



making elder care better every day

Planning for Better Care Here's How!

For Persons in Nursing Facilities

How you can use your Care Plan to get Better Care

Your Care Plan

Under federal law, every person living in a nursing home is to receive enough care to achieve or maintain their highest practical level of physical, mental, and social functioning. These needs specific to your well-being should be in your written care plan.

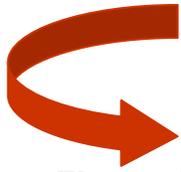
- ⇒ Each person in a nursing home must have a Care Plan.
- ⇒ Your Care Plan is specific written guidance for your daily healthcare, diet, medications, pain, therapies, and assistance you need.
- ⇒ Your Care Plan is specific guidance to nurses, aides and staff about your goals, foods you like, when you wake and retire, how/when you bathe, activities you enjoy, and all things that occur daily or often.
- ⇒ Before your Care Plan is completed, you and a nurse will assess your physical, mental, and social levels of functioning. Assessment results are recorded for the Care Plan, used to determine, for example, the treatment to maintain balance or control of bowel and bladder, and detail the help from staff you need each day.

Action Plan for Care

- ⇒ A Care Plan meeting is usually held every 90 days, at least once a year, and anytime you have a significant change in your health, abilities or care needs.
- ⇒ Your active participation is important and insures your Care Plan includes your preferences for the help you need and how staff will aid you. If you find it tiring, ask to continue later.
- ⇒ The facility is required to accommodate disability or loss of hearing or sight to enable your participation.
- ⇒ Facility staff, including a nurse, will participate. You can ask that your nurse aide be present. S/he has valuable insight about your needs and s/he will hear recommendations made by you and others.
- ⇒ At the Care Plan meeting state your wishes, concerns and goals, and ask questions regarding your care and personal choices for daily routine.
- ⇒ Ask to review your Care Plan after the nurse writes it up. If something is missing, ask the nurse to add it.

Tips for You...

- ⇒ The nursing home schedules the Care Plan meeting and must give you and those you want to attend the date ahead of time. You may ask for a time that is convenient for you and those you want to participate.
- ⇒ If you want out-of-town family or friends to participate in person or via phone or internet video, make arrangements before the meeting.
- ⇒ You are not required to attend. If you don't attend, tell and write out what you want, your concerns and questions for the nurse who prepares your Care Plan.
- ⇒ If it is not written in your Care Plan, the staff do not know what you need or prefer.
- ⇒ You can ask for changes to your Care Plan at any time. You don't have to wait for the next Care Plan review which happens at least every 90 days.



Where to turn for problems...

⇒ **First**, talk with your social worker, caregiver or the staff person involved, then the nurse or director of nursing, your doctor or the medical director, and/or administrator.

Contact the following for more help:

- ⇒ **Kansas Advocates for Better Care (KABC)** - non-profit advocacy organization, provides help for how you can address a problem & referrals for resources who can help: **1-800-525-1782** info@kabc.org
- ⇒ **Long-Term Care Ombudsman** - advocate for every person living in an adult care home: **1-877-662-8362** ltco@da.ks.gov
- ⇒ **Adult Protective Services** - assists adults living at home or with non-staff related problems for persons living in a facility: **1-800-922-5330, 24 hours a day**
- ⇒ **Local Police or Sheriff** - if you are threatened, harmed, or have property stolen: Call 911 or see phone book for local number - 24 hours a day
- ⇒ **Kansas Dept. for Aging & Disability Services** - oversight for Kansas nursing facilities: **1-800-842-0078**
- ⇒ If you receive Medicaid, call your managed care company, see your KanCare card for contact, then **KanCare Ombudsman: 1-855-643-8180** or KanCare.Ombudsman@kdads.ks.gov
- ⇒ **Disability Rights Center of Kansas** - legal or advocacy assistance for persons with disabilities: **1-877-776-1541** or **1-877-335-3725 TDD/hearing impaired**
- ⇒ **Elder Law Hotline** - volunteer lawyers who answer legal questions
1-888-353-5337

For print copies of the brochure ***Planning for Better Care*** contact:

Kansas Advocates for Better Care

913 Tennessee, Suite 2, Lawrence Kansas 66044

1-800-525-1782 or In Lawrence: **785-842-3088** info@kabc.org

Also available online: www.kabc.org

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