

Program Abuse Prevention Plan

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| Program: | Pine River Group Home – Northland Meadows |
| Address: | 7553 County Rd #1 SW Pequot Lakes, MN 56472 |
| Date plan developed: | 12/17/13; Rev. 10/25/14 updated 4/21/15; 9/22/15; 3/11/16, 10/16/2017, 8/28/18, 11/28/18, 2/21/19, 12/1/19, 12/1/2020, 12/1/2021, 10/1/2022 |

EACH PROGRAM MUST ENSURE THAT:

- A. People receiving services are provided with an orientation to the program abuse prevention plan. This orientation must be within 24 hours of admission or within 72 hours for individuals who would benefit from a later orientation.
- B. The license holder’s governing body or the governing body’s delegated representative shall review the plan at least annually using the assessment factors in the plan and any substantiated maltreatment findings that occurred since the last review period. The governing body or the governing body’s delegated representative shall revise the plan, if necessary, to reflect the review results.
- C. A copy of the program abuse prevention plan must be posted in a prominent place in the facility and be available, upon request, to mandated reporters, people receiving services, and legal representatives. Previous PAPPs are stored at the main office.
- D. If the assessment indicates that the vulnerable adult does not need specific risk reduction measures in addition to those identified in the program abuse prevention plan, the individual abuse prevention plan must document this determination.
- E. In addition to the program abuse prevention plan, an individual abuse prevention plan must be developed for each new person receiving services. A review of the individual abuse prevention plan must be done as part of the review of the program plan. The persons receiving services must participate in the development of the individual abuse prevention plan to the best of their abilities. All abuse prevention plans must be reviewed at least annually by the interdisciplinary team.

POPULATION ASSESSMENT:

1. **Age range of persons the program plans to serve:**
This program service adults (ages 18 and up) in our adult foster care community residential settings. We have served minors with a variance.

 The ages of the people in this home are 44-81.
2. **What specific measures has the program taken to minimize the risk of abuse to people as related to the age of people receiving services?**
PRGH Inc. provides each individual with their own bedroom. Staff are trained on the self-management assessments, SUPPORT PLAN , SUPPORT PLAN Addendum and IAPP of each person and the PAPP for the home. Staff has been trained on the Vulnerable Adult Act and Maltreatment of Minors Act and will take

steps to prevent abuse, take corrective action and immediately report maltreatment according to PRGH, Inc. policies.

There are inclines built over thresholds of all entrances for ease in wheelchair access into and out of the home. There are track lift systems in all of the bedrooms, both bathrooms, and the living room. All rooms have strobe/audio fire alarms and there are carbon monoxide detectors outside each bedroom in accordance with regulations. The van is wheelchair accessible with a lift system (automatic with physical back-up) and has tie downs. Staff are trained in the use of the lifts and van tie downs. Staff persons are on premises and awake at all times when individuals receiving services are present

3. Gender of persons the program plans to serve:

PRGH Inc. PRGH Inc. serves person of male or female gender.

Two men and one woman live in this home.

4. What specific measures has the program taken to minimize the risk of abuse to people as related to the gender of people receiving services?

PRGH Inc. provides each individual with their own bedroom that has locking doors. There are two bathrooms with lockable doors. Staff knock before entering or opening closed doors. Staff are trained on the self-management assessments, SUPPORT PLAN, SUPPORT PLAN Addendum and IAPP of each person and he PAPP for the home. Staff has been trained on the Vulnerable Adult Act and Maltreatment of Minors Act and will take steps to prevent abuse, take corrective action and immediately report maltreatment according to PRGH, Inc. policies.

Staff close bathroom and bedroom doors when assisting individuals with personal care and dressing. Staff knock before opening closed doors or bedrooms and bathrooms. All personal cares are done with privacy in mind; doors are closed, and all staff are aware of the need to knock before entering. In this home, each person has their own lockable bedroom for privacy. People are only able to go into someone else's room with permission from the person whose room it is. Privacy is also assured when using the bathrooms by closing the doors and when talking about concerns with a person in a private area.

