



AANHR

Arkansas Advocates for Nursing Home Residents

PROTECTING NURSING
HOME RESIDENTS

SEPT
2017

Next Meeting
Sept 11th
Meeting

Place:

First Assembly of God
Church

4501 Burrow Road
North Little Rock

Directions to church
On back of
Newsletter.

10:00 - 11:00 A.M.
Open Forum

11:00 A.M.
Public meeting
(See article at right.)

Please Note:
Meeting Room
Change This
Month:

Room 206
Upstairs

Elevator Available

Conway (501) 450-9619

AANHR's Mission Statement:

"To protect and improve the quality of care and life for residents in Arkansas nursing homes."



AANHR Meeting Sept. 11, 11:00 AM
Topic: iCAN

Speaker: Rick Anderson, ATP

iCAN is the Arkansas statewide Assistive Technology program designed to make technology available and accessible for everyone who needs it. Assistive technology (AT) is any kind of device or tool that helps people live, learn, work, and communicate more independently. AT can be very simple and inexpensive, like a modified knife.

iCAN stands for Increasing Capabilities Access Network and Tools for Life is our philosophy—assistive technology for everyone! iCAN offers a number of services to help Arkansans of all ages find the AT tools they need for home, school, work and getting around in the community.

Rick Anderson, ATP, began his 19 year career in assistive technology at Alliance Homecare in 1998 where he worked as a rehab technician. He went on to work for Easter Seals of Arkansas for eight years repairing and adapting assistive technology equipment for their residential pediatric program. This is also where he learned all facets of assistive technology. In 2008, Rick began working for iCAN of Arkansas as a Program Coordinator for their assistive technology program. In this program he was able to use his assistive technology knowledge in real world applications to help Arkansans. With his past knowledge he was able to achieve the ATP certification from the Rehabilitation Engineering Society of North America (RESNA) in 2010. In November of 2015 Rick took over as Program Manager for iCAN where he is currently working.

iCAN is a federally funded grant program by the U.S Department of Education re-authorized by Public Law (P.L) 108-364 the Assistive Technology Act of 2004. It is required to provide a comprehensive statewide program of technology-related assistance for individuals with disabilities of all ages.

Please join us at 11:00 AM September 11th and learn more about iCAN offerings that may just answer a need you have.

Save the date!
Annual Resident Rights Rally
October 9th



From the President's Desk Martha Deaver

The 8 R's in Alzheimer Care

(reprinted from: <http://www.alzark.org/the-8-rs-in-alzheimer-care>)

ROUTINE will help someone with AD anticipate what to do next and what is expected of them. It sets boundaries that feel secure.

RITUALS or lifelong habits should be maintained. Don't try to break old habits. For example, if the individual never enjoyed crafts, don't expect to involve him/her in crafts now.

REASSESS physical health if there is a sudden behavior change. A person with AD will become more confused, agitated or hostile when a physical complaint develops. Consider constipation or a urinary tract infection, etc. as the cause of the behavior disturbance.

REDIRECT or distract the person with AD. This can be accomplished by suggesting that it is snack time. When the person with AD asks to go home, say "in a little while, but first how about of tea and a cookie?" You will be surprised that the person will forget about leaving, at least for a little while.

REAL questions may be difficult to figure out if the person with AD has difficulty communicating. If the individual becomes agitated, perhaps they are telling you that they need to use the bathroom. Learn to read their body language.

RECONSIDER the behavior. Is it truly a problem? Does it present a danger for the person with AD? Or is it upsetting you? Is talking to his/her reflection in a mirror, just like it was another person, a problem? Should the mirror be covered up? Only if the person appears to be upset or frightened by the reflection.

RESPECT is always the appropriate attitude when caring for a person with AD. Laugh with them, not at them. Never talk about them to another person in front of them as if they are not there. And remember, a person with AD will know how you feel by your body language and tone of voice.

REASSURE the person with AD often that you love them and will care for them. A gentle pat, stroking their hair, and holding hands all say "I care for you." Think about how much reassurance of love you would need if you were suffering from dementia.

