

HOMES FOR THE AGED AND INFIRM
MINIMUM AND DESIRED STANDARDS AND REGULATIONS

JANUARY 1, 1977

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North Carolina Department of Human Resources
Division of Social Services
325 North Salisbury Street
Raleigh, North Carolina 27611

C. The Building

1. Location - Must be in a location approved by local zoning boards and be a safe distance from streets, highways, railroads, open lakes and other hazards. It must be located on a street, road or highway easily accessible by car.
2. Construction - All buildings must be constructed in accordance with the institutional requirements of the North Carolina Building Code, including the code for the physically handicapped, and meet sanitary requirements as determined by the Division of Health Services.
3. Arrangement and Size of Rooms

Each home shall provide:

- a. Ample living arrangements with sufficient bedrooms to meet the individual needs according to age and sex of the residents and the administrator or the supervisor-in-charge or the family living in.
 - b. Living room/recreational areas
 - (1) Located off a lobby or corridor and enclosed with walls and doors in newly licensed buildings.
 - (2) In newly licensed buildings with a capacity of 15 or less, a minimum area of 250 square feet is required.
 - (3) In newly licensed buildings with a capacity of 16 or more, a minimum of 16 square feet per resident is required.
 - (4) Well-lighted, heated and ventilated with windows.
 - * (5) An area large enough for recreational and social activities separate from the living room.
 - c. Dining room
 - (1) In newly licensed buildings with a capacity of 15 or less, the dining room must have a minimum of 200 square feet.
 - (2) In newly licensed buildings with a capacity of 16 or more, the dining room must have a minimum of 14 square feet per person.
 - (3) Well-lighted, heated and ventilated with windows.

d. Kitchen

The size of the kitchen and the equipment in it must meet the sanitation requirements of the Division of Health Services. Scaled drawings and specifications must be submitted to the Division of Facility Services for distribution.

In areas where approved water and sewer services are not available, the owner must visit with the local sanitarian and request instructions on the installation of an approved water and sewer system.

e. Bedrooms

- (1) Any non-resident (including all management, staff and family) living in the home must have bedrooms separate from the residents and sufficient in number and size to meet individual needs according to age and sex.
- (2) No room can be approved for a resident's bedroom where access is through a bathroom, kitchen or another bedroom.
- (3) There must be a minimum area of 100 square feet per bed, excluding closet or wardrobe space, in rooms occupied by one person and a minimum area of 80 square feet per bed, excluding closet space or wardrobes, in rooms occupied by two or more persons.
- (4) In no case shall more than four (4) residents occupy one bedroom.
- (5) Well-lighted and heated.
- (6) Windows: a minimum of 10% of floor space for adequate light and ventilation and low enough to see outdoors from bed and chair.
- (7) Walls and ceilings must be easily cleanable.
- (8) Doors: Must be 1 3/4 inch solid core wood or equivalent, 42 inches wide minimum, and open to swing into room for capacity of 6 to 29; must be same and 44 inches wide minimum for capacity of 30 or more.
- (9) Bedroom closets

Bedroom closets or wardrobes must be large enough to provide each resident with a minimum of 48 cubic feet of hanging clothing storage space. (Approximately 2' d. x 3' w. x 8' h.).

- (10) Must be located on an outside wall and off a corridor.
- * (11) Make available some means for residents to lock personal articles as desired.
- * (12) Handwashing lavatories in bedrooms.
- * (13) Only private and/or semi-private rooms.

f. Bathrooms and/or toilet rooms

- (1) May be located off corridor.
- (2) Minimum bathroom facilities include a toilet and hand lavatory for each five residents and a tub or shower for each ten residents.

Minimum toilet and lavatory facilities (half bath) must be provided to meet the State Code for the physically handicapped.

- (3) Entrance cannot be through a kitchen or another person's bedroom or another bathroom.
- (4) Separate baths and toilets must be provided for all management, family and staff living in.
- (5) Separate half baths, one for males and one for females, must be provided for non live-in staff and visitors.
- (6) Hand grips shall be installed at all commodes, tubs and showers.
- (7) In newly licensed buildings each home shall have at least one bathroom opening off the corridor with: a door 3 feet wide opened to swing in flush with wall, have a roll-in shower (4' x 4' or 3' x 5') ← with movable spray attachment, have a bathtub open on two sides (preferably three), and have a lavatory and commode. Bath shall meet code requirements for the physically handicapped and shall be designed to allow one aide to assist resident taking a shower without aide getting wet.
- (8) Well-lighted, heated and ventilated.
- * (9) Located between two bedrooms or off a private bedroom.

g. Storage areas

(1) General

A minimum area of 10 square feet per bed is required. May be in close proximity of the facility on the facility site.

