

Construction Section Family Care Home Physical Plant Licensure Requirements



Construction Section Mission Statement

To ensure that the construction and operation of buildings regulated by the Division provide a safe, healthy and suitable environment for residents, and patients using those facilities.



Overview Family Care Home Physical Plant Presentation

The purpose of this presentation is to provide general information about the review and inspection process once your application is received in the Construction Section. In this presentation we will provide information on:

- Construction Section fees and project assignments
- What to submit with your application
- Minimum physical plant requirements
- Frequently asked questions (FAQ)



CONSTRUCTION SECTION

FEES AND PROJECT ASSIGNMENT



Construction Section Fees and Project Assignments

- FCH packets must be sent to DHSR Adult Care Licensure Section. For facility licensure information, please see DHSR Adult Care Licensure website at https://info.ncdhhs.gov/dhsr/acls/index.html
- DHSR Adult Care Licensure will forward your application and other documentation to the Construction Section for review and approval.
- Once your application and documentation is received in the Construction Section, a project review fee will be assessed, and an application acknowledgement letter and invoice will be sent to the contact person listed on the application.



Construction Section Fees and Project Assignments

- It is <u>very important</u> to have accurate, complete contact information to ensure all correspondences are sent to the correct person. Be sure the application is provided with an email address and working phone number. Not having correct information could delay the review and approval of your project.
- Once the review fee has been received, your project will be assigned to an architect and/or engineer for review.
- The Construction Section <u>will not</u> review a project or make any site visits until the <u>construction fee is paid.</u>



Construction Section Fees and Project Assignments

- Once the project has been assigned, the assigned architect and/or engineer will contact you either via review letter or phone call.
- The architect and/or engineer assigned to the project is your contact until the completion and recommendation for licensure to Adult Care Licensure. Once the project is assigned, all project questions should be directed to the assigned architect and/or engineer.



WHAT TO SUBMIT WITH YOUR APPLICATION



DHSR Construction Section FCH Physical Plant Licensure Requirements - TMS 1/2024

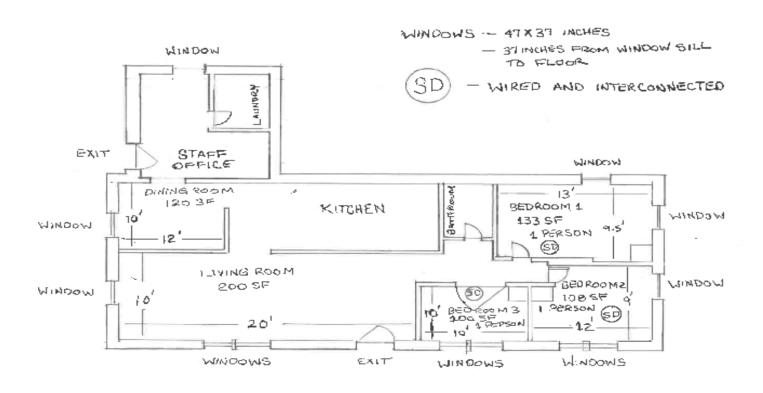


What To Submit With Your Application

- A floor plan that specifies the following:
 - a. All levels including basements and upstairs
 - b. Identification of the use of all rooms/spaces
 - c. Dimensions of all bedrooms, excluding vestibule, closet or wardrobes. Clarify whether bedroom will be single or double occupancy. Also show the location of any live-in person's bedroom
 - d. Location of all doors and the dimensions of all exterior doors
 - e. Location of all windows including the dimensions of bedroom windows
 - f. Location of all smoke detectors noting whether they are battery operated, wired into the house current with battery backup, and if they are interconnected (one sound; they all sound)
 - g. Floor plan must be legible <u>AND</u> accurately reflect the floor plan of the house.



Floor Plan Example





What To Submit With Your Application

- Exterior photos of each side of the building
- Interior photos of the kitchen, living areas, bedrooms, and any other rooms
- Directions from Raleigh or a map from the nearest major highway, street or intersection clearly showing the location of the facility
- Local Zoning Department approval for the proposed use

Providing correct, accurate information will make it easier for your project to be reviewed!



Construction Section

Minimum Physical Plant Requirements



Important definitions to know and understand:

Ambulatory Resident – a client who is <u>able</u> to <u>respond</u> and <u>evacuate</u> the facility (home) <u>without verbal or physical assistance</u>

Non-Ambulatory Resident – a client who is not able to respond and evacuate the facility (home) without verbal or physical assistance

These definitions are very important at the initial licensing of the facility (home) and as the clients age in place. Due to changes in resident's needs, the facility (home) may have to change ambulation status over time.





