



**Limited Resumption of Salon Services and Small Group Activities in Assisted Living and Personal Care
May 22, 2020**

Proposal

This proposal is being brought by Bob White, Executive Director, Kentucky Senior Living Association (KSLA) and the KSLA Board of Directors to the Kentucky Department for Aging and Independent Living (DAIL), the Office of the Inspector General (OIG), and Secretary Friedlander for presentation to the Long-Term Care Task Force. The KSLA Board of Directors includes the following individuals:

- Alice Tucker, KSLA President and Regional Director of Operations, Five Star Senior Living
- Susan Matherly, Vice President and Executive Director, McDowell Place of Danville
- Michael Berg, Treasurer and Executive Director, Magnolia Springs Lexington
- Adam Johnson, Secretary and Assistant Executive Director, Heartsong Memory Care
- Dean Windsor, Immediate Past President and Executive Director, Amber Oaks Assisted Living
- Cindy Rigg-Bratcher, Member at Large, Executive Director, Symphony at Valley Farms
- Debbi Hall, Member at Large and Regional Vice-President, Morning Pointe Senior Living
- Jessica Heck, Member at Large and Chief Strategy Officer, Blake Management Group
- Jim Britt, Member at Large and Executive Director, Charter Senior Living Bowling Green
- Rick Ruttinger, Associate Member and Sales Manager, Cordant Healthcare

Preamble

While current guidance is in place for senior living facilities to protect the health of the residents, it is important to understand the behavioral health implications of social distancing and isolation of facility residents. Social isolation, especially in older adults, may bring a higher likelihood of psychological and medical effects compared to younger adults. Some of these psychological and medical effects include, but are not limited to high blood pressure, heart disease, obesity, anxiety, and depression. Many of our residents are showing signs of depression, and we are seeing some whose mental/physical abilities are diminishing due to their inactivity. Move-outs are increasing because we are not being allowed to adequately address socialization, health and mobility issues that we would normally be able to address. Also, agitation, normally decreased by activities, is becoming a problem in memory care residents. Falls are increasing because residents are alone in their apartments rather than being in common areas where staff are able to see that they need help. Families are moving loved ones out of our communities because they are not able to see them, and in many cases the new environment (in the family home) is not as safe as our Assisted Living or Personal Care environments. In

addition, many residents are having to move to a skilled nursing facility due to a decline which could have possibly been prevented. Statistically this move represents an increased risk of COVID-19 exposure to these residents as skilled nursing has a higher number of positive COVID-19 cases and/or deaths.

In response to our concerns, and on behalf of the KSLA membership, the KSLA Board of Directors proposes the following ideas for your consideration and approval. We believe that the limited resumption of these activities will help to address some of the issues our residents are experiencing. On the contrary, the failure to lift certain restrictions will most certainly result in the continued deterioration of our otherwise active, healthy, and social assisted and personal care residents.

We understand the need to be conservative and maintain the safety of our residents, and we believe that the plan, outlined below is consistent with the state's efforts to do just that.

Limited Resumption of Salon Services

As an occupational therapist, Commissioner Elridge affirmed the importance of good personal hygiene, such as having hair washed and styled, and how that can make people feel. Most of our female residents are accustomed to having their hair washed and set once a week. The absence of these services is having a negative impact on the emotional well-being of our residents, and in some cases has contributed to the onset or worsening of depression. KSLA and its Board of Directors proposes a limited resumption of salon services, where the environment can be controlled by community staff, rather than our residents leaving the community to go to an external salon. Our proposal includes the following requirements:

- Stylists will be screened and will wear proper PPE upon entering and for the duration of their time spent in the community.
- Stylists are required to adhere to company screening policies, the [Kentucky Board of Cosmetology's Safety Guidelines for Reopening Cosmetology, Nail, and Esthetic Salons](#), Team Kentucky's [Healthy at Work Requirements for Barbers/Cosmetologists/Hair Salons](#) as well as [Team Kentucky's Healthy at Work Requirements](#).
- Clients are to be escorted to the salon, at their designated appointment time, by a member of the community staff. Their arrival time shall not coincide with the departure time of any client exiting the salon. Clients will be escorted back to their apartments by a staff member at the conclusion of their services.
- Clients must wear face masks while in transit to and from the salon, and while in the salon.
- There will be a minimum of six feet physical distancing between clients.
- Services are to be performed by appointment only. No walk-ins will be accepted.
- Salon doors will remain closed unless clients are entering or exiting the salon.
- There is to be no waiting room or congregate gathering in or around the salon at any time. Furniture that encourages congregate gathering, such as couches or love seats, whether inside

or directly outside the salon, will be removed. Only single person seating will be available for seating and will be disinfected between clients.

- There will be no high-touch objects in the salon. These items include magazines, newspapers, coffee service, retail products, etc. Products may still be purchased but shall be stored out of the client's reach.
- Stylists will not conduct blow out services until further notice.
- Services such as shaving or hair removal will be discontinued until further notice.
- Stylists will adhere to all cleaning and disinfecting protocols outlined in the [Kentucky Board of Cosmetology's Safety Guidelines for Reopening Cosmetology, Nail, and Esthetic Salons](#), Team Kentucky's [Healthy at Work Requirements for Barbers/Cosmetologists/Hair Salons](#), the [CDC Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools and Homes](#), and [Team Kentucky's Healthy at Work Requirements](#). This includes proper disinfection of workstations and tools between clients, ensuring their own personal hygiene, providing hand sanitizer and a freshly laundered or unused disposable cape to each client upon entry to the salon.

Limited Resumption of Group Activities

KSLA's members consist of Assisted Living Communities and Personal Care Homes. Our communities are seeing increased levels of agitation, anxiety and depression in our residents, brought about or worsened by social isolation and physical inactivity. Many of these symptoms can be addressed through activities. With that in mind, and while balancing the need to preserve the physical, emotional and mental health of our residents, KSLA and its Board of Directors proposes a limited resumption of small group activities, where the environment can be controlled by community staff, and with the following requirements:

- Small group activities will be led by staff members and only at scheduled times.
- Small group activity leaders will adhere to company screening policies as well as to [Team Kentucky's Healthy at Work Requirements](#).
- Activity leaders will wear proper PPE at all times.
- Interested residents will be assigned a specific time slot in which to participate in small group activities.
- Small group activities will consist of no more than five residents at a time.
- There will be a minimum of 6 feet physical distancing between residents at all times.
- Residents must wear masks while traveling to and from the activity area as well as while participating in small group activities.
- Small group activities will only take place in open-air, common areas, including outdoor spaces. Activities will not take place in resident rooms or apartments. In addition, they will not take place near any high traffic areas where members of the public, such as delivery or trade persons, commonly enter or exit the building.
- Furniture and game tables that encourage congregate seating or gathering will not be utilized for activities.

- Residents will not share supplies during the activity. They will be given everything they need at the beginning of each activity and upon completion, supplies will be disinfected and made ready for the next group activity. If a smock or apron is required for the activity, the resident will be given a freshly laundered one or an unused disposable one at the beginning of the activity.
- Disinfection of the activity area, commonly touched surfaces, furniture, and activity supplies will be done according to the [CDC Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools and Homes](#) and will comply with [Team Kentucky's Healthy at Work Requirements](#).
- Residents and staff participating in activities will be documented.

KSLA and its Board of Directors appreciates your consideration of this proposal. We welcome any opportunity to discuss it further and make amendments deemed necessary by DAIL, OIG, Secretary Friedlander or the Long-Term Care Task Force. We look forward to your response.