(2) Linen

(a) Separate storage for clean linens.

(b) Separate storage for soiled linens.

(3) Janitor's closets

(a) Number required dependent upon size of home.

(b) Cleaning and laundry supplies must be in a locked closet or cabinet.

(c) A separate locked area for storing poisons, chemicals or other potentially harmful products (cleaning fluids, disinfectants, etc.) is required.

h. Corridors

(1) See North Carolina State Building Code Requirements for Nursing Homes and Boarding Homes. In addition, all corridors shall have smoke doors and smoke partitions extending from floor to roof deck and building outer wall to outer wall at distances not to exceed 150 feet.

(2) 6' 0" clear wide in homes with capacity of 6 through 29.

(3) 8' 0" clear wide in homes with capacities of 30 or more.

(4) Handrails on both sides of corridors.

(5) Well-lighted with appropriate night lights sufficient enough for residents to see clearly.

(6) Emergency light bearing the U/L label on all parts equipped with a wet cell auxiliary battery with trickle charge.

(7) Exit signs in homes with capacities of 30 or more shall be lighted from a source independent of the general building lighting, namely by tapping ahead of the main service with a disconnecting means and overcurrent protection.

(8) Exit signs in homes with capacity of 101 or more shall be lighted by two separate lighting systems, one supplied from the main building lighting and the other from an emergency generator located on the premises or approved storage batteries with suitable provisions to keep automatically charged for four hours.

(9) Exit doors: 42" wide minimum for 29 residents or less and 44" wide minimum for 30 or more residents, opened to swing out.

(10) Free of all obstructions or impediments to full instant use in case of fire or other emergency.

i. Outside entrances.

(1) At ground level

or

(2) All steps and porches protected by handrails.

(3) For height of risers and width of treads see State Building Code Requirements.

(4) Ramps with slope to meet State Building Code Requirements.

j. Laundry Room

(1) Must be provided if laundry service is not contracted.

(2) Large enough to accommodate washer, dryer, and ironing equipment.

(3) Located where soiled linens will not be carried through the kitchen or dining areas.

k. Floors

Must be of smooth, non-skid material and so constructed as to be easily cleanable.

1. A separate room must be provided for the cleaning and sanitizing of bed pans and shall have handwashing facilities and provisions for cleaning and sanitizing.

m. Office

Must have an area large enough to accommodate normal administrative functions.

n. Staff Facilities

- (1) There must be accommodations for staff to change clothes.
- * (2) There should be accommodations for staff to store valuables with individual lockers provided.

o. Attic and ceiling

- (1) Attics shall not be used for storage.
- (2) Ceiling heights must be at least 7 feet 6 inches from the floor.

- p. Boiler and heating rooms and mechanical systems must meet N. C. State Building Code requirements for type of construction used.

4. Housekeeping and Furnishings

a. Each home shall:

- (1) Provide an attractive, homelike and comfortable atmosphere.
- (2) Be maintained in a clean and orderly manner.
- (3) Have no unpleasant odors and clutter.
- (4) Have a sanitary grade of 90 or above at all times.
- (5) Not have any throw rugs at all.

b. Each bedroom shall have the following furnishings:

- (1) Single beds equipped with box springs and mattress or solid link springs and no-sag innerspring or foam mattress. Hospital beds appropriately equipped shall be furnished as needed. Double beds are allowed if used only for single occupancy, unless occupied by husband and wife.
- (2) Pillows suited to individual needs and preferences.
- (3) Clean top and bottom sheets and pillow cases.
- (4) Bedspreads.
- (5) Clean, warm washable coverings.

A complete supply of towels, washcloths, clean sheets, pillow cases, blankets, and additional coverings must be on hand at all times. Beds are to be changed as often as necessary but not less than once a week.

