

HCBS Final Rule Evidentiary Package

Cedar Courts (Adams Health Care Center)



Setting information

Setting name: Adams Health Care Center	ID # 30231
Street address: 810 West Main Street Adams, MN 55909	Phone: 507-582-3263
Setting website, if applicable: Adams Health Care Center (http://adamshcc.com)	Date of site visit: 8/28/2018

Waiver service type

Waiver service	Service type:
<input type="checkbox"/> Alternative Care (AC) <input checked="" type="checkbox"/> Elderly Waiver (EW) <input type="checkbox"/> Brain Injury (BI) <input type="checkbox"/> Community Access for Disability Inclusion (CADI) <input type="checkbox"/> Community Alternative Care (CAC) <input type="checkbox"/> Developmental Disabilities (DD)	Customized Living

Reason for heightened scrutiny

Prong type	Category	Type of setting
Prong 1 Located in a Public or Private Institution	Name of Institution	Name of Institution Adams Health Care Center

Note: The term people/person (resident for residential settings) refers to people receiving Medicaid HCBS waiver service

General summary

<p>Cedar Courts is a customized living setting in Adams, Minn. It is located in the Adams Health Care Campus, which is a continuum of care campus. They offer customized living, skilled nursing, rehabilitation and hospice care services. The campus is owned by the city of Adams. There are 37 units designated for customized living, and at the time of the visit, 7 people were utilizing an Elderly Waiver to pay for services.</p> <p>Adams is a rural town in Southeastern Minnesota in Mower county. As of the 2010 census, the population was 787 people.</p>

Customized living provider standards/qualifications

Licensure requirements and other state regulations for customized living services clearly distinguish these services/settings from institutional licensure or regulations.

Customized living services are provided in housing with services establishments with the service provider directly licensed as a comprehensive home care provider by the Minnesota Department of Health. Customized Living services provide an individualized package of regularly scheduled health-related and supportive services provided to a person who resides in a qualified, registered housing with services establishment.

Customized living service definitions that support the setting requirements

Customized living (CL) and 24-hour CL services include component services designed to meet the person's assessed needs and goals. Individualized CL services may include supervision, home care aide tasks (e.g., assistance with activities of daily living), home health aide task (e.g., delegated nursing tasks), home management tasks, meal preparation and service, socialization, assisting enrollees with arranging meetings and appointments, assisting with money management, assisting participants with scheduling medical and social services, and arranging for or providing transportation. If socialization is provided, it must be part of the service plan, related to established goals and outcomes and not diversional or recreational in nature.

For more details about the component services, including what is covered and distinctions between each see [Customized Living Component Service Definitions, DHS-6790H \(PDF\)](#).

(<https://edocs.dhs.state.mn.us/lfserver/Public/DHS-6790H-ENG>)

Minnesota's Community Based Services Manual (CBSM) provides the following requirements for customized living services:

[CBSM page on Customized Living](#)

(http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=id_001787#)

Prong 1 and Prong 2 settings

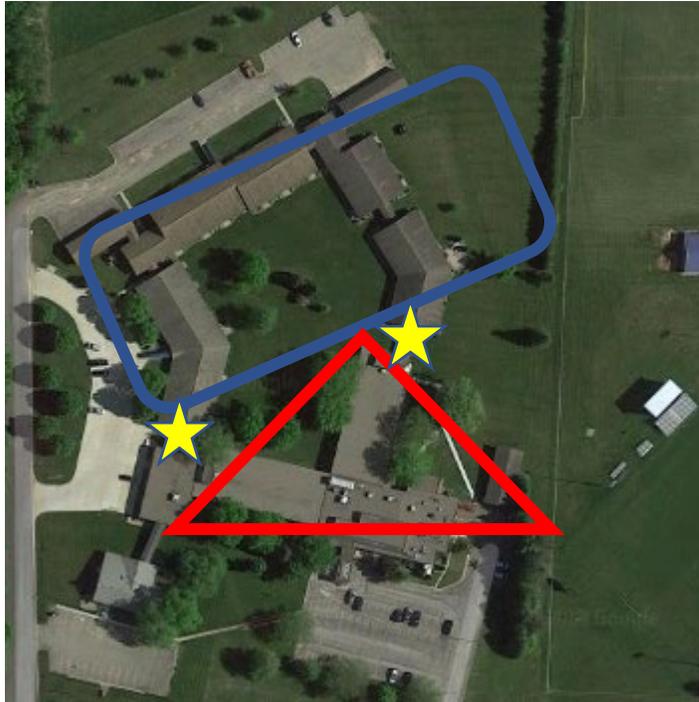
Meaningful distinction between the facility and HCBS setting