North Carolina

Division of Health Service Regulation



What We Do Citizens Providers A-Z Index The Point

GET THE LATEST INFORMATION on Coronavirus. COVID-19 in North Carolina



The Division of Health Service Regulation oversees medical, mental health and adult care facilities, emergency medical services, and local fails. We check to see that people receiving care in these facilities are safe and receive appropriate care. We make certain that medical buildings are built only when there is a need for them.

	lew?

Declaratory Rulings Legislative Actions Public Notices

Reports **Rule Actions**

Ouick Links

File a Complaint | Presente una

Adult Care Facility Inspections. Ratings and Penalties

Adult Care Home Violations and Adult Care Star Rating Program

Adult Care Training Resources Certificate of Public Advantage

Healthcare Planning and

Office of Emergency Medical

Certificate of Need

Radiation Protection

Customer Service Surveys

Forms and Applications Home Care Licensure Information

How to Start a Facility **Licensed Facilities**

Mental Health Public Records

NC Automated Background Check Management System (ABCMS)

NC State Medical Facilities

Provider Allegation

Rules and Regulations

Costs

Verify Registry Listings Volunteer Health Services

Sections

Complaint Intake and Health Care Personnel Investigations Construction

- Jails and Detention

Health Care Personnel Education and Credentialing

Licensure and Certification

Acute and Home Care Adult Care

Mental Health Nursing Home

Commissions/Council

NC Medical Care Commission

NC Radiation Protection Commission

NC State Health Coordinating Council

READ THE RULES!

PLEASE

The FCH Licensure Rules can be found on the DHSR Website

Contact us or send questions and comments to: DHSR Webmaster, 2701 Mail Service Center, Raleigh, NC 27699-2701

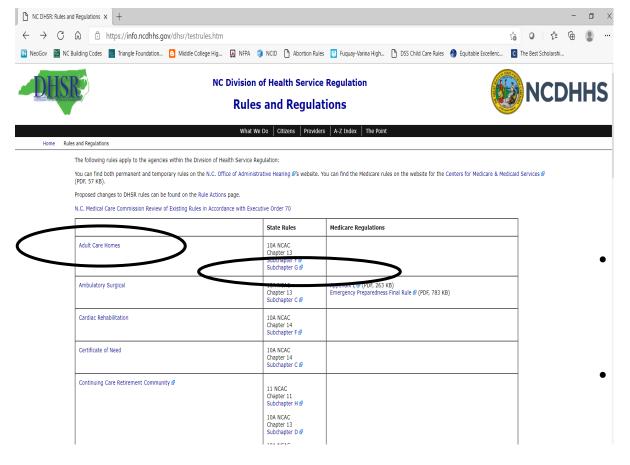


Rules and Regulations Glossary Jobs at NC DHSR Directions

This page was last modified on 08/25/2020 10:42:00

Division of Health Service Regulation



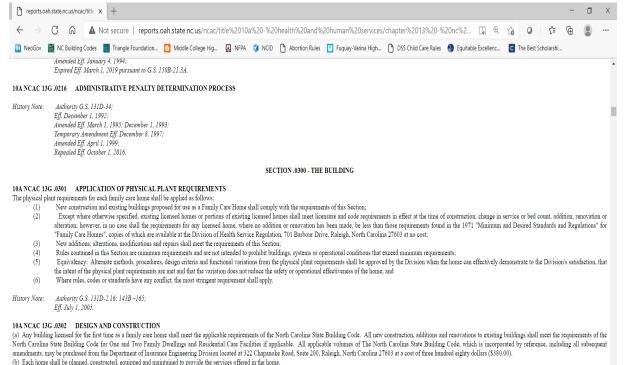


PLEASE READ THE RULES!

Once you get to this page, Select Subchapter "G" to get to the Rules (10A NCAC 13G)

The overall Physical Plant Rules are outlined under beginning in Section .0300





PLEASE READ THE RULES!

We urge you to contact us at 919-855-3893 with any questions concerning Physical Plant Rules

Each floor shall be less than 2500 square feet in area if existing construction or, if new construction, shall not exceed the allowable area for R-4 occupancy in the North Carolina State Building Code;

Aged or disabled persons are not to be housed on any floor above or below grade level;

and approval prior to commencement of the work.

