

HEALTH

Live-In Care Facility

RESIDENT'S RIGHTS

- The care facility will tell you about your rights and any care facility rules.
- You will be encouraged and helped to exercise your rights.
- Caregivers will treat you with respect and dignity.
- Your doctor and the care facility will tell you about your medical condition.
- You may consent to or refuse any medicine, treatment or care. You can choose your own doctor.
- The care facility will not open your personal mail without your permission.
- Caregivers will provide your treatment and personal care in private.
- You can visit with and talk privately to anyone you choose, in person or on the telephone.
- The care facility will keep medical and personal information about you confidential.
- You can practice your religious beliefs.
- You can choose to be part of social, religious and other activities in the care facility and in the community.
- You can keep and use your own clothing and personal belongings, within the space that is available.
- The care facility will provide a safe environment.
- The care facility will provide or arrange for the care you need.
- Caregivers will not hit you or treat you roughly, and will not yell at you or embarrass you. You will not be punished.
- The care facility will not restrain you physically or with medicine unless your doctor orders restraints to treat you or protect you.
- You can handle your own money and finances unless someone else has been legally appointed to do that for you.
- The care facility will give you written agreement about the services that will be provided and the amount of money that will be charged.
- The care facility will not ask for or take money from you except for the charges for services.
- The care facility cannot make you move unless moving is the only way to solve a problem. Special rules require the care facility to give you a written notice. You can also have a hearing by the state to decide if you have to move.
- You will not be discriminated against because of race, color, national origin, sex, or religion.
- The care facility will not take any action against you (or your family or friends) if you make suggestions or complaints.
- The care facility cannot ask you to give up any of your rights or to sign papers giving up your rights.



People with medical problems or disabilities may need some help to take care of themselves. This may be cooking and cleaning, or bathing and dressing, or doing everything for a person who cannot get out of bed. As people get older, they are more likely to need some help. If you need help, family and friends may be able to provide it. Or you may be able to hire someone to come to your home.

Family and friends may not be able to do everything you need, especially if you need someone to stay with you. **There are four kinds of care facilities that can provide these types of help for short period or for a longer time:**

- **Nursing homes** offer care from licensed nurses and nursing assistants during the day and the night.

People who have had a stroke or an operation often go from a hospital to a nursing home. Nursing homes may care for many people at one time.

- **Adult foster homes** care for no more than five people. The person who provides the care must have some training, but does not require as much training as a nurse or nursing assistant. The caregiver sleeps in the home at night.
- **Residential care facilities** care for six or more people. The caregivers must have some training, but do not require as much training as a nurse or nursing assistant. If the care facility is small, there may not be a caregiver awake at night.
- **Assisted living facilities** are like residential care facilities. They have private rooms and encourage people to do things for themselves

When you move into a nursing home, adult foster home, residential care facility or assisted living facility, there will be some changes in your life. There will be new people and different ways of doing things. Living in a care facility is not the same as living in your own home.

Some things will not change. You have the same right to make decisions about your health care, your money, your family and your community. Oregon also has laws that guarantee rights to residents of care facilities. These rights support and help people who need care, and remind caregivers to treat all residents with respect and dignity.

These Residents' Rights laws follow a general pattern. They are for anyone who lives in a nursing home, adult foster home, residential care facility or assisted living facility.

Caregivers must be able to communicate with you in order to provide care and respect your rights. A care facility that accepts someone who does not speak English should provide an interpreter or some other way to communicate.

Care can be expensive. Oregon has a Medicaid program to help people pay for care in nursing homes, adult foster homes, residential care facilities, assisted living facilities and in their own homes. You can get information about Medicaid assistance and the eligibility requirements from your local Senior and Disabled Services Division (SDSD) office or Area Agency on Aging (AAA) office. Or you can call the SDSD central office in Salem at 1-800-232-3020.

If you have a complaint about a care facility, call the local SDSD or AAA office, or 1-800-232-3020. The state must investigate all complaints. The name of the person who made the complaint is kept confidential.

The OMBUDSMAN office was set up to help residents of care facilities solve problems and resolve complaints. The name and number of the ombudsman assigned to the care facility should be posted in the care facility. You can also contact the central Ombudsman office in Salem at 1-800-522-2602.

If you have a legal problem or question about a care facility, you may be able to obtain legal advice or representation at no charge. Contact the local Legal Aid or Oregon Legal Services office for information.

Volunteers Wanted, 55 And Over

The Multnomah County Retired and Senior Volunteer Program is inviting persons 55 and over to volunteer in a variety of ways to benefit over 180 non-profit organizations. RSVP offers free supplemental accident and liability insurance and limited mileage reimbursement. **Some current volunteer needs are:**

- **Registration aide:** Needed immediately by local Girl Scout Council to help process membership registrations.
- **Van Drivers:** Provide transportation for older adults for day trips and short outings. Neighborhood House, 7780 S.W. Capitol Highway.
- **Grocery Shoppers:** Help Elderway's Store to Door program at Stadium Fred Meyer on Thursday mornings. This is a non-profit grocery service for the elderly and/or disabled.
- **Family Advocates:** Help prevent child abuse by working on the Child Abuse Hotline through Waverly Childrens Home.
- **Hosts and Hostesses:** Greet visitors and answer telephones for Berry Botanic Garden located near Lewis and Clark College.
- **Visitor Information Provider:** Conduct daily visitor information services activities at Portland/Oregon Visitors Association at 26 S.W. Salmon.
- **Social Assistant:** Help serve tea and snacks to small groups of frail elderly at Providence ElderPlace on Thursday afternoons.

