

INSPECTIONS & APPEALS

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RODNEY A. ROBERTS, DIRECTOR

December 13, 2011

Ms. Melanie Vande Hoef, Manager
Aspen Heights Assisted Living
1410 Aspen Street
Hull, IA 51239

RE: Final Initial Certification Monitoring Evaluation Report - Aspen Heights Assisted Living, Hull, IA

Dear Ms. Vande Hoef:

Enclosed is the **Final Initial Certification Monitoring Evaluation Report** completed by the Department of Inspections and Appeals (DIA) in accordance with Iowa Code chapter 231C and Iowa Administrative Code (IAC) chapters 481—67 and 481—69. **No Regulatory Insufficiencies were found during this evaluation.**

The on-site evaluation demonstrates regulatory compliance by the Program, and the Program's certification will continue for a period of two years, without interruption, from the original date of certification.

Enclosed you will find the Assisted Living Program Certificate **S0320** with effective dates of **July 29, 2011** through **July 28, 2013**. This certificate is to be posted in the building for public viewing.

If you have any questions regarding this certification, please contact me at 515/281-4116.

Sincerely,

Jim Berkley

Jim Berkley
Program Coordinator
Adult Services Bureau

Enclosure

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IOWA DEPARTMENT OF INSPECTIONS AND APPEALS
Assisted Living Program
Final Initial Certification Monitoring Evaluation Report

Assisted Living Program:

Melanie Vande Hoef, Nurse Manager
Aspen Heights Assisted Living
1410 Aspen Street
Hull, IA 51239

Date of Monitoring Visit:

December 5 & 6, 2011

Monitor(s):

Stephanie Cummins, MA
Margaret Kaltefleiter, RN MS

Definitions: *The following definitions are relevant:*

Assisted Living Program – A program certified under 481 IAC 69 that provides housing with contracted services to three or more tenants in a physical structure that provides a homelike environment. Services may include but are not limited to health-related care, personal care, and assistance with instrumental activities of daily living. A General Population Program is an Assisted Living Program that is not dementia-specific but may have tenants with cognitive disorder.

Dementia-Specific Assisted Living Program - An assisted living program certified under 481 IAC 69 that serves fewer than fifty-five (55) tenants and has five (5) or more tenants who have dementia between Stages 4 and 7 on the Global Deterioration Scale (GDS), or serves 55 or more tenants and 10 percent or more of the tenants have dementia between Stages 4 and 7 on the GDS, or holds itself out as providing specialized care for persons with dementia, such as Alzheimer's disease, in a dedicated setting.

Regulatory Insufficiency - A violation of a statutory or rule provision within the Code of Iowa (2011) or the Iowa Administrative Code (IAC) governing assisted living programs. A regulatory insufficiency requires a plan of correction to be presented to and approved by the Department of Inspections and Appeals (DIA).

Plan of Correction - A written response to one or more regulatory insufficiencies that are statutory or rule violations. The plan should identify how and by what date each regulatory insufficiency will be corrected, and what measures will be taken to ensure the problem does not recur. The plan is due to DIA within ten (10) working days of the program's receipt of a Complaint/Incident Investigation Report. Depending on the circumstances, DIA may revisit the assisted living program to confirm progress in fulfilling a plan's corrective measures.

Overview: *In preparing this report, the following information was considered:*

Current Program Census

Assisted Living Programs are defined by the type of population served. The census numbers were provided by the Program at the time of the on-site.

General Population Program	
Number of tenants without cognitive disorder:	<u>7</u>
Number of tenants with cognitive disorder:	<u>1</u>
Total Population of Program at time of on-site	<u>8</u>
TOTAL census of Assisted Living Program	<u>8</u>

Tenant/Family Satisfaction Results – A community meeting with six tenants was held. The tenants stated the best thing about living there was the companionship of others, the care received, not needing to cook or go to the grocery store and having three meals per day provided for them. Housekeeping services were described as excellent and the building and grounds were very clean. The tenants stated they liked the fact that they could do their own laundry. Tenants stated nursing services were available and on the weekends the Nurse Manager would respond and come to the Program if needed. When help was needed, tenants would push their pendant and staff responded very quickly. They received all the services they expected at the time they moved in. Care was described as very loving and outstanding; staff was respectful and very caring. Tenants also stated the cooperation between staff members was very apparent, which they appreciated. Tenants stated staff had gone out of their way to help them. The food was described as very good with more than enough food being served. The hot foods were served hot on plates that had been warmed. If the food was not hot enough, all one had to do was ask for it to be reheated. Tenants liked the open breakfast schedule. Tenants stated there were plenty of activities and they especially liked playing Scrabble, UNO and Bingo. It was suggested that it would be nice if transportation was offered for offsite events such as theatre performances. Suggestions from the tenants included wanting an exercise room or exercise equipment, a small cart to transport items from the garage to their apartments and to have the sink stoppers addressed in an alternate way instead of using rubber stoppers. Tenants stated they felt very safe living at the Program, made their own decisions, were generally satisfied and had recommended the Program to others.

Program History – The program did not receive any regulatory insufficiencies during this certification period.

On-Site Monitoring Evaluation – The monitor(s) made observations detailed in the following areas. **There were no regulatory insufficiencies found during this onsite initial certification monitoring evaluation.**