



A&A Reliable Home Health Care  
 1821 University Ave W, Suite 295  
 Saint Paul, MN 55104  
 Phone: 651-470-9549  
 Fax: 651-493-2930  
 Email: [info@aareliable.com](mailto:info@aareliable.com)  
 Website: [www.aareliable.com](http://www.aareliable.com)

### Program Abuse Prevention Plan

Program:	Integrated Community Support
Program Address:	5410 5 <sup>th</sup> St NE
	Fridley, MN 55421
Date plan developed:	04/11/2024

#### EACH PROGRAM MUST ENSURE THAT:

- A. People receiving services are provided with an orientation to the program abuse prevention plan. This orientation must be within 24 hours of admission or within 72 hours for individuals who would benefit from a later orientation.
- B. The license holder’s governing body or the governing body’s delegated representative shall review the plan at least annually using the assessment factors in the plan and any substantiated maltreatment findings that occurred since the last review period. The governing body or the governing body’s delegated representative shall revise the plan, if necessary, to reflect the review results.
- C. A copy of the program abuse prevention plan must be posted in a prominent place in the facility and be available, upon request, to mandated reporters, people receiving services, and legal representatives.
- D. If the assessment indicates that the vulnerable adult does not need specific risk reduction measures in addition to those identified in the program abuse prevention plan, the individual abuse prevention plan must document this determination.
- E. In addition to the program abuse prevention plan, an individual abuse prevention plan must be developed for each new person receiving services. A review of the individual abuse prevention plan must be done as part of the review of the program plan. The persons receiving services must participate in the development of the individual abuse prevention plan to the best of their abilities. All abuse prevention plans must be reviewed at least annually by the interdisciplinary team.

#### POPULATION ASSESSMENT:

- 1. **Age range of persons the program plans to serve** between 18 and 65



A&A Reliable Home Health Care  
1821 University Ave W, Suite 295  
Saint Paul, MN 55104  
Phone: 651-470-9549  
Fax: 651-493-2930  
Email: [info@aareliable.com](mailto:info@aareliable.com)  
Website: [www.aareliable.com](http://www.aareliable.com)

**2. What specific measures has the program taken to minimize the risk of abuse to people as related to the age of people receiving services?**

The program takes a proactive approach to preventing abuse of vulnerable adults by providing annual training for staff on recognition, reporting, and response to potential abuse. This training ensures that staff are equipped to identify and address any signs of abuse or neglect. Additionally, the program distributes its abuse prevention policy to consumers and their representatives on an annual basis, ensuring that everyone involved is aware of the program's commitment to safety and well-being.

Furthermore, each consumer has a personalized Individual Abuse Prevention Plan (IAPP) that considers their unique needs and risks. The IAPP identifies potential age-related risks and outlines strategies for mitigating them. Staff receive training on each consumer's IAPP, ensuring that they can provide individualized support and care.

**3. Gender of persons the program plans to serve: Male and Female**

**4. What specific measures has the program taken to minimize the risk of abuse to people as related to the gender of people receiving services?**

The program provides annual training for staff on Vulnerable Adult abuse prevention, ensuring they are equipped to recognize and respond to potential risks. Additionally, consumers and their representatives are provided with the program's abuse prevention policy on an annual basis. Each consumer has a personalized Individual Abuse Prevention Plan (IAPP) that identifies and addresses any gender-related risks, and staff are trained on the specific IAPPs to ensure individualized support. This comprehensive approach demonstrates the program's commitment to protecting the rights and safety of vulnerable adults.

