



Brian Barrick
Author, Consultant
President, PCALIC

Brian Barrick's

June 2013

“THE CIRCLE OF SAFETY”

ADULT CARE AWARENESS ADVISOR

News and Tips to Make Your Life Easier, Safer and Happier!

For Friends and Clients of PCALIC, LLC

800-673-2558 ▪ (717)630-1030 ▪ www.PCALIC.com

Become a fan of PCALIC by logging on to Facebook.

Follow us on Twitter!

Name: BrianBarrick

Did you know?

June is National Smile Month & Fireworks Safety Month

Smile while enjoying the festive fireworks, with the proper safety precautions.



Lagon to www.pcalic.com using your username and password to access a database of policies and procedures to implement or review for you adult care home or assisted living facility!

Remember Father's Day is June 16

Risk Management in your Facility

An assisted living facility helps residents with their day to day chores and ensures their well being, health, and safety. These are dedicated professionals, who are giving their time and energy, for the welfare of others and yet, can still find themselves being sued.

Risk management is a priority in any assisted living facility. Whilst the facilities have a professionally trained staff that monitors the well being of each resident at every stage, risk cannot be completely eliminated - a person can trip and fall at home and the same person can have a similar fall in the assisted living facility, but in the latter case, the facility may be at risk for a lawsuit.

Some of the precautions that an assisted living facility can take to limit financial risk are:

- Screening the senior: Before they move in, this includes health, mental and psychological status. A full head to toe assessment be made and any bruises, sores, skin tears etc. are documented.
- Maintaining records: Keeping up to date information of a resident's health and care at every stage; the contact numbers of physician, attorney, next of kin, and records of guardianship, will, living trust, etc.
- Contracts and agreements: The resident and their family members must be made aware and sign agreements and contracts for admission, transfer, discharge, billing and payments, types of services rendered or omitted, third party payments etc.
- Negotiated risk: This is a mandatory precaution to be taken by the management when a resident refuses a service or their mental or physical conditions worsen and particularly when a person is retained when they are beyond the scope of care provided by the facility. Any risk in a resident should be noted and brought to the notice of the family members and physician, if possible, with a solution.
- Staff: Hiring of a well trained staff with experience is very important. Criminal checks must be done for all employees. They must be trained to follow the rules and regulations of the establishment. They must be continuously trained and have drills on using equipments and responding to certain emergencies, which could make a big difference between life and death and prevent risk related suits.



Fire Safety Tips for Your Assisted Living Facility

A fire can destroy your building, injure your staff, and cause harm to your residents and the community you are trying to help. Although not all fires can be prevented, they can be anticipated and you can prepare for them. A fire suppression system can be installed throughout the Assisted Living Facility according to your fire code. Once the temperature hits a specific point or the system is activated manually, it releases chemicals that suppress the fire. Have an evacuation plan, but make sure all employees KNOW the plan. This should include all emergency exits (at least 2), and the number of steps to the exits in case of visibility problems. Policies and procedures for fire prevention should be established including breathing space for electrical components, no bending of cords, unplugging all unused appliances, and smoking in designated areas only. Be aware and knowledgeable about fire safety codes.

Many insurance carriers offer discounts when assisted living facilities are sprinklered. Contact your insurance agency today about your assisted living facility insurance policy and any discounts you may qualify for.

Prevent Elderly Dehydration

The risk of dehydration is high among the elderly because many of them are not as aware of their need to drink sufficient amounts of water and some are not as active or mobile enough to get themselves a glass of water to drink. Among the elderly, water absorption and retention is also less efficient and thirst is reduced. To prevent dehydration among the elderly in an adult residential care home facility, consider these tips:

