

# HCBS Final Rule Evidentiary Package

## Bethesda DayBreak



### Setting information

Setting Name: Bethesda DayBreak	ID #: 810468
Street Address: 901 Willmar Avenue SE Suite #2 Willmar MN 56201	Phone: 320-235-4891
Setting website, if applicable: <a href="http://bethesdawillmar.com/services/adult-day-care/">Bethesda DayBreak</a> ( <a href="http://bethesdawillmar.com/services/adult-day-care/">http://bethesdawillmar.com/services/adult-day-care/</a> )	Date of site visit: 2/21/2018

## Waiver service type

Waiver service	Service type:
<input checked="" type="checkbox"/> Alternative Care (AC) <input checked="" type="checkbox"/> Elderly Waiver (EW) <input checked="" type="checkbox"/> Brain Injury (BI) <input checked="" type="checkbox"/> Community Access for Disability Inclusion (CADI) <input checked="" type="checkbox"/> Community Alternative Care (CAC) <input checked="" type="checkbox"/> Developmental Disabilities (DD)	Adult Day Service

## Reason for heightened scrutiny

Prong type	Category	Type of setting
Prong 1 Located in a Public or Private Institution	Name of Institution	Name of Institution Bethesda Grand

Note: The term people/person (resident for residential settings) refers to people receiving Medicaid HCBS waiver service

## General summary

The Bethesda DayBreak adult day services program is located on the Bethesda Willmar continuum of care campus, in Willmar, Minn. The Bethesda Willmar campus encompasses many buildings and provides several levels of services including; skilled nursing care, short-stay therapy, home health care, outpatient therapy, independent and assisted living, adult day services and a wellness center for those 50 years and older.

The city of Willmar is located in south central Minnesota. The population of Willmar at the 2016 census was 19,558. The Bethesda Willmar campus is in close proximity to both residential and business sections in Willmar.

Bethesda DayBreak adult day program reported on the attestation that they are serving 71 people with various pay sources, including waiver funding and private pay. The setting operates five days per week (8:00 a.m.-4:30 p.m.).

## Adult day provider standards/qualifications

Licensure requirements and other state regulations for adult day services clearly distinguish these services/settings from institutional licensure or regulations.

Adult day services provided in center-based facilities are directly licensed by the Department of Human Services. Adult day services serve functionally impaired adults on a regular basis for periods of fewer than 24 hours during the day in a setting that is not a residence.

## Adult day service definitions that support the setting requirements

Minnesota's Community Based Services Manual (CBSM) provides the following requirements for [Adult day services](#):

[http://www.dhs.state.mn.us/main/id\\_002205](http://www.dhs.state.mn.us/main/id_002205)


Adult day services must:

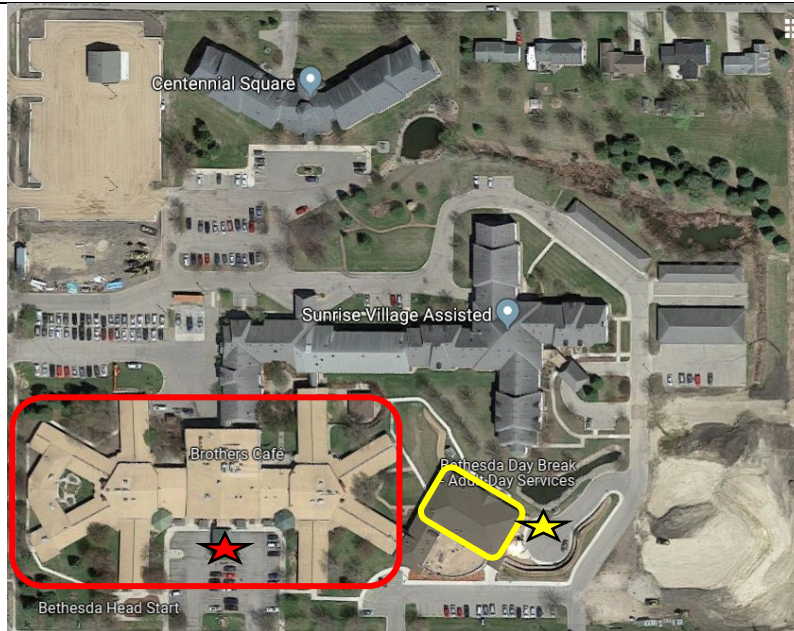
- Be based on the person's assessed needs
- Be directed toward the achievement of specific outcomes identified in the person's support plan
- Offer opportunities to participate in community groups (e.g., senior citizen centers or clubs, generic service organizations, adult education)
- Provide age-appropriate tasks and materials
- Provide community integration opportunities to enhance the person's social and physical interaction with people without disabilities
- Provide the supports necessary either to maintain or improve the person's ability to care for him or herself.