(f) If the building is two stories in height, it shall meet the following requirements:

Required resident facilities are not to be located on any floor above or below grade level; and

(c) Any existing building converted from another use to a family care home shall meet all the requirements of a new facility.

(d) Any existing licensed home when the license is terminated for more than 60 days shall meet all requirements of a new home prior to being relicensed.

- A complete fire alarm system with null stations on each floor and sounding devices which are audible throughout the building shall be provided. The fire alarm system shall be able to transmit an automatic signal to the local emergency

(e) Any existing licensed home that plans to have new construction, remodeling or physical changes done to the facility shall have drawings submitted by the owner or his appointed representative to the Division of Health Service Regulation for review



The Home

All required resident areas must be on the same floor level. Steps between levels are not permitted.









The Home

The basement and the attic shall not to be used for storage or sleeping.







Living Room (13G.0305)

- 1. An area of the least 200 square feet <u>REGARDLESS TO THE NUMBER</u> <u>OF RESIDENTS</u>.
- 2. Must have operable windows that meet the NC State Building Code.





Dining Room (13G.0306)

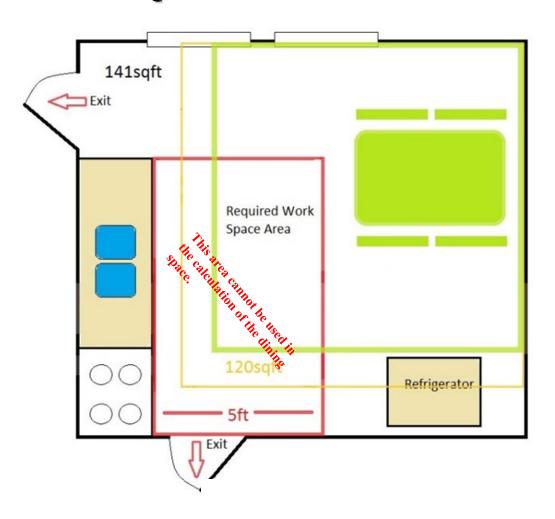
- 1. An area of the least 120 square feet <u>REGARDLESS TO THE</u> <u>NUMBER OF RESIDENTS</u>.
- 2. Must have operable windows that meet the NC State Building Code.
- 3. Must have chairs to seat all residents eating in the dining room.





Dining Room (continue)

3. When the dining area is used in combination with a kitchen, an area five (5) feet wide is allowed as work space in front of the kitchen work areas. The work space cannot be used as the dining area.





Kitchen (13G .0307)

- 1. Must be large enough to provide for the preparation and preservation of food and the washing of dishes.
- 2. Kitchen Range Hood vented to the outdoors or if its an unvented hood with an approved charcoal filter
- 3. Floors must be non-slippery water-resistant.





Bedrooms (13G.0308)

- a) Single occupancy bedrooms a minimum of 100 square feet excluding vestibule, closet or wardrobes
- b) **Double occupancy** bedrooms a minimum of **160 square feet excluding vestibule, closet or wardrobes**



*No more than two (2) clients may share an individual bedroom regardless of bedroom size.



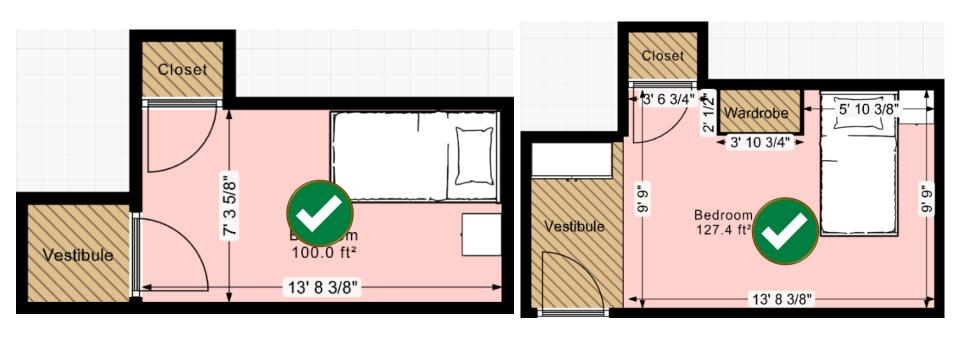
Bedrooms (continue)

- c) Separate bedroom for live-in staff from residents
- d) No one is permitted to sleep in basement or in an attic
- e) Each resident bedroom must have one or more operable windows and be lighted to provide 30 foot candles of light at floor level. Windows must have a maximum of 44 inch sill height.
- f) Bedroom closets or wardrobes a minimum of 48 cubic feet of clothing storage space (approximately two feet deep by three feet wide by eight feet high) of which at least one-half shall be for hanging clothes with an adjustable height hanging bar for each resident.