5. Describe the range of mental functioning of persons the program plans to serve:

PRGH Inc. supports individuals with a diverse range of mental functioning levels including low mental functioning with severe developmental disabilities to high levels of mental functioning with mild D.

In this home, we support one verbal adult with low average/mild developmental disability and two individuals diagnosed as moderate-severe/profound DD and who are non-verbal.

6. What specific measure has the program take to minimize the risk of abuse to people as related to the mental functioning of people receiving services?

PRGH Inc. staff are present at all times when the persons served are present unless stated in their SUPPORT PLAN Addendum. Staff are trained in the self-management assessment of each individual and know their strengths and limitation due to mental functioning. There is awake overnight staff to assist as needed during the night. Staff are trained on the self-management assessments, Support Plan, Support Plan Addendum and IAPP of each person and the PAPP for the home. Staff has been trained on the Vulnerable Adult Act and Maltreatment of Minors Act and will take steps to prevent abuse, take corrective action and immediately report maltreatment according to PRGH, Inc. policies.

In this home, staff will provide care and safety in terms of the home care and maintenance, hygiene, meals, social activities, reminders, and training. Staff will provide care and support for all services including but not limited to ADLs and IADLs. Staff are awake at all times. One-Two staff are available most times when the persons being served are awake. The home has video surveillance cameras in common areas of the home to record images for future identification of individuals and to assess circumstances in the event of legal, criminal, or policy violations, incidents, or emergencies. Staff has been trained on the Vulnerable Adult Act and Maltreatment of Minors Act, and the PAPP; staff will take steps to prevent abuse, take corrective action and immediately report maltreatment according to PRGH Inc. policies.

7. Describe the range of physical and emotional health of persons the program plans to serve:

PRGH Inc. serves persons with a wide range of physical and mental health needs and diagnosis. Some homes are handicap accessible.

This home supports persons with developmental disabilities. One person has congenital cerebral deficit and cerebral palsy. This individual has a history of exhibiting tooth grinding and has history of being uncooperative during dental exams. This person has asthma. This individual displays sensitivity to eggs. This person is nonverbal except for moaning or screeching sounds. This person a single person transfers with overhead lift. This person is able to move her wheelchair with her feet, although that ability is diminishing. This client is currently in the end-of-life stage and has some services provided by hospice. One person has spastic quadriplegia due to cerebral palsy, mixed seizures, visual handicap, and scoliosis. This individual uses a wheelchair (unable to propel independently) when not in bed, is non-weight bearing and has very limited range of motion. This person has hand and wrist contractures and has OT/PT program that staff assist with. This person is in exploratory stages of speech/communication therapy. This person is nonverbal. One person is mostly independent, but needs reminders for grooming, bathing, and other activities of daily living. This person needs help managing his finances and his impulse control. This person is lactose intolerant and requires Lactose Free options on the menu. This person likes to be included in group activities and is a social person. This person has a known history of physical, sexual, and financial abuse and is currently receiving therapy services to address this history.

8. What specific measure has the program take to minimize the risk of abuse to people as related to the physical and emotional health of people receiving services served?

PRGH Inc. staff are trained on the physical and emotional health of all persons upon hire. Staff are trained on the self-management assessments and IAPP of each individual. One to two staff is on duty during waking hours and awake staff during the night to assist with the care needed related to physical and emotional health of the persons receiving services. Additional staff is available on-call as needed to assist with behavioral or emotional health issues. Staff are trained in medication administration, first aid and CPR. Staff are trained on the self-management assessments, Support Plan, Support Plan Addendum and IAPP of each person and the PAPP for the home. Staff has been trained on the Vulnerable Adult Act and Maltreatment of Minors Act and will take steps to prevent abuse, take corrective action and immediately report maltreatment according to PRGH, Inc. policies. PRGH has an RN supervising health services who has knowledge of the physical and emotional health status and needs of people receiving services.

