

## Health and Wellness Meeting

August 6, 2013 at 9:30 a.m.

### RECOMMENDATIONS

- Mandate training for all group home staff on the environmental health/food safety rule as well as general nutrition/exercise issues.
- Provide information about community resources (related to exercise/health/wellness opportunities) to group homes.
- Require group homes to provide exercise opportunities to residents.

### FACTORS TO CONSIDER

- Mandating such training for group home staff would necessitate changes to Rule 65G-2, F.A.C., and, depending upon the projected cost of the training, would likely require a SERC (due to its potential economic impact). Another option would be to modify the food safety/environmental health training curriculum developed by Susie McKinley (for our group home monitors) and set it up as a voluntary training for providers to access via the APD website. A third option (which was already being worked on prior to this meeting) would involve adding information about health, nutrition, exercise, etc., into the existing Core Competencies training curriculum, which would reach a much larger audience since Core Competencies training is already required to be completed by all direct care staff.
- This idea can be accomplished without statutory or rule changes. Getting this information into the hands of all providers (as well as APD clients and their family members) can be achieved rather easily via expansion of the APD Resource Directory, the dissemination of information during regularly-scheduled provider meetings at the Regional Offices, and/or the provision of such information to WSCs (for subsequent distribution to individuals on their caseloads).
- Mandating such a requirement for group homes would necessitate changes to Rule 65G-2, F.A.C., or the waiver handbook and, depending upon the projected cost of this change, would likely require a SERC (due to its potential economic impact upon providers). Providers may assert that the cost to obtain and maintain exercise equipment, arrange transportation, and/or hire additional staff in order to fulfill this mandate would be significant. It is conceivable that exercise opportunities may be increased on their own if the first two suggestions (involving the dissemination of information to residential providers) are effectively implemented.