

SUBJECT: New CDPHE Assisted Living Regulations

From: Deputy Chief/Fire Marshal Bruce Kral, Chairman, Fire Marshal's Association of Colorado

The new Assisted Living Regulations took effect as of June 14, 2018 as signed by the Secretary of State (attached). The new requirements are for lift assistance, first aid, CPR, nightly resident checks, and the items listed below. Keep in mind these requirements are new and a significant change from what the facilities are used to. So, the State will be taking **an educational approach** towards enforcement for the next 12 months or so.

When we're in these facilities we need to take the same educational stance as responders and help facilities understand the need for and resident benefits of these regulations. At this early point, please don't make reporting to the State seem like a threat to the facility. But, if we don't start reporting failures of assisted living staff to provide lift assistance, CPR, etc., the State will assume everything is going well.

Let's help them start building data. Whether you report online, by email, or by phone make your comments objective, credible and professional even if you are frustrated. Let me know if you have any issues with reporting or if you have any questions.

Here is the link for reporting to the State:

<https://www.colorado.gov/pacific/cdphe/health-facilities-complaint-and-occurrence-contacts>

- Staff training including fire response, basic first aid, fall prevention, signs of heightened resident fall potential, immediate retrieval of advanced directives, and how to safely provide lift assistance.
- A required safety check of residents every night between 10PM and 6AM
- At least one staff member on site at all times that is certified in first aid
- At least one staff member on site at all times that is certified in CPR
- A list of all certified staff shall be placed in a visible location
- CPR and first aid must be promptly provided – This means prior to the arrival of the fire department or EMS

- All staff members must comply with the instructions of a dispatcher even if not certified in CPR or first aid
- Policies and procedures must include Emergency Preparedness, Fall Management, Lift Assistance, First Aid, and CPR
- The assisted living residence shall develop written procedures that ensure the continuation of necessary care to all residents for at least 72 hours immediately following any emergency
- Ensure the availability of emergency power
- The facility must have written relocation agreements with other health facilities in case evacuation is necessary
- Move-in restrictions for people with restricted mobility based on a comprehensive resident assessment
- The facility must have a Fall Management Plan including fall prevention training for staff, individualized care plans addressing resident fall risk
- Staff are directed to assist residents who have fallen or need help getting up. Staff must be trained in this assessment
- Staff must provide lift assistance when determined appropriate “instead of relying on emergency medical responders”
- Staff lift assistance incidents must be documented and family practitioner notified and note actions taken to prevent reoccurrence
- Resident engagement activities must include physical activities that promote fall prevention by increasing strength and coordination
- The building must be compliant with local fire and building codes as well as the State standards (NFPA)