

Learning Objectives Understand life enrichment's role in survey readiness. Identify three critical CMS regulations impacting activities. Learn strategies for documentation and interdisciplinary collaboration. Explore Six Domains of Wellness as a foundation for engagement. Prepare for CMS survey expectations beyond the activity calendar. Observe Growth in Action

2

Overview of CMS Regulations 52 CMS regulations that are influence life enrichment and quality of Life. These rules protect resident rights, dignity, and engagement. Non-compliance can result in serious deficiencies.

Level 4 Immediate jeopardy to resident health or safety CMPs Required!	POC Category 3 Required Cat. 1 & 2 Optional	FOC Category 3 Required Cat. 1 & 2 Optional	L POC Category 3 Required Cat. 1 & 2 Optional	
Level 3 Actual harm that is not immediate	G POC Category 2 Required Cat. 1 Optional	POC Category 2 Required Cat. 1 Optional	I POC Category 2 Required Cat. 1 & Temporary Management Optional F POC Category 2 Required Cat. 1 Optional	
Level 2 No actual harm with potential for more than minimal harm that is not immediate jeopardy	POC Category 1 Required* Cat. 2 Optional	POC Category 1 Required* Cat. 2 Optional		
Level 1 No actual harm with potential for minimal harm	A No POC No Remedies Not on 2567	B POC No Remedies	C POC No Remedies	
*Passies I substitution in	Isolated	Pattern	Widespread	
Substantial Comple SQC – Any deficie jeopardy; pattern or wid		5, or § 483.25 that constr is not immediate jeopar	itutes: immediate dy; or no actual harm	

