The Washington Voice
AN E-NEWSLETTER FROM
Adult Family Home Council
OF WASHINGTON STATE

WHO WE ARE
Advocates for compassionate, individualized care. Serving adult family homes for more than 20 years!

OUR MISSION
To improve the lives and well-being of vulnerable adults through support of adult family homes.

Our New Look!
Our newsletter got a makeover! Along with this new look, there are a few changes! Look for and click on the bold teal in our articles for links to websites, PDFs and more!

IN THIS ISSUE
AFH Council Board Elections p. 2
Lobby Day p. 3
Liability Insurance Heads Up p. 4
Protecting Your Business and Your Employees p. 6
RCS Behavioral Health Support Team p. 7
Seniors and Savasana p. 9-10
Dear Provider Letters p. 11-12
Documentation of Over the Counter Medication p. 15
Upcoming Events and More p. 16
Diabetes Specialty Training from ALTSA HCS p. 18
Buy - Sell - Trade p. 19
Hello Adult Family Homes of Washington,

I want to take a few minutes to share my concerns about the state’s Mental Health Transformation Initiative. Many of you are aware of a recent news story about a resident-to-resident interaction that resulted in the death of one of the residents. The reaction of the local community and the media has painted adult family homes as being dangerous. Here is what Lakewood’s mayor and their state senator are saying about the incident and adult family homes.

I am concerned that the state has taken on a task of reducing the census at Western State Hospital without providing needed supports and training to the community providers they hope will serve them. Over the past 10-15 years a high percentage of discharges from Western State have moved into adult family homes. Through contracts like Expanded Community Services (ECS) and Specialized Behavior Support (SBS), DSHS has increased responsibility and rate of pay for providers serving this population. DSHS is promising partnerships with local behavioral health organizations to assist in care planning and behavior management. In some areas of the state, that partnership is better than others. However, many providers have concerns that they receive inaccurate information, incomplete assessments, less support than was promised and a lot of pressure to take residents from the state facility.

Each AFH is its own unique business and has the right to determine who they will serve. High daily rates, ETRs or new contract rates will be attractive to some homes. If your home is interested in serving this population, be sure you have all of the facts about your local supports, the resident and their history. Additionally, seek out advanced training related to mental health.

AFHs seeking to serve this population should also be aware of the risks of citation and the increased need for documentation. There is information in this edition of the newsletter about the new RCS behavioral health support team. While this is a good step in the right direction, it is not enough. RCS can provide some limited support through this program. Yet, we are still seeing citations being written to providers who, in our assessment, made every effort to do the right thing by the resident. A resident’s bad decision or behavioral outburst can lead to citation and additional challenges for your homes.

I am providing upcoming webinars on the Mental Health Transformation Initiative and will be at the Pierce County Chapter meeting discussing these issues. If you are interested in serving this population, I encourage you to attend. If you cannot, please feel free to contact our office for support and information.

As always, please do not hesitate to reach out with any questions.

All the best,

John Ficker
Executive Director
AFH Council Executive Board Election

Five Executive Board positions are due for re-election

These positions are:

- Region Two Delegate (Kittitas, Yakima, Klickitat, Benton, Franklin, Walla Walla, Columbia, Garfield and Asotin Counties)
- Region Three Delegate (Snohomish, Skagit, Whatcom, Island and San Juan Counties)
- Region Five Delegate (Kitsap and Pierce Counties)
- At Large Delegate Seat 8 (AFH is located Statewide)
- At Large Delegate Seat 11 (AFH is located in Eastern WA)

All nominations must be made by and be from an AFH Council member in good standing. The “At Large” positions must be nominated by and be from an AFH Council member in good standing anywhere in the state. Nominations will close and must be submitted by November 16, 2018.
Save the Date and Join Us in Olympia!

AFH COUNCIL’S 2019 LEGISLATIVE

LOBBY DAY

JANUARY 22, 2019

9:00 AM - 5:00 PM • January 22 • Washington State Capitol Campus, Columbia Room

We will make appointments to talk to your legislators about the needs of adult family homes in Washington State!

We need your help!

Your story and perspective will have the greatest impact!

Register Online: HERE
Liability Insurance Heads Up: Please Read

As many of you have already experienced, the renewal process for your liability insurance has been much more difficult than in years past. We have found out what is going on, and in brief, due to some claims, changes in the climate with mental health in the news, and changes in underwriting criteria, many carriers are being more picky about what they want to insure. This means that it is also taking more than 30 days to get a quote back from your carrier.

