





The ABC's of Adult Foster Homes

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Oregon AFH History

- In 1981, the Oregon Legislature directed DHS to develop a network of long-term care services focusing on the individual's right to independence, dignity, privacy and choice
 - That philosophy led to the wide range of in-home and community-based care alternatives to institutional care
- 



Oregon AFH History Continued

- ▶ Adult foster homes (AFHs)
- ▶ Assisted living facilities (ALFs)
- ▶ Residential care facilities (RCFs)
- ▶ In-home services
- ▶ Adult day care programs
- ▶ Group homes (and more)




Oregon AFH History Continued

- ▶ Also in 1981, Oregon was the first state to be granted a waiver by the Center for Medicare and Medicaid Services (CMS)
- ▶ The waiver allowed Medicaid dollars, previously allocated to nursing facility care, to also pay for long-term care in community-based settings

Community-Based Care Rates Versus Nursing Facility Rates

Facility Type	Monthly Rate as of 4/1/18
Nursing facility	\$8,593 - \$12,264
Adult foster home	\$1,490 - \$2,303
Residential care	\$1,475 - \$2,333
Assisted living	\$1,184 - \$2,782



Oregon AFH History Continued

- ▶ The federal waiver required Oregon to provide assurance that a formal system would be put in place to protect the health and welfare of individuals in those care settings
- ▶ In 1983, Administrative rules for the certification of adult foster homes identified minimum standards



If you are considering adult foster care. . . .

- ▶ There are many resources available to help you learn about adult foster homes, identify homes in a selected area, and check out the history of homes you are considering



If you are considering adult foster care. . . .

- ▶ A guide to Oregon Adult Foster Homes – a booklet for:
 - ▶ Potential residents
 - ▶ Family members
 - ▶ Friends
 - ▶ DHS 9033, available at https://aix-xweb1p.state.or.us/es_xweb/FORMS/



Additional Resources

- ▶ Aging and Disability Resources Connection (ADRC)
 - ▶ Explore your options
 - ▶ Search for local resources
 - ▶ Talk to someone
 - ▶ Tools and guidance to help you plan
 - ▶ <https://www.adrcoforegon.org/consite/index.php>
- 



Overview of Oregon Adult Foster Homes Continued

- The Legislature defined “residential care” to mean the provision of room and board and services that assist the resident with their activities of daily living (ADLs)



Overview of Oregon Adult Foster Homes

- ▶ A home where residential care is provided for compensation in a home-like environment to five or fewer adults not related to the care provider




Public Disclosure Files

- ▶ Long-term care facility search tool, <https://ltclicensing.oregon.gov/>
- ▶ Local licensing offices maintain complete public records (e.g., licensing and complaint history). Contact them to learn how you can look at specific public records.




What is important to you?

- ▶ Is the home conveniently located to your physician, friends and family?
 - ▶ Are the house policies acceptable?
 - ▶ What is included in the basic rate?
 - ▶ Is the provider enrolled to care for Medicaid-eligible residents?
- 



What is important to you?


Continued

- ▶ Does the provider have children or pets living in the home? Do you like that?
 - ▶ Can you see yourself feeling at home living there?
 - ▶ Does the provider understand your care needs and preferences?
- 



What is important to you?


Continued

- ▶ If the available bedroom is shared, is that okay? Did you meet the person who would be your roommate?
 - ▶ Is there an individual phone or TV/cable hook-up in the bedroom?
 - ▶ Are the phone and TV/cable hook-ups included in the basic rate?
- 



What is important to you?

Continued

- ▶ Is the home accessible to meet your needs?
 - ▶ Is there good lighting throughout the home?
 - ▶ Do you think you would feel safe?
- 



What is important to you?


Continued

- ▶ Does the weekly menu appeal to you?
 - ▶ Consider asking if you could visit the home you are considering and join the others in a meal.
 - ▶ Is the provider willing to offer some of your favorite recipes?



Before Signing the Residency Agreement

- ▶ Make certain you understand and agree to the terms of the Agreement
- ▶ Contact your local licensing authority if you have concerns or questions about the residency agreement



Why choose an adult foster home?

