



## **WESTRIDGE AFH PROGRAM STATEMENT**

*Revised: 2/28/10*

### ***Description:***

Westridge is a licensed Adult Family Home, under Wisconsin Administrative Code HSS 88, to serve up to four men or women 18 years of age or older, with developmental disabilities, mental illness and/or dually diagnosed. It is located at 3841 96th Street, Chippewa Falls, Wisconsin, 54729.

Westridge is a split-level home located in a rural area on the out skirts of Chippewa Falls. On the upper level of the home there are two bedrooms, a full bathroom, a roomy kitchen dining area, living room, and laundry facilities. The lower level contains a large family room, a storage area, two bedrooms, and one full bathroom. A patio door in the kitchen and in the living room leads out to a wrap around deck. Westridge has a beautiful front lawn with mature trees.

### ***Admission Policy:***

Residents considered for admission to Westridge must be programmatically compatible with each other. Similar likes, dislikes, and physical abilities are taken into consideration during the initial intake assessment.

Westridge welcomes individuals who exhibit challenging behaviors, but may exclude persons who are actively suicidal, who are destructive of property, unless an Individual Service Plan identifies the areas of risk and serves as a reasonable plan to minimize these risks. Initial referral and assessment information must be at Westridge upon admission of resident.

Within 90 days prior to admission, each resident must be examined by a physician or registered nurse and found to be free of communicable disease. Documentation of this examination is required prior to admission.

Letters of Guardianship, Protective Placement of any applicable legal documents must be at Westridge upon admission of resident.

### ***Program Goals:***

The overall goal of Westridge is to maximize the residents' cognitive, affective, physical health, and psychomotor skills in order to help them obtain their highest possible level of functioning. This will be accomplished through attitudes of hopefulness, a structured, yet warm environment,

individual treatment plans with realistic goals, and the opportunity for group living and social integration. Imperative to the program is an emphasis on community integration to the greatest extent possible for each resident. Examples of such integration are religious activities. Each resident will have a goal-oriented Individual Service Plan that will be discussed and reviewed by the resident and the treatment team.

### ***Specific program goals include:***

1. Assisting and training residents in personal care activities such as dressing, grooming, and bathing.
2. Assisting and training residents in daily living skills such as meal planning and preparation, laundry, and household chores.
3. Assisting residents in appropriate socialization, including productive and independent leisure time, one-on-one interaction, and group activities.
4. Assisting residents in understanding and expressing their emotions and feelings, focusing on building good

self-esteem and a sense of self worth.

5. Encouraging and helping residents in maintaining involvement with family members and other significant people in their lives.
6. Accurately assessing and responding to the unique and changing needs of each resident.

### ***Staff Levels and Training:***

Westridge will have at least one staff on duty at all times. The ratio of staff to residents shall be adequate to meet the needs of the residents as defined in their assessments and individual service plans and for the type of facility.

All staff at Westridge are trained through BrotolocNorth inservices as well as at least 24 hours of on the job training. Inservices include:

CPR	Observing & Charting	Introduction to TBI
First Aid	Seizures	Introduction to M.I.
Fire Safety/Vital	Signs & Assessment	Introduction to D.D.
Medication Monitoring	Resident Rights (part 1 & 2)	Personal Care Training
Standard Precautions	Sexuality Issues	
Dietary/Sanitation	Recognizing & Responding to Challenging Behaviors	

The staff are also all trained as Personal Care Workers. All training must be completed within the first three months of employment. Refresher courses are required for CPR, First Aid, Medication Monitoring, Vital Signs & Assessment, and Recognizing & Responding to Challenging Behaviors. In addition, extra inservices are offered throughout the year.

### ***Safety Issues:***

Westridge will train residents to develop a working knowledge and understanding of areas where precautions may be necessary, such as emergency plans in case of fire or severe weather, community safety as well as sexuality and abuse issues.

### ***Program Services:***

Program services are provided as described in each resident's Individual Service Plan in the following areas:

#### ***Health Monitoring/Psychiatric Services***

Health Monitoring Services are provided by an on-staff Registered Nurse who ensures that each resident receives an initial health screening assessment and at least yearly examinations by a physician. BrotolocNorth employs a consulting psychiatrist and provides for health care through a number of local health care providers, dentists, neurologists, pharmacy services, and other specialists.

#### ***Medication Monitoring***

Medications will be self-administered and monitored by trained staff. Medication administration by authorized staff will occur only when ordered by a physician.

#### ***Leisure Time Services***

Leisure Time Services are designed to maximize meaningful and productive activities in the community as well as at home. The staff stresses community involvement through frequent attendance at activities and utilization of various resources in Eau Claire, and the surrounding area. Residents have the opportunity to structure their leisure time individually and through group consensus, visiting the library, local shopping malls, restaurants, picnics in a variety of area parks, sporting events, and special community events. Special events and tours are scheduled throughout the year, as well. Unsupervised times can be arranged if it is requested by the Guardian or County and if the treatment team agrees this is therapeutic for the individual. This will also be included in the Individual Service Plan.

Family-style, home-centered recreational activities include, but are not limited to, playing cards, board games,

listening to music, various arts and crafts projects, viewing television and videos and reading books, magazines, newspapers or book tapes. Participation in exercise programs, walking and sports activities are also offered and encouraged.

### ***Personal Care Services***

Personal Care Services are provided by BrotolocNorth staff who assist and support the residents in activities of daily living as specified in the residents' Individual Service Plans. Supportive home care service referrals will be made to outside providers when such services are ordered by a physician.

### ***Information and Referral Services:***

Residents are also offered an educational program with one on one instruction and the "Double Trouble" support group that focuses on mental health and AODA issues. Additional vocational, educational, counseling and mental health service referrals not included in the per diem rate are provided as necessary or when determined by the interdisciplinary team or recommended by the consulting psychiatrist.

For information and referral services, contact the BrotolocNorth of Eau Claire Regional office.