**5. Describe the range of mental functioning of persons the program plans to serve:**

The program is designed to serve consumers with a range of diagnoses, including:

- \* Mild to moderate cognitive impairments
- \* Autism Spectrum Disorder (ASD)
- \* Asperger's Syndrome
- \* Down's Syndrome
- \* Fetal Alcohol Spectrum Disorder (FASD)
- \* Attention Deficit Hyperactivity Disorder (ADHD)
- \* Traumatic Brain Injury (TBI)
- \* Cerebral Palsy
- \* Stroke
- \* Multiple Sclerosis (MS)

**6. What specific measure has the program taken to minimize the risk of abuse to people as related to the mental functioning of people receiving services?**



A&A Reliable Home Health Care  
1821 University Ave W, Suite 295  
Saint Paul, MN 55104  
Phone: 651-470-9549  
Fax: 651-493-2930  
Email: [info@aareliable.com](mailto:info@aareliable.com)  
Website: [www.aareliable.com](http://www.aareliable.com)

The program takes a comprehensive approach to preventing abuse and ensuring the safety and well-being of vulnerable adults. Annual training is provided for staff on recognizing and responding to potential risks, equipping them with the knowledge and skills to identify and address signs of abuse. Additionally, the program's abuse prevention policy is distributed to consumers and their representatives on an annual basis, promoting awareness and understanding of the importance of abuse prevention. Each consumer has a personalized Individual Abuse Prevention Plan (IAPP) that considers their unique mental functioning related risks and vulnerabilities. Staff are trained on individual IAPPs, ensuring they are knowledgeable about each consumer's specific needs and risk factors. This individualized approach enables staff to provide tailored support and care, minimizing the risk of abuse and neglect. By prioritizing the safety and well-being of consumers, the program demonstrates its commitment to creating a safe and supportive environment for all.

- 7. Describe the range of physical and emotional health of persons the program plans to serve:**  
The program serves consumers with a wide range of physical health needs, including mobility impairments such as wheelchair use, walker use, leg braces, difficulty walking, and others. Additionally, consumers may have sensory impairments like hard of hearing, vision problems, and speech issues. Some consumers also have physical limitations due to obesity, doctor's restrictions on lifting, bending, and twisting, back issues, respiratory ailments, and use of canes. Furthermore, the program also supports consumers with various emotional health needs, including depression, anxiety disorders, attachment disorders, ADHD, suicidal tendencies, oppositional defiance, PTSD, eating disorders, Autism, Bi-polar disorder, Dementia, and Intellectual development disorders. By acknowledging and addressing these diverse health needs, the program strives to provide comprehensive and individualized support to promote overall well-being for consumers.
- 8. What specific measure has the program take to minimize the risk of abuse to people as related to the physical and emotional health of people receiving services served?**  
The program prioritizes the safety and well-being of vulnerable adults by providing annual training for staff on abuse prevention, as well as distributing the policy to consumers and their representatives. Furthermore, each consumer has a personalized Individual Abuse Prevention Plan (IAPP) that identifies and addresses specific physical and emotional health-related risks, such as mobility issues, sensory impairments, chronic conditions, and mental health concerns. Staff are trained on individual IAPPs to ensure they are equipped to provide tailored support and care, mitigating potential risks and promoting a safe and supportive environment for all consumers. By taking a proactive and individualized approach to abuse prevention, the program demonstrates its commitment to protecting the rights and well-being of vulnerable adults.
- 9. Describe the range of adaptive/maladaptive behavior(s) of persons the program plans to serve:**  
The consumers served by the program exhibit a range of maladaptive behaviors, including verbal aggression, such as anger outbursts and swearing, as well as deceptive behaviors like stealing and lying. Some consumers also display resistance to care, including work refusal and defiance, while others may engage in more serious behaviors like elopement or threatening staff with legal action. These challenging behaviors require a skilled and supportive approach from staff, who are trained to address them in a way that prioritizes the consumer's safety and well-being while also promoting positive



A&A Reliable Home Health Care  
1821 University Ave W, Suite 295  
Saint Paul, MN 55104  
Phone: 651-470-9549  
Fax: 651-493-2930  
Email: [info@aareliable.com](mailto:info@aareliable.com)  
Website: [www.aareliable.com](http://www.aareliable.com)

behavior change. By acknowledging and addressing these complex needs, the program strives to provide individualized support and care that fosters growth and independence for consumers.

