

# Uniform Disclosure of Assisted Living Services & Amenities (UDALSA)

This is a required document per [144G.40 Subd. 2 \(www.revisor.mn.gov/statutes/cite/144G.40\)](http://www.revisor.mn.gov/statutes/cite/144G.40) of all assisted living facilities to describe the services, supports, and amenities available at the assisted living facility. Prospective residents and their families can use this tool to determine if the assisted living facility can meet their needs, allow them to compare options among various settings, and make informed decisions about selecting an assisted living facility setting. The information presented here may be important for a resident’s ability to age in place. Assisted living facilities are not required to provide all the services listed, and available services are subject to change. The facility will indicate which services are provided and any limitations that may pertain to the service.

You are also encouraged to tour facilities, talk with other residents, residents’ family members, or meet one-on-one with facility staff during the selection process. The disclosure checklist is not a substitute for the assisted living contract, which is a separate document that will include the specific services to be provided to the individual resident and the fees per services.

## General Information

This information is current as of (MM/DD/YYYY): 03/11/2024

Name of Assisted Living: Cardigan Ridge Senior Living

HFID: 33082

Unique building/unit description (if applicable): \_\_\_\_\_

Facility Address: 3300 Rice Street, Little Canada, MN 55126

If services are provided at more than one building (on the assisted living campus), please list all locations below.

No additional buildings

Additional Building:

Building Name (if applicable): \_\_\_\_\_

Physical Address (if different than above): \_\_\_\_\_

Additional Building:

Building Name (if applicable): \_\_\_\_\_

Physical Address (if different than above): \_\_\_\_\_

Additional Building:

Building Name (if applicable): \_\_\_\_\_

Physical Address (if different than above): \_\_\_\_\_

Facility/Campus listed above has the following license; Check one:

UNIFORM DISCLOSURE OF ASSISTED LIVING SERVICES & AMENITIES (UDALSA)

- Assisted Living Facility License
- Assisted Living Facility with Dementia Care License

Availability of Unlicensed Staff (ULP); check one:

- Unlicensed staff are in the building and available to respond to resident requests 24/7
- Unlicensed staff may either be in the building, in an attached building, or within the campus and available to respond to resident requests 24/7

Availability of Licensed (RN/LPN) Staff (in *addition* to an RN who is required to be accessible to the staff 24/7); check one if applicable:

- Licensed staff are on site 24/7
- Licensed staff are either in the building, an attached building, or within the campus and available to respond to resident requests 24/7

Number of unlicensed direct care staff typically scheduled per shift:

Day Shift:<sup>9</sup> \_\_\_\_\_

Evening Shift:<sup>9</sup> \_\_\_\_\_

Night shift:<sup>5</sup> \_\_\_\_\_

## Payment Options

The facility will indicate by placing an “X” in the “Accepted” column if the payment option is accepted (may check more than one). The facility may indicate in the “Comments” column if a pre-determined length of private funds payment source is required before acceptance of Medicaid or waived service funds as well as the number of months required.

### Payment Options for Housing Contract

Payment Option	Accepted	Comments
Private Pay	x	
Sliding Scale		
Housing Support (formerly Minnesota Group Residential Housing) Payments	x	
Federal rent subsidy		
Other; explain:		

### Payment Options for Services

Payment Option	Accepted	Comments
Waivered Services (EW, CADI, BI); specify any limitations	x	EW & GRH
Private Pay	x	
Long Term Care Insurance	x	Additional Processing Fee
Other; explain:		

### Services and Amenities Available

Below is a list of services that are available to assisted living residents. The facility will indicate by placing a “yes” or “X” in the “Available” column if the service is provided or available at/on the campus/unit of the location listed above. If the “Available” column is blank, the facility does **not** provide that service.

#### Section 1: Dementia Care

Pertains only to facilities with an **Assisted Living with Dementia Care** license

Check each service available at the location(s) listed above.

#### Dementia Care Services Available

Service	Available	Comments
Secured unit or building for wandering or exit-seeking behavior	x	Secured memory care units with break away bars
Secured outdoor grounds on facility premises	x	Memory care has a secure outdoor space attached to unit
Individualized digital/alarm monitoring for wandering or exit-seeking behavior		
Prepared to manage challenging behaviors	x	Staff are trained on resident specific behaviors. Unable to accommodate physical aggression.
Other; specify:		

## Section 2: Medication Management

Check each service available at the location(s) listed above.

