

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) 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): 05-10-2023

Name of Assisted Living: Tender Care Health Ser. L.O.L.C.

HFID: 38705

Unique building/unit description (if applicable): _____

Facility Address: 9698 Hames Av. S. Cottage Grove MN 55016

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): N/A

Physical Address (if different than above): N/A

Additional Building:

Building Name (if applicable): N/A

Physical Address (if different than above): N/A

Additional Building:

Building Name (if applicable): N/A

Physical Address (if different than above): N/A

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

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- 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: _____ | _____

Evening Shift: _____ | _____

Night shift: _____ | _____

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		
Sliding Scale		
Housing Support (formerly Minnesota Group Residential Housing) Payments		
Federal rent subsidy		
Other; explain:		

Payment Options for Services

Payment Option	Accepted	Comments
Waivered Services (EW, CADI, BI); specify any limitations	✓	
Private Pay		
Long Term Care Insurance		
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	yes	M/A
Secured outdoor grounds on facility premises	yes	
Individualized digital/alarm monitoring for wandering or exit-seeking behavior	yes	
Prepared to manage challenging behaviors	yes	

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	Daily	As needed, individualized to each resident.
Communication with physician/pharmacy about ordering or refill requests	AS Needed	Always licensed staff called when need arises.
Medication administration by licensed or unlicensed personnel	Daily	Daily as prescribed Scheduled or PRN.
Delivery of medication to resident previously set up by the facility nurse	Daily	
Medications set up by nurse for resident to self-administer	AS Needed	Monitored by unlicensed staff.
Delivery of medication from the original containers to resident	Daily	Either by licensed or unlicensed staff.
Delivery of liquid or food to resident if required to ingest medication	Daily	Always either by unlicensed staff or instructed to be licensed staff.
Delegation of medication management services by licensed health professional to unlicensed staff	Daily	From licensed staff to unlicensed staff & signed by LS.
Central storage of medication	Available	Always Under lock in the med. cabinet.
Diabetic Care: insulin pen dosing	Daily	As prescribed by Physician
Diabetic Care: insulin pump management	Daily	licensed staff as ordered.
Diabetic Care: insulin syringe dosing	Daily	Pre-filled by licensed staff
Diabetic Care: sliding scale insulin management	Daily	Unlicensed staff and monitored by LS.
Clinical monitoring of labs related to medications	licensed staff	licensed staff (Nurse)
Anticoagulant medication management	licensed staff	licensed staff (Nurse)
B-12 injections	licensed staff	licensed staff.

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Service	Available	Comments
Nutritional supplement administration	Daily	Unlicensed staff as ordered Monitored by LS
(IV) Intravenous management	AS Needed	Licensed staff administered and monitor
PICC lines (Peripherally Inserted Central Catheter)	AS Needed	Monitored, dressing,
Injections; specify types or limits in comments (IM, SQ)	AS Needed	Licensed staff as ordered
Nebulizers	AS Needed	ULS or LS
Inhalers	AS Needed	ULS (Daily)
Ear drops	AS Needed	ULS (Daily)
Eye drops	Daily AS Needed	ULS
Topicals	Daily PRN	ULS
Patches	Daily PRN	LS or ULS
Medication delivery via enteral (feeding) tube	Daily PRN	LS
Pain pump management	Daily PRN	LS
Medical cannabis administration (pill form) for certified patients	Daily PRN	
Medical Cannabis storage for certified patients	Daily PRN	LS (checked)
Cannabidiol oil administration for certified patients	Daily PRN	LS (checked)

