

OUTLOOK

Interview with Charles LaRose, Adult Family Home Provider (AFH)

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A Newsletter
from the Pacific
Co. Health &
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Dept.

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Points of interest:

- Group Homes
- Interview w/ Charles LaRose
- Social Recreation Activities

Coming Next Issue:

- State DDD—
Overview of
Programs
- Camp Hope



Picture Above: Soojin & Charles LaRose with resident John Leslie.

What is your background of experience that prepared you to become an adult family home provider (AFH)? I started working with clients with developmental disabilities in 1997 while attending Grays Harbor Community College. Working with the Group Supported Employment and Community Access programs through Willapa Counseling Center; one of my mentors was Jackie. At the same time my wife Soojin was working with Senior Services as an in-home care provider.

How long have you been an adult family home [AFH] provider? 11 wonderful years now.

Did you pick this house out with the intention of it becoming an adult family home? No, our home is the home in which we raised our children. One day both Soojin and I looked at each other and stated, "Why don't we open a home, we have the space." We both had the same thought.

How did you get our home prepared to qualify for an AFH license? It is much harder to get an AFH license and now it takes at least a year. When we applied, the process was much easier. Following the WAC's we replaced windows and installed grab bars. The hardest thing was writing a Handbook or Standard operator procedures which the state would review and require changes. We took the required training, background checks, and the home was physically inspected by the state.

How many residents reside in your AFH? Currently we have five wonderful residents who are like our extended family. However, we are licensed for six and currently have an opening.

How do you go about recruiting new residents? We get referrals from DDD case managers and send resources to the state schools such as Rainier and Fir Crest, advertise on the internet, and the ARC to mention a few. Currently we have one opening for a female or male. We require a four-day visit at which time the person stays with us. It allows the person to meet our current residents and we have the opportunity to determine if we can meet their needs. We also want to see how the potential resident interacts with our residents and how our current residents interact. We are very careful recruiting as it has to be a good fit.

Do residents spend holidays with family? No, we enjoy thanksgiving; cooking a wonderful meal. We prepare for Santa with the residents by having the m help decorate the tree and taking plenty of pictures while the residents open their gifts. We also have great birthday parties with Costco carrot cake and of course Easter baskets on Easter.

What do you enjoy about living in Pacific County? Pacific County is a safe environment for our residents. We enjoy raising fancy Bantam chickens in the back yard, clam digging, fishing, the beach with the residents, festivals and of course outings to places like Olympia and Tacoma. We try to do a camping trip each year. We have camped at Cannon Beach, Warrenton KOA, and Long beach.

Adult Family Homes, the Fourth Option

Most people are aware of only three choices for long term health care; in-home care, assisted living facilities; or skilled nursing homes, but there are actually a total of four choices.

The fourth option, Adult Family Homes (AFH) offer a much more personalized care in the comfort of a home atmosphere. Staffed 24-hours per day with a state mandated limit of six residents or less, the ratio between care givers and residents can be as high as one caregiver for two residents. This allows for one-on-one attention and activities tailored for each resident. Many illnesses can be prevented or caught early by such close observation and physical contact, such as hugs and cuddles. Individualized diets, attention to incontinent issues and bowel management and exercise programs are easily accommodated.

Most AFH providers have a working relationship with their client's physicians as part of a team dedicated to provide the best care possible.

Washington State ensures that all caregivers have a clear criminal background and have completed training as either Registered Nursing Assistants or Certified Nursing Assistants. Caregivers must have additional education and work under a Washington State Delegating Registered Nurse to dispense medications and provide limited nursing care.

The state also requires that the owner/manager of an AFH complete intensive training designed for the specialty they plan to offer their residents. For example, an AFH can have a specialty license to work specifically with clients with Developmental Disabilities. All prospective residents must also have a complete assessment done by a licensed medical professional to help guarantee that a placement will be a successful one.

AFH are an excellent choice for a person when they need more comfort and care than an assisted living situation can provide. The smaller, calmer environment of an AFH can be just the ticket to a more enjoyable quality of life. Financially, the cost of an AFH varies, but is usually more expensive than an assisted living facility, but considerably less than a skilled nursing home or 24-hour care. Residents are offered the option of living out their lives in the comfort of their new home with the extended family they have come to know and trust.

**For more information about Group Homes contact Greta McDougal at DSHS.
(360)875-4244 or (360)642-6237.**

SOCIAL RECREATION ACTIVITIES

Way to go
Chuck & Willy!



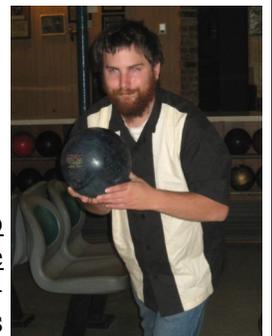
Pictured above: Tony Phung, Heather Church & Michel Williams at Kite Festival with the Social Rec group.



Hilltop Bowl (LB)— July 26th

#1 Top Score

Chuck Diehl—
77/91 = 168
total points



#2 Top Score

Willy Howard—
89/71 = 160 total points



NEPTUNE THEATER FREE Matinee Movies— Every Wednesday @ 1PM

Aug. 16- "Cannon Ball Run" 1981
Aug. 25- "Ma & Pa Kettle" 1951
Sept. 1- "Young at Heart" 1954
Sept. 8- "Captains of the Clouds" 1942
Sept. 15- "Road to Zanzibar" 1941

All ages admitted (subject to theater capacity).

Bowling & Lunch Hilltop Bowl Sept. 20, 2010 10:00-Noon



We will be playing two games and having lunch. Please bring \$8.00 for bowling, shoes, & lunch.

Please contact Melissa if you will be attending.