### Medication Management Services Available

Service	Available	Comments
Verbal or visual reminders to take regularly scheduled medications; specify any limit to frequency in comments	x	Does not include staff waiting and watching them take the medication.
Communication with physician/pharmacy about ordering or refill requests	x	With Medication management service/ We communicate with physician and pharmacy
Medication administration by licensed or unlicensed personnel	x	ULP, RN,LPN licensed staff available during business hours.
Delivery of medication to resident previously set up by the facility nurse	x	
Medications set up by nurse for resident to self-administer	x	
Delivery of medication from the original containers to resident	x	Only medications with manufacturers specific directions to keep in original container
Delivery of liquid or food to resident if required to ingest medication	x	
Delegation of medication management services by licensed health professional to unlicensed staff	x	
Central storage of medication	x	
Diabetic Care: insulin pen dosing	x	
Diabetic Care: insulin pump management		
Diabetic Care: insulin syringe dosing		
Diabetic Care: sliding scale insulin management		
Clinical monitoring of labs related to medications	x	Speak to nursing for specifics
Anticoagulant medication management	x	Additional fee applies
B-12 injections	x	Administered by licensed nurse M-F

UNIFORM DISCLOSURE OF ASSISTED LIVING SERVICES & AMENITIES (UDALSA)

Service	Available	Comments
Nutritional supplement administration	x	Provider order required, oral only. Facility does not supply
(IV) Intravenous management		
PICC lines (Peripherally Inserted Central Catheter)		
Injections; specify types or limits in comments (IM, SQ)	x	No injectable anticoagulants. IM cannot be daily.
Nebulizers	x	
Inhalers	x	
Ear drops	x	
Eye drops	x	
Topicals	x	
Patches	x	
Medication delivery via enteral (feeding) tube		
Pain pump management		
Medical cannabis administration (pill form) for certified patients		
Medical Cannabis storage for certified patients		
Cannabidiol oil administration for certified patients		
Other; specify:		

### Section 3: Treatments & Therapies

Check each service available at the location(s) listed above.

#### Treatments & Therapies Available

Service	Available	Comments
Verbal or visual reminders to perform regularly scheduled treatments or exercises	x	
Wound care: basic	x	Simple dressing or bandaide with or without ointment may be delegated to ULP
Wound care: complex		
Diabetic care: blood glucose monitoring	x	Can take continuous monitors such as Libre dexcom for example
Diabetic care: foot/nail care	x	Licensed nurse or outside podiatry
C-PAP	x	Reminder/assist to don and doff. Facility does not supply mask, tubing, or filters
Bi-PAP	x	Reminder to don and doff. Facility does not supply mask
Oxygen Management; specify any delivery system limitations	x	No liquid oxygen/ Must store tanks upright in rack. No titration or weaning
Oxygen saturation checks	x	No continuous monitoring
Ventilators		
Suctioning		
Tracheostomy Care: cleaning of site and tube		
Tracheostomy Care: showering assistance		
Tracheostomy Care: suctioning assistance		
Pacemaker Checks	x	
Arrange for On-Site Dialysis		
Arrange for/set-up Off-Site Dialysis	x	

UNIFORM DISCLOSURE OF ASSISTED LIVING SERVICES & AMENITIES (UDALSA)

Service	Available	Comments
Peritoneal Dialysis (on-site)		
Compression stockings	x	No ace wraps, no coban. Ted hose or compression stockings
Lymphedema wraps		
Fall Prevention: balance assessments		
Fall Prevention: exercise programs		
Fall Prevention: strength training		
Integrative Health Services: acupuncture		
Integrative Health Services: aromatherapy		
Integrative Health Services: healing touch		
Integrative Health Services: massage		
Blood pressure checks	x	For limited duration only for evaluation. Physician orders required.
Daily weight check	x	For limited duration only for evaluation. Physician orders required.
Indwelling urinary catheter care; emptying and bag changes	x	Facility does not supply. Staff does not replace tube
Indwelling urinary catheter replacement by nurse		
Straight (intermittent) catheter assistance		
Suprapubic catheter care	x	Staff does not replace tube
Ostomy care	x	Empty, change appliance. All delegated to ULP
Arrangements for and coordination with hospice care	x	
End-of-life palliative care		