**10. What specific measures has the program taken to minimize the risk of abuse to people as related to the adaptive/maladaptive behavior(s) of the people receiving services served?**

The program takes a comprehensive approach to preventing abuse and addressing challenging behaviors. Staff receive annual training on Vulnerable Adult abuse prevention, and consumers and their representatives are provided with the program's abuse prevention policy on an annual basis. Each consumer has a personalized Individual Abuse Prevention Plan (IAPP) that identifies and addresses mental functioning-related risks, as well as individual maladaptive behaviors such as verbal aggression, deception, resistance to care, and elopement. The IAPP is developed in collaboration with the consumer's team, and outlines specific measures to address these behaviors, promoting a safe and supportive environment for all consumers. By integrating abuse prevention and behavior management strategies, the program prioritizes the well-being and safety of vulnerable adults.

**11. Describe the need for specialized programs of care for persons the program plans to serve:**

The program recognizes that some consumers may require a higher level of support and care, and as such, may institute a smaller staff ratio to ensure their needs are met. Currently, one consumer requires a 1:1 staff ratio due to elopement issues, which necessitates a more personalized and intensive level of care to ensure their safety and well-being. This tailored approach allows the program to adapt to the unique needs of each consumer, providing a more effective and supportive environment for those who require additional attention. By adjusting the staff ratio as needed, the program demonstrates its commitment to delivering individualized care and promoting the safety and well-being of all consumers.

**12. What specific measures has the program taken to minimize the risk of abuse to people as related to the need for specialized programs of care for people receiving services?**

The program prioritizes the safety and well-being of vulnerable adults through comprehensive training and individualized planning. Staff receive annual training on abuse prevention, and consumers and their representatives are provided with the program's abuse prevention policy on an annual basis. Each consumer has a personalized Individual Abuse Prevention Plan (IAPP) that identifies and addresses mental functioning-related risks and individual maladaptive behaviors, such as elopement or aggression. The IAPP is developed in collaboration with the consumer's team and outlines specific measures to address these behaviors, including consumers with specialized programs like 1:1 staffing. By integrating abuse prevention and behavior management strategies, the program provides a safe and supportive environment for all consumers, tailoring support to meet the unique needs of each individual.

**13. Describe the need for specific staff training to meet individual service needs:**

Staff members undergo comprehensive training to ensure they are equipped to provide high-quality care and support to vulnerable adults. This training encompasses a range of topics, including Vulnerable Adult law and policy, Individual Abuse Prevention Plans (IAPP), client goals and rights, safety procedures, health procedures, diagnosis-specific trainings, vehicle safety and transportation policies, behavioral interventions, medical procedures, and medication administration. Additionally, staff learn how to engage clients in activities, effective communication techniques, and our company's Mission, Vision, and Values. Furthermore, there are always staff members on site who are certified in CPR and First Aid care,



A&A Reliable Home Health Care  
1821 University Ave W, Suite 295  
Saint Paul, MN 55104  
Phone: 651-470-9549  
Fax: 651-493-2930  
Email: [info@aareliable.com](mailto:info@aareliable.com)  
Website: [www.aareliable.com](http://www.aareliable.com)

ensuring a prompt and appropriate response in case of an emergency. This extensive training enables staff to provide individualized support and care that prioritizes the well-being, safety, and dignity of vulnerable adults.

**14. What specific measures has the program taken to minimize the risk of abuse to people as related to the need for specific staff training designed to meet individual service needs?**

A&A Reliable Home Health Care has a comprehensive training program in place, complete with thorough documentation, to ensure that staff members are well-prepared to work with their assigned clients. This program includes a range of trainings, such as vulnerable adult law and policy, individualized abuse prevention plans, client goals and rights, safety procedures, health procedures, and diagnosis-specific trainings. By maintaining accurate records of staff training and competency, A&A Reliable Home Health Care demonstrates its commitment to delivering high-quality care and support to individuals with diverse needs, while also ensuring compliance with regulatory requirements.

**15. Describe any knowledge of previous abuse that is relevant to minimizing the risk of abuse to people receiving services:**

No previous abuse accusation has been substantiated in this program.