	*Substandard Quality of	Care =	Regulatory Groups for Long Term Care one or more deficiencies with s/s levels of I to be cited by Federal Surveyors Only	, H, I, J, I	K, or L in Red
F540	Definitions	483.12	Freedom from Abuse, Neglect, and Exploitation	483.24	Quality of Life
483.10	Resident Rights	F600	*Free from Abuse and Neglect	F675	*Quality of Life
F550	*Resident Rights/Exercise of Rights	F602	*Free from Misappropriation/Exploitation	F676	*Activities of Daily Living (ADLs)/ Maintain Abilities
F551	Rights Exercised by Representative	F603	*Free from Involuntary Seclusion	F677	*ADL Care Provided for Dependent Residents
F552	Right to be Informed/Make Treatment Decisions	F604	*Right to be Free from Physical Restraints.	F678	*Cardio-Pulmonary Resuscitation (CPR)
F553	Right to Participate in Planning Care	F605	*Right to be Free from Chemical Restraints	F679	*Activities Meet Interest/Needs of Each Resident
F554	Resident Self-Admin Meds-Clinically Appropriate	F606	*Not Employ/Engage Staff with Adverse Actions	F680	*Qualifications of Activity Professional
F555	Right to Choose/Be Informed of Attending Physician	1607	*Develop/Implement Abuse/Neglect, etc. Policies	483.25	Quality of Care
F557	Respect, Dignity/Right to have Personal Property	F608	*Reporting of Reasonable Suspicion of a Crime	F684	Quality of Care
F558	*Reasonable Accommodations of Needs/Preferences	F609	*Reporting of Afleged Violations	1685	*Treatment/Devices to Maintain Hearing/Vision
F559	*Choose/Be Notified of Room/Roommate Change	F610	*Investigate/Prevent/Correct Alleged Violation	F686	*Treatment/Sycs to Prevent/Heal Pressure Ulcers
£560	Right to Refuse Certain Transfers	483.15	Admission, Transfer, and Discharge	F687	*Foot Care
F561	*Self Determination	F620	Admissions Policy	F688	*Increase/Prevent Decrease in ROM/Mobility
5562	Immediate Access to Resident	F621	Equal Practices Regardless of Payment Source	1689	*Free of Accident Hazants/Supervision/Devices
F563	Right to Receive/Deny Visitors	F622	Transfer and Discharge Requirements	1690	*Bowel/Bladder Incontinence, Catheter, UTI
F564	Inform of Visitation Rights/Equal Visitation Privileges	F623	Notice Requirements Before Transfer/Discharge	F691	*Colostomy, Urostomy, or Beostomy Care
F565	*Resident/Family Group and Response	F624	Preparation for Safe/Orderly Transfer/Discharge	F692	*Nutrition/Hydration Status Maintenance
F566	Right to Perform Facility Services or Refuse	F625	Notice of Bed Hold Policy Before/Upon Transfer	F693	*Tube Feeding Management/Restore Eating Skills
F567	Protection/Management of Personal Funds	F626	Permitting Residents to Return to Facility	F694	*Parenteral/IV Fluids
8323	Accounting and Records of Personal Funds	483.20	Resident Assessments	1695	*Respiratory/Tracheostomy care and Suctioning
F569	Notice and Conveyance of Personal Funds	F635	Admission Physician Orders for Immediate Care	F696	*Prostheses
F570	Surety Bond - Security of Personal Funds	F636	Comprehensive Assessments & Timing	5697	*Pain Management
F571	Limitations on Charges to Personal Funds	F637	Comprehensive Assmt After Significant Change	FESS	*Diahsis
F572	Notice of Rights and Rules	F638	Quarterly Assessment At Least Every 3 Months	1699	*(PHASE-3) Trauma Informed Care
F573	Right to Access/Purchase Copies of Records	1639	Maintain 15 Months of Resident Assessments	F700	*Bedrain
F574	Required Notices and Contact Information	F640	Encoding/Transmitting Resident Assessment	483.30	Physician Services
F575	Required Postings	F641	Accuracy of Assessments	F710	Resident's Care Supervised by a Physician
F576	Right to Forms of Communication with Privacy	F642	Coordination/Certification of A ssessment	F711	Physician Visits- Review Care/Notes/Order
£577	Right to Survey Results/Advocate Agency Info	F644	Coordination of PASARR and Assessments	F712	Physician Visits-Frequency/Timeliness/Alternate Ni
F578	Request/Refuse/Discontinue Treatment Formulate Adv DI	F645	PASARR Screening for MD & ID	F713	Physician for Emergency Care, Available 24 Hours
F579	Posting/Notice of Medicare/Medicaid on Admission	1646	MO/ID Significant Change Notification	F714	Physician Delegation of Tasks to NPP
F580	Notify of Changes (Injury/Decline/Room, Etc.)	483.21	Comprehensive Resident Centered Care Plan	F715	Physician Delegation to Dietitian/Therapist
F582	Medicaid/Medicare Coverage/Liability Notice	1655	Baseline Care Plan	483.35	Nursing Services
F583	Personal Privacy/Confidentiality of Records	F656	Develop/implement Comprehensive Care Plan	F725	Sufficient Nursing Staff
F584	*Safe/Clean/Comfortable/Homelike Environment	F657	Care Plan Timing and Revision	F726	Competent Nursing Staff
FSRS	Grievances	F658	Services Provided Meet Professional Standards	F727	RN 8 Hrs/7 days/Wk, Full Time DON
F586	Resident Contact with External Entities	F659	Qualified Persons	F728	Facility Hiring and Use of Nurse
		F660	Discharge Planning Process	F729	Nurse Aide Registry Verification, Retraining
		F661	Discharge Summary	F730	Nurse Aide Perform Review – 12Hr/Year In-service
		1001	on a few many	F731	Waiver-Licensed Nurses 24Hr/Day and RN Coverage
				F732	Posted Nurse Staffing Information

