



ASSISTED LIVING IN MINNESOTA

Assisted living in Minnesota is a package of services provided to residents of a registered housing-with-services establishment. Minnesota's assisted living law, found in Minnesota Statutes 144G, mandates the services that any provider advertising assisted living services must make available to its residents, but permits the provider to design additional services tailored to the needs of its residents.

Minnesota's laws also permit a wide range of building types to offer assisted living services, giving consumers a variety of options:

- Some market rate apartments have been designed specifically to serve frail seniors, while other "independent" apartment buildings have made assisted living services available to residents who are "aging-in-place";
- Some subsidized apartment buildings now make assisted living services available to their residents who are aging-in-place;
- Licensed board and lodging establishments or boarding care homes, which offer private or semi-private rooms without kitchens and basic services such as three meals per day and housekeeping, may also provide a full range of assisted living services;
- Licensed adult foster care homes offer a full range of services to consumers who want a very small, home-like setting. A few adult foster care "suites" have been created within larger apartment buildings. Most of the corporate foster care homes in Minnesota are designed specifically to serve those with memory loss.

The buildings offering assisted living services must comply with applicable state building and fire codes, food and other applicable licensing requirements, Minnesota's landlord-tenant law, the Housing with Services Contract Act, the assisted living law and other laws, such as the federal Fair Housing law.

Although assisted living providers are required to offer a set of minimum services, they typically offer many additional services, and some assisted living programs offer specialized services and physical plant features designed for persons with dementia.

At minimum, an assisted living provider must offer its residents:

- Two meals per day (though most offer three meals plus snacks)
- Weekly housekeeping
- Weekly laundry service
- Help in arranging for transportation to medical and social services appointments and in accessing community resources and services

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- Opportunities for socialization
- Home care services through a Class A or Class F licensed home care provider, including at minimum:
 - Assistance with medications
 - Assistance with at least three of the following seven activities of daily living: bathing, dressing, grooming, eating, transferring, continence care, and toileting.
- A system to check on assisted living clients at least daily
- A means for assisted living clients to request assistance with health or safety needs 24-hours per day, seven days a week, and an awake staff person responsible for responding to these requests round the clock (small settings may be able to have the staff person sleep at night if they meet certain requirements)
- An RN must assess clients, supervise services and meet the other applicable home care requirements and must be available on-call to staff 24 hours per day, seven days per week

Common assisted living services beyond the minimum required services include "secured" or central medication storage and various nursing services such as blood pressure checks, blood glucose monitoring, dressing changes, assistance with ambulation and more. These services may be provided by an RN or LPN or may be delegated by the RN to trained, unlicensed home care staff. The RN must regularly assess the clients' needs, work with clients to develop individualized service plans that will meet their needs, and supervise the clients' services to assure that the clients' needs are being met. The RN is also responsible for training unlicensed home care staff and assuring that they are competent to provide the agreed upon services.

Because assisted living providers may offer many services beyond the minimum set of mandatory services, they are also required to give a copy of the Uniform Consumer Information Guide to all prospective and current assisted living clients. This Guide provides details about the services each provider has available and also describes accessibility features, information about cost and other information that would be helpful to consumers in deciding whether an assisted living provider can meet their needs. The Guide's standard format is designed to allow consumers to compare several assisted living programs.

In addition to the Guide, persons considering moving into a housing-with-services establishment that offers assisted living services must receive a contract that discloses information on 17 important issues identified in the Housing with Services Contract Act. Along with the home care bill of rights, these documents are designed to educate consumers and empower them to make good decisions about their housing and services and to give them the tools they need to enforce their rights.