Staff are trained in positive supports including redirection techniques. Eggs are not served to the individual who is sensitive to them. Staff does not wear perfume due to individuals' sensitivity. Staff are trained on PRN medications to give for relief of a variety of symptoms. Some people have passive range of motion programs. Socialization programs are in place so that individuals are out in the community

and/or have guests into the home. The house is wheelchair accessible and has lifts in place for the individuals who need them. One exit has been equipped with an automatic door opener. Staff has been thoroughly trained in the use of the lift system. There is a RN available for consultation/resolution of health issues. Staff are trained in seizure care, lifting and transfer techniques, therapeutic intervention, and choking intervention. There is an AED on site.

Staff in this home are informed of psychiatric diagnoses and documentation of target symptoms, treatment and monitoring of people being served. The persons being served meet with the psychiatrist quarterly unless recommended more frequently. Staff are trained to administer medications. Awake staff are present at all times when people who receive services are at home to address physical or emotional concerns. Regular physical health monitoring and health needs met as per the Support Plan Addendum.

9. **Describe the range of adaptive/maladaptive behavior(s) of persons the program plans to serve:**
PRGH Inc. serves persons with a wide range of adaptive/maladaptive behaviors. All persons served participate in activities of daily living and instrumental activities of daily living according to their adaptive behavior skills which includes conceptual, social, and practical skills that all people learn in order to function in their daily lives. Staff are trained in therapeutic intervention and positive behavior supports. Staff is available to assist with maladaptive behaviors.

One person has days when they are alert and other days when they spend much of their time in bed resting. Staff is aware of this and adapt activity levels to what this person is capable of doing on any given day. Two individuals are non-verbal, and staff observe them for non-verbal cues that they may have pain, distress, or like/dislike something. Although some of the individuals living in the home are unable to independently respond to emergency situations, they are cooperative with staff when the need arises. The nonverbal people receiving services in this home respond to staff interaction with smiles and chuckles; it is obvious when they are enjoying themselves. One person is mostly independent. He will often choose not to wear his adaptive equipment such as glasses or hearing aids. If an emergency arises, he may need prompts to respond, as he may not hear an alarm.

The range of maladaptive behaviors in this home include: One individual has occasional behavior outbursts when anxious and has a history of exhibiting occasional SIB of biting hand when anxious or ill. One person has a history of elopement, property destruction, and theft. These behaviors have not been displayed since moving into this home.

The range of adaptive behaviors in this home include watching TV, listening to staff read or play audio books, listening to music, participating in outcomes/goals and social activities.

10. **What specific measures has the program taken to minimize the risk of abuse to people as related to the adaptive/maladaptive behavior(s) of the people receiving services served?**
PRGH Inc. staff are trained on the adaptive/maladaptive behaviors upon hire. Staff are trained on the self-management assessments and IAPP of each individual and the PAPP for the home. One-Three staff are on duty during waking hours and one awake or asleep staff during the night to assist with the care needed related to adaptive/maladaptive behaviors of the persons receiving services. Additional staff is available on-call as needed to assist with behavioral issues. Staff are trained in medication administration, first aid, and CPR and therapeutic intervention and positive behavior supports. Staff are trained on the self-management assessments, Support Plan, Support Plan Addendum and IAPP of each person. Staff has been trained on the Vulnerable Adult Act and Maltreatment of Minors Act and will take

steps to prevent abuse, take corrective action and immediately report maltreatment according to PRGH, Inc. policies.

One individual takes psychotropic medication and this individual attend quarterly psychiatric visits. Staff are trained in positive supports including de-escalation techniques as well as therapeutic intervention in case it would be needed. Verbal techniques are emphasized to redirect the individual and staff encourage this person being served to continue demonstrating positive behaviors. Staff are alert to individuals' moods and communication modes. They are able to ascertain possible issues and resolve them quickly. Awake staff are present at all times when people who receive services are at home.

11. Describe the need for specialized programs of care for persons the program plans to serve:

PRGH Inc. serves persons with a variety of specialized care programs including but not limited to the following: specialized diets for sodium or calorie restrictions; diabetic diets and diabetic care; specialized skin care regimens; tube feeding; catheterization; mechanical lifts; accessible homes; PT/OT/Range of motion programs; seizure management; complex medical needs; cardiac conditions; visual or hearing deficits; and behavior support plans. Specialized care needs will be stated in the Support Plan.