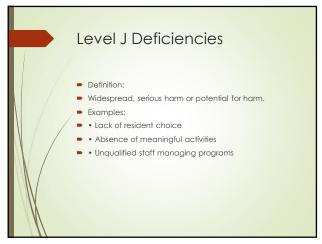
	*Substandard Quality	of Care	al Regulatory Groups for Long Term Care one or more deficiencies with s/s levels of F, ag to be cited by Federal Surveyors Only	H, I, J, K,	or L in Red
483.40	Behavioral Health	F811	Feeding Asst -Training/Supervision/Resident	483.90	Physical Environment
F740	Behavioral Health Services	F812	Food Procurement, Store/Prepare/Serve - Sanitary	F906	Emergency Electrical Power System
F741	Sufficient/Competent Staff-Behav Health Needs	F813	Personal Food Policy	F907	Space and Equipment
F742	*Treatment/Svc for Mental/Psychosocial Concerns	F814	Dispose Garbage & Refuse Property	F908	Essential Equipment, Safe Operating Condition
F743	*No Pattern of Behavioral Difficulties Unless Unavoidable	483.65	Specialized Rehabilitative Services	F909	Resident Bed
F744	*Treatment /Service for Dementia	F825	Provide/Obtain Specialized Rehab Services	F910	Resident Room
F745	*Provision of Medically Related Social Services	F826	Rehab Services- Physician Order/Qualified Person	F911	Bedroom Number of Residents
483.45	Pharmacy Services	483.70	Administration	F912	Bedrooms Measure at Least 80 Square Ft/Resident
F755	Pharmacy Svcs/Procedures/Pharmacist/ Records	F835	Administration	F913	Bedrooms Have Direct Access to Exit Corridor
F756	Drug Regimen Review, Report Irregular, Act On	F836	License/Comply w/Fed/State/Local Law/Prof Std	F914	Bedrooms Assure Full Visual Privacy
F757	*Drug Regimen is Free From Unnecessary Drugs	F837	Governing Body	F915	Resident Room Window
F758	*Free from Unnec Psychotropic Meds/PRN Use	F838	Facility Assessment	F916	Resident Room Floor Above Grade
F759	*Free of Medication Error Rate sof 5% or More	F839	Staff Qualifications	F917	Resident Room Bed/Furniture/Closet
F760	*Residents Are Free of Significant Med Errors	F840	Use of Outside Resources	F918	Bedrooms Equipped/Near Lavatory/Toilet
F761	Label/Store Drugs & Biologicals	F841	Responsibilities of Medical Director	F919	Resident Call System
483.50	Laboratory, Radiology, and Other Diagnostic Services	F842	Resident Records - Identifiable Information	F920	Requirements for Dining and Activity Rooms
F770	Laboratory Services	F843	Transfer Agreement	F921	Safe/Functional/Sanitary/ Comfortable Environmen
F771	Blood Blank and Transfusion Services	F844	Disclosure of Ownership Requirements	F922	Procedures to Ensure Water Availability
F772	Lab Services Not Provided On-Site	F845	Facility closure-Administrator	F923	Ventilation
F773	Lab Svs Physician Order/Notify of Results	F846	Facility closure	F924	Corridors Have Firmly Secured Handrails
F774	Assist with Transport Arrangements to Lab Svcs	F847	Enter into Binding Arbitration Agreements	F925	Maintains Effective Pest Control Program
F775	Lab Reports in Record-Lab Name/Address	F848	Select Arbitrator/Venue, Retention of Agreements	F926	Smoking Policies
£776	Radiology/Other Diagnostic Services	F849	Hospice Services	483.95	Training Requirements
\$777	Radiology/Diag. Svcs Ordered/Notify Results	F850	*Qualifications of Social Worker >120 Beds	F940	(PHASE-3) Training Requirements - General
£778	Assist with Transport Arrangements to Radiology	F851	Payroll Based Journal	F941	(PHASE-3) Communication Training
F779	X-Ray/Diagnostic Report in Record-Sign/Dated	483.75	Quality Assurance and Performance Improvement	F942	(PHASE-3) Resident's Rights Training
483.55	Dental Services	F865	QAPI Program/Plan, Disclosure/Good Faith Attempt	F943	Abuse, Neglect, and Exploitation Training
£790	Routine/Emergency Dental Services in SNFs	F866	(PHASE-3) QAPI/QAA Data Collection and Monitoring	F944	(PHASE-3) QAPI Training
F791	Routine/Emergency Dental Services in NFs	F867	QAPI/QAA Improvement Activities	F945	(PHASE-3) Infection Control Training
483.60	Food and Nutrition Services	F868	QAA Committee	F946	(PHASE-3) Compliance and Ethics Training
F800	Provided Diet Meets Needs of Each Resident	483.80	Infection Control	F947	Required In-Service Training for Nurse Aides
F801	Qualified Dietary Staff	F880	Infection Prevention & Control	1948	Training for Feeding Assistants
F802	Sufficient Dietary Support Personnel	F881	Antibiotic Stewardship Program	F949	(PHASE-3) Behavioral Health Training
F803	Menus Meet Res Needs/Prep in Advance/Followed	F882	Infection Preventionist Qualifications/Role		
F804	Nutritive Value/Appear, Palatable/Prefer Temp	F883	*Influenza and Pneumococcal Immunizations		
F805	Food in Form to Meet Individual Needs	F884	**Reporting - National Health Safety Network		
F806	Resident Allergies, Preferences and Substitutes	F885	Reporting - Residents, Representatives & Families		
F807	Drinks Avail to Meet Needs/P references/ Hydration	F886	COVID-19 Testing-Residents & Staff		
F808	Therapeutic Diet Prescribed by Physician	F887	COVID-19 Immunization		
F809	Frequency of Meals/Snacks at Bedtime	483.85	Compliance and Ethics Program		
F810	Assistive Devices - Eating Equipment/Utensils	F895	(PHASE-3) Compliance and Ethics Program		

