Review of NF and ALF Regulation

• DADS regulates nursing facilities (NFs) and assisted living facilities (ALFs)
  ➢ NFs: surveyed for compliance with state licensure rules and federal certification requirements
  ➢ ALFs: surveyed for compliance with state licensure rules

• NFs and ALFs:
  ➢ **must** be able to meet the needs of their residents
  ➢ **may** serve individuals with Alzheimer's without additional certification
Alzheimer’s-Related Initiatives

• Alzheimer’s certification
  ➢ Similarities in certification for NFs and ALFs
  ➢ Differences in certification for NFs and ALFs
  ➢ Review of locking devices and use in Alzheimer certified and non-certified facilities

• Promoting quality in nursing facilities through the Quality Monitoring Program (QMP)

• Caregiver support
Alzheimer’s Certification

• State licensure program for NFs and ALFs

• NFs and ALFs that choose to be certified as a facility that provides specialized care for individuals with Alzheimer’s must comply with:
  ➢ all state licensure rules;
  ➢ federal certification requirements, if applicable; and
  ➢ requirements specific to the Alzheimer's certification

• Advertising restrictions exist for facilities without this certification
Alzheimer’s Certification in NF and ALF

• Both NF and ALF rules regarding Alzheimer’s certification require:
  - additional staff training
  - planned and structured activity programs
  - provision of adequate security and supervision

• Rules for certified NFs and ALFs with locked units separate from other parts of the facility require specific building requirements for:
  - living areas
  - dining areas
  - access to outdoor spaces
  - toilet and bathing areas
Alzheimer’s Certification NF vs. ALF

**NF Alzheimer’s Certification**
- Diagnosis required
- Minimum staffing ratio
- Specially-trained staff must be assigned exclusively to the Alzheimer's unit
- NFs with locked unit not required to have Alzheimer’s certification

**ALF Alzheimer’s Certification**
- No diagnosis required
- No minimum staffing ratio
- Staff receive special training to work in the certified unit; may also work in other areas
- ALFs with locked unit must have Alzheimer’s certification
## Locking Devices in NFs and ALFs

### Delayed Egress Locking Devices
- Identical to emergency door exits with alarm that sounds in restaurants and retail stores
- Facility using delayed egress not considered locked unit
- Alzheimer's certification not required for use in NF or ALF
- Instructions for operation must be clearly posted

### Special Locking Devices
- Devices to meet clinical need for security, e.g., button to “buzz” in/out or access card
- Unit using special locking device considered locked unit
- Alzheimer’s certification not required for use in NFs
- Alzheimer’s certification required for use in ALF
Promoting Quality in Facilities

Quality Monitoring Program (QMP):

- Senate Bill 1839, 77th Legislature, Regular Session, 2001
- Comprised of registered dietitians, nurses and pharmacists
- Goals:
  - Develop and share evidence-based best practices and innovations for outcome improvement
  - Regularly visit NFs for collaborative training and education and hands-on assistance for quality improvement
  - Partner with other agencies and organizations
  - Conduct rapid response team interventions for facilities as needed
Promoting Quality in Facilities

QMP Activities Related to Alzheimer’s and Dementia Care:

• Culture change:
   Joint partnership with Texas Culture Change Coalition to present an annual conference
   Training focuses on dementia care and reducing the use of antipsychotic medications

• Texas Reducing Antipsychotics in Nursing homes (TRAIN):
   Joint with TMF Quality Innovation Network
   Trains on use of antipsychotic medications in the older adult population with dementia without psychosis

• Alzheimer’s disease tool-kit:
   Evidence-based best practices for assessment and treatment
Caregiver Support

• More than three million caregivers of all ages live in Texas and make up the backbone of the long-term services and supports system.

• These unpaid individuals face significant challenges. Specifically, caregivers of individuals with Alzheimer’s disease:
  - experience higher rates of stress than other caregivers.
  - spend 25% more hours per week providing care.
  - report they need general information/orientation, emotional support and respite care.
Caregiver Support

To address the needs of caregivers, DADS operates or supports several Alzheimer’s-specific initiatives:

• National Family Caregiver Support Program

• Texas Lifespan Respite Care Program:
  ➢ Caregiver training:
    ▪ Resources for Enhancing Alzheimer’s Caregiver Health (REACH) II
    ▪ StressBusting

  ➢ Aging and Disability Resource Center (ADRC) Partnership:
    ▪ Central Texas and Capitol Area Alzheimer’s Association
    ▪ Coastal Bend and Del Mar College