Wellington Parc are another example of design interacting with programming. Studies have proven that natural sunlight is essential to reduce stress and depression in those persons who have a form of dementia.

h) Any costs associated with specialized services for Alzheimer’s disease or related disorders.

The specialized services for Alzheimer’s disease patient’s at Wellington Parc are included in the per diem rate established at the time of admission which includes, room, board, and nursing care. The facility per diem rate does not include medications, physician services, transportation, special equipment, or therapy.