

**Are you interested in
becoming an Alternative
Family Living (AFL) DSP?**

What is the AFL service

- <https://vimeo.com/924777074/257af23b20>
- AFL is short for Alternative Family Living. AFL is a residential setting such as a single-family home, condo, townhouse, modular home or apartment. The AFL setting is sometimes referred to as an **AFL home**.
- The staff who lives in the AFL home that is getting paid to provide services to the Client is the **AFL Direct Support Professional (DSP)**.
- AFL is a residential service provided in the primary residence of an AFL DSP (and their family) who receives reimbursement for the cost of care. This service is designed to provide care and support in a home environment for persons diagnosed with intellectual, emotional, and/or developmental disabilities.

Client Rights, what to know

AFL housing

Ensuring a Client's Rights and Preferences are extremely important and monitored regularly in the AFL home. The client is part of the AFL Family and their voice matters.

If only one client is living in the AFL home, it is considered an un-licensed home if the individual is 18+.

AFL licensure is a possibility for individuals under 18 or if the AFL Home houses 2-3 clients.

The client and LRP have the ability and right to choose the type of home (number of other clients living in the home) they are interested in.

The Purpose of an AFL

Increase or maintain the person's essential life skills

Maximize self-sufficiency

Increase self-determination

Ensure the client's opportunity to have full membership in the community

- The service is intended to ensure the health, safety, and well-being of the client.
- Interactions with the client are designed to achieve outcomes identified in the ISP.
- The service provides needed supervision.
- Services are provided in a “family-style” setting to assist with personal care, adapted daily living, leisure activities, and habilitative activities.

Things that the Client/LRP considers:

- The location of the home (geographic location, community resources).
- The type of home (apartment, range home, multi-level home etc.).
- The family structure of the home (single or married, number or children, pets, etc.) Anyone 18 years old and over living in the home must have a background check.
- The number of clients living in the home (1, 2, or 3).
- Are there any physical accessibility needs?
- Other supports that can be paired with the AFL (Day Supports, Community Networking, or Supported Employment)***40 hours max, combined***
- What is the intended date of transition?
- The client should feel comfortable and connected with the potential AFL.

Healthy Living and Choice Making

➤ Clients should ALWAYS have access to the following

- Healthy foods and foods of their choice.
- The opportunity to prepare and shop for themselves.
- Access to exercise and spend time in the community.
- Opportunities to spend time with friends and family.
- Choice in quality of life.
 - Activities: TV Shows, Books, Games, Music, Technology
 - Chores
 - Jobs
 - Environment
 - Places that they eat
 - Participation in groups/social clubs/religious organizations

Room and Board

- A rental agreement is completed by the client/LRP and the AFL DSP. A copy is kept on file in our electronic healthcare record.
- A Room and Board fee is included in the rental agreement and must be agreed upon by the client/LRP and the AFL DSP and should be paid monthly.
- Room and Board pays for a portion of the following bills: rent, water, utilities, and food.

Medication Administration

- ❑ The AFL DSPs are required to take Medication Administration 2 and should follow the rules of Medication Administration 2 for self-administration as well.
- ❑ AFL DSPs must legally maintain the written order for all medications (over the counter or prescription) in the home binder. The AFL DSP must also immediately provide a copy to the QP.

Medical Preparedness Planning

- QPs are responsible for coordinating a medical preparedness plan and the plan is maintained by the AFL DSP. It is used to ensure that the client and AFL DSP are prepared for:
 - Medical
 - Behavioral
 - External crisis/Emergencies
- The plan requires emergency supplies (Disaster Kit and First Aid Kit) to be always on-site. The plan also requires ongoing training and drills throughout the year.

Communication:

- ❑ All incidents, medical/behavioral needs must be reported to the QP, MCO, and LRP:
 - Changes in weight, diet, toileting patterns
 - Changes in energy level, sleep patterns, level of interest
 - Seizure activity onset or change
 - Any possible concerns- IT'S ALWAYS BETTER TO COMMUNICATE

- ❑ No Client information outside of Abound Health is permitted to be disclosed without written consent from the legally responsible person (Client, Parent, or Guardian/Legally Responsible Person) unless required by law.

