

# RESIDENT CARE PLAN

There are many standards which nursing homes are required to follow in order to ensure that residents receive appropriate care, have a good quality of life and are treated with dignity. To meet these goals, nursing homes are required to develop an individualized care plan for each resident, based on careful assessment of each resident to understand his or her specific care needs.

## Standards of Care

- **Provide individualized care plan.** Nursing homes must develop a person-centered baseline care plan for each nursing home resident within 48 hours of admission.
- **Resident assessment.** A facility must make an assessment of the resident's capacity, needs, and preferences. The assessment must include a wide range of resident needs and abilities, including customary routine, cognitive patterns, mood, ability to and methods of communication, and physical, dental, and nutritional status.
- **Assessment-based plan.** The care plan must be based on the assessment. In other words, it must come from the resident's needs and abilities, not the services or staffing levels which the nursing home decides to provide based on its financial (or other) priorities.

## Resources

1. The Learning Center on LTCCC's website, [www.nursinghome411.org](http://www.nursinghome411.org), contains easy-to-use fact sheets on many of the nursing home standards of care most relevant to residents. See [http:// nursinghome411.org/fact-sheet-resident-care-planning/](http://nursinghome411.org/fact-sheet-resident-care-planning/).
2. LTCCC's website has a section with free, easy-to-use forms for resident-centered advocacy, including a resident assessment worksheet. See <https://nursinghome411.org/forms-resources-for-resident-centered-advocacy/>.