States must submit strong evidence that the setting presumed institutional has the characteristics of a HCBS setting and not an institutional setting.	
Determination	Summary
<input checked="" type="checkbox"/> Met <input type="checkbox"/> Unmet <input type="checkbox"/> Not applicable	<p>Interconnectedness between the facility and the setting in question, including administrative or financial interconnectedness, does not exist or is minimal.</p> <p>The campus is owned and operated by the city of Adams. The campus has one administrator that oversees the nursing facility and the customized living setting. However, the customized living setting has its own housing director and nursing staff.</p>
<input checked="" type="checkbox"/> Met <input type="checkbox"/> Unmet <input type="checkbox"/> Not applicable	<p>To the extent any facility staff are assigned occasionally or on a limited basis to support or back up the HCBS staff, the facility staff are cross-trained to meet the same qualifications as the HCBS staff; (staff training materials that speak of the need to support individuals’ chosen activities), (person centered planning) (the staff is trained specifically for home and community-based support in a manner consistent with the HCB settings regulations.)</p> <p>The staff in the nursing facility do not work in the customized living setting, as verified with the administrator and a staff person interviewed. If nursing facility staff person wanted to be scheduled to work at the customized living setting they are cross-trained to meet the same qualifications as the HCBS staff.</p>
<input checked="" type="checkbox"/> Met <input type="checkbox"/> Unmet <input type="checkbox"/> Not applicable	<p>Participants in the setting in question do not have to rely primarily on transportation or other services provided by the facility setting, to the exclusion of other options; (Describe the proximity to avenues of available public transportation or an explanation of how transportation is provided where public transportation is limited.)</p> <p>The city of Adams does not have any public transit options. Some people living at this setting are still driving their own vehicles. The setting gets volunteers to take people into the community by posting these volunteer opportunities in local businesses, city hall and by directly contacting the local churches Mower County Senior Center also has volunteer drivers. There is a service called AMV to get people to medical appointments. People also get into the community through rides from friends and family. Cedar Court assists people with setting up rides and by giving the numbers of transportation providers.</p>

- Met
- Unmet
- Not applicable

The setting provides HCBS services in a space that is distinct from the space that institutional services are provided.

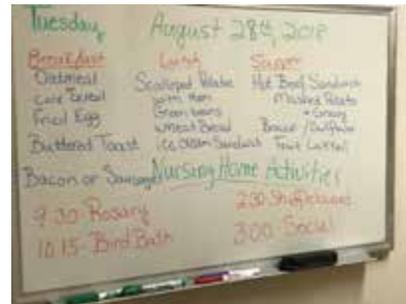
The customized living services are provided in an apartment building which is separated from the nursing facility via closed doors on each side of the row of the units. See photo below. The blue rectangle is the customized living building. The red triangle is the nursing facility and the yellow stars show the locations where they are connected. The photo below shows one of the doors separating the two different settings.



Community engagement opportunities and experiences

People living at Cedar Court are engaged and active in the community. Examples of some community activities people engage in include attending or enjoying:

- School concerts
- Local sporting events
- Plays
- American Legion events
- Lions Clubs events
- Church services and events
- Eating out at restaurants
- Holiday celebrations in the community such as Memorial Day ceremonies and 4th of July parades and the county fair
- Local events such as Adams Dairy Days and Austin Independence Day celebrations.
- City Council meetings
- Weekly card parties at local county club and city services building
- Casino trips
- Norwegian heritage museum and festival.



Interest in activities is assessed at the time people move in, annual assessments, and regular RN supervisory visits. Feedback is also received from people about what activities they liked through their informal weekly meetings on Sunday evenings. Staff are trained to report back any feedback they received to management. People and their families are informed of activities through a calendar they get in their mailbox, and are also listed both in their daily and weekly newsletters. Notices and posters around the building have local activities listed. In addition there are white boards informing people about the activities for the day. The setting has a Facebook site that people can use to look for activities as well.

There are onsite activities such as bingo, holiday events, music, and crafts. Some people also like to garden.

Family and friends often come to take people to local restaurants, family events, church and medical appointments and just to visit.

HCBS characteristics

This section is a summary of the individual HCBS characteristics required in the HCBS rule. The findings for each characteristic are identified through the setting attestation documentation, on-site observation or both.	
HCBS Rule requirement	Compliance status
<p>Each person at the setting has a written lease or residency agreement in place providing protections to address eviction processes and appeals.</p> <p><input checked="" type="checkbox"/> Compliant documentation submitted with attestation</p> <p><input checked="" type="checkbox"/> Observation made during on-site visit</p> <p>The setting provided a HCBS compliant lease agreement as documentation through the provider attestation process. People interviewed said they had a lease for their apartments.</p>	Compliant
<p>Each person at the setting has privacy in his/her sleeping or living unit including a lockable door.</p> <p><input checked="" type="checkbox"/> Compliant documentation submitted with attestation</p> <p><input checked="" type="checkbox"/> Observation made during on-site visit</p> <p>Locks were observed on all of the doors at Cedar Courts and people interviewed said they had a key for their door.</p>	Compliant
<p>The setting facilitates that a person, <i>who shares a bedroom</i>, is with a roommate of their choice.</p> <p><input checked="" type="checkbox"/> Compliant documentation submitted with attestation</p> <p><input type="checkbox"/> Observation made during on-site visit</p> <p>Not applicable. No shared bedrooms in this settings.</p>	Compliant