# Prong 1 and Prong 2 settings

## Meaningful distinction between the facility and HCBS setting

States must submit strong evidence that the setting presumed institutional has the characteristics of a HCBS setting and not an institutional setting.	
Determination	Summary
<input checked="" type="checkbox"/> Met <input type="checkbox"/> Unmet <input type="checkbox"/> Not applicable	<p><b>Interconnectedness between the facility and the setting in question, including administrative or financial interconnectedness, does not exist or is minimal.</b></p> <p>As part of the Bethesda Willmar continuum of care campus, Bethesda DayBreak is administratively and financially connected to campus business operations.</p> <p>The programming and daily operations of Bethesda DayBreak are separate from the nursing facility as evidenced by a designated DayBreak manager, assistant manager, transportation coordinator and program staff.</p>
<input checked="" type="checkbox"/> Met <input type="checkbox"/> Unmet <input type="checkbox"/> Not applicable	<p><b>To the extent any facility staff are assigned occasionally or on a limited basis to support or back up the HCBS staff, the facility staff are cross-trained to meet the same qualifications as the HCBS staff;</b> (staff training materials that speak of the need to support individuals' chosen activities), (person centered planning) (the staff is trained specifically for home and community-based support in a manner consistent with the HCB settings regulations.)</p> <p>Staff hired to work at Bethesda DayBreak receive the campus orientation in addition to program specific DayBreak orientation. Per administration and staff interviews, staff at DayBreak are not scheduled to work at the nursing facility and the adult day program on the same shift.</p> <p>The direct care staff report that they only work in the adult day setting. Staff training documents provided are compliant with HCBS requirement training.</p>

<input checked="" type="checkbox"/> Met <input type="checkbox"/> Unmet <input type="checkbox"/> Not applicable	<p><b>Participants in the setting in question do not have to rely primarily on transportation or other services provided by the facility setting, to the exclusion of other options;</b> (Describe the proximity to avenues of available public transportation or an explanation of how transportation is provided where public transportation is limited.)</p>  <p>The following transportation options are available to meet people’s needs: (and arranged by the full time transportation coordinator): Day break van, community volunteer drivers, personal drivers (family, friends), own vehicle and public bus.</p> <p>One person interviewed reports she uses public transportation to get to and from DayBreak. “They help you get on and off the van and to my apartment.” She utilizes the program van for community activities and mentioned that the transportation coordinator would help her if she needed to get to individual appointments. She reported that the transportation coordinator “is very helpful”. “If he can’t do it himself, he will find us a ride.”</p>
<input checked="" type="checkbox"/> Met <input type="checkbox"/> Unmet <input type="checkbox"/> Not applicable	<p><b>The setting provides HCBS services in a space that is distinct from the space that institutional services are provided.</b></p> <p>As shown in the aerial photo of the campus below, DayBreak is located in a designated building (circled in yellow) on the Bethesda Willmar campus. The building is designed for the adult day service and includes Club Bethesda, a community wellness facility. DayBreak has its own physically accessible bathing area with walk in tub and accommodations for use by people utilizing the adult day bath service.</p> <p>The entrance (yellow star) and signage to Day Break is separate from the main nursing facility (circled in red) entrance (red star). The hallway connection can be seen between the two buildings.</p>



