

# Adult Care Home Program Newsletter

## April 2025

### Adult Care Home Conference: Register and Pay Early to Save Money!

The 2025 Adult Care Home Conference is returning to OMSI on Monday, June 9. Early Bird Registration ends Wednesday, April 30.

Register online at:

[Adult Care Home Conference.  
multco.us/info/adult-care-home-conference.](http://multco.us/info/adult-care-home-conference)



To pay your conference fee, call the ACHP at 503-988-3000. You can also register and pay in person at the ACHP office.

Attendees earn 8 CEUs.

Plus they enjoy:

- Breakfast and lunch buffets
- Vendor fair
- Networking opportunities
- Raffle prizes
- Free giveaways!

Early Bird Registration	March 3 – April 30	\$60
Regular Registration	May 1 – June 6	\$85
Conference Day Registration	Monday, June 9	\$100

### Residents are invited to enjoy OMSI for free during the Adult Care Home Conference!

Their accompanying caregivers can enter OMSI for free with them.

OMSI will be closed to the public, creating a quiet space for residents, caregivers and operators to enjoy the conference and exhibits. Five motorized scooters are available to attendees and residents to explore the museum with ease. Light refreshments will be provided for residents and caregivers while supplies last.

**The OMSI featured exhibit is Jurassic World by Brickman.** This exhibit features large-scale LEGO brick dinosaurs, props, scenes and activities. Other exhibits include Knowing Nature: Stories of the Boreal Forest, the Paleontology Lab and Earth Lab. We will also have a series of planetarium shows available to residents!

### Conference Learning Session Topics:

- Emergency Preparedness
- Maximizing Meal Enjoyment While Managing the Food Budget
- Care Planning (Part 1 of 2) How to Evaluate and Document Individual Needs
- Care Planning (Part 2 of 2), How to Identify and Use “Person Centered Care” to Document Individual Preferences
- Medication Management
- Building Your Business Support Team
- Fall Prevention
- Making Space for Grief: Dealing with Loss As a Caregiver
- Horticultural Therapy: Promoting Wellness Through Nature
- Income Taxes for Your Care Home
- Guardianship, Conservatorship and Powers of Attorney: Basics and Differences
- From Burnout to Resiliency

## Thank You to Our Conference Sponsors!

Breakfast sponsors: Gracious Care Hospice and TriMet.



How life moves<sup>®</sup>

Lunch sponsors: Oregon Care Home Consulting & Training; and Synkwise. Synkwise is providing our raffle prizes again this year.



Refreshment sponsor: Tenderly Hospice



## New Required Training for Homes Serving Behavioral Health (MHA) Residents

The Home and Community-Based Services (HCBS) training is now required for behavioral health (MHA) licensed homes, and homes that serve behavioral health residents. The training is required for operators, resident managers, shift managers and caregivers.

- Training must be completed by June 30
- The training becomes a pre-service requirement beginning July 1, 2025

Oregon Care Partners provides the training for free online:

[Home and Community-Based Services and Settings and Individually-Based Limitations](https://link.multco.us/HCBS)  
[link.multco.us/HCBS](https://link.multco.us/HCBS).

It's also offered in [Spanish](https://link.multco.us/HCBS.Espanol),  
[link.multco.us/HCBS.Espanol](https://link.multco.us/HCBS.Espanol).

**All APD and Behavioral Health providers must retake this training annually.**

## Check Your Home for Bed Bugs

Did you know that a bed bug infestation is not typically a reflection of poor hygiene or housekeeping? They hitch a ride into your home on luggage, bedding and furniture.

To check for bed bugs, look for reddish or black stains on bedding, walls or furniture from fecal matter, crushed bugs, or from blood stains caused by feeding. Household members may also have welts on the skin from bed bug bites.

If you discover bed bugs, call the county's Bed Bug Information Line, 503-988-BUGS.

[Bed Bugs](https://multco.us/info/bed-bugs), [multco.us/info/bed-bugs](https://multco.us/info/bed-bugs).

### **Training and Support**

*Sessions are online unless listed as in person.  
To register call 503-988-3000 or email  
advsd.adult.carehomeprogram@multco.us.*

Weather could affect in-person classes. The training coordinator will contact registered attendees via email if a class is canceled.

### **Free Info Session for Operator Applicants**

Date: Tuesday, April 15  
Time: 9 – 11 a.m. (Sign on 8:50 a.m.)

### **In-Person Provider Meeting**

Topic: Polypharmacy: When Prescription Drugs Cause Problems for Older Adults

Presented by Laurel Wonder, clinical services specialist, Multnomah County's Older Adult Behavioral Health Team

Date: Wednesday, April 23, 1 – 4 p.m.  
Location: Sharron Kelley Room  
600 NE 8th St., Gresham, OR 97030

Cost: \$30 | 3 CEUs

### **Orientation**

Required for operator, resident manager and shift manager applicants.

Date: TBD

### **First-year required trainings for operators, resident managers and shift managers:**

### **Honoring Diversity**

Date: Tuesday, April 8  
Time: 9 a.m. – noon (Sign on 8:50 a.m.)  
Cost: \$30 | 3 CEUs

### **In-Person Record Keeping Part B, Medication Management**

Dates: Wed., April 16 and Tue., April 29  
Time: 9 a.m. – 1 p.m.  
Location: Preschool For All, Rockwood Market Hall, 458 SE 185th Ave., Portland, OR 97233  
Cost: \$30 | 3 CEUs

### **In-Person Emergency Preparedness Planning**

Date: Tuesday, April 22  
Time: 9 a.m. – 12:30 p.m.

Location: Preschool For All, Rockwood Market Hall, 458 SE 185th Ave., Portland, OR 97233

Cost: \$30 | 3.5 CEUs

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

Required for APD and MHA operators, resident managers and shift managers.

Date: TBD

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### **Six Tips To Make Mealtimes Easier for People With Alzheimer's Disease**

Mealtimes can be challenging for people with Alzheimer's disease and their caregivers. Sticking to familiar foods and routines may help.

1. Serve meals in a consistent place, way and time.
2. Offer foods the person is familiar with and likes.
3. Use mealtimes to talk about things you both enjoy.
4. Make the eating area quiet by turning off the TV and radio.
5. Cut food into small pieces and make sure the food is soft enough to eat.
6. Offer one food item at a time and don't rush the meal.

Learn more at [Tips for Caregivers: Helping People With Alzheimer's Disease Eat Well, link.multco.us/alzheimers.meals](https://link.multco.us/alzheimers.meals).