Bedrooms – Examples of Sufficient Square Footage:

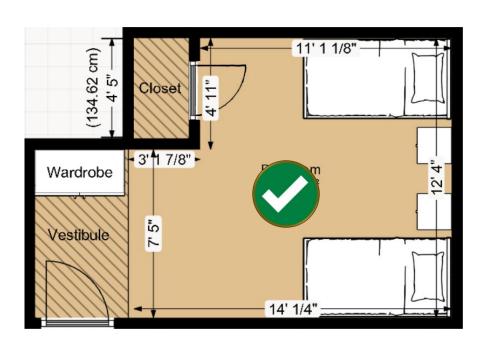
Single occupancy bedrooms a minimum of 100 square feet





Bedrooms – Examples of Sufficient Square Footage:

Double occupancy bedrooms a minimum of 160 square feet

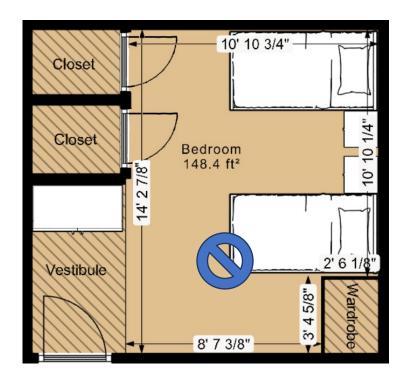






Bedrooms – Example of Insufficient Square Footage:

Double occupancy bedrooms a minimum of 160 square feet





(Building Code Requirement)



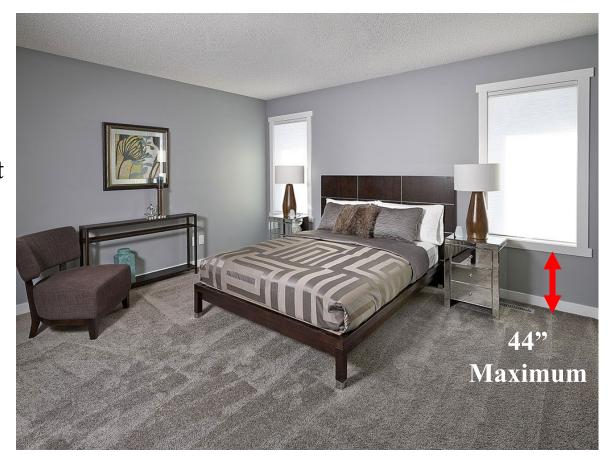
Emergency Egress

Every sleeping room must have at least one operable window OR an exterior door that is approved for emergency egress. The window size and clear opening must be in accordance to the requirements at the time the facility was built.



Bedrooms (continue)

Each resident bedroom must have one or more operable windows. All windows must have a maximum of 44 inch sill height.





Bedrooms (continue)

Bedroom closets or wardrobes a minimum of 48 cubic feet of clothing storage space (approximately two feet deep by three feet wide by eight feet high) of which at least one-half shall be for hanging clothes with an adjustable height hanging bar for each resident.





Bedrooms (continue)

Live-in Staff [13G .0317(f)]

Where the bedroom of the live-in staff is located in a separate area from residents' bedrooms, an electrically operated call system must be provided:

- connecting each resident bedroom to the live-in staff bedroom
- the resident call system activator must be able to be activated with a single action by the resident
- the resident call system must remain on and cannot be cancelled until staff deactivates the call from the resident room
- the call system activator must be within reach of resident lying on his bed

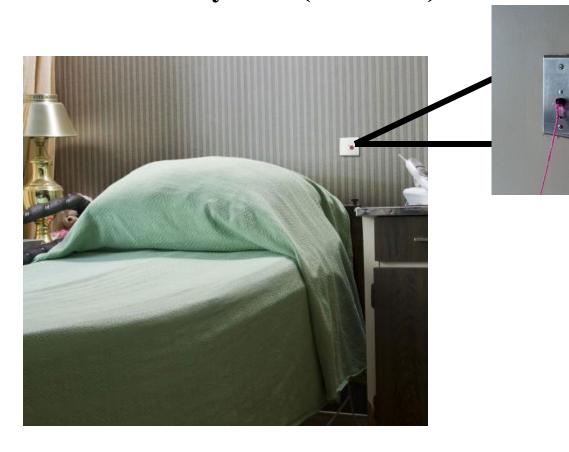


Resident Call System:

