

# Adult Care Home Program Newsletter

## January 2023

### Letter from the ACHP Program Manager

Dear Providers,

What a winter we have been having so far! I hope everyone had a wonderful winter holiday season and made it through the cold weather and power outages without too much trouble.

The ACHP has been hard at work preparing for our imminent move to the Multnomah County East Building. Our new location will be 600 NE 8th street in Gresham and the move is currently slated for mid January. Stay tuned in for more information as the move nears.

In addition to other ongoing program improvements, the ACHP is making changes to the formatting of program emails and other electronic communication. One example of these changes that you may have already noticed are the blasts that come from our Placement Specialist, Arthur Pittman. And starting with next month's February edition, you will see a change in the way the electronic versions of the ACHP Newsletters are formatted.

One of the ACHP staff members behind these improvements is our newest employee, Jenny Furniss. Jenny will serve as the ACHP's Communications Specialist, a brand new role for the program. We are very excited to have Jenny bring her talent and skills to this new position. Prior to joining the ACHP, Jenny worked with local and national clients providing writing and marketing services. Jenny enjoys writing, hiking and birdwatching. One of the first projects that Jenny will be working on will be some modifications to the program's website, so be on the lookout for that.

**ACHP Program Manager**  
*Steven Esser*

### Just Ask

**Question:** What is a Back-up Operator and when do I need one?

**Answer:** All licensed adult care homes are required to have an identified Back-Up Operator. A Back-Up Operator is someone who does not live in the ACH and who is approved as a Multnomah County Operator or Resident Manager for an ACH with the same population of Residents and the same or higher license classification. An identified Back-up Operator must have agreed to oversee the operation of the ACH in the event of an emergency. All initial and renewal application packets require an ACH Back-Up Operator Agreement that is signed by the identified Back-Up Operator. This information is also required for Vacation-Absence From the Home requests and should be included on the Emergency Telephone List that is posted in the home near the landline telephone. The identified Back-Up Operator should also be trained regarding the duties and responsibilities for implementing the home's emergency preparedness plan.

**Question:** What requirements do I need to meet if applying for a higher license classification within my same population?

**Answer:** In order for a license to be approved for reclassification within the same licensed population, the Operator and the Resident Manager (when applicable) must meet all of the qualifications associated with the specific level being requested. Specific classification information can be found in the MCARs at 023-041-100. Changing license populations (e.g. switching from APD to I/DD) requires a new application and is considered a brand new license type, rather than a "reclassification."

## Cleaning and Household Chemicals

Since the onset of COVID, we've all become more aware of the importance of surface cleaning for good infection control. Ironically, increased use of chemicals in the home along with the cold weather and fewer open windows can combine to create unhealthy environments in a different way.

Residents (and other occupants) absorb ingredients from the cleaning products we use. This can be done by inhaling their fumes, or through skin that touches the cleaned surfaces or contaminated dust. While some of the chemicals used in common household cleaners are safe, others definitely are not. There is added complexity for folks with chemical sensitivities or other physical health issues such as Diabetes, Chronic Obstructive Pulmonary Disease (COPD), Asthma, or Congestive Heart Failure (CHF).

**What should I avoid?** The list of potentially harmful chemicals that might be found in household products is very large and there is ongoing debate about the actual risk or safety of many of them. The US Environmental Protection Agency (EPA) maintains a [Safer Choice](https://www.epa.gov/saferchoice) website to help folks find products that are safer for both human health and the environment. (<https://www.epa.gov/saferchoice>) The Environmental Working Group (EWG) also maintains a [list of safe cleaning products](https://www.ewg.org/ewgverified/cleaning-products.php). (<https://www.ewg.org/ewgverified/cleaning-products.php>) Please note, these lists can be used as a guide to help you make decisions about products. Products not included on these lists may still be safe to use in certain amounts or situations in your home.

**What else do I need to consider?** The most common chemicals found in commercial cleaners are reportedly:

- Ammonia
- Chlorine
- Ethylene glycol monobutyl acetate
- Sodium hypochlorite (bleach)
- Trisodium phosphate (TSP) (continued →)

## Cleaning and Household Chemicals, Cont

All of these chemicals can be used both safely and in a way that has a negative impact on the human body (e.g. used in poorly ventilated spaces, used in large amounts, or allowing products to come into excessive contact with skin). Effects range from irritation to the eyes and respiratory system, cough, headache, nausea, all the way to blindness, lung damage, kidney or heart disease, and even death. The American Lung Association warns specifically about the presence of gasses emitted from products called VOCs. VOCs can be harmful on their own or can contribute to harmful conditions like cancer or heart disease, etc. While it can be difficult to determine whether or not VOCs or other harmful chemicals are present in a product, you can employ some practices that will help to keep your Residents and family safer in the presence of these products.