- (6) Bedside table for each bed.
 - (7) Chest of drawers or bureau for each resident when not provided as built-ins.
 - (8) A wall mirror in each room or a mirror for each resident.
 - (9) Arm chairs (rocker or straight, as preferred, and high enough from floor for easy rising) in sufficient numbers for use by residents and visitors with a minimum of one for each resident.
 - (10) Curtains or draperies of attractive colors.
 - (11) Individual towels and wash cloths.
 - (12) A bedside lamp or a light over head of bed with a toggle switch within reach of person lying on bed.
 - (13) Protective sheets and clean, absorbent soft and smooth pads shall be furnished as needed.
 - (14) Bedpans, urinals, hot water bottles, and ice caps shall be furnished as needed.
 - (15) Bedside commodes, walkers, and wheelchairs shall be arranged for or furnished as needed.
 - (16) Residents should be allowed to bring their own furniture and personal belongings whenever possible.
- c. Living room and recreational areas shall have the following furnishings:
- (1) Functional living room furnishings constructed especially for the comfort of aged and infirm persons, with coverings easily cleanable and kept in good repair.
 - (2) Television.
 - (3) Accessory furnishings for attractive decor.
 - (4) Flame resistant curtains or draperies designed to allow for maximum light and ventilation.
 - (5) Recreational equipment, supplies for games, books and magazines.
 - (6) An easily readable clock.
 - * (7) Sufficient stereos, televisions or radios to meet various entertainment preferences of the residents.

d. The dining room shall have the following furnishings:

- (1) Tables to accommodate all residents.
- (2) A sufficient number of high tables to accommodate persons in wheelchairs.
- (3) Movable, non-folding chairs designed to minimize tilting when used by residents for support.
- * (4) Small tables serving from 2 to 6 persons.

5. Fire safety requirements

a. Fire alarm system

(1) An automatic fire detection system as follows:

- (a) Products of combustion (smoke) U/L approved detectors 30' on center in all corridors starting 15' from end of corridor. (See Section 516.2 of N. C. Building Code).
- (b) Fire detection systems or smoke detection systems in unoccupied areas such as storage rooms, kitchens, recreation rooms, etc. in Type I & II Construction. (See Section 516.1 of N. C. Building Code).
- (c) Fire detection systems or smoke detection systems throughout the building except for corridor when less than Type I & II Construction.
- (d) All detection systems shall be interconnected with the fire alarm system which shall be connected to the local fire department when possible.
- (e) The entire system under item a. shall be on a U/L approved wet cell battery emergency power system with trickle charge.
- (f) If local fire regulations are stricter than the State fire regulations, then the local laws take precedence.

b. Fire extinguishers

- (1) At least one Type A B C fire extinguisher shall be required for each 2,500 square feet of floor area or fraction thereof.
- (2) In addition, an approved fire extinguisher (dry chemical, steam, or powder) shall be installed at each kitchen hood and workshop.

- c. A plan for the evacuation of residents in case of fire, which has the approval of the local fire department, must be posted and must be rehearsed 4 times each year by the staff on each shift. Records of rehearsals shall be maintained and copies furnished to the Division of Facility Services annually. Records shall include date, time and staff members present. This shall also apply to all facilities currently licensed.
- d. The electrical system must meet the requirements of the State electrical code and be approved by the local electrical inspector.
- e. All duplex outlets in any one room must be on the same phase.
- f. All duplex outlets in bathrooms and outside of building must have ground fault interrupters.

6. Other

- a. A plumbing system must be approved by the local plumbing inspector.
- b. Each facility shall be provided with a heating system that will meet the current state code and be designed to maintain a minimum temperature of 75 degrees F. (24 degrees C.) at winter design conditions.
- c. Hot water supply large enough to provide continuous hot water to kitchen, bathrooms, laundry and janitor's closets. Water temperature at all fixtures used by residents shall not exceed 110 degrees F.
- d. A telephone must be available for residents to make a reasonable number of calls. A pay station telephone is not acceptable for local calls.
- e. Medicine preparation areas shall have wrist type lever handles on sink.
- *f. It is desirable for the home to have two telephone lines -- one for business and one for the residents' use.
- *g. An area for cutting and shampooing hair.

D. Services

1. Personal Care

Responsible staff must be on duty at all times to: