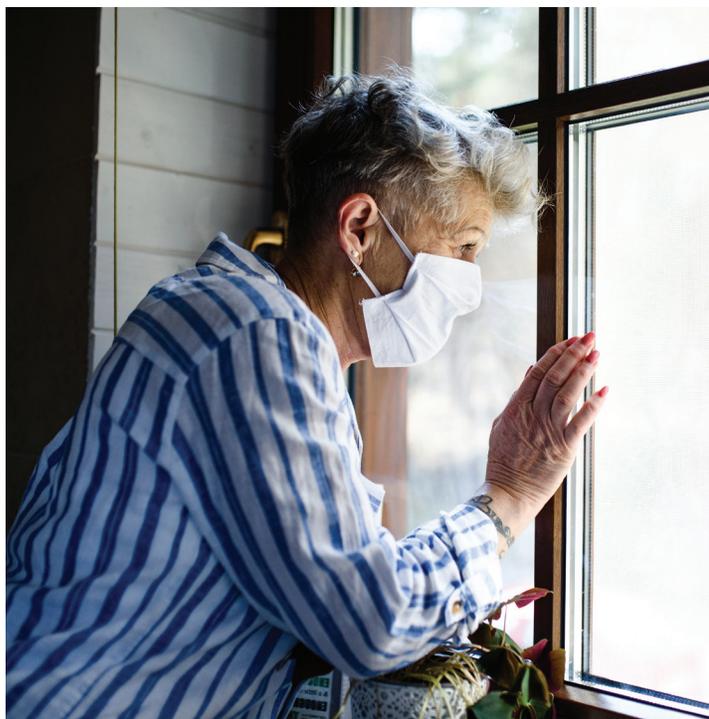


Long-Term Care & Other Licensed Residential Facilities: **REDUCING THE SPREAD OF COVID-19**



San Mateo County Health (SMC Health), our partners at the Health Plan of San Mateo (HPSM) and the San Mateo County hospitals recognize that licensed long-term care facilities, and other licensed residential facilities that house an estimated 7,600 older adults in San Mateo County, are essential to stop the spread of COVID-19 and prevent medical issues that could strain our healthcare system.

While the County has an interest in helping these types of facilities respond to the COVID-19, we do not regulate (provide licenses or permitting) for these facilities at the local level. The Centers for Medicare & Medicaid Services, the California Department of Social Services and the California Department of Public Health are the primary agencies that regulate and support many types of long-term care and residential facilities. Here are definitions of the various types of long-term care and residential facilities that provide medical services in San Mateo County:

Definitions

Residential Facility:

An umbrella term that includes a variety of settings and non-medical housing and support services licensed by the State Department of Social Services Community Care Licensing that includes the following facility types that provide services to older adults and San Mateo County residents, including people with mental illness and substance abuse issues.

Adult Residential Facilities (ARF):

This term refers to a facility that provides 24-hour a day non-medical care and supervision for clients ages 18-59 or any person 60 years of age or older under specified requirements. These clients may have a mental, physical or developmental disability.

Residential Care Facility for the Elderly (RCFE):

A housing arrangement for persons, 60 years of age and over, where 24-hour non-medical care and supervision is provided. RCFEs are often referred to as assisted living facilities or board and care homes.

RCFE-Continuing Care Retirement Community (RCFE-CCRC):

These communities offer a long-term continuing care contract that provides for housing, residential services, and nursing care, usually in one location, and usually for a resident's lifetime.



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Enhanced Behavioral Support Homes-ARF (EBSH):

EBSH is a facility certified by the Department of Developmental Services (DDS) and licensed by the Department (CCLD) as an Adult Residential Facility that provides 24-hour nonmedical care to individuals with developmental disabilities who require enhanced behavioral supports under specified requirements.

Social Rehabilitation Facilities (SRF):

These facilities provide 24 hour a day non-medical care and supervision in a group setting to adults recovering from a mental illness who temporarily need assistance, guidance, or counseling. Mental Health certification from the California Department of Mental Health is required for this type of facility.

Adult Residential Facilities for Persons with Special Health Care Needs (ARFPSHN):

Provide 24-hour a day services for up to five adults with developmental disabilities, who have special health care needs and intensive support needs. This facility type requires certification of program approval from the Department of Developmental Services.

www.dds.ca.gov/general/eligibility/living-arrangements/adult-residential-facility-for-persons-with-special-health-care-needs

Long Term Care (LTC):

An umbrella term for skilled nursing facilities and distinct part skilled nursing facilities licensed by the State Department of Public Health and regulated by the federal government.