- Always serve water with meals, snacks and medicines. If water is available with food, residents are more likely to drink. Be ready with refills as well. If necessary, ask residents if they want more or encourage them to drink more water.
- Serve water and other drinks during activity hours and make sure these are within easy reach.
- Water should be accessible in every adult residential care home facility. Invest in a portable water dispenser and keep cups and straws nearby. Remind everyone that water is always available and that they should always drink at least eight cups a day.
- Serve vegetables with high water content. Vegetables such as cucumber, celery, tomato, zucchini, eggplant, spinach, and iceberg lettuce are not only rich in water; they are also nutritious and filling. Serve vegetables as salads or steamed for entrees or in soup.
- Try high-fluid snacks for residents who balk at the thought of drinking 64 ounces of water each day. Chopped or pureed fresh fruits and natural juices are tasty substitutes for plain water and likely to be a hit among residents who want a tasty treat. Try fruits such as watermelon and cantaloupe, along with pineapple, peach, plum, orange, blueberry, raspberry, and apricot. These fruits may also be turned into frozen delights and served as sorbets and popsicles. Consider serving other high-fluid snacks as well, such as yogurt, custard, ice cream, and an old favorite, jelly.
- Discuss the issue of incontinence. Residents in an adult residential care home facility may feel embarrassed about being incontinent as a result of drinking more water. Help make them feel comfortable about the issue and encourage them to drink the most water early in the day. They should also be encouraged to take bathroom breaks before bedtime and to feel comfortable about using undergarments designed to ease the problem of incontinence.

IN THE SPOTLIGHT:



The team at PCALIC appreciates all you do for your communities. We want to acknowledge exceptional organizations for their hard work. This month's spotlight is on:

East Shea Assisted Living
A Better View AFH
Oxford Gardens
Oasis Shelter Home
Senior Care America
Pine View PCH
Miller & Son's PCH
Southern International Living

Congratulations on NO DEFICIENCIES for your recent inspection. That is truly commendable!

Bright Ideas: Tips and News Snippets For A Better, Safer Life



Memorize something every day. Not only will this leave your brain sharp and your memory functioning, you will also have a huge library of quotes to use at any moment. Poetry, sayings, and philosophical thoughts are your best option.



If you get nervous in small spaces such as subways, elevators, and that closet of an office they stuck you in, visit your local fruit stand. A sniff of green apple may help relieve claustrophobic sensations.



Having trouble sleeping at night? Light a chamomile candle or chamomile scented incense and find a comfortable place near a wall. Place your legs up straight against the wall and scoot your bottom into the wall. Lay with your back flat on the floor, palms facing up. Stay here for about five to ten minutes (without any outside distractions) and you'll begin to feel very sleepy.



At first fireworks were only orange and white. In the Middle Ages, new colors were achieved by adding different salts. The hardest color to create is blue.



Is your wife going away with the girls for the weekend and you want to know if your tie matches your shirt or your shoes match your pants? There's no need to worry anymore with the Dress Guide Pro application. Just plug in your shirt, pants, shoes, etc. color and it will give you appropriate colors to match with whatever it is you need so you can always look sleek and professional.



Anything up to 102°F fever is mild and can be treated by drinking plenty of fluids. But to quickly bring down a reading above that, put an ice pack under your arm or near your groin. Icing either spot will cool your body's core. It's uncomfortable, but it works fast. Then see a doctor.



Shopping for airfare can be frustrating, especially if last month when you flew to the same place, it was \$50 less than this month. Wednesday, Tuesday, and Saturday (in that order) are the cheapest days to fly, whereas, Friday and Sunday are the most expensive days to fly. The best time to buy airline tickets is Tuesday at 3pm Eastern time.

DID YOU KNOW? When someone you refer contacts us to receive a quote...YOU WIN!

INSTANT WIN: When someone you refer contacts us, we'll INSTANTLY send you a **\$5 Wal-Mart Gift card** JUST for TALKING ABOUT US!

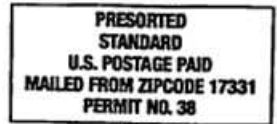
CHANCE #2: On December 1, 2013, we'll conduct a random drawing from all chances for the Grand Prize that qualified between 11/15/2012 and 11/15/2013.

The Grand Prize Winner will receive an Android Tablet!

Last Year's GRAND Prize Winner is Amelia Henderson!



PCALIC, LLC
P.O. Box 933
Hanover, PA 17331
Return Service Requested



"I would like to take this opportunity to thank PCALIC for serving small assisted living facilities like ours. It's very pleasant to know that there is an organization out there that cares so much!" Amelia Collier

IT'S A FACT: Months that begin on a Sunday will always have a "Friday the 13th."



Inside This Issue...

Risk Management in your Facility.....	Page 1
Prevent Elderly Dehydration.....	Page 2
Bright Ideas: Tips And News Snippets For A Better, Safer Life.....	Page 3



Out page 3 for details on our new & improved referral program!