This means that you need to give your broker more time to shop your insurance with the carriers, to get you the best coverage and price.

PLEASE TAKE THIS SERIOUSLY. You should be in contact with the agent that handles your insurance 45-60 days before your policy renews. Please follow these few steps to help yourself not feel rushed at the end of your policy term:

1. Call your agent 45-60 before your policy renews to see if there is anything you need to get to them for your quote
2. Check your email regularly for updates
3. COMPLETE and RETURN the applications that they send to you in a timely manner, meaning as soon as possible
4. Send your most recent DSHS inspection, including the letter of deficiencies in its totality to them with your application.

If you do not do this, you may not get a renewal quote in time and your policy may lapse in coverage, putting you at risk of a fine with the state or an uncovered loss.

Thank you to our partners at Rice Insurance for sharing this important update!
Affiliate Business Profile

Comprehensive Integration of Care

Benefits of having your residents enroll with Providence ElderPlace:

Significant time and cost savings for you and your caregivers:

- “One-stop shopping” and delivery for everything your resident(s) may need: all medications, durable medical equipment, incontinence supplies, nutritional supplements, etc., are provided by Providence ElderPlace and delivered to the home.
- All medical appointments are arranged by Providence ElderPlace staff.
- Transportation to and from medical appointments provided by Providence ElderPlace (you no longer have to drive your residents or arrange for transportation).
- Most residents attend the Providence ElderPlace Adult Day Health Program (if it is appropriate) where they are served lunch and participate in activities and socialization (transportation provided by Providence ElderPlace).
- Respite for you and your caregivers while residents are attending the Adult Day Health Program.
- Nurse Delegation provided through Providence ElderPlace.

Access to an interdisciplinary team at Providence ElderPlace who will:

- Develop individualized care plans together with the participant, his/her family and caregivers.
- Monitor and revise the care plan as needed.
- Provide psychosocial and cognitive assessments for all Providence ElderPlace participants.
- Assist with crisis intervention.
- Coordinate discharges from the hospital or short-term SNF stays.
- Help participants with financial management as needed.
- Set up family care conferences as needed.
- End-of-life care support.
- Grief and loss support for families and caregivers.
- Liaison with DSHS.

You have the support of the entire Providence ElderPlace interdisciplinary team to help you coordinate all aspects of care for your resident(s):

- Board-Certified Geriatricians (a physician is on call 24 hours per day, 7 days per week).
- Psychiatric ARNP.
- Social Workers.
- Physical, Occupational and Speech Therapists.
- Registered Nurses.
- Dietician.
- Transportation Services.
- Pharmacy Services.


Providence ElderPlace Seattle | Providence ElderPlace West Seattle | Providence ElderPlace Kent | Providence ElderPlace Redmond

adultfamilyhomecouncil.org
If you have employees, you know firsthand that the loss of a key employee can have a profound impact on business operations. When an employee leaves, customers who dealt directly with that person may worry about receiving their goods or services in a timely manner; suppliers may be concerned about getting paid for their deliveries; and staff morale can also take a dip as remaining employees worry about assuming a heavier workload.

That’s why it’s important to make sure that your business is prepared to deal with the unexpected departure of a key employee which usually happens for one of three reasons: the employee chooses to resign, the employee becomes disabled, or they pass away.

While life insurance cannot protect against employees choosing to leave, it is often used as a tool to help incentivize them to stay; deferred compensation plans are powerful vehicles for doing just this. Deferred compensation arrangements allow you to provide retirement income to select employees. The way it works is that you and the selected employee enter a contract that specifies the compensation you will pay out to him or her in the future. Since you may not set up a specific reserve fund in which a participant has a vested right, a life insurance policy is uniquely suited to informally finance a deferred compensation plan. The future of your business depends on attracting and retaining the right talent with the right tools.

It’s also important to protect your business against the economic losses it may face as the result of a top employee’s death with the use of key person insurance. The way it works is that the business applies for and becomes the owner and beneficiary of a life insurance policy covering the key employee. If the insured employee dies, the business receives the policy proceeds.

Deferred compensation and key employee insurance are benefits that are related exclusively to your top employees, but New York Life also has options that you can offer your entire team to help cultivate a rewarding work environment, such as life and disability insurance. These benefits can provide employees and their family’s peace of mind and added financial security, which can go a long way toward attracting and retaining valuable employees.