**16. What specific measures has the program taken to minimize the risk of abuse to people as related to the knowledge of previous abuse?**

A&A Reliable Home Health Care takes allegations of potential abuse seriously and conducts thorough investigations to determine the facts and identify potential causes. Following an investigation, the findings and recommendations for prevention are discussed, and staff may receive additional training to prevent similar incidents in the future. This proactive approach ensures that the company takes all necessary steps to prevent abuse and maintain a safe environment for all clients. By prioritizing accountability and continuous improvement, A&A Reliable Home Health Care demonstrates its commitment to providing high-quality care and support while protecting the well-being and safety of vulnerable adults.

## **PHYSICAL PLANT ASSESSMENT:**

**1. Describe the condition and design of the facility as it relates to safety for the people receiving services:**

The building, constructed in 1965, is a two-story structure comprising four units, with two units on each floor. Each unit features a private bathroom, bedroom, and kitchen, with separate utilities for each unit. A&A Reliable Home Health Care will be responsible for trash removal, while consumers will be responsible for all other utilities. The building is accessible, with handicap ramps leading to the two downstairs units, accessible from both the front door parking area and the back door. A&A Reliable Home Health Care is committed to maintaining the property, including regular lawn care, snow plowing, and inspections to identify and address any damage or issues, ensuring a safe and healthy environment for consumers.



A&A Reliable Home Health Care  
1821 University Ave W, Suite 295  
Saint Paul, MN 55104  
Phone: 651-470-9549  
Fax: 651-493-2930  
Email: [info@aareliable.com](mailto:info@aareliable.com)  
Website: [www.aareliable.com](http://www.aareliable.com)

**2. What specific measures has the program taken to minimize the risk of abuse to people as related to the condition and design of the facility in terms of safety for people receiving services?**

A&A Reliable Home Health Care conducts Job Hazard Analysis inspections program site to proactively identify potential safety hazards that may impact consumers. Based on the findings, safety procedures are developed and implemented in accordance with the business's safety policies. Any identified hazards are addressed through removal, repair, or the creation of a plan to mitigate or avoid them. This proactive approach ensures a safe working environment for consumers and staff and demonstrates the company's commitment to risk management and injury prevention.

**3. Describe any areas of the facility that are difficult to supervise:**

The building is equipped with four security cameras on the exterior, providing an additional layer of safety for the consumers residing within. Both the front and back doors feature locks that can be secured from the inside, offering an extra measure of security. Furthermore, each unit's entrance is equipped with secure locks, complete with electronic logs to track and monitor access, ensuring that only authorized individuals can enter the units and maintaining the privacy and safety of the consumers.

**4. What specific measures has the program taken to minimize the risk of abuse to people as related to the areas of the facility that are difficult to supervise?**

The building is equipped with four security cameras on the exterior, providing an additional layer of safety for the consumers residing within. Both the front and back doors feature locks that can be secured from the inside, offering an extra measure of security. Furthermore, each unit's entrance is equipped with secure locks, complete with electronic logs to track and monitor access, ensuring that only authorized individuals can enter the units and maintaining the privacy and safety of the consumers.

## **ENVIRONMENTAL ASSESSMENT:**

**1. Describe the location of the facility including information about the neighborhood and community in which the facility is located:**

This building is conveniently located in Fridley, Minnesota, with easy access to public transportation, nearby amenities such as grocery shopping, restaurants, clinics, and a hospital. This central location enables consumers to easily access essential services and activities, promoting independence and community integration. The proximity to healthcare facilities also ensures timely medical attention if needed, providing an added layer of support and safety for consumers.

**2. What specific measures has the program taken to minimize the risk of abuse to people as related to the location of the facility, including factors about the neighborhood and community?**



A&A Reliable Home Health Care  
1821 University Ave W, Suite 295  
Saint Paul, MN 55104  
Phone: 651-470-9549  
Fax: 651-493-2930  
Email: [info@aareliable.com](mailto:info@aareliable.com)  
Website: [www.aareliable.com](http://www.aareliable.com)

Staff are trained to recognize and report any claims of potential or actual abuse related to the program, ensuring a safe and supportive environment for consumers. Additionally, the building is equipped with security cameras to further enhance consumer safety. In case of an emergency, the building is strategically located within 7 miles of the nearest police station and just 2.7 miles from the nearest fire station, allowing for a prompt response. This multi-layered approach to safety demonstrates the program's commitment to protecting the well-being of consumers.

