

Alaska

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Licensure Term	Assisted Living Homes
Opening Statement	The Department of Health and Social Services, Division of Health Care Services, Assisted Living Office is responsible for licensing assisted living homes. Providers determine the level of care and services they will provide, but must provide the state with a list of those services.
Legislative and Regulatory Update	There are no recent changes to requirements for assisted living homes.
Definition	An assisted living home provides a system of care in a homelike environment for elderly persons and persons with mental health, developmental, or physical disabilities who need assistance with activities of daily living (ADLs). The statute defines assisted living as a residential facility that serves three or more adults who are not related to the owner by blood or marriage, or that receives state or federal payment for services regardless of the number of adults served. A facility shall be considered an assisted living home if the facility: provides housing and food services to its residents; offers to provide or obtain for its residents assistance with ADLs; offers personal assistance; or provides or offers any combination of these services.
Disclosure Items	An assisted living home shall give a copy of the house rules to prospective residents or their representatives before the prospective resident enters into a contract. The rules may address various issues, such as use of the telephone, visitors, and use of personal property. Additionally, residents or their representative must receive a copy of the resident's rights, resident's right to pursue a grievance, department immunity, and resident's right to protection from retaliation.
Facility Scope of Care	Facilities may provide assistance with ADLs, intermittent nursing services, and skilled nursing care by arrangement. A licensed nurse

may delegate certain tasks, including non-invasive routine tasks, to staff.

Third Party Scope of Care

A resident who needs skilled nursing care for 45 days or less may, with the consent of the assisted living home, arrange for that care to be provided in the assisted living home by a licensed nurse if that arrangement does not interfere with the services provided to other residents.

Admission and Retention Policy

Facilities must have a residential services contract in place for each resident prior to admission to the facility. Twenty-four-hour skilled nursing care may not last for more than 45 consecutive days. Terminally ill residents may remain in the facility if a physician confirms their needs are being met. At least 30 days' notice is required before involuntarily terminating a residential services contract.

Resident Assessment

A plan must be developed for each resident and it must include certain information, such as the resident's strengths and limitations in performing ADLs, any physical disabilities or impairments that are relevant to the services needed, and the resident's preferences for the living environment. There is no required standard form. If the assisted living home provides or arranges for the provision of health-related services to a resident, the resident's evaluation shall be done at three-month intervals.

Medication Management

If self-administration of medications is included in a resident's assisted living plan, the facility may supervise the resident's self-administration of medications. A registered nurse may delegate medication administration tasks according to the state's nurse delegation statute and rules (12 AAC 44.965. Delegation of the Administration of Medication). Unlicensed staff may provide medication reminders, read labels, open containers, observe a resident while taking medication, check a self-administered dosage against the label, reassure the resident that the dosage is correct, and direct/guide the hand of a resident at a resident's request.

Square Feet Requirements

A single occupancy bedroom must contain at least 80 square feet of open floor space, and a double occupancy bedroom must contain at least 140 square feet.

Residents Allowed Per Room

No more than two residents may be assigned to a bedroom.

Bathroom Requirements

A minimum of one sink, toilet, and shower/bath is required per six residents.

Life Safety

An assisted living home must meet the applicable life and fire safety requirements of 7 AAC 10.1010. Assisted living homes of all sizes

must have a smoke detector in each bedroom and each level of the home. A carbon monoxide detector is required outside of each sleeping area and on each level of the home. Evacuation drills are required quarterly for each employee shift. The entity shall conduct a drill at least once every three months. Complete evacuation of the home must occur at least once each year for each shift unless the entity conducts evacuations as described under (e)(1)(B)(iii) or (iv) of this section and has an emergency evacuation plan approved by the state fire marshal or a municipality to which the fire marshal has deferred building fire safety inspection and enforcement activities. Homes that provide services to six or more residents must have a fire safety inspection completed every two years and follow the recommendations of that inspection. The height of window sills, size of openable window areas, and emergency exit time requirements with or without a suppression system are specified in regulation. State and municipal fire authorities have adopted International Fire Code Standards. Some municipalities have different requirements for sprinkler systems based on occupancy.

**Unit and Staffing
Requirements for
Serving Persons
with Dementia**

Alaska does not have specific Alzheimer's unit requirements. The facility must provide a safe environment for residents with Alzheimer's disease. Any home that provides care to residents with cognitive delays or other disabilities is required to have a department-approved delayed exit system or alarm system to alert staff if someone exits the home.

Staffing Requirements

Assisted living homes must have an administrator. The home must employ the type and number of care providers and other employees necessary to operate the home. The home must have a sufficient number of care providers and other employees with adequate training to implement the home's general staffing plan and to meet the needs of residents as defined in the residents' residential services contracts and assisted living plans. There are no staffing ratios. A care provider must be on duty who has CPR training and first aid training. A criminal background investigation is required of staff and other residents of the home who are not considered an assisted living resident.

**Administrator
Education/Training**

An administrator must be at least 21 years of age, complete an approved management or administrator training course, and have documented experience relevant to the population of residents in the home; or have sufficient documented experience in an out-of-home care facility and adequate education, training, or other similar experience to fulfill the duties of an administrator for the type and size of home where the individual is to be employed. The licensing agency will accept a baccalaureate or higher degree in gerontology, health administration, or another health-related field in place of all

or part of the required experience, if the degree work serves as an equivalent to the required experience. Training and experience requirements are defined based on the number of residents that the home is licensed to serve. Additionally, a criminal background investigation is required.

Each administrator must complete 18 clock hours of continuing education annually.

Staff Education/Training

Care providers in non-supervisory roles must be at least 16 years of age. Care providers working without direct supervision must be 18 years of age and care providers who are 21 years of age may supervise other care providers. Within 14 days of employment, each care provider must be oriented to the assisted living home's policies and procedures on a variety of specified topics, such as emergency procedures; recognition of abuse, neglect, exploitation, and mistreatment of residents; resident interactions; and reporting requirements. Each care provider must complete 12 clock hours of continuing education annually.

**Entity Approving
CE Program**

None specified.

**Medicaid Policy and
Reimbursement**

A Medicaid home and community-based services waiver covers services in assisted living. A tiered payment system is used to reimburse for services. 7 AAC 43.1058 governs the reimbursement amount for home and community-based services.

Citations

Alaska Statutes, Title 47, Chapter 32, Section 900: Definitions.
<http://www.touchngo.com/lglcntr/akstats/Statutes/Title47/Chapter32/Section900.htm>

Alaska Statutes, Title 47, Chapter 33: Assisted Living Homes.
<http://www.touchngo.com/lglcntr/akstats/Statutes/Title47/Chapter33.htm>

Alaska Administrative Code, Title 7, Chapter 43, Section 1058: Amounts of Reimbursement for Home and Community-based Waiver Services.
<http://www.touchngo.com/lglcntr/akstats/aac/title07/chapter043/section1058.htm>

Alaska Administrative Code, Title 7, Chapter 75: Assisted Living Homes.
<http://dhss.alaska.gov/dhcs/Documents/cl/ALHRegulationsandStatutesEffectiveasof3-7-09.pdf>
<http://www.touchngo.com/lglcntr/akstats/aac/title07/chapter075.htm>

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