



THE COMMUNITY CARE LICENSING DIVISION'S Quarterly Update SUMMER 2018

ADULT and SENIOR CARE PROGRAM UPDATE

Mission: *To optimize the health and safety of adults and seniors in community care settings.*

The Adult and Senior Care Residential Licensing Program licenses Adult Day Programs (ADP), Adult Residential Facilities (ARF), Adult Residential Care Facilities for Persons with Special Healthcare Needs (ARFPSHN), Enhanced Behavioral Supports Homes (EBSH), Community Crisis Homes (CCH), Residential Care Facilities for the Chronically Ill (RCFCI), Residential Care Facilities for the Elderly (RCFE), and Social Rehabilitation Facilities (SRF) in an effort to ensure that they provide a safe and healthy environment for all persons in care.

A Note from Pamela Dickfoss, Deputy Director

Welcome to the Community Care Licensing Division (CCLD) Summer Quarterly Update. At the beginning of the year, I announced that CCLD was implementing a new inspection tool. Please read the article at the end of this edition for a status update. I have been encouraged by the generally positive feedback that we received regarding the tools. Your comments and suggestions help to strengthen our program and enable us to meet our mission of quality care for residents in community care facilities.

I want to express my heartfelt thanks and gratitude to Mr. Jack Hurley. On April 6, 2018, Mr. Hurley was appointed as CCLD's first temporary manager to operate a Residential Care Facility for the Elderly in Calaveras County. The Department has statutory authority to appoint a temporary manager to minimize residents transfer trauma when a temporary suspension order (TSO) has been served. On very short notice, Mr. Harley came in and operated the RCFE for approximately 12 days to ensure a safe environment and assist the residents and families with relocating to their new homes. Thank you again for your willingness to take on this challenge.

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Summertime Activities

It's that time of year when the outdoors beckon. With a little bit of planning and consideration for the needs of the residents/clients you serve, everyone can enjoy outdoor activities when the weather is nice such as:

- Craft Shows - large facilities may host an event
- Picnics - a simple meal in the fresh air
- Outdoor movies – set up a projector in the yard
- Museums - many local museums offer free admission days
- Plays - local community theater or high school theater
- Concerts - many communities have free summer concerts in the park
- Miniature golf
- Fishing
- Bowling
- Nature hikes

Make getting outside one of your goals for the summer.

For regulatory requirements regarding activities for clients/residents see:

[RCFE: 22 CCR 87219](#)

[ARF: 22 CCR 85079](#)



The Heat Is On

During the summer months, residents/clients may be spending more time participating in outdoor activities. According to the National Weather Service, during extremely hot and humid weather the body's ability to cool itself is challenged. Caregivers should take precautions to avoid heat related illness in the residents/clients. Make sure that water is available for proper hydration, avoid outdoor activities during the hottest part of the day and suggest that residents/clients wear a hat and lightweight clothing to protect their skin. Heat related illnesses are preventable. California Department of Public Health has tips for [treating heat-related](#) illness should it occur.

For more information:

See [PIN 17-08-CCLD](#) Extreme Heat in California

[National Weather Service Heat Safety: Common Heat Illnesses, Heat Exhaustion and Heat Stroke](#)

[Department of Developmental Services, tips for preventing Heat Illness](#)



Is It a Cold or Allergies?

Sneezing, coughing, congested? Is it a cold or allergies? Learning the difference between the two can be key to finding the right relief fast.

[Web MD](#) says it's probably allergies if mucus is clear or watery, eyes are itchy or watery, or if symptoms stay the same for more than a week. It's probably a cold if there is a cough, low fever, headache, or mild body aches; symptoms change every few days; mucus becomes yellow, green, or thick. It is best to consult a doctor with questions.

The [Mayo Clinic](#) explains that common colds are caused by viruses, treated with pain relievers and over-the-counter cold remedies, such as decongestants. Seasonal allergies are immune system responses triggered by exposure to allergens, such as tree or grass pollens. These can be treated with over-the-counter or prescription antihistamines, nasal sprays or decongestants. A cold usually lasts three to ten days, although some may last as long as two or three weeks. Seasonal allergies may last several weeks.

Even if someone has never had allergies before they can develop them at any time. The body may respond to seasonal allergies throughout the year. Doctors can do skin tests that can identify exactly what someone is allergic to.

Most Commonly Cited Deficiencies

The Department has compiled a list of the most commonly cited regulations for 2017. The top two citations for the following facility types are listed below. Click on the hyperlinks for more detail.