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	Daily	ULS / LS
Wound care: basic	Daily PRN	LS or ULS
Wound care: complex	Daily PRN	LS
Diabetic care: blood glucose monitoring	Daily PRN	
Diabetic care: foot/nail care	Daily PRN	LS
C-PAP	Daily PRN	ULS or LS
Bi-PAP	Daily PRN	ULS or LS
Oxygen Management; specify any delivery system limitations	Daily PRN	ULS or LS
Oxygen saturation checks	Daily PRN	ULS
Ventilators	Daily PRN	LS
Suctioning	Daily PRN	LS or ULS (Trained)
Tracheostomy Care: cleaning of site and tube	Daily	LS or Trained ULS
Tracheostomy Care: showering assistance	Daily PRN	Trained ULS
Tracheostomy Care: suctioning assistance	Daily	LS or Trained ULS
Pacemaker Checks	As ordered	LS
Arrange for On-Site Dialysis	As ordered	LS
Arrange for/set-up Off-Site Dialysis		

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Service	Available	Comments
Peritoneal Dialysis (on-site)	AS Needed	LS to Set-up and Monitor
Compression stockings	Daily	ULS
Lymphedema wraps	Daily	ULS
Fall Prevention: balance assessments	Daily	WLS
Fall Prevention: exercise programs	Daily	ULS
Fall Prevention: strength training	Daily	WLS (as ordered)
Integrative Health Services: acupuncture	N/A	
Integrative Health Services: aromatherapy	N/A	
Integrative Health Services: healing touch	N/A	
Integrative Health Services: massage	N/A	
Blood pressure checks	AS Needed	LS or WLS
Daily weight check	AS Needed	ULS
Indwelling urinary catheter care; emptying and bag changes	Daily PRN	ULS
Indwelling urinary catheter replacement by nurse	AS Needed	LS
Straight (intermittent) catheter assistance	AS Needed	LS
Suprapubic catheter care	AS Needed	LS
Ostomy care	PRN	LS
Arrangements for and coordination with hospice care	PRN	LS
End-of-life palliative care	PRN	LS + ULS

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Service	Available	Comments
Access to and training on use of automatic electronic defibrillators (AED)	N/A	N/A
Training of and use of Cardiopulmonary Resuscitation (CPR)	N/A	N/A

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	Daily	ULS
Bathing: shower	Daily	ULS
Bathing: bathtub	Daily	ULS
Oral hygiene	Daily	ULS
Denture care	Daily	ULS
Cuing/reminders for self-cares	Daily	ULS
Use of special utensils	Daily	ULS / LS
Feeding assistance for residents with complicated eating problems	Daily	ULS
Set-up and cut food at meals	Daily	ULS
Manual Feeding; specify limits in comments	Daily	ULS
Tube Feeding; specify limits in comments	N/A	N/A now
Feeding in common area with one staff member per resident	Daily	ULS

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Service	Available	Comments
Feeding in resident's apartment with one staff member per resident	Daily	U/LS if need arises
Grooming: hair care, make-up, shaving, application of lotion, etc.	Daily	U/LS
Nail care: toenails, fingernails	As Needed Daily	As specified in client's order
Toileting: standby assistance/supervision	Daily	U/LS
Changing incontinence products; perineal care	Daily	U/LS
Ordering replacement incontinence products	As Needed	LS
Assistance with bowel and bladder control, devices, and training programs	As Needed	U/LS / LS

Other; specify:

Section 5: Mobility Support

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

Mobility Services Available

Service	Available	Comments
Standby Assistance	Daily	U/LS
Transfers with assist of one staff	Daily	U/LS
Transfers with assist of two staff	Daily	U/LS
Transfers utilizing sit-to-stand lifts	Daily	U/LS
Transfers utilizing sliding boards	Daily	U/LS
Transfers utilizing bariatric equipment	Daily	Trained Personnel U/LS
Ceiling lift transfers	Daily	Trained ✓

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Service	Available	Comments
Non-mechanical transfers (trapeze)	As Needed Daily PRN	Per doctor's order
Mechanical lift: assist of 1 transfer	Daily PRN	ULS Trained
Mechanical lift: assist of 2 transfer	Daily PRN	ULS Trained
Ambulation with assist of 1	Daily	ULS
Bed mobility	Daily	ULS
Assistance with chair mobility	Daily	ULS
Chair Glide System	Daily	ULS
Mechanical Stair Lift System	Daily	ULS
Handrails; in personal space	Daily	ULS
Elevators		

