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*Brian Barrick's*

*April 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*

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**Did you know?**

April is Autism Awareness Month & National Poetry Month.

Take the time to write a loved one a poem from your heart!



Logon to [www.pcalic.com](http://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!

**File your taxes by  
April 15<sup>th</sup>**

### **Emergency Evacuation Plan: Do you Have One?**

There are eight main elements that should be highlighted in creating an emergency evacuation plan for residents and staff of an adult family home. The plan is going to need to highlight the most important elements like the exit points and fire extinguisher locations and these items need to be shown on the map as well.

1. Identify the walls and doors of the adult family home in a map
2. Each posted map should have a label that says “You are Here”. This is where the person is when they are looking at the map.
3. There should be a compass illustrated as well. The resident or staff member is going to need the direction to evacuate the facility.
4. The fourth element is the exit points. You are going to need to highlight the exit doors which need to be clear and accessible at all times.
5. The Marshall are is where everyone is supposed to meet when they have evacuated the building and should be a safe distance from the building.
6. All fire extinguishers should be labeled and easily accesible
7. First aid kits should be marked on the map and the staff should be aware of where to find these items
8. All stairways should also be labeled clearly and easily accessible to residents, employees, and visitors.

The most important step is to keep it simple. When actual evacuations need to occur, often times no one is going to be thinking calm manner. The easier a map or plan is to follow, the less chances there are for mistakes to be made.

The whole purpose of this emergency evacuation plan is to save the lives of the people who are living in the adult family home.



# Beware Of Bogus Debt Collectors

You know you don't owe anyone any money or, if you do, that you're up-to-date with your payments, so you're surprised when you get a threatening call that more or less tells you to "Pay up, or else..."

Sometimes, maybe, you have fallen behind but the tone of the caller's voice puts you in fear.

You could be talking to a fake debt collector -- crooks who are either after your money or personal information that they'll then use for identity theft. Victims, especially elderly, have been known to pay up or hand over the info even when they don't owe a cent because they're either confused or terrified.

If you get a call like this, here's what to do:

- Stay calm and ask for the caller's name and contact details, including address.
- Ask for a "validation notice" and refuse to discuss the issue - it's your legal right.
- Don't give any personal details, including account and Social Security numbers.
- Write and tell them to stop calling. Again, it's your right.
- If you suspect a fake, contact your creditor and check with them.
- Report threatening calls to the police and state Attorney General's office.

## Wandering & Elopement: Take Preventative Measures

Wandering by a resident with dementia can result in elopement from your facility. If the resident is not found quickly, injury or possibly death can occur.

As with any general safety issue the problem needs to be clearly identified. In this case, it is wandering and elopement. Executive management must first acknowledge the exposure for it to have credence with lower management, direct care workers, volunteers, independently contracted providers of service, the residents and their families. It is best accomplished through a written statement, employee handbook, standard operating procedures, job descriptions and contractual agreements. Any recognition and prevention efforts must first be embraced at the top, for them to be observed through the operation.

**The following can be used as procedures to help minimize the possibility of a resident eloping and aid in the actions taken after a resident elopes.**

- 1) Staff should be aware that the first week upon admission of any resident is critical for observing the resident's adjustment and propensity for elopement.
- 2) If a resident is known to wander and has a history of elopement, staff must daily write what the resident is wearing (ex: blue plaid shirt, navy pants, red suspenders, white tennis shoes).
- 3) Take a picture of every resident on admission. One should be a close up of the face and one full body picture showing height, stance and distinguishing characteristics (ex: widow's hump, bow legs, any durable medical equipment used such as walker or cane etc.).
- 4) If a facility admits residents who wander, the building must have alarmed doors or secured locked doors.
- 5) Notify local police and neighbors when a resident who wanders is admitted to the facility so they can be alerted if the resident does elope from the facility. If a resident leaves/wanders from the facility and will not come back with the police, obtain a copy of the police report and any forms the resident signed for the police.
- 6) If it is the policy for your facility to have a resident use "time out" after an altercation, and this resident may wander, the resident must have "time out" in the residence or if does go outside must be observed by a staff member until safely back inside the facility.

## 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:

Rae Spah  
Sunshine Adult Care Co  
Shining Moon  
ViewHaven Enterprise  
Melody Manor  
St. Anthony's Home for Seniors  
The Sound of Living  
Sharon Davis

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

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

Thieves use hidden miniature cameras to record your PIN number when you use an ATM, then steal your card by trapping it in the machine or pickpocketing. Shield the keypad with your hand or wallet when you enter your PIN.



Dehumidifiers are a great way of inexpensively taking some of the extra heat out of summer days. Selecting one with an Energy Star label will save you up to \$20 a year compared with older or non-rated devices.



Ever visited the doctor's office and kicked yourself after you left because you forgot to mention something really important? Take a few minutes before your visit to jot down a note of the things you want to discuss, check it in the waiting room and again when you're with the doctor.



May is National Electrical Safety Month. Organized by the Electrical Safety Foundation International, it aims to highlight dangers in the home and ways to protect yourself. Why not use this as an opportunity to check out the risks in your home? Visit [esfi.org](http://esfi.org).



Own an HTC smartphone? You could be affected by a settlement reached with the company by the Federal Trade Commission. HTC has agreed to provide security patches to its phones after the Commission claimed they were vulnerable to hackers. Contact your service provider for more details.



Learn health tips and definitions while you play an intriguing new iPad game launched by the Centers for Disease Control (CDC). *Solve The Outbreak* has been developed to increase public awareness of illness outbreaks, with mock scenarios like "Birthday Party Gone Bad". Get it at the iTunes store.



If you call in a professional to prune or remove a tree, make sure they have property damage insurance. Ask to see their certificate.



75,000 people are injured every year in lawn mowing accidents -- 10,000 of them children.

With older models, if your mower clogs, unplug the spark plug wire to prevent the motor restarting when you turn the blade.

**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.



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“I feel like I really am in the best  
company ever!” Georgia Unger

*IT'S A FACT:* The total value of currency in circulation in the US is \$1.16 trillion, of  
which \$1.12 trillion are notes and the remainder coins.



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