*Aerial photo of campus*

## Community engagement opportunities and experiences



People attending the DayBreak program are made aware of activity options on a monthly and daily basis. The program utilizes several methods to inform people including:

1. Daily activity options are written on a dry erase board located in the common area
2. Monthly calendars are printed for people to take/look at, and
3. Daily activity sheets are developed for people that need visual reminders.

Onsite and community activities are planned according to the area happenings and world events. This week's activity themes were based on the world Olympic games. Some of the activities we observed were shuffle board games and painting wooden Olympic signs. If staff see or hear community events, the community events are added to the program activities as much as possible.

People attending DayBreak are involved in planning larger events on a monthly basis and they are involved with planning weekly and daily activities by discussing interests with staff. Staff noted that community activities are planned 3-4 times per week and people on average participate in at least one activity per week as a group.

Community events/activities that are frequented include:

- Shopping
- Mall walking
- Going out to lunch
- Museums
- Casino trips
- Bowling
- Fishing
- Baseball games
- Toy drives
- Visiting local farms
- Ice cream shops
- Swimming at wellness center.

The DayBreak building is connected to Club Bethesda. Club Bethesda is a fitness/wellness center is located one floor above Day Break. It is available to people receiving adult day services and is available to all community members. It was observed that members from the general public were coming and going throughout the on-site visit to utilize these facilities during the site visit. There were also volunteers present and youth from a local high school visiting during the on-site visit.

Individual requests for off-site activities are also accommodated. For example, one person is driven to get her nails done at a salon on a regular basis, per her request. Another person enjoys refurbishing used furniture, so he has taken trips to local hardware stores and furniture stores to learn more about the techniques.

DayBreak also offers people the option to choose solitary activities for example, the relaxation room. Other options for people who choose not to go with the group into the community include cards, bible study, painting projects while at DayBreak.

## HCBS characteristics

<p><b>This section is a summary of the individual HCBS characteristics required in the HCBS rule. The findings for each characteristic are identified through the setting attestation documentation, on-site observation or both.</b></p>	
<p><b>HCBS Rule requirement</b></p>	<p><b>Compliance status (Please select)</b></p>
<p><b>The setting provides opportunities for people to seek employment and work in competitive integrated settings.</b></p> <p><input checked="" type="checkbox"/> Compliant documentation submitted with attestation</p> <p><input checked="" type="checkbox"/> Observation made during on-site visit</p> <p>Compliant policy is implemented at the setting.</p> <p>Some people attending Day Break get involved with the community bell ringing for the Salvation Army during the holiday season. A couple of people volunteer for the Salvation Army and transportation to and from their volunteer job is provided by the Salvation Army. Day Break also puts on rummage sales that are operated by the people in program. Items are donated by staff and volunteers.</p>	<p>Compliant</p>
<p><b>The setting is physically accessible to the individual.</b></p> <p><input checked="" type="checkbox"/> Compliant documentation submitted with attestation</p> <p><input checked="" type="checkbox"/> Observation made during on-site visit</p> <p>There is an alarm and key pad on the entrance/exit door of Day Break, however people who do not need this level of supervision, have the access code. The common areas and bathing areas of the setting are fully accessible.</p>	<p>Compliant</p>
<p><b>The setting provides people opportunities to access and engage in community life.</b></p> <p><input checked="" type="checkbox"/> Compliant documentation submitted with attestation</p> <p><input checked="" type="checkbox"/> Observation made during on-site visit</p> <p>Monthly and daily calendars submitted with attestation observed on-site. Calendars include several community activities for people to choose from, as desired. A person interviewed reports that she participates in community activities on a regular basis, shopping at local thrift stores being her preferred activity. This person explained</p>	<p>Compliant</p>



<p>that she preferred to go out in groups and is able to choose who she participates in activities with and can choose to switch activities or groups at any time. She chooses to participate in community activities about one time per week on average. She explained “We have a calendar and that board out in the living room” with the list of activities. She enjoys adult coloring books. She showed us a picture that she recently colored. Reports she also enjoys ceramics and painting.</p>	
<p><b>The setting supports the person’s control of personal resources.</b></p> <p><input checked="" type="checkbox"/> Compliant documentation submitted with attestation</p> <p><input type="checkbox"/> Observation made during on-site visit</p> <p>Day Break has a policy that encourages people not to carry money on them. Special accommodation is made for special circumstances.</p>	<p>Compliant</p>
<p><b>The setting ensures people’s right to privacy.</b></p> <p><input checked="" type="checkbox"/> Compliant documentation submitted with attestation</p> <p><input checked="" type="checkbox"/> Observation made during on-site visit</p> <p>Observation made of several areas throughout the setting that can be utilized for private conversations and personal cares. Setting policies are also compliant.</p>	<p>Compliant</p>
<p><b>The setting ensures people’s dignity and respect.</b></p> <p><input checked="" type="checkbox"/> Compliant documentation submitted with attestation</p> <p><input checked="" type="checkbox"/> Observation made during on-site visit</p> <p>Staff members were observed communicating with and offering assistance to people in a respectful manner. People appeared well groomed and clothed appropriately for the weather.</p> <p>One person who was interviewed reports that she enjoys attending this adult day program and cares about the staff and people here.</p>	<p>Compliant</p>
<p><b>The setting ensures people’s freedom from coercion and restraint.</b></p> <p><input checked="" type="checkbox"/> Compliant documentation submitted with attestation</p> <p><input type="checkbox"/> Observation made during on-site visit</p> <p>Compliant policy submitted with attestation prohibiting the use of coercion and restraint in the setting.</p>	<p>Compliant</p>

<p><b>The setting optimizes individual initiative, autonomy, and independence in making life choices, including daily schedule and with whom to interact.</b></p> <p><input checked="" type="checkbox"/> Compliant documentation submitted with attestation</p> <p><input checked="" type="checkbox"/> Observation made during on-site visit</p> <p>Staff describe community and on-site activities to be flexible to meet the individual needs of people attending the program. People interviewed confirmed that they are provided choice and autonomy.</p> <p>One person interviewed reports she requires Physical Therapy (PT) for her knee and chose the PT services onsite at Bethesda. She reports that she understands she could choose other PT providers off site but she choose to receive therapy here because it is convenient.</p>	<p>Compliant</p>
--	------------------

# Pictures of the HCBS setting



Exercise equipment



Activity room



DayBreak entrance door



Creation Station – activity area



Separate activity area

## Public comment summary

**The Minnesota Department of Human Services (DHS) did not receive public comments for this setting.**

DHS sought public comment for 30 days (Feb. 6-March 7, 2019) before submitting settings to the Centers Medicare & Medicaid Services (CMS) for heightened scrutiny.

We sought public comments using the following methods:

- Evidentiary packages posted online on the [Home and Community Based Services Rule transition plan page](#)
- Evidentiary packages specific to each setting posted in a common area of the setting
- Notice of public comment period via [Feb. 6, 2019, eList announcement](#)
- Notification to lead agencies via regional resource specialists
- Notification to providers via email
- Notification to managed care organizations and Area Agencies on Aging (AA) via email
- Notification to long-term care ombudsman office via email
- Disability Hub MN virtual insight panel.

## Minnesota's recommendation

**Date of recommendation: 4/1/2019**

**Minnesota supports that this setting overcomes the institutional presumption and meets the requirements of a home and community-based setting. Provider is required to maintain on-going compliance with all HCBS requirements.**