- ❑ Communication between AFL DSPs, LRPs, periodic DSPs, partnering providers, and QPs is critical for the client's health and safety.

Relief Support for AFL DSPs

- Clients can continue to other supports during the day (Day Supports, Community Networking, Supported Employment).
- Natural supports visits are encouraged.
- AFL Caregiver Relief will be allotted at 50 hours per client's annual plan (This is a unique resource provided by Abound Health).
- AFL DSPs are encouraged to participate in AFL Information and Support meetings offered by Abound Health.
- Abound introduced workshops/supports for self-care as it is important in being a caregiver.

General Requirements for AFL DSPs:

- ❑ AH Emergency and Disaster Preparedness plan to be utilized in a medical emergency (**Contact numbers visible**).
 - Plan needs to be signed by AFL annually.
 - This is kept in the AFL Binder in tab 2.
- ❑ Emergency information, first aid, CPR, and Poison control protocol or numbers are posted or easily accessible for both staff and individuals to utilize.
- ❑ First Aid Kits Car and House.
 - First Aid supplies are available and accessible for use in the home and any vehicle that the individual utilizes.
- ❑ Evidence that meals/food/water is available:
 - based on staff and/or self-report of individuals served and is confirmed by visual inspection/observation.
- ❑ Disaster/Emergency Supply Available (3-5 days):
 - Severe weather Shelter identified.
 - Emergency Bag Readiness for Severe Weather (3-5 days):
 - Food/Water
 - Clothes (Weather appropriate)
 - Flashlight/Batteries
- ❑ Transportation-including accessibility of emergency information for an individual.
 - Emergency information for individual.
 - Vehicle has the equipment to meet individual's needs.
- ❑ Facility & grounds are safe, clean, and free from offensive odors/insects/rodents.
- ❑ All entrances/exits well lit, clear and unobstructed:
 - This includes hallways, doorways, entrances, ramps, steps, and corridors shall be kept clear and unobstructed at all times.
 - Adequate lighting in stairways, hall, entrances, and exits.

General Requirements for AFL DSPs...continued:

- ❑ Fire Escape Plan Posted (Evacuation Plan)
- ❑ Fire Extinguisher/Tag noting self-inspected and up to date as evidenced by:
 - Annually extinguisher needs to be inspected.
 - Monthly AFL ensures that the needle is in the green and initials the tag.
- ❑ Carbon Monoxide Detectors on each level.
 - Carbon Monoxide detectors are required if gas heat or appliances are used.
- ❑ Smoke Detectors located:
 - Inside and outside of each bedroom.
 - On each level/story of the home.
 - All detectors MUST be interconnected in licensed homes.
- ❑ No dead bolt locks needing a key for interior use:
 - Easy entry and egress from home for client-thumb latch deadbolt locks are permitted.
- ❑ Bathroom Ventilation.
- ❑ Individual privacy is assured (Adequate Space).
- ❑ Equipment working properly if utilized.
 - This is in reference to any equipment that the individual utilizes.
 - wheelchairs, gait belts, prone standers, just to name a few.
- ❑ Pet Vaccination records present.
- ❑ If there are guns in the home:
 - Is the gun(s) stored in a locked cabinet?
 - If no, is there a trigger safety lock?
- ❑ Pet Vaccination records present.
- ❑ If there are security cameras in the common areas of the home, they cannot be pointed at bedroom or bathroom doors.

Next Steps...

If you are interested in becoming an AFL DSP....

Please complete our online AFL DSP Inquiry form by following this link:

[AFL Inquiry Form](#)

Directions for submitting pictures once Inquiry Form is complete:

[Instructions to upload AFL Inquiry pictures after AFL Inquiry Form Submission](#)