Distributed by:
Alzheimer's Arkansas Programs and Services
201 Markham Center Drive
Little Rock, AR 72205
<http://www.alzark.org>
501-224-0021 or 800-689-6090

For more information please contact us @ elise.stuart@alzark.org

Fourteenth Annual Residents' Rights Rally

Please Join Us!!!

Monday, October 9th, 2017
AR State Capitol Rotunda 11:00 AM



Keynote Speaker:

Deputy Arkansas Attorney General Lloyd Warford

Hosted By Arkansas Advocates for Nursing Home Residents

www.aanhr.org

For more info please call 501-450-9619 or 501-269-4626

Program of Events:

- Martha Deaver, AANHR President Welcome
- Dr. Gerald Parker Sr., Pilgrim Progress Missionary Baptist Invocation
- Lloyd Warford Deputy AR Attorney General
- Kathi Gately ADVA Asst. Director for Veterans' Homes
- Dr. David Montague Director of UALR Senior Justice Center
- Judy Wood-Stockrahm Author "She's Still My Mother"
- Martha Deaver Closing Remarks

October is National Long-Term Care Residents' Rights Month

"Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly, defend the rights of the poor and needy."

- Proverbs 31:8 NIV

Alzheimers Care (aka "Memory Care") in Arkansas

Beyond the usual amenities available in most senior care facilities, Arkansas memory care communities provide unique services specially designed for those suffering from Alzheimer's and other forms of dementia. Some of these features include color-coded hallways for easy navigation, safe wandering paths, graphic signs, visual cues, and secure entrances and exits to prevent accidental harm. Additionally, the University of Arkansas for Medical Sciences Donald W. Reynolds Institute on Aging is at the forefront of Alzheimer's research. The state of Arkansas provides financial incentives for those caring for sufferers of Alzheimer's, including the Family Assistance Program grant and the Family Caregiver Support grant to defray the costs of caring for seniors requiring special attention.

Memory Care in Arkansas Defined

One size does not fit all when it comes to senior care. There is a spectrum of options available when considering the right Arkansas senior living community. Independent living communities provide minimal staff supervision and a variety of amenities for the elderly, and are among the most affordable retirement living options. With little to no direct care provided, independent living communities are typically not suitable to seniors with memory loss. Assisted living facilities provide help with the day-to-day necessities of life, but still offer autonomy for active seniors. Care is always close at hand, but residents maintain a degree of independence greater than that of nursing home patients. Many assisted living facilities offer memory care as part of their services, sometimes in separate, secured areas of their community. Care homes are similar to assisted living facilities, but provide smaller, more focused care to less than 10 elderly residents. These communities function as a sort of middle option for those desiring the intimacy of a home environment with the full services of assisted living. For those who are no longer able to care for themselves, a nursing home may be the best option. Specially trained nurses and staff assist residents with daily necessities and medical care while providing a nurturing environment monitored 24 hours a day for patient safety and well-being.

Memory Care Checklist: What to Look For

Visiting communities or homes that offer Alzheimer's and dementia care is an invaluable part of identifying the best option for a loved one suffering from the disease. Whereas choosing an independent living or assisted living community often involves the availability of services and amenities, selecting memory care should be primarily influenced by confidence in the quality of care and interaction seen during tours.

The following checklist will help guide you through each tour and, afterward, allow you to compare the various options available in an organized manner.

The Atmosphere - What to Look For

1. Is the layout of the community easy to navigate? Do the hallways lead residents back to public areas? Are colors or murals used to help residents recognize their hallway or living area they're trying to reach?
2. Do the residents have adequate privacy for bathing, toileting and hygiene? This is an important aspect of maintaining residents' dignity while acknowledging that personal space and boundaries may be compromised due to the frequency of wandering and loss of inhibitions.

3. Does the furniture appear well-maintained with special upholstery used to prevent stains from spills and/or incontinence issues?
4. Are all exterior doors locked or alarmed to ensure the safety of residents who are wandering?
5. Is there an outdoor patio and/or walking area that is easily accessible to residents yet enclosed to prevent wandering away from the community?

