



STATE OF WASHINGTON
DEPARTMENT OF SOCIAL AND HEALTH SERVICES
Aging and Long-Term Support Administration
PO Box 45600, Olympia, Washington 98504-5600

December 2, 2020

AMENDED January 4, 2021

ALTSA: AFH #2020-067
ALTSA: ALF #2020-061
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ALTSA: ICF/IID #2020-050
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PROCLAMATION 20-25: LONG-TERM CARE VISITATION STANDARDS AND FITNESS FACILITIES

Dear Administrator / Provider / Superintendent:

This letter is amended to reflect the governor's latest Proclamation 20-25 has been extended through January 11, 2021.

In response to the increasing number of COVID cases across Washington State, Governor Inslee issued [Proclamation 20-25.9](#) on December 10, 2020. This proclamation suspends the Long-Term Care (LTC) visitation requirements and social gatherings under the Safe Start for Long-Term Care Plans **through January 4, 2021**. This proclamation also closes public fitness centers through January 4, 2021.

Visitation Standards:

Proclamation 20-25.9, allows for the following visitation in long-term care settings:

Phase 1

Outdoor visitation is limited to **2 visitors per day**.

Indoor visitation is limited to:

- End of life (defined as "a sharp decline in health status")
- **If resident is unable to participate in outdoor or remote visits**, an essential support person is allowed to visit only once daily for a compassionate care reason

Phase 2

Outdoor visitation is limited to **5 people, including the resident**, for an outdoor visit.

Indoor visitation is limited to:

- End of life (defined as "a sharp decline in health status")
- **If resident is unable to participate in outdoor or remote visits**, an essential support person is allowed to visit only once daily for a compassionate care reason

While end-of-life situations have been used as examples of compassionate care situations, the term "compassionate care visits" does not exclusively refer to end-of-life situations. Compassionate care visits can be conducted by family members or any individual that can meet the resident's needs as long as the resident chooses this person to be their essential support person. Examples of other types of compassionate care visits include, but are not limited to:

- A resident who was living with their family before recently being admitted to a facility and is struggling with the change in environment and lack of physical family support.
- A resident who is grieving the recent loss of a friend or family member.

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- A resident who needs cueing and encouragement with eating or drinking, previously provided by family or caregivers or both, is experiencing weight loss or dehydration.
- A resident who used to talk and interact with others, is experiencing emotional distress, seldom speaking, or crying more frequently (when the resident had rarely cried in the past).

Allowing a visit in these situations would be consistent with the intent of “compassionate care visits.”

Visitation-specific details by phase can be found at [Long-Term Care | What is Allowed](#), and a summary of Safe Start for LTC information can be found at [Long-Term Care Phases](#).

Long-Term Care Fitness Facilities

Long-term care facilities required to follow the “Safe Start for LTC” plans outlined in [Proclamation 20-66.4](#), including those located within a community offering multiple levels of care (independent living, assisted living, nursing home), may continue to utilize their fitness facilities for all residents within the community. If the facility is used by both the LTC residents and the independent living residents within a community that has more than one level of care, the independent living residents may continue to use these amenities.

When utilizing these facilities, the following guidelines are required:

Phase 1

- Only 1 resident at a time in the room;
- The resident wears all recommended PPE for the situation;
- All equipment must be thoroughly sanitized between resident uses; and
- If a staff member is in the room, they are more than 6 feet away or wear appropriate PPE to account for the increased respirations that occur during exercise.

Phase 2

- May have more than one resident in the room as long as there can be increased social distancing (beyond 6 feet) to account for the increased respirations that occur during exercise. No more residents in the room than allowed for group activities according to the “Safe Start for LTC” plan;
- The resident wears all recommended PPE for the situation;
- All equipment must be thoroughly sanitized between resident uses; and
- If a staff member is in the room, they are more than 6 feet away or wear appropriate PPE to account for the increased respirations that occur during exercise.

Thank you for your continued commitment to resident health and safety. If you have any questions, please contact your local RCS Field Manager.

Sincerely,



Candace Goehring, Director
Residential Care Services

DSHS: “Transforming Lives”