Seizure management and protocols are followed as written. All staff are trained in ceiling lift system and van lift operation. All staff are trained in passive range of motion programs and seizure care. Program implementation and monitoring of outcomes takes place on a regular basis.

12. What specific measures has the program taken to minimize the risk of abuse to people as related to the need for specialized programs of care for people receiving services?

PRGH Inc. staff are trained on the physical and emotional health of both persons upon hire. Staff are trained on the self-management assessments and IAPP of each individual and the PAPP for the home. One or two staff are on duty during waking hours and one sleep or awake staff during the night to assist with the care needed related to needs of the persons receiving services. Additional staff is available on-call as needed to assist with any issues. Staff are trained in therapeutic intervention, medication administration, first aid, CPR and choking. Staff are trained on the self-management assessments, Support Plan, Support Plan Addendum and IAPP of each person. Staff has been trained on the Vulnerable Adult Act and Maltreatment of Minors Act and will take steps to prevent abuse, take corrective action and immediately report maltreatment according to PRGH, Inc. policies.

One to two staff are on duty during waking hours and one awake staff is on duty during the night to assist with the care needed relating to physical and emotional health of the individuals' receiving services. The house is wheelchair accessible and has lifts in place. Staff are trained in the use of the customized van's wheelchair lift and tie-downs. Staff are also trained in the use of the ceiling lift system in the home. Staff are trained in seizure care, medication administration, therapeutic intervention, first aid, CPR, and choking intervention. There is an AED on site. Mandated fire and tornado drills are performed and documented.

13. Describe the need for specific staff training to meet individual service needs:

Other than the areas already mentioned, and the staff training required by MN Statutes, chapter 245D, there is not additional staff training needed.

14. What specific measures has the program taken to minimize the risk of abuse to people as related to the need for specific staff training designed to meet individual service needs?

PRGH Inc. staff are trained on all the individual service needs of persons served during orientation. Staff are trained on the self-management assessments, Support Plan, Support Plan Addendum and IAPP of each person and the PAPP for the home.

One to two staff are on duty during waking hours and one awake staff during the night for the individual service needs of the persons receiving services. Additional staff is available on-call as needed to assist with any service need that arises. Staff are trained in positive supports, medication administration, first aid, CPR and choking. Staff are trained in all areas required by MN Statutes 245D. Staff has been trained on the Vulnerable Adult Act and Maltreatment of Minors Act and will take steps to prevent abuse, take corrective action and immediately report maltreatment according to PRGH, Inc. policies.

Staff are trained in seizure care and therapeutic intervention. There is an AED on site. Periodic fire and tornado drills are performed and documented.

Staff in this home are trained on all person's being served during orientation. Additional training takes place on an annual basis. Staff are trained on the SMA, IAPP, Support Plan, and Support Plan Addendum of each person receiving services. Awake staff are present at all times when people who receive services are at home. Additional staff is available on-call as needed to assist with any service need that arises.

15. Describe any knowledge of previous abuse that is relevant to minimizing the risk of abuse to people receiving services:

In PRGH Inc., if persons being served who have a history of previous abuse and if we would know of it, staff are informed if given consent.

There is a sense that some people receiving services may have had abuse in their past but there is no confirmation of that or specific knowledge of previous abuse to people living in the home.

One individual has a known history of physical, sexual, and financial abuse. They attend quarterly psychiatry meetings. They are attending weekly therapy/counseling sessions.

16. What specific measures has the program taken to minimize the risk of abuse to people as related to the knowledge of previous abuse?

PRGH Inc. staff are trained on the self-management assessments, Support Plan, Support Plan Addendum and IAPP of each person and the PAPP for the home. Staff has been trained on the Vulnerable Adult Act and Maltreatment of Minors Act and will take steps to prevent abuse, take corrective action and immediately report maltreatment according to PRGH, Inc. policies.