- The call system must be an electrically hard-wired (24V-120V) system.
- IF requested, a wireless system meeting <u>ALL</u> the following requirements can be installed by the facility:
 - The base station located in the live-in staff bedroom must be plugged into a 120-volt outlet.
 - If the resident call system activators (including pendants) are battery powered, they must self-report a low-battery signal to the staff bedroom base station.
 - The facility provider must submit manufacturer's documentation of the above criteria for review and approval.



Resident Call System (continue)



Example of a toggle switch call station with pull-chord in an eyelet guide.



Bathrooms (13G.0309)





Bathrooms (13G .0309)

- 1. At least one full bathroom for each five or fewer persons, including live-in staff.
- 2. Each tub or shower must have privacy partitions or curtains.

 Located so that there is no more than 40 feet from any residents' bedroom door to a resident use bathroom door.
- 3. Hand grips installed at all commodes, tubs and showers used by the residents.
- 4. Nonskid surfacing or strips installed in showers and bath areas.
- 5. Bathrooms mechanical ventilated directly to the outdoors at a rate of two (2) cubic feet per minute for each square foot of floor area.
- 6. The bathroom floor non-slippery, water-resistant covering.



Hand Grips

The purposes of hand grips are:

- 1. To assist in the entering and exiting tubs and showers.
- 2. Self Stabilization of residents.
- 3. Must be mechanically fastened or anchored that will not create a potential hazard to the resident when in use.
- 4. Must be within reach of the toilet



Hand Grips (cont)



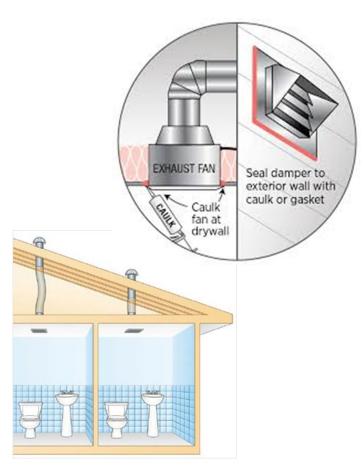






Mechanical Ventilation

- Bathrooms must be mechanical ventilated
- Must be directly to the outdoors
- Must be at a rate of two (2) cubic feet per minute for each square foot of floor area





Water Temperature (13G .0317)

Between **100** degrees (minimum) and **116** degrees (maximum)





Laundry Room (13G.0313)

- a. Must have laundry equipment that is accessible to all residents
- b. Must be located out of the living, dining and bedroom areas.



Laundry rooms cannot be located in a basement, or on another level not accessible to residents, or in another building.



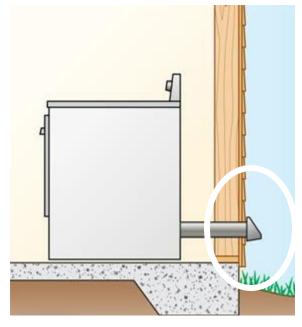
(Building Code Requirement)

Clothes Dryer

Non-combustible metallic flex duct connecting the dryer to the transition duct. The transition duct to the **OUTSIDE** of the home must be smooth lined metal duct. Dryer duct must be connected to a backdraft with a damper









Storage Areas (13G .0310)

Separate storage must be provided as follows:

- *Storage of clean linens
- *Storage of soiled linens
- *Storage of food and food service supplies
- *Storage of household supplies and equipment.

Separate locked areas for storing cleaning agents, bleaches, pesticides, and other substances which may be hazardous if ingested, inhaled or handled.

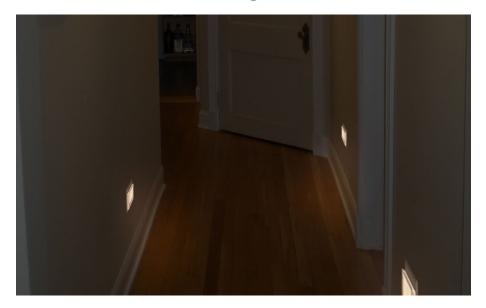
Cleaning supplies must be supervised while in use.