- Residential Care Facilities for the Elderly
 - Maintenance and Operation; [22 CCR 87303\(a\)](#)
 - Care of Persons with Dementia; [22 CCR 87705\(c\)\(5\)](#)
- Adult Residential Facilities
 - Buildings and Grounds; [22 CCR 80087\(a\)](#)
 - Furniture, Fixtures, Equipment and Supplies; [22 CCR 80088\(e\)\(1\)](#)
- Adult Day Program
 - Fixtures, Furniture, Equipment and Supplies; [22 CCR 82088\(e\)\(1\)](#), [22 CCR 80088\(e\)\(1\)](#)
 - Buildings and Grounds; [22 CCR 82087\(a\)](#)

Please note maintenance and operation, buildings and grounds specify that a facility shall be clean, safe, sanitary and in good repair.

- Clean – free from dirt, marks, or unwanted matter
- Safe – free from harm or risk
- Sanitary – clean, germ-free
- In good repair – undamaged, unbroken, or in good condition

It is best practice to schedule facility checks or self-assessments on a regular basis to stay in compliance, keeping in mind:

- If your spouse, sibling, child, parent or grandparent were living at the facility, would it be considered clean, safe, sanitary, and in good repair?
- If a Licensing Program Analyst walked through the door of the facility today, would you be in compliance?

- Simply using your senses (sight, smell, hearing, taste, and touch) can help identify issues at the facility.

For more information, visit:

[Most Commonly Cited Deficiencies](#)

[Self – Assessment Guide - ARF](#)

[Self- Assessment Guide- RCFE](#)



Nurse Consultant's Corner – Rhabdomyolysis

Rhabdomyolysis (pronounced “Rhab-doh-my-yo-ly-sis”) is a serious syndrome caused by direct or indirect muscle injury. This condition occurs when the muscle fibers die and the protein by-product are released into the patient’s blood stream. The protein by- product are harmful to the kidneys potentially causing kidney failure. The resident’s kidneys are then unable to remove wastes through the urine potentially causing death. It is therefore imperative that the resident obtain treatment as quickly as possible.

In the assisted living community, this may happen when a resident is left unattended after a traumatic fall. After an accidental fall, residents may remain on the floor undiscovered for a prolonged period of time. When the resident is discovered without apparent injuries, the care provider may not recognize, rhabdomyolysis.

Here are some signs and symptoms of Rhabdomyolysis:

- Muscle pain
- Muscle weakness
- Trouble moving arms and legs or affected body part
- Dark brown urine
- Decreased urination
- Nausea, vomiting, dehydration

The resident may also have other predisposing condition(s) unrelated to trauma that include, but is not limited to -- muscle strain from rigorous exercise, heat stroke, and metabolic disorder.

It is important to consult a licensed medical professional when a resident sustains a traumatic fall.

[PubMed Health](#)

New Inspection Process Project Updates

We would like to thank everyone for the valuable and thoughtful feedback on the draft Senior Care Inspection Tool pilot plan and comprehensive tools. The Division is updating the plan and tools to incorporate several recommendations from stakeholders and will continue to work on implementing the pilot. The pilot is scheduled to begin on July 1st, 2018 and is anticipated to last for three months. RCFE’s that are due for an inspection during this time may be included in the pilot. The pilot

plan and tools are posted on the [Inspection Process Project website](#) and will be updated to include stakeholder feedback prior to the pilot.

CCLD recognizes the commitment and dedication of stakeholders to improve the inspection process and appreciate the time invested. We value your engagement in this process and look forward to working with you in the next phases of development and implementation.

Management Information

Czarrina Camilon-Lee was promoted to Licensing Program Manager I in the Sacramento Adult and Senior Care Regional Office, effective April 2, 2018.



New Location

CCLD Riverside Adult and Senior Care Regional Office has moved to 1650 Spruce Street., Suite 200, Riverside, CA 92507. Telephone: (951) 248-2222; FAX (951) 248-0370.

For more information:

See [PIN 18-04-CCLD](#) Riverside Adult and Senior Care Regional Office Relocation



Are you interested in becoming part of the Community Care Licensing team?

Please apply at: [CalCareers](#)

- Information on how to apply for a State job can be found [here](#)

Links to Adult and Senior Care Program Office Websites:

Adult- <http://www.cdss.ca.gov/inforesources/Adult-Care-Licensing>

Senior- <http://www.cdss.ca.gov/inforesources/Senior-Care-Licensing>

Central Applications Bureau - <http://www.cdss.ca.gov/inforesources/Community-Care/ASCP-Centralized-Application-Units>

Remember to check for new [PINS](#)

IMPORTANT PHONE NUMBERS

Centralized Complaint Information Bureau (CCIB)	1-844-538-8766
Administrator Certification	916-653-9300
Caregiver Background Check Bureau (CBCB)	1-888-422-5669
Long Term Care Ombudsman	1-800-231-4024
CCLD Public Inquiry and Response	916-651-8848
Technical Support Program	916-654-1541
Centralized Applications Bureau	916-657-2600