

HEALTH SERVICES

SEQUOIA LIVING HEALTH SERVICES • SEQUOIA LIVING GUIDELINES FOR CCRC LEVELS OF CARE

<i>Criteria</i>	Independent Living
ADL'S	Independent in ADL's
Mobility	<ul style="list-style-type: none"> • Functions independently • May use cane or walker for security
Activities Of Daily Living	<ul style="list-style-type: none"> • Some assistance needed with bath/shower. • Some assistance needed with parts of dressing. (Ted hose, brace, etc.) • Can carry out basic dressing, grooming and sponge paths independently
Orientation	<ul style="list-style-type: none"> • Has good mental awareness, may exhibit some forgetfulness
Transfer	<ul style="list-style-type: none"> • Transfers independently except for temporary illness
Health Care	<ul style="list-style-type: none"> • Functional impaired for short term-resolved in two weeks or less • Help in keeping contact with physician • Help in making doctor appointments • Help in arranging for transportation • Help with short term wound care
Medications	<ul style="list-style-type: none"> • Able to take own medication • Able to determine need for OTC or PRN medications • Able to request help with medications
Safety Awareness	<ul style="list-style-type: none"> • Able to exit the building in emergency
Dining	<ul style="list-style-type: none"> • Usually able to dine in main dining room
Continance	<ul style="list-style-type: none"> • Uses bathroom independently • May have some incontinent accidents, but usually able to handle own personal hygiene
Psychosocial	<ul style="list-style-type: none"> • Makes friends and attends programs on own • Minimal dependence on friends/neighbors/staff for emotional support

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<i>Criteria</i>	Assisted Living
ADL'S	May require assistance in ADL's
Mobility	<ul style="list-style-type: none"> • May require independent use of walker, cane, or wheelchair
Activities Of Daily Living	<ul style="list-style-type: none"> • May need hands-on assistance with showers • May require minimal to moderate cueing and assistance with dressing, grooming, daily personal hygiene
Orientation	<ul style="list-style-type: none"> • May have some memory loss or cognitive impairment, but responds well to cueing • May have some depression or anxiety present • Unsafe without direction
Transfer	<ul style="list-style-type: none"> • Able to transfer self but may prefer staff presence for security • Responds well to cueing
Health Care	<ul style="list-style-type: none"> • Health problems requiring increased case management • Unable to arrange physician appointments and transportation without staff assistance
Medications	<ul style="list-style-type: none"> • Requires assistance with medication • Unable to manage ordering, receiving or dispensing of medications to self • May be able to identify and use over the counter medications correctly
Safety Awareness	<ul style="list-style-type: none"> • Able to exit the building in an emergency even if non-ambulatory • Able to recognized and manage hazards
Dining	<ul style="list-style-type: none"> • Able to feed self; may need some assistance with special diets • May require a supportive environment • May continue to go to Main Dining Room on a case by case basis
Continance	<ul style="list-style-type: none"> • May require the use of incontinence products but understands the reasons • May need assistance with incontinence products and personal hygiene
Psychosocial	<ul style="list-style-type: none"> • May have no apparent support system to avoid isolation

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<i>Criteria</i>	Skilled Nursing
ADL'S	Requires assistance up to dependent for ADL's and has a medical condition requiring admission
Mobility	<ul style="list-style-type: none"> • May require assistance of staff or device to be mobile • May be dependent on wheelchair for mobility
Activities Of Daily Living	<ul style="list-style-type: none"> • Assistance needed in most or all ADL's • Unable to bathe or shower without assistance or monitoring
Orientation	<ul style="list-style-type: none"> • May not be oriented to routines or able to focus on tasks • May respond to directions which may require frequent cueing • May have short term memory loss or a dementia that interferes in ability to care for self
Transfer	<ul style="list-style-type: none"> • May require one to two person assist to transfer from bed to chair and back
Health Care	<ul style="list-style-type: none"> • Increased case management required related to complicated medical conditions • Needs nursing intervention to maintain safety of self • Requires 24-hour licensed nursing care for medication and treatment management • Dependent on staff to monitor health problems and communicate with physician • May require artificial feeding
Medications	<ul style="list-style-type: none"> • Unable to manage ordering, receiving or dispensing of medication to self • Unable to determine need for OTC or PRN
Safety Awareness	<ul style="list-style-type: none"> • Unaware of safety issues • Unable to exit building without assistance
Dining	<ul style="list-style-type: none"> • May require help with set up of meal and cueing throughout meal • May have special diet needs that require frequent staff monitoring or dietary intervention • May be unable to feed self
Continence	<ul style="list-style-type: none"> • May be incontinent and unable to be retrained • May require incontinent care managed by staff
Psychosocial	<ul style="list-style-type: none"> • May be unable to maintain appropriate social contacts • May be dependent on others for emotional support • May need frequent directions to attend activities and social dining • May have wandering and/or combative behavior

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<i>Criteria</i>	Memory Care
ADL'S	Has a diagnosis of irreversible Dementia & would benefit from a structured routine in a calm environment with targeted sensory stimulation personalized to individual interests
Mobility	<ul style="list-style-type: none"> • May require staff reminders & cueing for use of walker, cane, or wheelchair
Activities Of Daily Living	<ul style="list-style-type: none"> • May need hands-on assistance with showers • May require minimal to moderate cueing and assistance with dressing, grooming, daily personal hygiene
Orientation	<ul style="list-style-type: none"> • May be disoriented to place, time, self, and/or situation • May have difficulty following complex directions
Transfer	<ul style="list-style-type: none"> • Able to transfer self but may prefer staff presence for security • Responds well to cueing
Health Care	<ul style="list-style-type: none"> • Health problems requiring increased case management • Unable to arrange physician appointments and transportation without staff assistance
Medications	<ul style="list-style-type: none"> • Requires assistance with medication • Unable to manage ordering, receiving or dispensing of medications to self • May be unable to identify need for OTC or PRN medication
Safety Awareness	<ul style="list-style-type: none"> • Unaware of safety hazards • Unable to exit building without assistance
Dining	<ul style="list-style-type: none"> • May require help with set up of meal and cueing throughout meal • May have special diet needs that require frequent staff monitoring or dietary intervention
Continence	<ul style="list-style-type: none"> • May require a toileting schedule and hands-on assistance with personal hygiene • May require incontinent care managed by staff
Psychosocial	<ul style="list-style-type: none"> • May have some depression or anxiety present; may lack initiative contributing to social isolation • May need frequent re-direction to engage in activities and social dining • May exhibit wandering and/or agitation but is able to be redirected • May exhibit decreased inhibitions and/or lack of initiative contributing to difficulty assimilating into social situations and isolation
Communication	<ul style="list-style-type: none"> • May be unable to convey needs & wants, requiring staff to anticipate and provide for needs • May exhibit word-finding problems, delayed response, or confused speech requiring staff use of therapeutic communication techniques