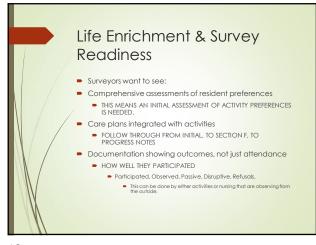


















Special Programs - Cycling Without Age – Outdoor trishaw rides reconnecting residents to the world - The Dignity Program – Embedding resident voice, autonomy, and values into care - Dementia Life Story Program – Personalized engagement through biographical planning - Social Work Follow-Through – Ensuring continuity in psychosocial and enrichment support

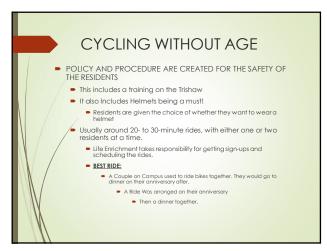
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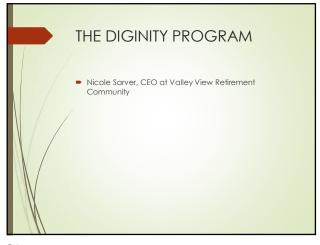
17

CYCLING WITHOUT AGE

Program that is designed to provide "an engaging and immersive outdoor experience" that offers residents "the opportunity to embark on scenic bike rides throughout the beautiful campus aboard a specially designed trishaw.







Neighbor-to-Neighbor: Rebuilding Connection Post-Pandemic An Innovative Volunteer Program at Ginger Cove Presented by: John Beyer, LCSW-C Director of Social Work & Wellness

22

The Pandemic's Impact on Connection

- Spouses separated across different levels of care
- Neighbors unable to visit neighbors
- Families distanced from loved ones
- Lingering effect: A sense of disconnection remained even after restrictions lifted

23

The Challenge

- Volunteer program disappeared during the pandemic
- Residents expressed fear and uncertainty:
- 'What do I say?'
- - 'What if I say the wrong thing?'
- - 'When should I help—or not help?'
- Avoidance of neighbors and friends with memory loss
- Growing divide between independent residents and those with chronic illness/dementia

The Idea • Light bulb moment: Dr. Jonah Ronch's Train the Trainer' dementia program for staff → Why not residents too? • Goals: • Reduce fear and stigma • Build confidence and compassion • Empower residents to reconnect

25

26

The Outcome • Neighbor-to-Neighbor Volunteer Program launched • One-on-one visits and group activities • Monthly support meetings for volunteers • Increased comfort and willingness to engage across levels of care

Rekindled relationships: Friends reconnecting after years Residents who said 'I could never do that' → now committed volunteers Stigma around dementia melting away Stronger, more connected community

28

Why It Matters for Senior Living - Pandemic taught us: Isolation is as harmful as disease - Future of senior living = person-centered, connected, compassionate - Education + Empowerment + Involvement = Culture of Care - We don't just create volunteers—we create connection

29

Thank You • Questions? • Contact: John Beyer LCSW-C • Director of Social Work & Wellness • Ginger Cove Retirement Community • (410) 573-2841 • jbeyer@gingercove.com