As a business owner, you’ve worked hard to get where you are today. Having a contingency in place will allow you to focus on making the best possible decisions for the future your business.

Neither New York Life Insurance Company nor its Agents or affiliates provide tax or legal advice. Consult your legal or tax advisor to find out whether the concepts in this essay apply to your personal circumstances.

This educational third-party article is provided as a courtesy by Francis Anthony Franco, Registered Representative, (CA Ins. Lic. #0L28063) New York Life Insurance Company. To learn more about the information or topics discussed, please contact Francis at (206)841-5259 or www.newyorklife.com/agent/ffranco.
Residential Care Services (RCS) has developed a new Behavioral Health Support Team (BHST) to offer technical assistance to our community providers who give services and supports to those individuals transitioning from local/state psychiatric hospitals or those providers who currently serve individuals with behavioral health challenges.

The RCS BHST currently has a Behavioral Health Quality Improvement Consultant (BQIC) resource available to all AFH providers who are providing care and services to a resident who has extremely challenging behaviors. The BQIC consultations are brief, focused work and may include one to two visits with the provider/staff in the AFH.

Some examples of ideal BQIC referrals for those providers who have a resident with significant behavioral health needs include:

- The provider has run out of ideas on how to provide care and services;
- The resident is at risk of being discharged due to behaviors;
- The provider is concerned about regulatory compliance regarding a client with behavioral health challenges; and/or
- There are no or very limited mental health supports involved.

Examples of what may be offered during a consultation include:

- Troubleshooting specific resident behaviors and providing clinical and regulatory guidance related to that behavior;
- Technical assistance with specific regulations;
- Brief focused training for a resident situation that impacts a large number of staff;
- Assist provider in developing fresh ideas to expand provider’s intervention creativity and improve care plan quality while staying within the boundaries of the regulations; and/or
- Reaching out to community care members of care teams to help bridge the gaps.

This resource is available to providers regardless of the individual’s funding source.

We are a four person team that provides support across the state so we will triage cases as needed.

However, not sure if you should refer? That's okay, we encourage you to reach out and we can figure it out together!

If the resource need is identified by someone other than the provider please discuss the resource with the provider and if it is agreed that this may be a good resource, either person can make the referral.

We just need minimal info by phone or email to include:

- Referent name and contact info Facility name and type (NH, ALF, AFH, ESF, CCRSS, or ICF/IID)
- Client name
- Brief info regarding concern

Referrals to the program can be made by phone or email:

- BHST Referral Message Line: 360-725-3445
- BHST email: rcsbhst@dshs.wa.gov
Geneva Woods Specialty Pharmacy, provides specialty pharmacy and related clinical services for patients with various chronic and/or complex conditions, through its well-established case management, clinical nursing and pharmacy services. Geneva Woods’ approach is focused on conditions and therapies that require complex infusion or oral treatments.

Geneva Woods is dedicated to improving lives. We do it by delivering memorable client service levels, in the most efficient manner, where it is most convenient for our clients. We don’t meet expectations. We exceed expectations. We are here to support and service AFHs in the State of Washington and we are looking forward to working with you.
Seniors and Savasana: The Benefits of Yoga and Meditation for the 65-Plus Crowd

By Harry Cline, creator of NewCaregiver.org and author

If you’re a senior or provide care for an aging family member, you’ve no doubt noticed that exercising gets more difficult with each passing year. However, exercise is one of the best things you can do for the body in order to stay healthy. When intense cardiovascular and weight training is out of the question, yoga is a gentle alternative and is largely considered safe for all ages. It’s important to note, however, that if you feel unsteady on your feet, you should talk to your doctor before beginning any new exercise regimen.

Benefits of Yoga

The American Osteopathic Association explains that yoga’s purpose is to "build strength," awareness and harmony in both the mind and body." Physical benefits run the gamut from improved flexibility and cardiovascular circulation to weight loss and muscle tone. Yoga is also known to lower stress and improve overall well-being. Stress can harm your health and may even make you age faster, at least at a cellular level. It makes sense, then, to incorporate yoga into your day as a way to relieve stress and anxiety.

Yoga at Home

There are senior-friendly yoga classes in most major cities, but it’s also something that can be enjoyed at home while watching TV or listening to music.