**3. Describe the type of grounds and terrain that surround the facility:**

The building features sidewalks surrounding the building, ensuring easy accessibility and pedestrian safety. Additionally, the building offers ample parking options, including 5 parking spaces in the back, 4 parking spaces in the front, and street parking, making it convenient for staff and consumers to access the location. This well-designed infrastructure promotes a safe and accessible environment for all individuals involved.

**4. What specific measures has the program taken to minimize the risk of abuse to people as related to the type of grounds and terrain that surround the facility?**

A&A Reliable Home Health Care is committed to ensuring the safety and well-being of our residents by conducting regular inspections of the property. These inspections will focus on ensuring that the terrain, grounds, and surrounding areas are clean, safe, and free from hazards, allowing our residents to enjoy the outdoors with confidence and peace of mind. By prioritizing safety and maintenance, we aim to create a supportive and inclusive environment that promotes independence and quality of life for our residents.

**5. Describe the type of internal programming provided at the program:**

A&A Reliable Home Health Care provides a comprehensive range of services designed to support our residents in regaining independence. These services include Household Management, community engagement, Coping Skills development, Adaptive Skills training, and Health and Wellness programs. By offering this diverse array of services, we aim to empower our residents to manage their daily lives with confidence, connect with their community, and maintain their overall well-being, ultimately fostering a supportive environment for independent living.

**6. What specific measures has the program taken to minimize the risk of abuse to people through the type of internal programming provided at the program?**

The internal programming offered by A&A Reliable Home Health Care is designed to empower consumers with the knowledge and skills to prevent and report abuse, foster healthy interpersonal relationships, and prioritize safety. Through this comprehensive training, consumers will be equipped to recognize potential abuse and take steps to prevent it, promoting a safe and supportive environment for all. By emphasizing abuse prevention, healthy



A&A Reliable Home Health Care  
1821 University Ave W, Suite 295  
Saint Paul, MN 55104  
Phone: 651-470-9549  
Fax: 651-493-2930  
Email: [info@aareliable.com](mailto:info@aareliable.com)  
Website: [www.aareliable.com](http://www.aareliable.com)

relationships, and safety awareness, the program demonstrates its commitment to protecting the well-being and dignity of consumers.

**7. Describe the program’s staffing pattern:**

The staff ratio in this program is minimum to 1:1 ratio.

**8. What specific measures has the program taken to minimize the risk of abuse to people through the program’s staffing pattern?**

A&A Reliable Home Health Care always maintains an adequate staff-to-consumer ratio, ensuring that each consumer receives appropriate support and supervision. This ratio is carefully managed to minimize the potential for abuse or harm, creating a safe and protective environment for all consumers. By prioritizing staffing ratios, the program demonstrates its commitment to consumer safety and well-being and ensures that staff can provide individualized attention and support as needed.

Yong Yang

04/26/2024

Print name and title of  
Governing Body or  
Governing Body’s Delegated Representative

Signature

Date

Review: Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

The review occurred at least on an annual basis.

The review of the plan used the assessment factors in the plan and any substantiated maltreatment findings that occurred since the last review. If necessary, the plan was revised to reflect the review results.

Review: Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

The review occurred at least on an annual basis.

The review of the plan used the assessment factors in the plan and any substantiated maltreatment findings that occurred since the last review. If necessary, the plan was revised to reflect the review results.





A&A Reliable Home Health Care  
1821 University Ave W, Suite 295  
Saint Paul, MN 55104  
Phone: 651-470-9549  
Fax: 651-493-2930  
Email: [info@aareliable.com](mailto:info@aareliable.com)  
Website: [www.aareliable.com](http://www.aareliable.com)

Review: Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

The review occurred at least on an annual basis.

The review of the plan used the assessment factors in the plan and any substantiated maltreatment findings that occurred since the last review. If necessary, the plan was revised to reflect the review results.

Legal Authority: Minn. Stat. § 245A.65, subd. 2