### What should I be doing when cleaning?

- Wear appropriate protective gear: use gloves when handling harsh chemicals like bleach and ammonia; use eye-protection if there's a risk of products splashing on you; wear a mask to avoid inhaling chemicals.
- Always follow specific product instructions.
- Never mix cleaning solutions.
- Avoid cleaning near Residents or other occupants not wearing protective clothing.
- Always ensure the cleaning area is well ventilated during and after cleaning. Reduce the concentration of odorous chemicals by opening windows and adding a fan to pull the indoor air outside.

**What if I suspect chemicals are affecting someone in the home?** If you believe you or someone in the home is experiencing side effects from cleaning chemicals:

- Get that person to a well ventilated area, outdoors if possible.
- Monitor symptoms (nausea, headache, etc).
- If symptoms persist or for specific advice, contact [Poison Control](https://www.poison.org/) at 1-800-222-1222 <https://www.poison.org/>.

## Training and Support

All sessions offered via webinar.

To register: call 503-988-3000 or email [advsd.adult.carehomeprogram@multco.us](mailto:advsd.adult.carehomeprogram@multco.us). Specify the training name & date and include your full name, email address, & phone number

**Provider Meeting** - Monthly provider meetings cover a variety of topics and offer a minimum of one CEU to those with paid registrations.

**Date:** No provider meeting January 2023

**Times:** n/a

**Cost:** n/a

### Emergency Preparedness Planning -

Required for Operators, Resident Managers, & Shift Managers

**Date:** Thursday 1/19/23

**Times:** 9:00 am - 12:30 pm (Sign-on 8:50 am)

**Cost:** \$30

**Orientation** - Required for Operator, Resident Manager, and Shift Manager applicants.

**Date:** Wednesday 1/4/23

**Times:** 9:00 am - 3:00 pm (Sign-on 8:50 am)

**Cost:** \$55

### Record Keeping Part A, Screening and Care Planning -

Required for APD and MHA licensed Operators, Resident Managers, and Shift Managers.

**Date:** Tuesday 1/10/23

**Times:** 9:00 am - noon (Sign-on 8:50 am)

**Cost:** \$30

### Record Keeping Part B, Medication Mgmt -

Required for Operators, Resident Managers, and Shift Managers within the first year of licensure or role approval.

**Dates:** Thursdays 1/12/23 & 1/26/23

**Times:** 9:00 am - 12:30 pm (Sign-on 8:50 am)

**Cost:** \$30

**Honoring Diversity** - Required for Operators, Resident Managers, and Shift Managers within the first year of licensure or role approval.

**Date:** Tuesday 1/17/23

**Times:** 9:00 am - noon (Sign-on 8:50 am)

**Cost:** \$30

## COVID-19

**COVID-19 Home Test Kits:** Multnomah County is distributing free COVID-19 home test kits to community organizations (including Adult Care homes) for the purpose of testing:

- Sick people at risk of more severe illness so that they can seek antiviral treatment.
- Sick people who live in group settings or work in close proximity to others, or
- Those from the above groups who have been exposed to someone with COVID-19.

Operators can request COVID-19 home test kits by making a [Community Organization Resources Request](https://www.multco.us/em/community-organization-resources-request), <https://www.multco.us/em/community-organization-resources-request>. Click the link for access to the resource request form, for technical assistance, and for further information about available resources.

**Also, please note**, COVID-19 home tests are to be administered by the individual resident themselves. If the resident cannot administer the test, it can be assisted by a family member or by a medical professional. Non-medical ACH staff should not administer tests to residents. If a COVID-19 test is needed and the resident or family is unable to administer the test, a test should be scheduled through the resident's medical provider.

**Masks:** Masks continue to be required in ACHP licensed adult care homes. Staff who do not live in the home and all visitors to the home must wear masks when inside the ACH.

**Reporting:** If a staff member or Resident in your home is exposed to or exhibits symptoms of COVID-19, please seek COVID testing. Positive COVID-19 test results should be reported to the ACHP within one business day. Report by phone at 503-988-3000 or by email at [advsd.adult.carehomeprogram@multco.us](mailto:advsd.adult.carehomeprogram@multco.us). Include your name, contact info, and phone number. Someone from the program will call you ASAP with questions and further instructions.



Department of County Human Services

**M198**

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