Silver Sneakers advocates yoga and other low-impact exercises for senior health and describes it as a holistic approach to fitness. Another major benefit of yoga is that it provides a chance to meditate. Mindful meditation can have a positive impact on all areas, including pain, sleep, and disease management. All you need to design a meditation room is an area with a view of the outdoors and peace and quiet. It’s helpful if it’s organized with a minimalist approach to avoid environmental stimulation.

continued on page 10
Seniors and Savasana: The Benefits of Yoga and Meditation for the 65-Plus Crowd

- continued from page 9

Poses for Seniors

Before you jump headfirst into the downward dog, you should know that not all yoga poses or practices are created equal. Here are a few that many yoga instructors claim are a gentle introduction to yoga for clients in their 60s, 70s, and 80s.

- Mountain Pose

Mountain pose requires standing with your toes and heels together. Draw your abdominal muscles in but let your shoulders drop. Be mindful of your leg muscles and take five or 10 deep breaths.

- Bird-dog

Bird-dog requires the ability to get up and down from the floor and to put pressure on your knees. From a kneeling position, lean forward and put one palm flat on the floor. Slowly and purposefully raise an opposing arm and leg until you form a balanced platform with your back.

- Cobbler’s Pose

Cobbler’s pose is another that requires the ability to stand up from the ground. It is a very simple exercise that can reduce strain on your hips. Sit on the floor with your heels drawn toward you and touching and your knees relaxed to either side.

- Savasana

Savasana is one of the easiest and most difficult yoga poses to master. It is typically done at the end of a yoga session and involves lying flat on your back and completely clearing your mind of cluttering thoughts. Chapra.com goes into greater detail and provides instructions on how exactly to complete the perfect savasana.

As a senior, you’re still required to maintain your body. However, if aches, pains, or balance issues prevent you from doing activities you once loved, you may find that yoga – and meditation – can go help you maintain your health. Remember, talk to your doctor and let your instructor know if you have any physical limitations to consider.

Harry Cline is creator of NewCaregiver.org and author of the upcoming book, The A-Z Home Care Handbook: Health Management How-Tos for Senior Caregivers. As a retired nursing home administrator, father of three, and caregiver to his ninety-year-old uncle, Harry knows how challenging and rewarding caregiving can be. He also understands that caregiving is often overwhelming for those just starting out. He created his website and is writing his new book to offer new caregivers everywhere help and support.
Dear Provider Letters from DSHS

It is not unusual that when a DSHS policy or practice change is being implemented, the Dear Provider letter is the only way that DSHS will inform you. Sometimes these letters can be confusing or vague. When this is the case, we will do our best to clarify the information contained in the letters and provide best practice guidance. Other times Dear Provider letters may consist of more general information. We will include those in this section as well, so you don’t miss anything.

ALTSA: AFH #2018-017 Background Check Citations and Processing Delays:

The Background Check Central Unit is aware that many providers are experiencing delays in receiving completed background checks since the implementation of the new Background Check System. As a result, BCCU is offering a temporary process to expedite background checks in the following circumstances:

- Staffing crisis (inability to hire new staff critical to the operation of the AFH)

  OR

- For a renewal, the current background check will be expiring imminently, and the new background check has been requested but not received, due to the delay in background check processing.

It is important that a priority request only be made if it falls within one of these two circumstances. Please click HERE to access information on how to request an expedited background check processing.

RCS recognizes that providers have little control over the timeliness of the response to their background check requests since the implementation of the new Background Check System on 6/28/2018. Therefore they made the following statement:

**RCS will suspend background check citations under the following circumstances:** Providers who have submitted a background check renewal on themselves or one of their employees prior to the expiration of the previous background check will not be issued a background check citation, if:

- The background check has expired; and
- A new background check result letter was not received.

continued on page 12
Providers will need to have supporting documentation that the background check was submitted to the Background Check System (BCS) prior to the background check renewal expiration.

Reminders:
Please plan ahead and allow plenty of time for processing renewals. Do not wait until just before the expiration of a current background check before submitting a renewal request.

ALTSA: AFH #2018-018 CR-103 (PERMANENT RULE) Amending Chapter 388-101 WAC:

HERE

This message is to announce the filing of a CR-103 (Permanent Rule) amending Washington Administrative Code (WAC) 388-101-3170 Group Training Homes under WAC Chapter 388-101 Certified Community Residential Services and Supports. The department is striking the requirement a group training home be licensed as an Adult Family Home to meet the statutory requirements of **RCW 70.128.030**.
Want 36 More Hours of CE for Your Caregivers?

