

**Rest Home  
Rules**

**1945**

*North Carolina  
Department of Welfare*

# STATE BOARD OF PUBLIC WELFARE

## Raleigh, N. C.

### I Rules and Regulations Governing Boarding Homes, Rest Homes, or Convalescent Homes for the Aged and Mentally or Physically Infirm.

The 1945 General Assembly enacted the following law in regard to the responsibility of the State Board of Public Welfare. Paragraph 15 of General Statutes 108-3:-

"To establish standards, provide rules and regulations for the operation of, and to inspect and license boarding homes, rest homes, or convalescent homes for persons who are aged or mentally or physically infirm and who are not related to or connected by blood or marriage to the applicant for license when a charge is made for such care. Provided said homes care for two or more persons who obtain services from the county public welfare department or are supported in whole or in part by public welfare funds. Such license shall be valid for one year from the date of issuance unless revoked earlier by the board for cause. Such homes shall be under the supervision of the board, and its agents may at any time visit and inspect the homes. Licensing authority shall not apply to any institution established, maintained or operated by any unit of government nor to commercial inns or hotels.

No fee shall be charged for licenses obtained under the above law.

### II How to obtain a license

- (a) Application for the license shall be made to the local or state department of public welfare.
- (b) The county superintendent of public welfare will notify the Division of Institutional and Protective Services of the State Board of Public Welfare concerning any applications made to his department.
- (c) The Division of Institutional and Protective Services will be responsible for making the pre-licensing inspection and report the results of the investigation and recommendations to the State Board.
- (d) Upon the basis of this inspection, the State Board will determine whether or not the home meets requirements for a license and issue said license if requirements are met.
- (e) A home will be re-licensed upon the basis of an annual inspection. License may be revoked for failure to comply with the rules and regulations of the State Board of Public Welfare.
- (f) A license becomes void if there is a change in the location or management of the home and a new application for license shall be made.

### III Operation of Home

- (a) The applicant for license shall give full time to the care of the home or employ the staff needed to provide adequate care of residents.
- (b) The home must be inspected, in relation to sanitation by the local or state health authorities and recommended to be reasonably safe for the care of the aged and infirm residents.
- (c) The local or state authorities for fire protection must certify that the home is free from ordinary fire hazards.

- (d) The building shall be maintained in repair and cleanliness at all times.
- (e) Adequate porches and yard space for the use of residents shall be available.
- (f) There must be assurance that adequate and proper diet will be provided the residents.
- (g) No person suffering from a contagious disease shall be admitted. A physician's written statement will be required.
- (h) No boarding house shall admit or care for persons who are suffering from acute mental illnesses, sufficient to endanger self or others or for persons who are addicted to the intemperate use of narcotics or stimulants so as to have lost the power of self control. This does not exclude seniles. A physician's written statement will be required.
- (i) No boarding house shall keep within its confines opium, morphine, cocaine, heroin, codiene, or other habit forming drugs, unless these drugs are prescribed by a practicing physician and administered by a registered nurse.
- (j) All poisonous substances must be plainly labeled and kept in a locked cabinet or closet.
- (k) Sleeping rooms should contain not less than 500 cubic feet of air space for each occupant and shall have at least one outside window. Separate beds shall be furnished with clean mattresses, clean and warm bedding, and rubber sheeting when necessary.
- (l) Each room shall be comfortably furnished with suitable provision for individual belongings.
- (m) The home must be adequately heated.
- (n) No form of physical restraint shall be used in the home.
- (o) Adequate practical nursing care shall be provided by the operator of the home when such care is necessary.
- (p) The county department of public welfare providing financial assistance or service to residents in the home is expected to maintain regular contacts with residents.
- (q) A register approved by the State Board showing the record of each resident must be maintained.
- (r) The total number of persons cared for in each home must be determined by the facilities in the home for such care. The total which may be cared for in each home will be specified on the license.