- ▶ May need assistance with ADLs to remain safe
- ▶ Relatives may not be an option, when for example:
 - ▶ Care may exceed their abilities
 - ▶ Layout of the home is not accessible



Additional Resources

Continued


- ▶ Review the licensing and complaint history of the licensed long-term care facilities you are interested in
- ▶ <https://ltclicensing.oregon.gov/>



Additional Resources


Continued

- ▶ APD Adult Foster Home Provider Information website
- ▶ <http://www.oregon.gov/DHS/PROVIDERS-PARTNERS/LICENSING/APD-AFH/Pages/index.aspx>



Considering a career as an adult foster home (AFH) provider?

- ▶ Check out the APD Adult Foster Home Provider Information website
 - ▶ Information for new providers
 - ▶ Types of care and services provided in an AFH



Considering a Career as an AFH Provider? Continued

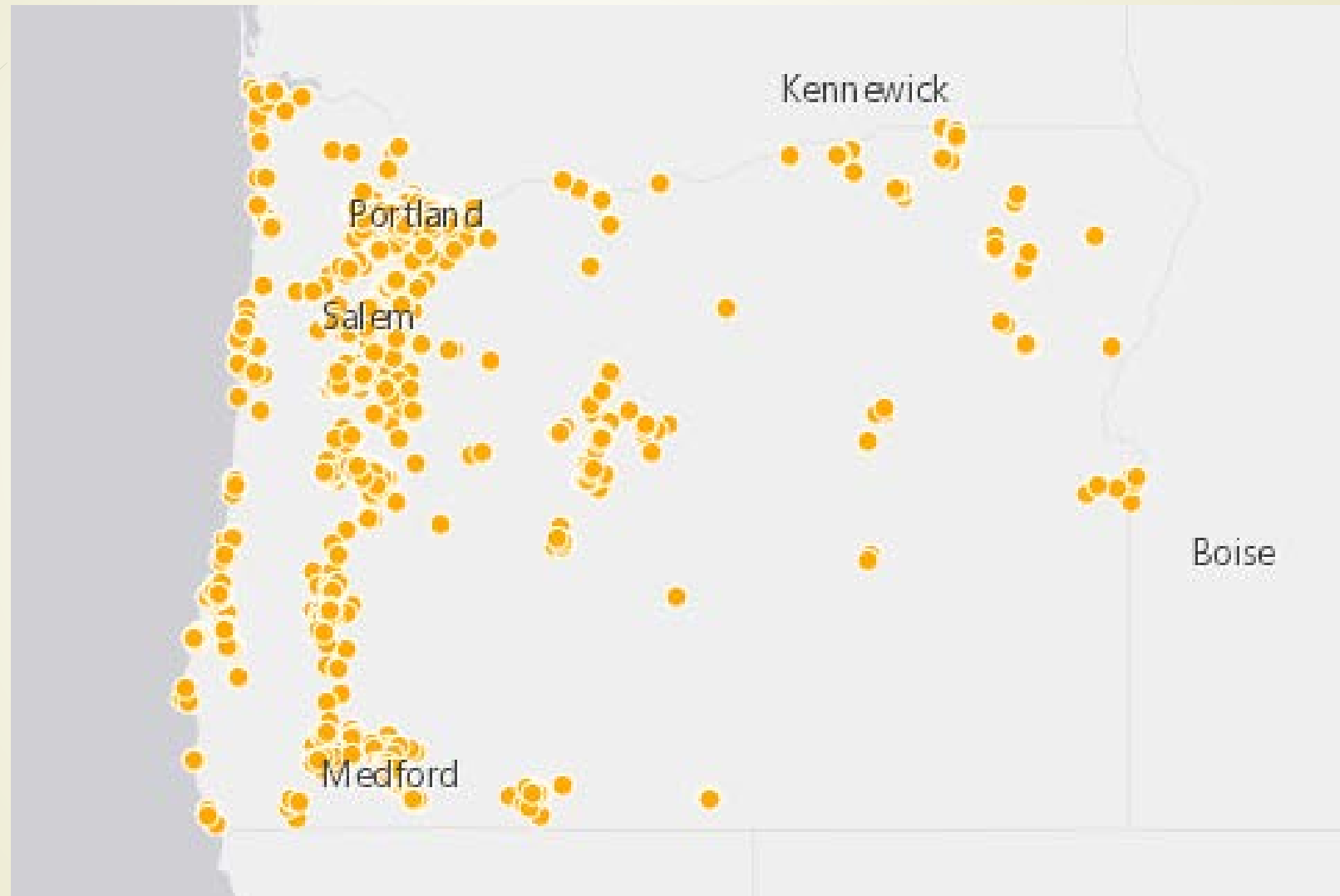
- ▶ This is a highly regulated field
 - ▶ Annual inspections (unannounced)
 - ▶ Monitoring visits may vary in frequency