Provided with night lights providing 1 foot-candle of light at the floor



Must be a minimum clear width of 3 feet



Ceiling Heights [13G .0302(h)]

Must be at least seven and one-half feet (7'-6") from the floor

This ceiling height requirement is throughout the facility (home) on all levels and not just the portions of the facility (home) used by the residents.





Interior Door Widths [13G.0306(j)]

- The door width must be a minimum of two feet and six inches (30") in the kitchen, dining room, living rooms, bedrooms and bathrooms
- The 30" width is based on the door leaf only

This requirement applies to all bedroom and bathroom doors whether used by residents or not.





Egress Doors [13G.0312)]

- Existing deadbolts or turn buttons on the inside of exit doors must be removed or disabled
- Egress exit door locks must be easily operable by a single hand motion from the inside at all times without keys.



<u>ALL</u> exterior doors to the outside must have single-hand motion. This includes doors from bedrooms to the outside and doors to carports since they lead directly to the outside.



Outside Entrance/Exits (13G .0312)

- All floor levels must have at least 2 exits. If the home is a 2-story home, the 1st floor must have 2 exits, <u>AND</u> the 2nd floor must have 2 exits!!
- If there are only 2 exits, the exit doors must be so located to minimize the possibility that both may be blocked by any one fire or other emergency condition
- Required exits to the exterior cannot be through bedrooms.
- At least 1 outside entrance/exit door must be a minimum of 3' wide and another must be at least 2'-8" wide

47



Outside Entrance/Exits (13G .0312) – 2-Story Homes

All floor levels must have at least 2 exits

While 2-story homes are permitted, please be mindful that a second exit from the 2nd level <u>IS</u> required if not already provided. The existing stairs from the 1st level to the 2nd level may be included as one of the required exits from the 2nd level. However, an additional exit directly to the outside to grade must be provided.



Additional requirements of the NC State Building Code for 2-story homes also apply.



Outside Entrance/Exits (13G .0312) – 2-Story Homes

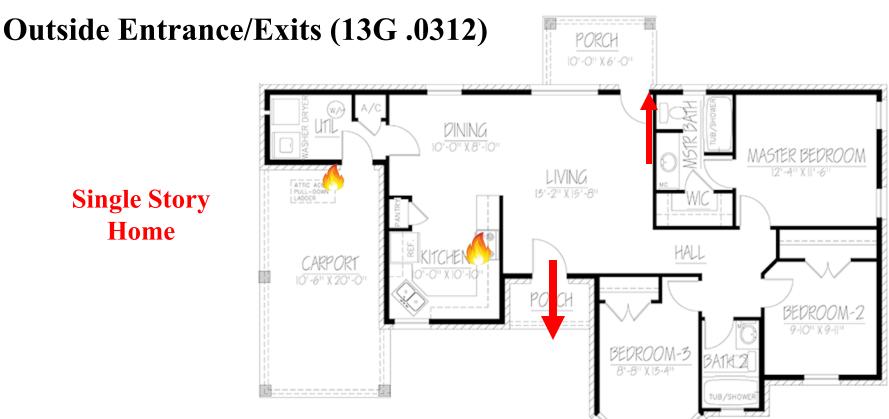
All floor levels must have at least 2 exits

While 2-story homes are permitted, please be mindful that a second exit from the 2nd level IS required if not already provided. The existing stairs from the 1st level to the 2nd level may be included as one of the required exits from the 2nd level. However, an additional exit directly to the outside to grade must be provided.



Additional requirements of the NC State Building Code for 2-story homes also apply.





This floor plan represents entrance/exit requirements and not other Family Care Home licensure requirements.



Ramps Requirements [13G .0312(c)]

The outside entrance/exit used most often by residents for vehicular access must be at grade or accessible by a ramp having a 1" vertical rise for each 12" of horizontal length.

If there is any resident that must have physical assistance with evacuation, then the home must have 2 outside entrances/exits at grade or that are accessible by ramp.





Ramps Requirements (continue)



Notice handrails do not go full length of the ramp!
Incorrect!

Ramp must have a 1" vertical rise for each 12" of horizontal length.



Ramps Requirements (continue)

.0312(f) All ramps shall be provided with handrails and guardrails.



Ramp handrails <u>must be as long as the</u>
<u>entire ramp walking surface</u> but cannot be
left sticking out. The <u>ends must be</u>
<u>returned or terminate in safety terminals</u>
<u>or newell post</u>. Handrails must be
graspable.