If you are interested in any of these volunteer opportunities or if you wish more information about RSVP, please call Helen Wahl at 229-7787.

RSVP is sponsored by Legacy Health System at Good Samaritan Hospital and Medical Center.

Asthma Illnesses Are Increasing

For reasons the experts do not fully understand, asthma-related illnesses are increasing rapidly in the United States with the number of asthma deaths having doubled during the 1980s. And according to the National Center for Health Statistics, the problem is especially severe among African Americans living in urban areas. One study shows 38 young people living in certain urban areas died from asthma in 1991 while only 15 whites living in suburban areas of the same size died from asthma. Howard University College of Medicine professor Floyd Malveaux says there's some protection from the chronic respiratory disorder from using vacuum cleaners, dehumidifiers and mattress covers.

Public Warning:

Herbal Remedies May Lead To Positive Drug Test Results

Many people who choose herbal remedies for arthritis and other ailments also may be choosing instant unemployment, according to a Chicago-based drug-testing expert.

Warren Cooper, president of ACCU-Lab Medical Testing (1310 S. Wabash), is particularly concerned with a popular pill called tung shueh in Chinese, or "Cow Head Brand" pills.

While some attention has been given to this over-the-counter access to Valium (an addictive prescription tranquilizer) Cooper feels the most important aspect is being overlooked: the fact that people who do not have a propensity for using illegal narcotics are testing positive and being fired or not hired because of it. Cooper was alerted after three people referred to his lab almost lost their jobs, testing positive for drug use. To validate his suspicions, Cooper also took the pills, as recommended, and tested positive for Valium use in less than 24 hours.

Users look to the product to address hypertension, arthritis, heart problems and poor blood circulation. According to Cooper, this is particularly prevalent in urban areas and the African American community, where a \$10 trip to the store for one product is more feasible than \$200 for comparable prescriptions. And many people swear by its virtues.

Mary Allen, for example, is a 59-year-old diabetic, who also is hypertensive. She says she has arthritis, back problems, and a pinched nerve. She attributes the Cow Head pills for increasing her mobility, as well as relieving her from pain and the use of three different neck collars from a local hospital.

"The debate is not just about whether or not this drug should be on the market," Cooper explains. "The bigger issue is that people should know the ramifications of using a product whose ingredients are written in Chinese. Valium and the other anti-inflammatory drugs found in this pill, for example, also could cause a blood disorder when used with other substances. Herbal remedies are a billion-dollar market, they have merit. But people always should know what they are putting into their systems."

ACCU-Lab Medical Testing, Inc. is certified by the College of American Pathologists, the State of Illinois and C.L.I.A. the company provides forensic drug testing, hair analysis and blood testing for employers (pre-employment and random employment) and individuals.

Except from FDA import alert #66-10 (February 21, 1991)

Currently herbal pills are being marketed containing a combination of four drugs: Diazepam, indomethacin, hydrochlorothiazide,

and mefenamic acid. These pills are marketed under a variety of names and in a variety of packaging. They are spherically shaped, approximately 3/8" in diameter, and have a shiny black exterior. When the pills are cracked open, white crystalline material is observed to be imbedded in the brown interior.

None of the products list the drug substances as ingredients. Investigation has shown that the pills originate from several sources, and usually enter the country via air mail shipments to health food stores, oriental food stores, novelty shops, and individual consumers...

Please inform your local U.S. Customs and Postal Service officials of our interest in these types of products, especially mail entries.

#66-10 April 16, 1993 Revision

Examination of a sample by FDA Seattle District Laboratory revealed the presence of Hydrochlorothiazide and mefenamic Acid. Neither ingredient is identified in the ingredient statement on the product label.

Medical claims lists for uses of the product include in part: "Heal the diseases of Liver and Viseria, preventing the Blood-vessel to solidified...circulation of blood...prevent Hypertension and remove congestion from Brain...clean blood, strengthen heart..."

Hospital To Offer Cooking Course

When it comes to healthy eating does your heart scream "yes" while your mouth cries "no!" Great taste and healthy eating join forces in a cooking course called "The Culinary Hearts Kitchen." Developed by the American Heart Association, this program is being offered by St. Vincent

Hospital beginning Thursday, July 7, and continuing through July 28. The four-week course will be held from 7 p.m. to 8:30 p.m. at the St. Vincent Hospital Tanasborne Medical Plaza. The registration fee is \$65. Pre-registration is required. For more information or

to register, call 645-4864.

Participants will learn to: Create new lowfat culinary delights, taste meatless dishes and baked goods with less fat, prepare quick meals with creative seasonings, vegetables and grains, and evaluate food products at the grocery store.

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