PHYSICAL PLANT ASSESSMENT:

1. Describe the condition and design of the facility as it relates to safety for the people receiving services:

1. Built in 1997, the home is a one-level, ranch style home with attached two-car garage. All living space is on one level. It has four bedrooms and two bathrooms. The doors and bathrooms are wheelchair accessible. One bathroom has a whirlpool bath, and one bathroom has a wheelchair accessible shower. The middle of the home has the kitchen, living/dining room, and laundry area; this area separates the bedrooms. There are inclines built over thresholds of all entrances for ease in

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wheelchair access into and out of the home. There are track lift systems in all of the bedrooms, both bathrooms, and the living room. The house has been inspected and approved for all building and fire codes. The home is located in a rural area off a paved county road. It is located halfway between two small towns. Nearby neighbors are approximately ½ mile away. The closest hospital is 16 miles away. Woods surround the home. Individuals often go on outings to parks, shopping, or visiting. There is an office/med room down the hall leading to the attached garage. The entry to the garage is an automatic door, opened by pressing a button on either side. The attached garage provides storage space as does an outdoor storage shed. There is a paved outdoor area at the back of the home that provides extra space for activities. The home has a fire alarm system that includes strobe lights and audible alarms. It has carbon monoxide detectors by bedroom areas. There is an AED available in this home. Doors leading into the home are modified with small ramps so that they are wheelchair accessible. There are security cameras on site in public areas to provide for security and to monitor incidents and emergencies. See separate policy on camera use. The cameras are located in the kitchen, garage, living area, and hallway. This home is equipped with a generator that will engage automatically if there is a power outage.

2. What specific measures has the program taken to minimize the risk of abuse to people as related to the condition and design of the facility in terms of safety for people receiving services?

The house is handicap accessible. The program will maintain the fire alarms by having them (and fire extinguishers) inspected regularly. Fire drills are implemented monthly and tornado drills are implemented quarterly. The staff will maintain the care of the carbon monoxide detectors and the administration will maintain the care of the AED. The foster care licenser and fire marshal inspect the home. The meds are locked in med cabinets. The cash funds are locked in a lockbox and have documentation records for withdrawals. Receipts are required for all purchases. Staff keep the entrances clear and free of snow. There is emergency shut offs for the gas and water. Staff has been trained on the Vulnerable Adult Act and Maltreatment of Minors Act and will take steps to prevent abuse, take corrective action and immediately report maltreatment according to PRGH, Inc. policies. Staff are trained in the PAPP.

3. Describe any areas of the facility that are difficult to supervise:

Outside areas are difficult to supervise. Exit doors are not always in visual range.

4. What specific measures has the program taken to minimize the risk of abuse to people as related to the areas of the facility that are difficult to supervise?

Outside doors are locked in safety as needed. Motion detector lighting has been installed to light areas around the outside of the home. Staff are with individuals at all times. There are security cameras on site in public areas to provide for security and to monitor incidents and emergencies. See separate policy on camera use. Staff has been trained on the Vulnerable Adult Act and Maltreatment of Minors Act and this PAPP and will take steps to prevent abuse, take corrective action and immediately report maltreatment according to PRGH, Inc. policies.

ENVIRONMENTAL ASSESSMENT:

1. Describe the location of the facility including information about the neighborhood and community that the facility is located:

The home is located in a rural area off a paved county road. It is located 15 miles away from three small towns in the North, South, and East direction. Nearby neighbors are approximately ½ mile away. The closest hospital is 16 miles away. Woods surround the home. The day program is 15 miles away.

2. What specific measures has the program taken to minimize the risk of abuse to people as related to the location of the facility, including factors about the neighborhood and community?

People who we serve are accompanied by staff in the community at all times. Snow plowing and lawn care are routinely scheduled and provided by contractors. Transportation is provided to and from the community as needed. Reports of concern about a person we serve from the community are investigated. Staff trained in IAPP, Support Plan, Support Plan Addendum, Self-Management Assessment and the PAPP and are aware of what is happening around the home to insure people we serve are safe outdoors. Staff has been trained on the Vulnerable Adult Act and Maltreatment of Minors Act and will take steps to prevent abuse, take corrective action and immediately report maltreatment according to PRGH, Inc. policies.

