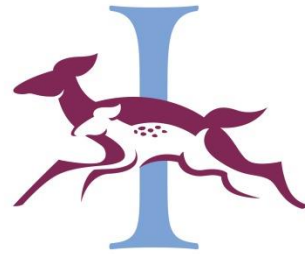


# Ingleside at Rock Creek



## Director's Dialogue

March 19, 2019



**INGLESIDE**  
AT ROCK CREEK  
ENGAGED LIVING

# Introduction

**Rock Creek's new Social Worker**

**Kara Phipps, MSW, LICSW**

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Telephone number: 202-244-1513

Kara's role at Rock Creek

- Skilled and Assisted Living (2/3 days)
- Independent Living (3/2 days)
- Location – TBD

# Today's Objectives -- Communication & Dialogue

- Building 1 (the new Healthcare building)
- Timeline (March – August)
- Starting the conversation (Today)
- IRC waitlist (next 30 – 60 days)
- Transition process (in the next 100 days)
- Post move-in (Internal & External - Completed by August)
- Full Operations (August 2019)

# Building 1

## The New Healthcare Building (HCB)



# Building 1 (the new Healthcare building)

- **1<sup>st</sup> Floor (Move-in --- 1<sup>st</sup> week in June)**
  - ✓ Concierge
  - ✓ Human Resource office
  - ✓ Administrative offices
  - ✓ Ingleside at Home (IAH) (Date TBD)
  - ✓ Outpatient wellness clinic (Date TBD)
  - ✓ Salon services (Date TBD)

# 2<sup>nd</sup> floor - Assisted Living Memory Care: 32 beds

## Special features:

- ✓ Outside courtyard
- ✓ 5 meals per day + on-demand meals
  - ✓ Meals prepared at country kitchens
- ✓ Specialized staff training for memory support care
- ✓ Specialized daily memory support programming for residents
- ✓ Homelike environment (non-institutional)
- ✓ Beauty salon

**IRC residents will move into their new homes starting the week of July 8<sup>th</sup>**

# 3<sup>rd</sup> floor – Skilled Nursing: 34 beds

## Special features:

- ✓ 5 meals per day + on-demand meals
  - ✓ Meals prepared at country kitchens
- ✓ Plenty of light and community space
- ✓ Technology stations
- ✓ Rehabilitation center
- ✓ Nursing centers
- ✓ Laundry in each neighborhood
- ✓ Nursing floor can accommodate higher acuity memory care

**IRC residents will move into their new homes starting the week of June 24<sup>th</sup>**

# 4<sup>th</sup> floor - Assisted Living: 21 total units

## Special features:

- ✓ Licensed for 28 beds to accommodate couples
- ✓ Large common area spaces
- ✓ Terraces
- ✓ 5 meals per day + on-demand meals
  - ✓ Meals prepared at country kitchens
- ✓ Plenty of light and community spaces
- ✓ Bar
- ✓ 2 neighborhoods

**IRC residents will move into their new homes starting the week of June 24<sup>th</sup>**



# Timeline

**March – August**



# Timeline – March

- ❑ Clinical social worker starts – ( Kara Phipps )
  
- ❑ Today – March 19<sup>th</sup>
  
- ❑ Communication and Coordination ( the next 90 days )
  - ✓ What to expect when the new healthcare building opens
  - ✓ **Creating an internal priority wait list**

# Timeline – April

- ❑ Start establishing internal priority waitlist for (AL & AL+MS)
- ❑ Small group weekly meetings and resident engagement (April & May)
- ❑ 1-1 family meetings (April & May)
- ❑ Meet the Med-Star physicians serving IRC (homebound) residents
- ❑ 1-1 meetings with Clinical Social Worker

# Timeline – May

## Communication & Coordination

- Develop Rock Creek resident transition priority wait list
- Work with families and spouses with transition plan from IL to HCB
- Med-Star or personal physician completes resident evaluation
- End of May - Internal transition plan completed

# Timeline – June

- ❑ **Med-Star** starts physician services (IL - homebound and Assisted Living residents)
  - ❖ Wellness clinic not likely to open in June
  
- ❑ **Weeks 1/2** – Internal office moves and Operations
  
- ❑ **Weeks 2/3/4:** Support current IL residents transitioning into the new HCB for a July move-in date
  
- ❑ **Week 4:** Transition current SNF and AL residents (June 24<sup>th</sup>)



# Timeline – July

- Week 1:** July 4<sup>th</sup> (no moves)
- Week 2:** July 8<sup>th</sup> - Complete move-in transition into AL memory support
- Week 3/4:** Transition (move-in) “internal IL residents” identified via the priority wait list process
- Week 4:** All internal IRC moves completed

# Timeline: August

- Start accepting outside/external residents for admission into the health care building
  
- Week 4: Full Operations – all disciplines

# Let's start the transition conversation....

- ✓ This is an important decision
- ✓ IRC will facilitate small group and 1-1 education and Q&A sessions
- ✓ All conversations will be confidential
- ✓ The IRC team will assist in providing you with the resources and professional staff time to help with your decision making process
- ✓ When a Transition Might be Considered...



# When a Transition Might be Considered

- ✓ Difficulty managing medication and medical appointments
- ✓ Challenges with bathing, dressing, preparing meals
- ✓ Withdrawal from community life
- ✓ Poor housekeeping
- ✓ Noticeable forgetfulness
- ✓ Difficulty pay bills and managing finances
- ✓ Wandering or getting lost
- ✓ Falls and immobility

# Transition Process

- Contact Franc Cooper or Kara Phipps (April/May)
- Attend communication forums for information (April/May)
- 1-1 Private discussions (on-going)
- Social Service support (on-going)
- Q&A with Spouses and Families (April/May)
- Meet with Physician for evaluation (May)
- Choose unit (April/May)
- Learn about Programming & Services (April/May)
- Prepare for transition in July (June/July)

# Benefits to Consider

- ✓ IRC staff support each neighborhood
- ✓ No need for PDA unless you prefer
- ✓ 5 meals + on-demand cooking
- ✓ ADL assistance (dressing, bathing, medications, etc.)
- ✓ Housekeeping services
- ✓ Specialized programming and functions
- ✓ Community living and engagement
- ✓ Respite for caregiver

# Q & A