The AFH Council has partnered with the Institute for Professional Care Education (IPCED) to develop an online campus. This will give AFH Council members access to 12 CE’s for three people—that is an extra 36 HOURS OF CE per year that is included in your membership!

IPCED offers online training through a custom Adult Family Home Council Campus. You will be able to assign courses to your caregivers, track their progress, as well as print reports and certificates. This is just one of the many benefits of being a member!

Sign up and Get Started: HERE
There’s a new phone scam targeting Social Security beneficiaries that advocates for older adults should be aware of. The Federal Trade Commission is warning that scammers are engaging in a caller ID trick called "spoofing" to make it appear that they are calling from the Social Security Administration (SSA).

These phony callers claim to work for SSA and ask for personal information—such as the individual’s Social Security Number—supposedly in order to process a benefit increase. These scam artists have also tried to get this information by claiming that the person’s benefits will be cut off if the personal information isn’t provided. Read the FTC’s warning to learn more, including where to report such calls, and what people should do if they get one of these calls.

If you or your organization directly serve older adults, please make this information available widely in your community.
Documentation for Over the Counter Medications

We receive many calls at the Council asking for guidance about proper documentation for over the counter (OTC) medications. Some licensors will require a physician’s acknowledgment when a resident is taking an OTC medication and some licensors will not cite for the lack of a doctor’s note. So, what is the best practice when it comes to documentation for OTC medications? We reached out to the Policy Unit Manager at Residential Care Services to learn what licensor are being told and with this information have come up with these things to consider when documenting your residents’ OTC medications:

- **Always list OTC medications in the MAR as per WAC 388-76-10475**
- **If an OTC medication has been prescribed, the medication must be listed in the MAR and a copy of the prescription or an acceptable pharmacy label are required.**
- **For unprescribed OTC medications, documentation of a practitioner’s acknowledgement may be evidence in favor of compliance with other requirements.**
  - **WAC 388-76-10400** Care and Services - Just because a medication is OTC does not mean the medication is safe. Many OTC medications can cause dangerous side-effects, including some that may potentially be life-threatening (e.g., dizziness causing falls, anti-coagulant/blood thinner causing risk of internal bleeding). In these situations, although there is no up-front requirement for a medical practitioner to sign off on or to acknowledge the use of an unprescribed OTC medication, other facts available during an inspection or complaint investigation may indicate that the provider’s failure to do so has put the resident in harm’s way.
  - **Although it is accurate that there is no direct requirement in WAC that an OTC medication have a doctor’s order or acknowledgement, a blanket statement cannot be made that a practitioner’s order or acknowledgment will never be necessary. Since this issue will depend heavily on the factual situation in each case, it would be a best practice to document that each resident’s practitioner is aware when a resident is taking a new OTC medication.**
- **We have heard from some providers that licensor consider Vaseline an OTC medication and that they are issuing citations if it is not placed in locked storage and listed on the MAR.**
  - The U.S. Food and Drug Administration (FDA) regulates Vaseline and other petroleum jelly products as an OTC drug; petroleum jelly and other non-medicated lotions can be used for both medical and non-medical purposes. In addition, petroleum jelly and some non-medicated lotions are considered toxic as they are poisonous if swallowed and must be stored according to the safe storage regulations **WAC 388-76-10485**
**Upcoming Events and More**

**Webinar: Adult Family Home Quality Assurance Audit**

Presented by Sherise Baltazar  
November 20, 2018  
2:30-3:30 PM

*more dates available in December*

During this presentation you will learn how to conduct a Quality Assurance Audit on your adult family home using a checklist created by Sherise Baltazar and the Adult Family Home Council. The Quality Assurance Audit Checklist is designed to guide you in auditing the components of the inspection process conducted by Residential Care Services (RCS), as well as, the operational components of managing a small business.