3. Describe the type of grounds and terrain that surround the facility: The home is on a slight hill. There is a small, paved parking lot in the front of the home; flower gardens and a bench are also in front of the home. A mowed area on the west side is flat and then woods meet that area. There is a paved patio on the north side of the home. Past the patio, a paved walking path leads downhill to a small sitting area. This area is mowed up to the woods. Staff has been trained on the Vulnerable Adult Act and Maltreatment of Minors Act and will take steps to prevent abuse, take corrective action and immediately report maltreatment according to PRGH, Inc. policies.

4. What specific measures has the program taken to minimize the risk of abuse to people as related to the type of grounds and terrain that surround the facility?

Staff are aware of the whereabouts of each individual at all times. The individuals never leave the house without staff or family members. Sidewalks and driveways are kept free of debris; this includes snow and ice to the best of our ability during winter. Regular mowing takes place during the summer and regular snow plowing during the winter. Staff has been trained on the Vulnerable Adult Act & Maltreatment of Minors Act and will take steps to prevent abuse, take corrective action and immediately report maltreatment according to PRGH, Inc. policies.

5. Describe the type of internal programming provided at the program:

This is a residential adult foster care home. Two individuals go to a vocational program during weekdays. One individual is retired and are staffed with a DSP 1:1 during the day. We support people for whatever is necessary to meet their individual needs and preferences. In general, our internal programming strives to provide person centered services by enhancing social and leisure opportunities, increased health, and increased participation in home life. People we serve are supported to meet their individual needs and preferences and to insure their health and safety. Internal programming includes residential skills training and activities of daily living including but not limited to dressing bathing, toileting, and meal preparation, shopping, and communication.

6. What specific measures has the program taken to minimize the risk of abuse to people through the type of internal programming provided at the program?.

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Staff are trained on meeting each person served needs, preferences and to ensure their safety and health. Staff will assist people in being as independent as possible in the activities of daily living. Staff are trained in CPR, first aid and all other required topics according to MN statute 245D. Staff has been trained on the Vulnerable Adult Act and Maltreatment of Minors Act and this PAPP and will take steps to prevent abuse, take corrective action and immediately report maltreatment according to PRGH, Inc. policies.

Describe the program’s staffing pattern:

DSP coverage: Typical weekdays: There is one awake overnight staff from 9 p.m.- 7 a.m. Monday through Friday there is one staff from 7 a.m.-3 p.m., Afternoons: One staff from 3pm-9pm and on Wed., Thurs., two staff 3pm-9pm.
Weekends: One staff 7 a.m.-3 p.m., one staff 9 a.m.-9 p.m., one staff 9 p.m. -7 a.m.

7. What specific measures has the program taken to minimize the risk of abuse to people through the program’s staffing pattern?

There is one overnight awake staff to aid individuals including positioning and toileting as needed during the night. Staffing patterns during the individuals awake hours ensure assistance with programming, cares, medical appointments, and activities outside the home. Telephone numbers are posted for staff replacements and staff are well-versed in how to cover shifts. The Designated Coordinator/Manager assists with staffing needs per policy. Staff are trained in first aid and CPR and all other required topics according to MN Statute 245D. There is an AED on site. Staff has been trained on the Vulnerable Adult Act & Maltreatment of Minors Act and this PAPP will take steps to prevent abuse, take corrective action and immediately report maltreatment according to PRGH, Inc. policies. During an emergency resulting in a staffing crisis, other staffing patterns or methods may be implemented to ensure continuity of operations and safety of persons in this location. Please see full policy titled Procedure for Continuity of Services During an Emergency in Staffing.

Sara Nessel, Designated Coordinator _____
Print name and title of _____ Signature _____ Date _____
Governing Body or
Governing Body’s Delegated Representative

Review: Name _____ Signature _____ Date _____
The review occurred at least on an annual basis.
The review of the plan used the assessment factors in the plan and any substantiated maltreatment findings that occurred since the last review. If necessary, the plan was revised to reflect the review results.

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Legal Authority: Minn. Stat. § 245A.65, subd. 2