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	Daily	ULS
Every 30-minutes safety checks	Daily	ULS
Hourly safety checks	Daily	ULS
Every two-hours safety checks	Daily	ULS

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Service	Available	Comments
Daily safety checks	Daily	ULS
Emergency call system; specify type in comments	Daily	
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	Yes	Locked doors / window Alarms
Visitor check-in/check-out at facility main entrance	Yes	Locked doors Window Alarms
Bed alarms or movement sensing technology		
Door sensors: specify locations (unit, resident room, exits, etc.)		
Security Guard		
Security cameras in common spaces		
Key card/fob access: specify locations (unit, resident room, exits, etc.)		
Other lock systems: specify locations (unit, resident room, exits, etc.)		
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		
Breakfast available; delivered to apartment	Yes	
Lunch available in community space		
Lunch available; delivered to apartment	Yes	
Dinner available in community space		
Dinner available; delivered to apartment	Yes	
Meal tray delivery and pick-up from resident's unit	Yes	
Meal preparation in resident's unit		
Thickened Liquids; specify limits in comments		
Modified Texture Diets; specify limits in comments		
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		

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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		
Assistance with meals or food preparation	Yes	
Daily Social and Recreational Services	Required	
Housekeeping: bed making	Yes	
Housekeeping: defrost and clean refrigerator	Yes	
Housekeeping: dusting	Yes	
Housekeeping: organize closets and drawers	Yes	

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

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Service	Available	Comments
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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	Yes	
One-to-One staffing for special circumstances		
Overnight companion	Yes	
Registered Nurse: on-site "part time"	Yes	
Registered Nurse: on-site "full time"	Yes	
Licensed Practical Nurse: on site "part time"		
Licensed Practical Nurse: on-site "full time"		
Assisted Living Director: on-site "part time"	Yes	
Assisted Living Director: on site "full time"	Yes	
Advanced Practice Registered Nurse: on-site "part time"		
Advanced Practice Registered Nurse: on site "full time"		
Activities Director: Part Time		
Activities Director: Full Time		
Dietician/Nutritionist consultant available or can be arranged		

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Staffing	Available	Comments
Physical Therapist available or can be arranged	yes	
Respiratory Therapist available or can be arranged		
Occupational Therapist available or can be arranged		
Speech Language Pathologist available or can be arranged		
Social Worker available or can be arranged	yes	
Other Licensed Professional available; specify type in comments		

Other; specify:

Section 10: Amenities

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

Amenities Available

Amenity	Available	Comments
Accessible bathrooms; specify limits in comments	yes	
Private units	yes	
Semi-private units		
Studio/efficiency units		
One-bedroom units	yes	
Two-bedroom units		
Kitchen/Kitchenettes in units	yes	
Internet access	yes	

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Amenity	Available	Comments
Cable (television)	yes	
Pets allowed		
Pet care; specify in comments		
Pool		
Whirlpool		
Exercise Room		
Library		
Activity Room		
Garden/outdoor spaces	yes	
Chapel		
Private entertaining space		
Communal Dining room		
Beauty/Barber Shop		
Parking available for residents	yes	
Parking available for guests	yes	
Guest accommodations		
Laundry Room accessible to Residents	yes	
Washer-Dryer in units	yes	
Central Air Conditioning	yes	
Fully sprinklered building	yes	

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Amenity	Available	Comments
Designated smoking area inside (not apartment space)	NO A	Outside (designated place) the building (monitored)
Designated smoking area outside	Daily	Under ALS monitoring

Other; specify:

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) (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/>); 1-800-657-3591
- Office of Ombudsman for Mental Health and Developmental Disabilities (<https://mn.gov/omhdd/>); 1-800-657-3506
- Minnesota Directory for community resources: www.MinnesotaHelp.Info
- Minnesota Senior LinkAge Line (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.

* Thyee 5/10/2023
Received Date

5/10/2023
Individual or Legal/Designated Representative