The Care Team - Questions to Ask & What to Look For

1. What type of licensure is required for key members of the care team? Is the Director a licensed nurse and how many hours is the community staffed with a licensed nurse (RN or LPN)?
2. Do the caregivers have specialized training in effectively communicating with and caring for residents who suffer from Alzheimer's or dementia? Have they been screened with state/national background checks?
3. Are staff members dressed professionally and/or wearing appropriate uniforms and name tags that distinguish them from visitors?
4. Do the caregivers interact with residents in a comforting and professional manner, maintaining their dignity and respect?

The Residents - What to Look For

1. Are residents actively engaged in activities that are appropriate and/or interesting to those with Alzheimer's or dementia? Are there opportunities for residents to contribute to the community (as appropriate), such as folding napkins, towels or clothing?
2. Pay particular attention to the hygiene of the residents: combed/brushed hair, clean-shaven, matching, clean clothing, free of incontinence odors.
3. Do the residents appear to have a level of dementia that is consistent with your loved one's current needs and behaviors? In many cases, communities specialize in a certain acuity level that may not be appropriate at the particular time you're exploring options. Residents who cannot relate to and interact well with other residents may suffer from isolation and depression.

Additional Considerations

1. Is the location of the community convenient to family members and friends to encourage regular visits?
2. Do you have a good rapport with the management and care team, feel comfortable in their abilities and trust them to provide for your loved one's needs?
3. Can the community's rates be afforded for the foreseeable future? Changes in lifestyle often lead to further decline among seniors with Alzheimer's or dementia so it is important to select a community that they can live in as long as possible.

July 10th Meeting Topic: New Maltreatment Reporting Tool
Speaker: Stormy Smith, OLTC Program Manager

If you missed the July meeting, you missed important details that Stormy Smith presented on the new LTC facility maltreatment reporting tool, DMS-7734 and investigation tool, DMS-762 developed in 2015 in a collaborative effort between the Office of Long Term Care (OLTC) and Arkansas Innovative Performance Program (AIPP). Stormy covered F-225 and its requirements to report maltreatment in accordance with the Adult and Long-Term Care Facility Resident Maltreatment Reporting Acts, and then introduced the latest tool produced by OLTC and AIPP. The new reporting tool is designed to be carried by all facility employees in their pocket or worn as a badge.

The new reporting tool is designed to be carried by all facility employees in their pocket or worn as a badge. The new reporting tool covers the definitions of maltreatment and who to report to in accordance with Arkansas Law. The new employee reporting tool is available through AIPP at aipp.afmc.org where a page containing eight copies of both the front and back of the card can be downloaded free of charge, printed out, and laminated to be carried in a pocket or crafted into a badge. Purpose of the tool is to increase awareness of what abuse/neglect is because lack of knowledge shall be no excuse for violating laws which govern care of facility residents.

Reporting Resident Maltreatment — it's the Law!	
REPORT IMMEDIATELY!	
WHAT? An allegation/suspicion/ witnessed event of abuse, neglect or theft.	WHO DO YOU REPORT TO? An administrator or designated agent-supervisor.
  Visit aipp.afmc.org to order additional cards.	

DEFINITIONS
<ul style="list-style-type: none"> ● ABUSE: Any act that causes a resident pain, injury, ridicule, intimidation, fear, alarm or unlawful confinement. ● NEGLECT: Failing to report a resident's change of condition to the nurse; failing to carry out resident's care plan; failing to provide supervision, medical services, care; failing to provide equipment and services to prevent physical harm or mental anguish. ● THEFT: The deliberate, wrongful, temporary (borrowing), or permanent use of a resident's belongings or money. ● SEXUAL ABUSE: Sexual contact or sexual intercourse with another person who is not capable of giving consent. <p>Visit aipp.afmc.org to order additional cards.</p>

AANHR Special Thanks

We extend our heartfelt thanks to the following people and groups who make our outreach possible:

David Couch of The Law Offices of David A. Couch, PLLC, PA, for his support and assistance, and his providing POA documents pro bono.

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Paschall Strategic Communications for their continued assistance with public relations needs.

First Assembly of God Church in North Little Rock for providing AANHR a meeting room.