1.0 hour of CE is available for members who register and attend the Webinar

Register: [HERE](#)

**Webinar: Blood Borne Pathogens**

November 19, 2018  
3:00pm-4:00pm

*more dates available in December*

Participants will learn:
- Common blood-borne diseases
- How blood-borne diseases are spread
- The need for and how to use Standard Precautions
- An in-depth look at HIV/AIDS

Questions

1.0 hour of CE is available for members who register and attend the Webinar

Register: [HERE](#)

**Webinar: Common Citations and How to Avoid Them**

November 29  
10:00-11:00 AM

Participants will learn about some of the most common citations
- Review the WACs
- Discuss best practice solutions to avoid the citations
- Questions

1.0 hour of CE is available for members who register and attend the Webinar

Register: [HERE](#)

**Webinar: Adult Family Home Quality Assurance Audit**

Presented by Sherise Baltazar  
November 20, 2018  
2:30-3:30 PM

*more dates available in December*

During this presentation you will learn how to conduct a Quality Assurance Audit on your adult family home using a checklist created by Sherise Baltazar and the Adult Family Home Council. The Quality Assurance Audit Checklist is designed to guide you in auditing the components of the inspection process conducted by Residential Care Services (RCS), as well as, the operational components of managing a small business.

1.0 hour of CE is available for members who register and attend the Webinar

Register: [HERE](#)

**Webinar: Blood Borne Pathogens**

November 19, 2018  
3:00pm-4:00pm

*more dates available in December*

Participants will learn:
- Common blood-borne diseases
- How blood-borne diseases are spread
- The need for and how to use Standard Precautions
- An in-depth look at HIV/AIDS

Questions

1.0 hour of CE is available for members who register and attend the Webinar

Register: [HERE](#)

**Webinar: Common Citations and How to Avoid Them**

November 29  
10:00-11:00 AM

Participants will learn about some of the most common citations
- Review the WACs
- Discuss best practice solutions to avoid the citations
- Questions

1.0 hour of CE is available for members who register and attend the Webinar

Register: [HERE](#)

**Webinar: Your Role as an AFH Provider in the Mental Health Transformation Initiative**

November 21, 2018  
10:00-11:00 AM

*more dates available in December*

Please join AFH Council Executive Director, John Ficker, as he explains the Mental Health Transformation Initiative and how it impacts you.

Participants will learn:
- Funding the initiative
- Expanded Community Services (ECS)
- Specialized Behavior Support (SBS)
- What’s going on at Western State Hospital
- Managed Care Organizations (MCO’s) and Behavioral Health Organizations (BHO’s)

1.0 hours of CE are available for members who register and attend the Webinar.

Register: [HERE](#)

**View all of our events and date on our website’s event page:** [HERE](#)
Since 1985, Molina Healthcare has served the state of Washington, providing government-sponsored health care for those who need it most.

Founded in California in 1980 to offer quality medical care to people who could not afford their own primary care doctor, Molina Healthcare is now a FORTUNE 500 company with more than four million members across the U.S. and in Puerto Rico. As of 2018, Molina is ranked #152 on the FORTUNE 500 list. In Washington alone, Molina serves over 776,000 members. It is the largest Medicaid plan in Washington state.

Molina offers Medicaid plans for adults, families and people with disabilities across the state through Apple Health, along with Health Insurance Marketplace plans and Medicare Dual Special Needs Plans in several counties. Molina Healthcare also owns and operates MyHealth – Everett, a primary care clinic in Everett.

From the beginning, it has been a Molina tradition to give back to the communities where the company operates. Molina is proud to support charitable organizations focused on the population we serve, and to offer paid Volunteer Time Off to each employee, encouraging everyone on staff to donate resources that improve the health of the community. Additionally, since 2006, Molina has celebrated unsung selfless heroes among us with Community Champions Awards. Selected from local nonprofit workers and leaders, Community Champions earn recognition as well as grants of $1000 apiece to donate to the charity of their choice.

From the beginning to today, everything Molina does is in service of the company’s original mission: to provide quality care to those who need it most.

Visit their website: [HERE](http://molinahealthcare.com)
Good afternoon,

Do you want to help make a difference in the lives of individuals who have diabetes, or who may be at risk? Have you ever attended caregiver training and thought to yourself... I could have helped develop this training if only someone had asked!

We would like to tell you about just such an opportunity. The Home and Community Services (HCS) division of the Aging and Long Term Support Administration (ALTSA) is seeking feedback from caregivers working with clients with a diabetes diagnosis. They will use this information to help develop an upcoming training course for caregivers. They are interested in listening to what you have to say, and making good use of your talent and experience!

If you provide (or have previously provided) long-term care services to a client who has a diabetes diagnosis, please contact Michael Sheehan at SheehMD@dshs.wa.gov. He will speak with you about how you can participate. Your participation is voluntary, and the amount of time you commit is completely up to you. If you choose to participate, HCS will reference you as a contributing subject matter expert. You will need a computer with an internet connection, and the ability to send and receive emails.