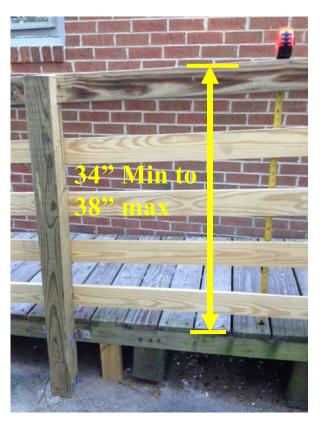
Handrails must be provided on both sides of ramps, including walls.



Ramps Requirements (continue)

.0312(f) All ramps shall be provided with handrails and guardrails.

Handrail Height must be 34" to 38" measured from the finished surface of the ramp.





Ramps Requirements (continue)

.0312(f) All ramps shall be provided with handrails and guardrails.





Guard components to be spaced not more than 4" apart.



Steps, Porches, and Stoops Requirements [13G .0312(f)]

All steps, porches, stoops and ramps must be provided with handrails and guardrails.



It is a DHSR requirement that handrails and guards be provided on <u>both sides</u> of all steps and stoops whether used by residents or not.



Steps, Porches, and Stoops Requirements [13G .0312(f)]

All steps, porches, stoops and ramps must be provided with handrails and guardrails.



It is a DHSR requirement that guards be provided on all porches <u>regardless</u> to height of the porch whether used by residents or not.



Fire Extinguishers [13G .0316(a)]

Provided to meet minimum requirements:

- Must provide 1 five pound or larger (net charge) "A-B-C" type centrally located
- Must provide 1 five pound or larger "A-B-C" or CO/2 type located in the kitchen
- Any other location as determined by the code enforcement official.





Two Story Home [13G.0302(f)]

While two story homes are permitted, they have the following limitations or additional requirements:

- Each floor must be less than 2500 square feet in area if existing construction or, if new construction, must not exceed the allowable area for R-4 occupancy in the North Carolina State Building Code
- Aged or disabled persons cannot be housed on any floor above or below grade level
- <u>All required</u> resident spaces cannot to be located on any floor above or below grade level
- A complete fire alarm system must be provided, to include pull stations on each floor and audible sounding devices throughout the facility (home)
- At least two exits must be provided from the 2nd floor



The following slides are additional requirements from the 2018 North Carolina State Building Codes which must be met by all Licensed Residential Care Facilities. These slides do not contain all the requirements of the 2018 North Carolina State Building Codes. Please consult with the local authority having jurisdiction in your town or county.



(Building Code Requirements)

Ground Fault Interrupter Protection (GFI)

Must be provided:

- Along kitchen countertops
- In garages
- Outdoor electrical outlets
- Crawl spaces
- Within 6 feet from sinks
- Laundry areas
- Bathrooms





(Building Code Requirements)

SLEEPING ROOM SLEEPING ROOM SMOKE DETECTOR CENTRALLY LOCATED IN CORRIDOR BATH DINING ROOM KITCHEN

LOCATION OF SMOKE DETECTORS WITHIN A RESIDENCE

Smoke Detectors

- 120 volt smoke detectors permanently connected to the house current and battery backed-up.
- Smoke detector installed in each bedroom.
- Smoke detector installed outside of any bedroom or cluster of bedrooms.
- Smoke detector installed on each story of the home including the basement (if habitable).
- All smoke detectors interconnected such that when one detector is activated, all smoke detectors activate.



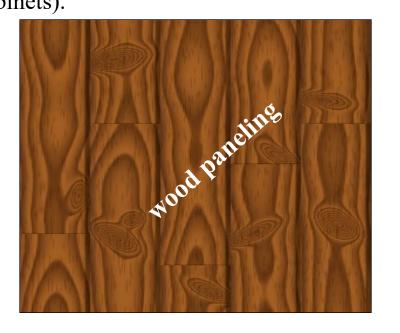
(Building Code Requirements)

Interior Finish

Any wood paneling must be treated with an approved fire retardant paint and must meet a minimum Class 'C' or greater flame spread. If mill lumber with Varnish is present in the home it must also be treated. (Does not include knotty pine or cabinets).

*Required for facilities with 4 to 6 clients under 2018 North Carolina State Building Codes, 428.2.3.

**DHSR also requires this protection in any licensed facility with this type of wood paneling. Treating wood paneling is a safety measure of added protection for the residents in the event of a fire.