AANHR Officers and Board Members

President - Martha Deaver, Conway (501-450-9619)

Vice President - Pat McGuire, Alexander, (501-847-1016)

Secretary - Julie Shaw, Memphis (901-508-0558)

Treasurer - Nancy Patterson, Searcy (501-305-4034)

Members of the Board: Nancy Allison, Conway (501-327-3152; Linda Brimer, Searcy (501-268-4699); James Brooks, North Little Rock (501-454-6279); Harry Burns Jr.; Julie Edwards, Alexander (501-425-9959); Cindy Murders (501-747-2060) and Ann Pinney, Benton (501-249-1084);

Newsletter Editors: Martha Blount, Searcy (501-278-9168); Marcy Wilson, Sherwood

Helpful/Important Numbers

The Office of Long Term Care (OLTC)

has a toll-free number for information, assistance and complaints for residents and family members:

1 - 800 - LTC - 4887 between 8 a.m. and 4:30 p.m. on weekdays.

You may also write to: Office of Long Term Care (OLTC) P.O. Box 8059, Slot 400 Little Rock, AR
72203-8059

OLTC website:

[Http://humanservices.arkansas.gov/dms/Pages/oltcHome.aspx](http://humanservices.arkansas.gov/dms/Pages/oltcHome.aspx)

You should also report complaints to the Arkansas Attorney General

Toll Free: 1 - 866 - 810 - 0016

Little Rock Local: 682 - 7760

For additional assistance or a listening ear, call AANHR at

(501)450 - 9619 in Conway

Visit our website at www.aanhr.org or e-mail us at Info@aanhr.org

Your local Ombudsman's number should be posted in a prominent place in the nursing home, preferably near the front entrance. You may also call your local Area Agency on Aging to secure the name and phone number of the Ombudsman.

The UALR Senior Justice Center can be reached at: **501 - 683 - 7153.**

www.ualr.edu/seniorjustice



Arkansas Advocates for Nursing Home Residents

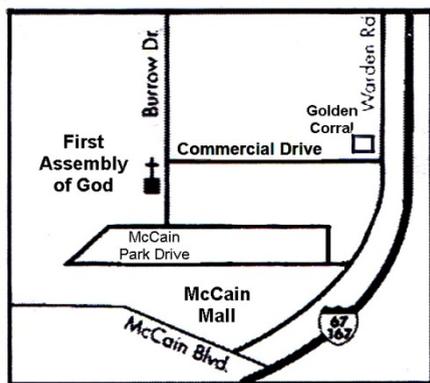
AANHR

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www.aanhr.org

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Strength in Numbers, AANHR Needs You!!

AANHR is a nonprofit organization run by non-paid volunteers dedicated to protecting and improving the quality of care and life for Arkansas residents in long term care facilities.

Won't you please lend your support to us by joining our organization? Your membership dues help to pay for our activities that support our mission statement. Memberships are available on a calendar year basis. Join now and you will be a member through December 31, 2018.

Today's Date _____

Name _____

Mailing address _____

City/State/Zip _____

Phone _____

Email _____

- I wish to receive the AANHR newsletter.
- \$20 per family or corporate membership.
- Waive dues because of financial hardship.

Please make checks payable to: AANHR and mail to 111 River Oaks Blvd, Searcy AR 72143.

Driving directions to First Assembly of God Church, 4501 Burrow Road, North Little Rock

Coming from the North:

When driving South on Highway 67/167, take exit #1A onto Warden Road. As soon as you safely can, move into the right-hand lane, as you will be turning right at the Golden Corral Restaurant onto Commercial Drive.

Coming from East, West or South:

If you are on either I-30 or I-40, take Highway 67/167 North. Take exit #2 onto Landers Road. Stay in the left-hand lane, as you will be turning left and going under Highway 67/167 and enter Warden Road going southbound. As soon as you safely can, move into the right-hand lane, as you will be turning right at the Golden Corral Restaurant onto Commercial Drive.

Commercial Drive terminates at the church. Proceed straight across Burrow Road into the church's parking lot and turn right at the far side of the building into the narrow alley-like drive.

The entry door is located about half-way down this side of the church and the meeting room (new & only this month) is upstairs #206. Elevator available.