UNIFORM DISCLOSURE OF ASSISTED LIVING SERVICES & AMENITIES (UDALSA)

Service	Available	Comments
Access to and training on use of automatic electronic defibrillators (AED)		
Training of and use of Cardiopulmonary Resuscitation (CPR)		
Other; specify:		

## Section 4: Assistance with Activities of Daily Living

Check each service available at the location(s) listed above.

### Assistance with Daily Living Activities Available

Service	Available	Comments
Dressing	x	
Bathing: shower	x	
Bathing: bathtub	x	Must be able to bear weight to enter tub.
Oral hygiene	x	
Denture care	x	
Cuing/reminders for self-cares	x	
Use of special utensils	x	Memory care only. Facility does not provide. Requires speech therapy involvement.
Feeding assistance for residents with complicated eating problems		
Set-up and cut food at meals	x	Memory care only
Manual Feeding; specify limits in comments	x	Memory care only, not to exceed 2 per unit.
Tube Feeding; specify limits in comments		
Feeding in common area with one staff member per resident	x	Memory care only, not to exceed 2 per unit.

UNIFORM DISCLOSURE OF ASSISTED LIVING SERVICES & AMENITIES (UDALSA)

Service	Available	Comments
Feeding in resident's apartment with one staff member per resident		
Grooming: hair care, make-up, shaving, application of lotion, etc.	x	
Nail care: toenails, fingernails	x	
Toileting: standby assistance/supervision	x	
Changing incontinence products; perineal care	x	
Ordering replacement incontinence products	x	
Assistance with bowel and bladder control, devices, and training programs		
Other; specify:		

## Section 5: Mobility Support

Check each service available at the location(s) listed above.

### Mobility Services Available

Service	Available	Comments
Standby Assistance	x	
Transfers with assist of one staff	x	
Transfers with assist of two staff	x	Availability based on staffing
Transfers utilizing sit-to-stand lifts	x	Memory care and not more than 2 on AL
Transfers utilizing sliding boards	x	
Transfers utilizing bariatric equipment		
Ceiling lift transfers		

UNIFORM DISCLOSURE OF ASSISTED LIVING SERVICES & AMENITIES (UDALSA)

Service	Available	Comments
Non-mechanical transfers (trapeze)		
Mechanical lift: assist of 1 transfer		
Mechanical lift: assist of 2 transfer	x	Memory care and not more than 2 on AL
Ambulation with assist of 1	x	
Bed mobility	x	
Assistance with chair mobility	x	
Chair Glide System		
Mechanical Stair Lift System		
Handrails; in personal space	x	Bathroom and shower
Elevators	x	2 sets
Other; specify:		

## Section 6: Security & Monitoring

Check each service/option available at the location(s) listed above.

### Security and Monitoring Services

Service	Available	Comments
Every 15-minutes safety checks		
Every 30-minutes safety checks		
Hourly safety checks		
Every two-hours safety checks	x	Based on need and per service plan. Memory care only.

UNIFORM DISCLOSURE OF ASSISTED LIVING SERVICES & AMENITIES (UDALSA)

Service	Available	Comments
Daily safety checks	x	Available at lunch or dinner daily.
Emergency call system; specify type in comments	x	Notify Pendants urgent and emergent use. Fee applies for non-emergency use.
Non-emergency call system; specify type in comments		
Digital wander alert device on resident		
Wander alert system at facility exits		
Staff monitoring at facility exits; specify method in comments		
Visitor check-in/check-out at facility main entrance		
Bed alarms or movement sensing technology		
Door sensors: specify locations (unit, resident room, exits, etc.)	x	Break away bar on doors of secure memory care unit
Security Guard		
Security cameras in common spaces	x	Throughout community common spaces
Key card/fob access: specify locations (unit, resident room, exits, etc.)	x	Entryway and memory care units.
Other lock systems: specify locations (unit, resident room, exits, etc.)	x	Apartments have key access
Emergency generator(s) to power the facility during power outages		
Other; specify:		

## Section 7: Dining and Nutrition

Check each service/option available at the location(s) listed above.