<p>The setting provides people with the freedom to furnish and decorate their bedroom and living unit within the lease or residency agreement.</p> <p><input checked="" type="checkbox"/> Compliant documentation submitted with attestation</p> <p><input checked="" type="checkbox"/> Observation made during on-site visit</p>  <p>Each person's unit was decorated with personal items. In addition, the outside of their doors were also customized to their interests, as shown in this picture. When asked if they could decorate as they choose, one person answered, "Yes, I mean look at my fish" and pointed to an aquarium in their unit.</p>	<p>Compliant</p>
<p>The setting provides people the freedom and support to control their daily schedules including access to food at any time.</p> <p><input checked="" type="checkbox"/> Compliant documentation submitted with attestation</p> <p><input checked="" type="checkbox"/> Observation made during on-site visit</p>  <p>People interviewed stated that that they feel that they control their own schedule. In fact when one woman answered "Oh heavens yes!" when asked if she feels she can set her own schedule. The setting has microwaves and refrigerators in each room for food storage. If someone knows they are going to miss a meal, the setting will save it for them to reheat later. They will leave it in the person's apartment</p>	<p>Compliant</p>

<p>refridgerator. In addition they stock soup and other quick items to prepare in a pantry where staff can access it. See photos of apartment kitchen area and common area dining room.</p>	
<p>The setting allows people to have visitors at any time.</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Compliant documentation submitted with attestation <input checked="" type="checkbox"/> Observation made during on-site visit <p>When people were interviewed, they indicated that they knew that they could have visitors at any time. The setting has a guest room that can be accessed for visitors, and one of the dining areas can be reserved for family events.</p>	<p>Compliant</p>
<p>The setting provides opportunities for people to seek employment and work in competitive integrated settings.</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Compliant documentation submitted with attestation <input checked="" type="checkbox"/> Observation made during on-site visit <p>Staff indicated that there aren't any people who live at Cedar Court who are still employed or that volunteer. However, they said that if a person did want to work, they would make accommodations to their services to support the person's right to work or volunteer. People interviewed said they didn't want to work.</p>	<p>Compliant</p>
<p>The setting is physically accessible to the individual.</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Compliant documentation submitted with attestation <input checked="" type="checkbox"/> Observation made during on-site visit <p>This setting is physically accessible to people. No barriers were observed. Bathrooms were accessible with grab bars and railings. People interviewed said they felt they could get around their apartments and the buildings without any issues.</p>	<p>Compliant</p>



<p>The setting provides people opportunities to access and engage in community life.</p> <p><input checked="" type="checkbox"/> Compliant documentation submitted with attestation</p> <p><input checked="" type="checkbox"/> Observation made during on-site visit</p> <p>See Community Engagement section. OT/PT and Podiatry are offered onsite but people are told they have a choice of providers at move in and also as referrals care necessary. Staff will help set up transportation to these as appointments as needed.</p>	<p>Not compliant</p>
<p>The setting supports the person’s control of personal resources.</p> <p><input checked="" type="checkbox"/> Compliant documentation submitted with attestation</p> <p><input type="checkbox"/> Observation made during on-site visit</p> <p>Not applicable. This setting does not provide money management.</p>	<p>Compliant</p>
<p>The setting ensures people’s right to privacy.</p> <p><input checked="" type="checkbox"/> Compliant documentation submitted with attestation</p> <p><input checked="" type="checkbox"/> Observation made during on-site visit</p> <p>Staff were observed to knock before entering an apartment. When asked if staff respect their privacy, one person responded with “Very much so!”</p>	<p>Compliant</p>
<p>The setting ensures people’s dignity and respect.</p> <p><input checked="" type="checkbox"/> Compliant documentation submitted with attestation</p> <p><input checked="" type="checkbox"/> Observation made during on-site visit</p> <p>They submitted the Minnesota Home Care Bill of Rights. They use this document to inform people and the staff of a person’s right in this area. One person interview said the staff listen to her and that “Any little things that would make life easier for me, they do!”. Also, the setting allows one person to display their collection of salt and pepper shakers in a common area because the person is proud of them. See picture at right.</p>	<p>Compliant</p>



<p>One person said about living in this setting “How did I get so lucky?” Another said “One of the greatest decisions I ever made”.</p>	
<p>The setting ensures people’s freedom from coercion and restraint.</p> <p><input checked="" type="checkbox"/> Compliant documentation submitted with attestation</p> <p><input type="checkbox"/> Observation made during on-site visit</p> <p>The setting submitted the Minnesota Home Care Bill of Rights. They use this document to inform people and the staff of a person’s right in this area. They also inform people and train staff on the Vulnerable Adults Act.</p>	<p>Compliant</p>
<p>The setting optimizes individual initiative, autonomy, and independence in making life choices, including daily schedule and with whom to interact.</p> <p><input checked="" type="checkbox"/> Compliant documentation submitted with attestation</p> <p><input checked="" type="checkbox"/> Observation made during on-site visit</p> <p>When interviewed, people interviewed said they feel they can control their own schedule. They said they don’t feel like they have to follow a schedule of any kind. They said they can get up when they choose and take naps or do other activities as they choose.</p>	<p>Compliant</p>

Pictures of the HCBS setting

The setting has places for people to sit and visit with others or have a quiet moment.

Gathering rooms



Courtyard area