

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): 03/05/2024

Name of Assisted Living: BetterCare Assisted Living

HFID: Not provided yet

Unique building/unit description (if applicable): _____

Facility Address: 421B University Ave West, Saint Paul, MN 55103

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:

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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:² _____

Evening Shift:² _____

Night shift:² _____

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	Private pay for those on MA waivers but not qualified for housing support
Sliding Scale		
Housing Support (formerly Minnesota Group Residential Housing) Payments	x	The facility works with each residents to address the unique circumstances of their need
Federal rent subsidy		
Other; explain:		

Payment Options for Services

Payment Option	Accepted	Comments
Waivered Services (EW, CADI, BI); specify any limitations	x	The facility works with each resident to address the unique circumstances of their situation
Private Pay	x	
Long Term Care Insurance	x	The facility works with each resident to address the unique circumstances of their situation

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		
Secured outdoor grounds on facility premises		
Individualized digital/alarm monitoring for wandering or exit-seeking behavior		
Prepared to manage challenging behaviors		

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		
Communication with physician/pharmacy about ordering or refill requests	x	
Medication administration by licensed or unlicensed personnel	x	
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	May set up medications per policy
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		
Diabetic Care: insulin pen dosing	x	
Diabetic Care: insulin pump management		
Diabetic Care: insulin syringe dosing	x	For scheduled insulin only (Licensed nurse will manage)
Diabetic Care: sliding scale insulin management	x	With insulin pens only (Licensed nurse will manage)
Clinical monitoring of labs related to medications	x	
Anticoagulant medication management	x	
B-12 injections	x	

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Service	Available	Comments
Nutritional supplement administration	x	
(IV) Intravenous management		
PICC lines (Peripherally Inserted Central Catheter)		
Injections; specify types or limits in comments (IM, SQ)	x	IM and SQ-Available while unit is staffed with a nurse on site (except insulin)
Nebulizers	x	
Inhalers	x	
Ear drops	x	
Eye drops	x	
Topicals	x	
Patches	x	
Medication delivery via enteral (feeding) tube	x	RN nurse will be on site to administer
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	
Wound care: complex	x	Individualized by resident and may also refer to outside agency
Diabetic care: blood glucose monitoring	x	
Diabetic care: foot/nail care	x	
C-PAP	x	Not life sustaining
Bi-PAP	x	Not life sustaining
Oxygen Management; specify any delivery system limitations	x	
Oxygen saturation checks		
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	

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Service	Available	Comments
Peritoneal Dialysis (on-site)		
Compression stockings	x	
Lymphedema wraps	x	Unable to apply wraps but able to monitor and observe, may be offered through therapy
Fall Prevention: balance assessments	x	Offered through therapy or wellness programs (additional charges may apply)
Fall Prevention: exercise programs	x	Offered through therapy or wellness programs (additional charges may apply)
Fall Prevention: strength training	x	Offered through therapy or wellness programs (additional charges may apply)
Integrative Health Services: acupuncture		
Integrative Health Services: aromatherapy		
Integrative Health Services: healing touch		
Integrative Health Services: massage		
Blood pressure checks	x	
Daily weight check	x	
Indwelling urinary catheter care; emptying and bag changes	x	
Indwelling urinary catheter replacement by nurse	x	Available while unit is staffed with a nurse on site and catheter is stable
Straight (intermittent) catheter assistance	x	Individualized based on the frequency required when unit is staffed with a nurse
Suprapubic catheter care	x	Based on individual review, includes daily care (dressing change, emptying cath bag)
Ostomy care	x	Based on individual review
Arrangements for and coordination with hospice care	x	
End-of-life palliative care	x	

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Service	Available	Comments
Access to and training on use of automatic electronic defibrillators (AED)	x	Trained staff available while building is staffed with a nurse for the individual unit
Training of and use of Cardiopulmonary Resuscitation (CPR)	x	Trained staff available while building is staffed with a nurse for the individual unit

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	Cannot exceed assist of 1
Bathing: shower	x	Cannot exceed assist of 1
Bathing: bathtub	x	Cannot exceed assist of 1
Oral hygiene	x	
Denture care	x	
Cuing/reminders for self-cares	x	
Use of special utensils	x	Equipment not provided by the facility
Feeding assistance for residents with complicated eating problems	x	Based on individual review
Set-up and cut food at meals	x	
Manual Feeding; specify limits in comments	x	Hands on assistance
Tube Feeding; specify limits in comments		Limited to G/J-Tube
Feeding in common area with one staff member per resident		

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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	Cannot exceed assist of 1
Ordering replacement incontinence products	x	
Assistance with bowel and bladder control, devices, and training programs	x	Dependent on the device and training program

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		
Transfers utilizing sit-to-stand lifts	x	Public Health Service provides the equipment, vests and staff for sit-to-stand lift transfers
Transfers utilizing sliding boards	x	cannot exceed assist of 1
Transfers utilizing bariatric equipment		
Ceiling lift transfers		