### Dining and Nutrition Services

Service	Available	Comments
Three meals available, plus snacks	Required	
Breakfast available in community space	x	8-9AM daily
Breakfast available; delivered to apartment	x	See additional services
Lunch available in community space	x	12-1PM daily
Lunch available; delivered to apartment	x	See additional services
Dinner available in community space	x	5-6PM daily
Dinner available; delivered to apartment	x	See additional services
Meal tray delivery and pick-up from resident's unit	x	See additional services
Meal preparation in resident's unit		
Thickened Liquids; specify limits in comments	x	Memory care only. Must be pre prepared thickened liquids only.
Modified Texture Diets; specify limits in comments	x	Mechanical soft, pureed, cut up food memory care on
Therapeutic Diets: cardiac		
Therapeutic Diets: diabetic or calorie controlled		
Therapeutic Diets: gluten-free		
Therapeutic Diets: high fiber		
Therapeutic Diets: low fat/low cholesterol		
Therapeutic Diets: low sodium		

UNIFORM DISCLOSURE OF ASSISTED LIVING SERVICES & AMENITIES (UDALSA)

Service	Available	Comments
Therapeutic Diets: no added salt		
Therapeutic Diets: renal diet		
Other special diets: kosher		
Other special diets: (vegetarian, vegan, etc.) specify in comments		
Dietitian or Nutritionist Services		
Carbohydrate intake/tracking		
Meal consumption tracking		
Other; specify:		

## Section 8: Supportive Services

Check each service available at the location(s) listed above.

### Supportive Services Available

Service	Available	Comments
Daily "I'm okay" checks service; specify procedure in comments	x	At daily lunch or dinner
Assistance with meals or food preparation		
Daily Social and Recreational Services	Required	
Housekeeping: bed making	x	Per service plan.
Housekeeping: defrost and clean refrigerator	x	Scheduled through housekeeping for a fee
Housekeeping: dusting		
Housekeeping: organize closets and drawers		

UNIFORM DISCLOSURE OF ASSISTED LIVING SERVICES & AMENITIES (UDALSA)

Service	Available	Comments
Housekeeping: trash removal; specify frequency in comments	x	Specified in service plan
Housekeeping: weekly general cleaning (clean floors, sinks, shower/tub, toilet, and vacuum)	x	
Housekeeping: other; specify in comments		
Laundry: linen (change bed, launder sheets, towels)	x	Specified in service plan
Laundry: wash, dry, and fold clothing; specify loads per week in comments	x	Specified in service plan
Laundry: other; specify in comments	x	Specified in service plan
Schedule offsite social and recreational activities	x	Scheduled through life enrichment coordinator
Schedule medical and social service appointments	x	Specified in service plan
Assistance with arranging transportation for personal, social, and recreational activities	Required	
Assistance with arranging transportation to medical and social services appointments	Required	
Provide transportation to social and recreational activities	x	Scheduled through life enrichment coordinator
Provide transportation to medical and social service appointments		
Assistance accessing community resources and social services	Required	LALD
Shopping: facility sponsored		
Spiritual Care/Religious Services; on-site	x	Scheduled through life enrichment
Assistance with bill paying/budgeting		
Communication boards or other supplemental communication devices	x	
Primary languages spoken by staff	x	English
Supervision of smoking		

Service	Available	Comments
Other; specify:		

### Section 9: Staffing

Check each option available at the address location(s) listed above.

#### Staffing Available

Staffing	Available	Comments
One-to-One staffing available		
One-to-One staffing for special circumstances		
Overnight companion		
Registered Nurse: on-site “part time”		
Registered Nurse: on-site “full time”	x	M-F
Licensed Practical Nurse: on site “part time”		
Licensed Practical Nurse: on-site “full time”		
Assisted Living Director: on-site “part time”		
Assisted Living Director: on site “full time”	x	M-F
Advanced Practice Registered Nurse: on-site “part time”		
Advanced Practice Registered Nurse: on site “full time”		
Activities Director: Part Time		
Activities Director: Full Time	x	M-F
Dietician/Nutritionist consultant available or can be arranged	x	Can be arranged through outside agency.