(Building Code Requirements)

The listed paints or additives may be purchased from your local paint dealer, hardware store, or you may search online to locate a dealer who sells the product. After your purchase maintain copies of your receipts as verification of your purchase.



Flame Control - Fire

Retardant Paint

Contact: Flame Control

Coatings, LLC

Phone: **716-282-1399**



FR-1 - Fire Retardant Paint Additive

for Water Based Latex

Paints

Contact: **Project Fire**

Safety, Inc.

Phone: 800-468-2876



Flame Guard - Fire Retardant

Treatment for Water Based Latex Paints

Contact: Hy-Tech Thermal Solutions

Phone: 321-984-9777



(Building Code Requirements)



Hot Water Heater

The discharge relief valve should terminate no less than 6" above the floor and may be piped to the outside of the home or piped to a drain pan (must not terminate under the home). For example, **CPVC** or **Copper** piping or other material acceptable by Code.



(Applicable Building Code Requirements)

Manufactured/Mobile vs Modular Home Use For Family Care Homes

Modular Homes can be used as a Family Care Home as they are classified as Single Family Residential

Modular Homes require the approval from the local jurisdiction

Manufactured/Mobile Homes CANNOT be used as a Family Care Home

(Applicable Building Code Requirements)

Manufactured/Mobile vs Modular Home Use As A Family Care Homes

How Manufactured/Mobile Homes are Identified

HUD Certification Label for Manufactured/Mobile Homes

This label is the manufacturers certification that the home was manufactured in accordance with HUD's Construction and Safety Standards that were in effect at the time the home was manufactured. The Certification Label is usually located on the outside of the home, generally on the front, left corner or on the rear, left corner. This home cannot be used as a Family Care Home!





(Applicable Building Code Requirements)

Manufactured/Mobile vs Modular Home Use As A Family Care Home

How Modular Homes are Identified

North Carolina Validation Stamp for Modular Homes

This label and the Building Manufacturer's Data Plate certifies the structure has been manufactured and inspected in accordance with the North Carolina's inspection requirements. The Validation Stamp is usually located in the cabinet above the range hood or in a utility closet. This home can be used as a Family Care Home.





Construction Section Frequently Asked Questions

If the answer to questions you have are not in this presentation, please contact the Construction Section Help Desk at (919) 855-3893



1. What are my options if my bedrooms don't have the required square footage?

The Licensure Rules are the minimum requirements that all facilities to be licensed are required to meet. It may be necessary to limit the capacity of the facility due to bedroom sizes or renovate the facility to ensure the minimum requirements are met.





2. I only want to have 4 residents. Why do I have to have a dining room with a minimum of 120 square feet?

The Licensure Rules are the minimum requirements that all facilities to be licensed are required to meet. It may be necessary to renovate the facility to ensure the minimum requirements are met OR this family might not be able to be licensed under the Family Care Home program.

3. My bedrooms do not have closets and I plan to buy wardrobes to meet the minimum requirements. How do I know if my bedrooms are still large enough?

Since the Licensure Rules require minimum square footage for bedrooms depending on the number of residents in the bedroom, the minimum size of a closet must be subtracted from the bedroom square footage in order to accommodate the wardrobe to be installed.



4. I received notice from the Construction Section that my application has been received. When will I get an inspection?

- Once your application is received, the construction invoice outlining the appropriate fee will be emailed out to you.
- The construction fee must be returned and paid before a plan reviewer can be assigned to your project.
- Once your project is assigned, a project plan reviewer will send the individual listed on the application as the contract person the review letter.
- If all review comments have been satisfied, an inspection will be scheduled.



5. Can Construction Section do a pre-inspection prior to me submitting my application or buy/renting a home?

No. Construction Section do not perform pre-DHSR inspections. The Licensure Rules are available for reading and printing on our website. Construction Section's help desk with also answer any questions you have about the minimum requirements at anytime during the licensing process.

6. The window in my dining room is not operable. What can I do?

Licensure Rules are minimum requirements and require an operable window in dining rooms. It may be necessary to renovate the facility to add an operable window OR this family might not be able to be licensed under the Family Care Home program.



7. If I have a second story will I be required to install an exterior exit at that location?

Yes. Each level of a Family Care Home must have at least two exits, even if the upstairs will be used as office space.

8. Will a handicap ramp be required?

Depends. If you provide services for a non-ambulatory resident and/or if the home is not at grade. Non-ambulatory includes wheelchair, walker, etc. and will require a ramp(s).