Thank you for your consideration.

Free DSHS Training

The Residential Guide to Challenging Behaviors

Come and learn tips to working with Residents with Challenging Behaviors at this three (3) hour training.

November 20th
10:00am – 1:00pm

Spokane HCS Office – Suite 3000
1330 N. Washington
Rock Pointe III Building
Spokane, WA 99201

Open to all care giving staff.
You are welcome to bring a brown bag lunch.

Registration is required. Space is Limited

All attendees will receive three (3) free CEUs upon completion of the training.

To register contact via Email:
Amy Tabino, M.S.
HCS Behavioral Support Specialist, HCS
atabino@dshs.wa.gov
509-568-3875
### Buy - Sell - Trade

**Adult Family Home Council Members Marketplace Page**

Place an ad on this page in the next issue!

<table>
<thead>
<tr>
<th>Profitable Private Pay AFH in Vancouver, WA</th>
<th>AFH For Sale in Tokeland, WA</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="AFH in Vancouver" /></td>
<td><img src="image2" alt="AFH in Tokeland" /></td>
</tr>
</tbody>
</table>

#### Turn-key ready adult family home nestled in a quiet well-established neighborhood located within minutes from Peace Health Hospital and The Vancouver Medical Clinic. Beautifully remodeled 1900 sq. ft. home offers 5 bedrooms, 2.5 baths, large spacious great room with abundant natural light overlooking 0.34 acres of park-like landscaping with raised garden beds. Home is licensed for 5 residents and will be sold completely furnished including all appliances. New roof installed August 2017. Vinyl siding and state of the art windows. Asking: $429,000 for Home $125,000 for business Call 360-600-0887 for more information and pictures. Please, qualified buyers only.

#### 2591 Tokeland Rd, Tokeland 98590

List Price: $399,900

Active Adult Family home located in Tokeland. Dolphin Cove Adult Home licensed for 6 client residents has been in business for 10yrs. Home & business sold together. Owner will assist in transition for new owners. 6 beds, 2.5 baths, large 2-car garage w/workshop. Newer roof, outside paint, vinyl windows & doors. Inside new vinyl floors, new carpet upstairs, new paint. 2 bdrms & bonus rm located upstairs for owner. Handicap accessible, outside decks. Quiet peaceful location. Deeded access to bay. Presented by: Sandra Shea, Washington Coast Real Estate, 360-268-0977 sandrashea@techline.com
Your Adult Family Home Council Team

**John Ficker**  
Executive Director  
john@adultfamilyhomecouncil.org  
(360) 754-3329

**Maria Chiechi**  
Executive Assistant & Legislative Coordinator  
maria@adultfamilyhomecouncil.org  
(360) 754-3329

**Bryon Dahl**  
Operations Manager  
bryone@adultfamilyhomecouncil.org  
(360) 754-3329

**Karen Cordero**  
Member Services/Education Specialist  
karen@adultfamilyhomecouncil.org  
(360) 754-3329

**Jessica Griffin**  
Communications Coordinator  
jessica@adultfamilyhomecouncil.org  
(360) 754-3329

Like us on Facebook! 👍

JOIN  
MAKE YOUR VOICE HEARD

---

**Code of Ethics for Adult Family Home Providers**

This Code of Ethics for Adult Family Home Providers has been developed as a guide for carrying out provider responsibilities in a manner consistent with professional values and more standards which define the essentials of honorable behavior for the Adult Family Home Provider.

As Adult Family Home Providers, we want the public to acknowledge us as professionals. Part of this process is to develop a system of ethical codes of conduct and standards of practice that incorporate our principles and values regarding quality care. Through their Associations and working with fellow members:

- An Adult Home Provider recognizes and respects the dignity of residents without consideration for race, religion, gender, sexual orientation, social or economic status.
- An Adult Family Home Provider, while honoring the residents’ rights to self determination, will promote and protect the rights of all their residents.
- An Adult Family Home Provider is responsible and accountable for their individual practice and determining how they deliver optimum care to their residents.
- An Adult Family Home Provider acknowledges the responsibility to protect their own integrity, maintain competence in their field, and continue their personal and professional growth.
- An Adult Family Home Provider will promote their profession with continued education and political action in shaping the WACs and rules that govern their profession.

523 Pear Street SE, Olympia, WA  98501  
Toll Free – 1-888-439-8999  
Fax - 360-943-6653  
www.adultfamilyhomecouncil.org