

Nursing Home Care Plans

Nursing home residents and their advocates must have a strong voice in the Care Plan process to achieve quality care and the best attainable quality of life for residents.

Care Plan

- **First step – Comprehensive Assessment:** reviews following areas by observing/speaking with residents & direct care staff on all shifts.
- **Must be “person-centered”**, reflecting resident’s goals, strengths, life history, and preferences.
- **Addresses resident’s** physical/mental status, measurable objectives, timeframes, potential for discharge.
- **Includes participation**, to extent practicable, of resident and resident’s representative.

Timing

- **Baseline Care Plan** --- within 48 hours of admission; summary given to resident & representative.
- **Comprehensive Assessment** --- initial within 14 days of admission; annual at least every 12 months, or within 14 days of a major change in resident’s physical/mental status (decline or improvement).
- **Comprehensive Care Plan** --- within 7 days of any Comprehensive Assessment.
- **Quarterly Review Assessments and Care Plans** --- once every 3 months.
- **Care Plan Meetings** --- every 3 months, or when there is a major change in resident’s condition.

❖ **Important: Even with planned reviews, you can request Care Plan changes anytime, as soon as possible!**

Tips - Care Plan Meetings

Annual and Quarterly Care Plan Meetings typically run 15-minutes, but much can be accomplished with staff in attendance, such as nurse, social worker, certified nursing assistant, dietician, etc.

- ✓ **Be prepared.** Write down your concerns, questions, and suggestions beforehand.
- ✓ **If you are representing the resident,** talk to him/her about changes they want.
- ✓ **Ask for scheduling changes if needed** --- you can also phone into the meeting.
- ✓ **Seek advice from the Long-Term Care Ombudsman** --- you can also invite the Ombudsman to attend the meeting to support you.
- ✓ **Include as many care and daily living issues as possible in Care Plans.**
The MA Department of Public Health checks a sampling of Care Plans annually, so nursing homes are more likely to follow-through with Care Plan issues.
- ✓ **Write down steps staff will take and ask specifically when changes will be implemented. Then follow-up with staff!**

Source: Title 42 of the Code of Federal Regulations: 483.10, 483.20, 483.21