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Service	Available	Comments
Non-mechanical transfers (trapeze)	x	
Mechanical lift: assist of 1 transfer	x	PHS provides the equipment, slings and staff for full lift transfers
Mechanical lift: assist of 2 transfer		
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	Grab bars in all bathrooms
Elevators	x	Commercial wheelchair lift (elevator) available

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	x	May be accommodated under certain situations
Every two-hours safety checks	x	

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Service	Available	Comments
Daily safety checks	x	
Emergency call system; specify type in comments		
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	x	Will record on daily report sheet
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	Will be provided
Breakfast available in community space	x	
Breakfast available; delivered to apartment		
Lunch available in community space	x	
Lunch available; delivered to apartment		
Dinner available in community space	x	
Dinner available; delivered to apartment		
Meal tray delivery and pick-up from resident's unit	x	
Meal preparation in resident's unit		
Thickened Liquids; specify limits in comments	x	Per MD Order; Nectar (mildly thick), Honey (moderately thick), & Pudding (extrem thick)
Modified Texture Diets; specify limits in comments	x	Per MD request; EC7, NDD3 (SB6), NDD2 (MM5), NDD1 (PU4)
Therapeutic Diets: cardiac		
Therapeutic Diets: diabetic or calorie controlled	x	Consistent Carbohydrate Diet available per resident preference and physician's order
Therapeutic Diets: gluten-free	x	Limited gluten Diet available per resident selection and physicians order
Therapeutic Diets: high fiber	x	Per resident selection and Physicians order
Therapeutic Diets: low fat/low cholesterol		
Therapeutic Diets: low sodium	x	2gm Sodium Diet available per resident selection and Physicians Order

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Service	Available	Comments
Therapeutic Diets: no added salt	x	No Added Salt Diet available per resident selection and Physician's order
Therapeutic Diets: renal diet	x	Renal Diet available per resident selection and Physician's order
Other special diets: kosher		
Other special diets: (vegetarian, vegan, etc.) specify in comments	x	Limited Lactose, Vegetarian, or other dietary needs per resident selection
Dietitian or Nutritionist Services	x	Available through RD consult, additional charges may apply
Carbohydrate intake/tracking	x	May be accommodated for short duration in certain situations
Meal consumption tracking	x	May be accommodated for short duration in certain situations

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	It will a routine task in the facility
Assistance with meals or food preparation	x	
Daily Social and Recreational Services	Required	There will be Social and Recreational Services inside and outside the facility
Housekeeping: bed making	x	
Housekeeping: defrost and clean refrigerator		
Housekeeping: dusting	x	Light Dusting, will not move personal belongings
Housekeeping: organize closets and drawers		

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Service	Available	Comments
Housekeeping: trash removal; specify frequency in comments	x	Weekly by housekeeping.
Housekeeping: weekly general cleaning (clean floors, sinks, shower/tub, toilet, and vacuum)	x	
Housekeeping: other; specify in comments	x	
Laundry: linen (change bed, launder sheets, towels)	x	Included:
Laundry: wash, dry, and fold clothing; specify loads per week in comments	x	Scheduled per week services will be provided for individual residents
Laundry: other; specify in comments	x	the facility has the laundry machine and will provide the service as needed
Schedule offsite social and recreational activities	x	
Schedule medical and social service appointments	x	
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		
Spiritual Care/Religious Services; on-site	x	Individual interest will be respected in religious practice
Assistance with bill paying/budgeting		
Communication boards or other supplemental communication devices	x	Equipment and devices not provided by the facility
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	x	Facility will train and hire staffing per DHS requirement when needed
One-to-One staffing for special circumstances	x	Facility will train and hire staffing per DHS requirement when needed
Overnight companion		
Registered Nurse: on-site "part time"	x	Available during business hours and on emergency calls when situation requires
Registered Nurse: on-site "full time"		
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	Available during business hours and as needed
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	Available during business hours
Dietician/Nutritionist consultant available or can be arranged	x	

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Staffing	Available	Comments
Physical Therapist available or can be arranged	x	
Respiratory Therapist available or can be arranged	x	
Occupational Therapist available or can be arranged	x	
Speech Language Pathologist available or can be arranged	x	
Social Worker available or can be arranged	x	
Other Licensed Professional available; specify type in comments	x	NP can be arranged for residents followed by

Other; specify: Psychological, dental, and other needed services can be arranged

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	Common two bathrooms in the facility.
Private units		
Semi-private units		
Studio/efficiency units		
One-bedroom units	x	Separate bedrooms for each client with common living, family, and dining area
Two-bedroom units		
Kitchen/Kitchenettes in units	x	Common Kitchen in the facility
Internet access	x	Wi-Fi service available in each room and common area

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

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Amenity	Available	Comments
Designated smoking area inside (not apartment space)		
Designated smoking area outside	x	

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.

Received Date

Individual or Legal/Designated Representative