

2. Registered Nurse (RN) assessment of the physical and cognitive needs of the consumer;
3. A system for delegation of health care activities to unlicensed assistive health care personnel by an RN, including supervision and evaluation of the delegated activities;
4. Staff access to an on-call RN 24 hours per day, seven days a week;
5. A system to check on each assisted living client at least daily;
6. A means for assisted living clients to request assistance for health and safety needs 24 hours per day, seven days a week;
7. A (staff) person available 24 hours a day, seven days a week, who is responsible for responding to the requests of the assisted living clients for assistance with health or safety needs (includes 6 criteria);
8. The availability of the following supportive services:
 - A. Two meals per day;
 - B. Weekly housekeeping;
 - C. Weekly laundry service;
 - D. Upon request of the client, assistance with arranging for transportation to medical and social services appointments and the name of or other identifying information about the person(s) responsible for providing this assistance;
 - E. Upon request of the client, assistance with accessing community resources and social services available in the community and the name of or other identifying information about the person(s) responsible for providing this assistance; and
 - F. Periodic opportunities for socialization; and
9. Availability to all prospective and current assisted living clients, current information on the residence's Uniform Consumer Information Guide (also known as UCIG).

Other health care services that may be available to all HWS tenants:

1. Skilled nursing services
2. Central storage of medications
3. Medication set up
4. Medication reminder
5. Insulin injections
6. Therapy services

7. Blood pressure check
8. Blood glucose
9. Oxygen management
10. Nebulizer treatment
11. Routine foot care
12. Overnight companion or respite
13. Nutritional counseling

Other possible housing services, amenities or features:

1. Congregate meals in a community dining room
2. Meal delivery to one's unit
3. Private entertaining space
4. Van services
5. Hair stylist shop
6. Exercise room
7. Activity room
8. Library
9. Internet and cable access
10. Laundry room or washer/dryer in the unit
11. Whirlpool room
12. Garage or off-street parking
13. Guest accommodations
14. Chapel or faith services
15. Outdoor patio or deck
16. Swimming pool or spa
17. Cafe or store
18. Movie theater
19. Social, recreational and educational activities
20. Special services for persons with memory loss

To request an outline of the *Uniform Consumer Information Guide* or a copy of the consumer resource *Housing With Services, Home Care and Assisted Living* contact the Office of Ombudsman for Long-Term Care at (651) 431-2555 or (800) 657-3591.

Beyond Medicare: Supporting Family Caregivers

Family caregivers are family, friends, and neighbors who provide a wide range of assistance to older adults with tasks they are no longer able to do for themselves. This includes assisting with day-to-day tasks such as shopping, laundry, paying bills and providing transportation or more hands-on personal care, managing medications, monitoring vital signs, and arranging care. In Minnesota, 92% of all long term care needed by older Minnesotans is provided by family caregivers.

Family caregiving impacts virtually everyone—across all

ages, races, ethnicities, lifestyles and incomes. Medical advances, shorter hospital stays, increased life spans with better management of chronic conditions, and the expansion of home care technology have increased caregiving responsibilities.

Caregiving can be rewarding and satisfying, but can also take a toll on the physical and emotional well-being of caregivers. Caregivers are at risk for higher levels of stress and depression, and have poorer physical health compared to non-caregivers. Caregiving can also negatively impact the financial well-being of the caregiver.

Many people don't recognize themselves as caregivers, and often don't seek services to help them provide care or to support themselves. But services are available!

The Minnesota Board on Aging has seven regional Area Agencies on Aging who work with community service organizations to address the needs of older adults and their caregivers by providing a range of services and resources in local communities.

Services and support available for family caregivers include:

- **Information** about available services and supports
- **Assistance** with finding and arranging service and supports that fit the unique needs and desires of the family.
 - ▶ **Caregiver Education and Training** about a particular disease or condition, direct care skills, tips for managing stress, building an informal network of support, legal and financial issues, understanding family dynamics, and communicating with others.
 - ▶ **Support Groups** provide the opportunity to meet, gain emotional support and network with others providing care; learn about managing care and finding community resources. A variety of formats are available including in-person, telephone or via the Internet.
 - ▶ **Caregiver Consultation/Coaching** equips caregivers with knowledge, skills and tools for caring for another person while maintaining a balance in their own life. Consultants assist caregivers in identifying needs, developing an individualized plan with follow up on established goals. Many have specialized training in chronic disease management, conducting family meetings, coaching skills, teaching self-advocacy, and navigating the health and long term care systems. Some specialize in working with families that are dealing with memory loss concerns.

- ▶ **Respite Care and Adult Day Services** offer temporary or substitute care which provides family caregivers with a break or time away from caregiving responsibilities and companionship, supervision and/or social activities to the person for whom they care. A variety of respite care options are available including in-home, out-of-home, adult day services and consumer directed options. The service may include personal care, assistance with meals, supervision and related assistance or simply companionship.

For more information call the Senior LinkAge Line® at 1-800-333-2433, a statewide phone-based service to help caregivers find local services to meet their needs and those of the person for whom they care. In addition to connection to services Senior LinkAge Line® specialists provide Long Term Care Options Counseling to help people live safely and successfully in their community as well as help with health and long term care insurance, Medicare and accessing services.

Or, log onto www.MinnesotaHelp.Info, an online directory of resources to assist caregivers in providing care as well as services to help them meet their own individual needs. The Caregiver Link (found under the Senior Link), is a resource portal especially for family caregivers, and the Long term Care Choices Navigator, is a web-based interactive planning tool for caregivers.

Beyond Medicare: Long Term Care Choices Navigator: Helping Minnesotans Stay Independent

The Minnesota Long term Care Choices Navigator is an award winning, easy-to-use Internet tool located at www.longtermcarechoices.minnesotahelp.info. The Navigator helps you create a personalized plan, no matter where you live in Minnesota, to help you or the person you are helping find what is needed to live well and age well in the community.

The Navigator is easy to use. Just follow the steps below:

- Go to www.longtermcarechoices.minnesotahelp.info
- You can become a registered user by completing the "Registered Users" information.
- If you do not want to register, you can just click the "Begin the Process" link and get started.
- The Navigator is a simple to use tool that walks you