Skilled Nursing Facility (SNF):

A health facility or a distinct part of a hospital which provides continuous skilled nursing care and supportive care to patients whose primary need is for availability of skilled nursing care on an extended



basis. This 24-hour inpatient facilities have the staff and equipment to provide skilled nursing, medical management and therapy services to individuals, on a 24-hour basis, who do not require high-intensity services provided in the hospital setting.

“Distinct Part” (DP) SNF:

DP means an identifiable unit of a General Acute Care Hospital accommodating skilled nursing beds.

Definitions can be found at the California Department of Social Services website:

www.cdss.ca.gov/inforesources/community-care/ascp-centralized-application-units

San Mateo County

With over 366 licensed residential care facilities serving more than 6000 residents and 17 long-term care facilities in San Mateo County serving more than 1,600 patients, we have been developing a comprehensive approach to provide support to them that builds on the learnings of our colleagues in the Seattle area who had to act quickly in the early phases of the United States response to COVID-19. We are disseminating this information to other congregate care settings as appropriate. Federal (Centers for Disease Control- CDC) and State (California Department of Public Health- CDPH) experts who learned from the challenges in the Seattle area have shared key lessons with Bay Area counties to inform our approach. Here are the services SMC Health provides to support long-term care and residential facilities and their residents: [\(see next page\)](#)



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1) Pro-active Outbreak Support:

With the support of the CDPH and its Healthcare-Associated Infections Program (HAI), SMC Health can rapidly respond to potential outbreaks at any facility in San Mateo County. When a facility is experiencing such an issue, the infection control professionals at these facilities contact our Communicable Disease team. There are many layers of support to proactively address any situations that could increase the risk of spread inside of the facilities:

- **Call-in Support:** SMC Health welcomes calls from long-term care facilities and conducts regular, proactive calls with facilities to learn about issues and needs early to prevent problems from starting or growing.
- **Assessments and Technical Assistance:** Through tele-video and on-site actions when needed, SMC Health is providing COVID-19-related support including assessments of infection prevention and infection control preparedness plans, providing regularly updated guidance about new requirements and resources, and giving technical assistance for infection control.
- **Equipment Preparedness:** SMC Health is aiding in patient/resident and staff testing through our Public Health Laboratory and is providing personal protective equipment (PPE) to facilities' staff.

- **Education and Technical Assistance:** Health Care Disaster Preparedness Coalition convened skilled nursing facilities throughout San Mateo County in 2017, establishing a network to distribute information with the latest guidance for these facilities to support prevention. This support is being augmented to increase hands-on education and technical assistance to these essential partners, focusing first on the unlicensed facilities that house SMC Health clients and HPSM members.

2) Positive COVID-19 Cases Support:

Our Public Health Communicable Disease (CD) team is notified of any positive COVID-19 cases across the County immediately by telephone, facsimile, or via an electronic lab result. Once a positive COVID-19 case is known to CD an investigation is launched to prevent and mitigate disease transmission. A rapid response team comprised of assistant health officers may conduct on-site or tele-visits as a prevention measure or if an outbreak or cluster is developing in any facility. The rapid response team will conduct interviews, assessments and provide technical assistance on best practices involving use of space (cohorting, isolation, etc.), staffing, supplies, use of PPE and suggest which mitigation strategies to implement. The rapid response team continues to monitor facilities until outbreaks are under control and the facility is able to safely readmit previously discharged clients.

Mobilizing Centers of Excellence

SMC Health is working closely with the HPSM, which serves many residents of skilled nursing facilities, to designate a subset of SNFs to be Centers of Excellence in the treatment of people with COVID-19 requiring SNF-level care. Three facilities have been designated so far: **Pacifica Nursing & Rehab Center (Pacifica), Seton Medical Center (Daly City), and St. Francis Convalescent Pavilion (Daly City)**. This collaborative effort will allow skilled nursing facilities to provide care to positive patients so that those who no longer require hospitalization can have a safe destination for discharge and skilled support. The State is also beginning to act on this to help long-term care facilities.

We are also aware of the need to respond to many informal congregate living arrangements in San Mateo County that are operated more informally and are not licensed. We have been concerned that those organizations that operate such settings benefit from the same information and guidance that would apply to licensed facilities. We do not have straightforward channels for reaching those organizations but will attempt to share information through the County Health staff and nonprofit organizations serving their residents.

