

**9555.9710 SERVICE AND PROGRAM REQUIREMENTS.**

Subpart 1. **Food service and nutrition.** A center shall meet the requirements in items A to H.

A. Procedures for preparing, handling, and serving food, and washing food, utensils, and equipment must comply with chapter 4626, Requirements for Food and Beverage Establishments, and with applicable local ordinances. If the food is prepared off-site by another facility or if food service is provided according to a center's contract with a food service provider, the facility or provider must comply with chapter 4626 and applicable local ordinances.

B. The center shall provide refrigeration for dairy products and other perishable foods, whether supplied by the center or supplied by the participant. The refrigeration must have a temperature of 40 degrees Fahrenheit or less.

C. If a participant is at the center for more than 4-1/2 hours, the participant must be served a meal which meets one-third of the recommended dietary allowances of the Food and Nutrition Board of the National Research Council, National Academy of Sciences, specified in Recommended Dietary Allowances, 9th Edition, 1980. This publication is incorporated by reference. It is not subject to frequent change and is available at public libraries through Minitex interlibrary loan system and from the Printing and Publication Office, National Academy of Sciences, Washington, D.C. 20418.

D. The center shall offer a midmorning and a midafternoon snack.

E. The menus for all meals and snacks must be approved by a registered dietitian and must meet all applicable state rules and laws and United States Department of Agriculture regulations.

F. The center shall provide modified diets for participants whose written records specify dietary restrictions.

G. Drinking water must be available to participants throughout the hours of the center's operation.

H. The center must maintain a record indicating the menu for all meals served for at least six months.

Subp. 2. **Transportation.** If a center provides transportation, the following requirement must be met.

The maximum transportation time for any participant being transported by a center vehicle between the participant's home and the center shall be 90 minutes, one way.

Subp. 3. **Health services.** The center shall offer health services developed in consultation with a registered nurse. A registered nurse shall provide consultation and review of the health services at least monthly. Health services must include:

- A. monitoring participants' health status and reporting changes to the participant's caregiver and physician and the center director;
- B. educating and counseling participants on good health practices;
- C. maintaining a listing of professional health resources available for referrals as needed by participants;
- D. developing policies and monitoring procedures for participant self administration of medications for training unlicensed personnel who provide medication assistance; and
- E. supervising staff distribution of medication and assistance with participant self administration of medication and ensuring compliance with part 9555.9680, subpart 2, item C.

Subp. 4. **Structured exercise program.** The center shall offer a daily structured exercise program for participants whose physicians have authorized their participation. The program shall be developed in consultation with a registered physical therapist. A registered physical therapist shall provide consultation and review of the exercise program, at least quarterly.

Subp. 5. **Activities of daily living.** The center shall provide participants assistance, when needed, in managing activities of daily living such as dressing, grooming, and eating, and in developing or maintaining the skills necessary to manage these activities on their own.

Subp. 6. **Daily program activities.** The center shall have a monthly plan for diversified daily program activities. Program activities shall be designed to meet the needs and interests of the participants and shall include:

- A. socialization activities, such as group projects and recreational activities;
- B. cultivation of personal interests, such as arts, crafts, and music; and
- C. activities designed to increase the participant's knowledge and awareness of the environment and to enhance language and conceptual skills.

Subp. 7. **Social services.** A center shall offer the social services in items A to D:

- A. interviewing the participant and, when possible, the participant's caregiver as part of the admission procedure specified in part 9555.9700;
- B. maintaining a family and social history for the participant's record that is updated annually;

C. observing and recording psychological, emotional, social, financial, legal, employment, transportation, and other living situation factors related to the participant's achieving objectives specified in the participant's plan of care; and

D. referring the participant and caregivers to community services as required to meet the needs identified by the observation in item C.

**Statutory Authority:** *MS s 31.101; 31.11; 144.05; 144.08; 144.12; 157.011; 245A.09*

**History:** *11 SR 2165; 18 SR 2748; 23 SR 519*

**Published Electronically:** *October 8, 2007*