Types of Adult Foster Homes

- Mental Health
 - Developmental Disabilities
 - Aging and People with Physical Disabilities
- 

There is an urgent need in rural areas.



APD Homes reflected in this map.




Types of Care Provided

Providers in APD adult foster homes care for a wide range of conditions. Examples may include:

- ▶ Alzheimer's disease or other types of dementia
- ▶ Diabetes
- ▶ Parkinson's disease
- ▶ Heart problems
- ▶ Stroke
- ▶ Arthritis
- ▶ Traumatic brain injury
- ▶ HIV/AIDS
- ▶ Ventilator-assisted care
- ▶ Bariatric care




Payment for Care

- ▶ Privately paid – Average monthly rate is \$3,492
 - ▶ Medicaid – 51% of residents in 2017
 - ▶ Supplemental Security Income (SSI)
 - ▶ Veterans, or other benefits
 - ▶ Combinations of the above
- 



Minimum Provider Qualifications

- ▶ At least 21 years of age
 - ▶ Good physical health, mental health, good judgment, and good personal character, including truthfulness
 - ▶ Approved background check
- 




Minimum Provider Qualifications Continued

- ▶ English literacy – must possess the ability to comprehend and communicate in English, both orally and in writing
- ▶ Ability to respond appropriately to emergency situations



Minimum Provider Qualifications Continued

- ▶ Must have a clear understanding of responsibilities, each resident's care plan, and the ability to provide the specified care
- ▶ Must not be listed on either Exclusion List



Minimum Qualifications for the Licensee

- ▶ Financial ability to maintain sufficient liquid resources to pay the operating costs of the home for at least two months




Minimum Qualifications for the Licensee Continued

- ▶ Also requires:
 - ▶ Having a home that meets the standards specified in the AFH rules
 - ▶ Ability to hire and maintain qualified caregivers sufficient to meet the needs of the residents



Training Requirements for Providers


- AFH Orientation at the local licensing office
- Successful completion of the Department's Ensuring Quality Care (EQC) course and examination
- Current CPR and First Aid certification



Training Required Prior to Providing Care

Continued

- ▶ Dementia training
 - ▶ Mandated by HB 3359, 2017 legislative session
 - ▶ All direct caregivers must have completed no later than 12/31/18
- ▶ Licensee must orient all caregiver staff to the home and residents



Required Training After Licensure or Approval

- ▶ Department's Six Rights for Safe Medication Administration
 - ▶ Fire and life safety
 - ▶ At least 12 hours of approved training annually
 - ▶ May include up to 4 business hours
 - ▶ Must maintain CPR certification
- 



Annual Application

- ▶ License fee is \$20 per resident bed
 - ▶ \$20 for a capacity of 1 resident
 - ▶ Up to \$100 for a maximum capacity of 5 residents



License Classification

- ▶ Class 1 license (3%):
 - ▶ All providers must meet minimum qualification and training requirements
 - ▶ May only admit residents who require assistance in up to four ADLs



License Classification Continued

- ▶ Class 2 minimum qualifications:
 - ▶ All providers must meet requirements for Class 1; and
 - ▶ Must have at least two years' full time experience providing direct care to adults who are older or adults with physical disabilities



License Classification Continued

- ▶ A class 2 AFH (45%) may admit:
 - ▶ Residents appropriate for a class 1 license
 - ▶ Residents who require assistance in all their ADLs, but require full assistance in no more than three ADLs