UNIFORM DISCLOSURE OF ASSISTED LIVING SERVICES & AMENITIES (UDALSA)

Staffing	Available	Comments
Physical Therapist available or can be arranged	x	Can be arranged through outside agency.
Respiratory Therapist available or can be arranged		
Occupational Therapist available or can be arranged	x	Can be arranged through outside agency.
Speech Language Pathologist available or can be arranged	x	Can be arranged through outside agency.
Social Worker available or can be arranged	x	Can be arranged through outside agency.
Other Licensed Professional available; specify type in comments	x	Facility partners with outside Physican groups that service the community.
Other; specify: Lymphedema therapy through outside agency only		

## Section 10: Amenities

Check each option available at the location(s) listed above.

### Amenities Available

Amenity	Available	Comments
Accessible bathrooms; specify limits in comments	x	In apartments and community areas
Private units	x	
Semi-private units		
Studio/efficiency units	x	
One-bedroom units	x	
Two-bedroom units	x	
Kitchen/Kitchenettes in units	x	Multiple options available
Internet access	x	WIFI available in all common areas and apartments

UNIFORM DISCLOSURE OF ASSISTED LIVING SERVICES & AMENITIES (UDALSA)

Amenity	Available	Comments
Cable (television)	x	
Pets allowed	x	Lease agreement addendum required
Pet care; specify in comments		
Pool		
Whirlpool	x	Must bear weight to get in to "Walk in" jetted tub
Exercise Room	x	
Library	x	
Activity Room	x	
Garden/outdoor spaces	x	
Chapel		
Private entertaining space	x	
Communal Dining room	x	
Beauty/Barber Shop	x	Manged through outside company. Additional fees apply.
Parking available for residents	x	Additiional fee applies.
Parking available for guests	x	
Guest accommodations	x	
Laundry Room accessible to Residents	x	
Washer-Dryer in units	x	In specific units
Central Air Conditioning	x	
Fully sprinklered building	x	

Amenity	Available	Comments
Designated smoking area inside (not apartment space)		
Designated smoking area outside		
Other; specify: Smoke Free Campus		

## Additional Information

Sixty days before the facility plans to reduce or eliminate the availability of one or more services, the facility must provide written notice of the reduction. Refer to [144G.55 Subd. 1\(d\)](http://www.revisor.mn.gov/statutes/cite/144G.55) ([www.revisor.mn.gov/statutes/cite/144G.55](http://www.revisor.mn.gov/statutes/cite/144G.55)).

Residents may choose to obtain services from an outside service provider at their own cost. Residents may also obtain services from an outside service provider if the resident’s assessed needs exceed the scope of services the facility can provide as agreed upon in the contract and are not included in the checklist. If this occurs and the resident is not able to obtain services from an outside service provider, then the facility may require the resident move to another facility or care setting that is able to meet the resident’s needs. In the event this occurs, the facility will assist in a coordinated move of the resident to a safe and appropriate location.

Prospective Residents need to call the Senior LinkAge Line to discuss their housing options before signing a contract with a licensed assisted living facility. The Senior LinkAge Line is available Monday through Friday from 8am to 4:30pm at 1-800-333-2433.

You can get further information, at no cost, about advocacy or care options from:

- [Office of Ombudsman for Long Term Care \(https://mn.gov/board-on-aging/direct-services/ombudsman/\);](https://mn.gov/board-on-aging/direct-services/ombudsman/) 1-800-657-3591
- [Office of Ombudsman for Mental Health and Developmental Disabilities \(https://mn.gov/omhdd/\);](https://mn.gov/omhdd/) 1-800-657-3506
- Minnesota Directory for community resources: [www.MinnesotaHelp.Info](http://www.MinnesotaHelp.Info)
- [Minnesota Senior LinkAge Line \(www.seniorlinkageline.com/\);](http://www.seniorlinkageline.com/) 1-800-333-2433

(Optional) By signing below, I acknowledge that I have reviewed this document. This is NOT a contract to receive services.

\_\_\_\_\_  
Received Date

\_\_\_\_\_  
Individual or Legal/Designated Representative