

1 **10A NCAC 06S .0403 HEALTH AND PERSONAL CARE SERVICES**

2 (a) In adult day health programs, the following health care and personal care services shall be provided:

- 3 (1) assistance with activities of daily living including feeding, ambulation, or toileting as needed by
4 individual participants;
- 5 (2) health care monitoring of each participant's general health and medical regimen. This includes
6 documenting the periodic assessment of the vital signs, weight, dental health, general nutrition, and
7 hygiene of each participant. When health changes occur, positive or negative, the adult day care
8 program staff shall notify the family, caretaker or responsible party of the changes. The change in
9 health status and notification shall be recorded in the participant's file;
- 10 (3) assistance to participants and caregivers with medical treatment plans, diets, and referrals as needed;
- 11 (4) health education programs for all participants on a regular basis, at least monthly, and health care
12 counseling tailored to meet the needs of participants and caregivers; and
- 13 (5) first aid treatment as needed.

14 (b) Specialized services, e.g. speech therapy, physical therapy, and counseling, shall be facilitated by the adult day
15 health program as ordered by a physician and as available through community resources.

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17 *History Note: Authority G.S. 131D-6; 143B-153;*
18 *Eff. September 1, 1990;*
19 *Amended Eff. July 1, 2007; March 1, ~~1992, 1992~~;*
20 *Readopted Eff. July 1, 2019.*
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