License Classification Continued

- ▶ Class 3 minimum qualifications:
 - ▶ All providers must meet the requirements of Class 2
 - ▶ Must have at least three years' full time experience providing full assistance in 4 or more ADLs to adults who are older or physically disabled
 - ▶ Satisfactory references from two licensed health care professionals



License Classification Continued

- ▶ A class 3 AFH (49%) may admit:
 - ▶ Residents appropriate for a class 1 or class 2 home
 - ▶ Residents who require assistance with all of their ADLs, but no more than one who requires full bed-care or full assistance in more than three ADLs (not including cognition and behavior)



Advantages of Operating Your Own Adult Foster Home

- ▶ You can improve the lives of others while making a living in your own home
- ▶ Satisfaction of operating your own business
- ▶ Great family business
- ▶ Contributes to the local economy



Advantages of Operating Your Own Adult Foster Home Continued

- ▶ Potential tax benefits if:
 - ▶ You are enrolled as a Medicaid provider;
 - ▶ You live in the AFH; and
 - ▶ You provide care to recipients of Medicaid



Disadvantages of Operating Your Own AFH

- ▶ Loss of privacy
- ▶ Death of individuals you have become very attached to
- ▶ Lifting, moving and caring for individuals who are immobile, have problems eating, are incontinent



Disadvantages of Operating Your Own AFH Continued

- ▶ Providing resident care while working respectfully and mindfully with families, professionals and the resident who sometimes have competing interests
- ▶ Finding qualified staff can be a challenge



AFH Provider Responsibilities

- ▶ The licensed provider is:
 - ▶ Responsible for providing necessary care and services 24 hours a day for up to five residents in a homelike environment
 - ▶ Responsible for the conduct of staff, family or others while in the home



AFH Provider Responsibilities

Continued

- ▶ The licensed provider is required to:
 - ▶ Comply with the AFH rules, OAR 411-050, and Home and Community-Based Care Services rules, OAR 411-004
 - ▶ Comply with all other local, state and federal rules, laws, codes, and ordinances, as applicable, including employment laws



Licensee and All Other Caregivers

- ▶ Mandatory reporters – Abuse and suspected abuse must be reported immediately
 - ▶ 1-855-503-SAFE (7233)
 - ▶ For more information, go to http://www.oregon.gov/dhs/abuse/pages/mandatory_report.aspx



Personal Considerations

- ▶ Ask yourself if you are prepared:
 - ▶ To provide or arrange for 24-hour care?
 - ▶ To work in a highly regulated business subject to unannounced inspections?
 - ▶ To be responsible for the conduct of your staff, family and friends when they are in the AFH?




Personal Considerations

Continued

- ▶ Are you prepared:
 - ▶ To communicate with a variety of people including:
 - ▶ Medical professionals, licensing staff, emergency personnel and residents' family?
 - ▶ To operate a business in compliance with all applicable laws?



Getting Started

- ▶ Consider the market need in your area and the number of homes in your area
 - ▶ Utilize local resources
 - ▶ Local licensing authority
 - ▶ Small business administration
 - ▶ Community college
- 



Getting Started Continued

- ▶ Look into adult foster home provider associations
- ▶ Become familiar with the administrative rules before you invest a lot of time and money
- ▶ Be business smart – make a business plan




In summary. . .

- ▶ Oregon adult foster homes are an important option for Oregonians considering community-based care
 - ▶ Smaller, homelike setting
 - ▶ City, suburbs and rural locations
 - ▶ Regulatory oversight for the health, safety and welfare of the residents



In summary. . .

- ▶ Operating an AFH can be a wonderful home business, but the licensee must have the ability to:
 - ▶ Provide appropriate care and services to residents
 - ▶ Manage the business records (resident and facility records, AFH financial records, staffing, training, and more)
 - ▶ Employ, train and supervise qualified staff
- 

One person caring about another represents life's greatest value. - Jim Rohn

Caring for our seniors is perhaps the *greatest responsibility* we have. Those who walked before us have given so much and made possible the life we all enjoy.

- Senator John Hoeven

Thank you!