



*Caring for Seniors in the Heartland*

# **Assisted Living & Home Plus Lunch & Learn: A Deeper Look at FCS/NSA and HSP**

**For Providers working in  
Assisted Living, Home Plus and  
Residential Health Care Communities**

**Featuring:  
Joan Hudson, RN-BC, LNHA**

**March 6, 2026  
Topeka, KS**



**The Sunflower Foundation  
5820 SW 6th Avenue  
Topeka, KS 66606**

Register by going to [www.khca.org](http://www.khca.org)  
Click on Education>Education Calendar

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## Assisted Living & Home Plus Lunch and Learn: A Deeper Look at FCS/NSA and HSP

The Functional Capacity Screen (FCS). Who knew such a simple looking document could be so complicated? During this lunch and learn you'll learn how to accurately complete a Functional Capacity Screen (FCS). Together you'll collaborate and work through common 'gray areas' and how to document them. Once you've tackled the Functional Capacity Screen (FCS), the Negotiated Service Agreement (NSA) and Health Services Plan (HSP) are next! A completed FCS will be provided to all participants and Joan Hudson, RN-BC, LNHA will walk you through how to take the data from the FCS, add your resident 'wants' to the assessment and produce a Negotiated Service Agreement (NSA) to capture all the billable services for your resident.

Joan will also address situations for Negotiated Risk Agreements, NSA Addendums and ideas for completing them. Once the FCS and NSA are done we'll use the information to create our Health Services Plan (HSP) that describes to our direct caregivers how to provide the services we've negotiated for our residents.

This workshop is a great opportunity for Operators and Nurses to work through this process as a team. It's also a chance for you to make sure you're on the same page and meeting the requirements as set out by KDADS for all State Licensed Only settings including Home Plus.

### Learning Objectives for the lunch and learn sessions are:

- 1) Review the regulations for FCS/NSA/HSP and how to stay in compliance with each.
- 2) Complete an FCS/NSA/HSP for a sample resident.
- 3) Review scenarios and how to handle situations that indicate the need for a Risk Agreement.

**Cancellation/Refund Policy:** When written noticed is received at least 5 days prior to the course/event a refund will be given minus an administrative fee of 25% unless otherwise noted. Attendee substitutions are permitted.

Cancellations made within 48 hours of the in-person event will NOT receive a refund. An attendee substitution is recommended.



### Speaker Bio: Joan Hudson, RN-BC

Joan Hudson is a Registered Nurse Board Certified in Gerontology and a Licensed Nursing Home Administrator with roots in Long Term Care and Assisted Living. Joan worked her way through entry level positions in the beginning of her career serving in housekeeping, dietary, C.N.A., and nursing roles including Director of Nursing, then finally as an administrator of a 56 bed community. Joan transitioned to Assisted Living as a compliance nurse for a large ALF in Topeka where she worked for nearly four years. In December of 2019, she became the Administrator for Interim Home Health and Hospice which currently serves approximately 300 elders from Manhattan to Lawrence, KS. Joan continues her consulting business for state licensed homes as well as serving as the clinical consultant for KCAL. She enjoys sharing her gained knowledge and experience to help others grow in the senior care field.

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## Agenda:

- 9:30 a.m. Participant sign in and coffee
- 10:00 a.m. Functional Capacity Screen & Negotiated Service Agreements
- 12:00 Noon Working Lunch (Provided)
- 12:30 p.m. Health Services Plans
- 2:00 p.m. Wrap up and Departures

### **Early Bird Registration until February 20, 2026:**

The fee is \$139 per person for KHCA/KCAL Members.

Non-Member per person fee is \$199.

### **After February 20, 2026:**

The fee is \$149 per person for KHCA/KCAL Members.

Non-Member per person fee is \$210.

**Class size is limited to 60 people.** Early registration is encouraged. Fee includes lunch, handouts and continuing education certificates which are mailed at a later date.

## Continuing Education Credit:

**Administrators** - This course is approved for 4.5 continuing education clock hours for Adult Care Home Administrators by the Kansas Department of Aging and Disability Services (KDADS) HOC Long-Term Sponsorship number: LTS-A0001.

**Operators** - This course is approved for 4.5 continuing education clock hours for Adult Care Home Operators in the core area of Administration by the Kansas Department of Aging and Disability Services (KDADS) HOC Long-Term Sponsorship number: LTS-A0001.

**Nurses** - The Kansas Health Care Association is approved as a provider of continuing nursing education by the Kansas State Board of Nursing. This offering is approved for four and half 4.5 contact hours applicable for RN and LPN re-licensure. (KSBN LT0030-0338).

**Dietary** - This course is approved for 4.5 continuing education hours for Kansas Licensed Dieticians by the Kansas Department of Aging and Disability Services Health Occupations Credentialing. Sponsorship LTS-D002

**Social Workers** - The Kansas Health Care Association is approved as a provider of continuing education by the Kansas Behavioral Sciences Board . This offering is approved for 4.5 continuing education hours for Social Workers. (KSBSB 17-006).

