

FROM CARETAKER TO CARE ADVOCATE
For Nursing Home Stay

In order for you to become a Care Advocate you need to know few things and following few procedures listed below.

1. Baseline Assessment: The assessment should be prepared **within 2 weeks** from the date of admission. You need to have a copy of the assessment and request a meeting to review it if necessary
2. Care Plan Meeting: **Within one month** of the admission, you should have a Care Plan Meeting which is part of the nursing home contract.
 - a. All of the needs should be listed:
 - i. Medical
 - ii. Emotional
 - iii. Social
 - b. Presentation of what needs to improve or needs to be maintained, and what are the strategies for the implementation of the plan.
3. Care Plan Review. Every 3 months (by federal law) the plan shall be reviewed or whenever the conditions change.
4. Reassessment: Annually

Finally, you should regularly visit the patient but at irregular hours and day, in order to inspect by surprise the nursing home.

Medication: you should check the medication and no increase or decrease of medication should be done without your consent. In case of emergency, you should be notified of the change in medication within 2 hours.

Staff and Doctors: you need to know the staff by name and their position. Write it on a piece of paper.

Inspect of Abuse: Check the body of the patient particularly in the unseen area where bed sore can develop. Check the number of diapers etc..