

Adult Care Home Program Newsletter

August 2025

Free ECHO Dementia Care Training

Oregon Extension for Community Health Outcomes (ECHO) is offering a free eight session training opportunity for all caregivers.

Join this virtual, interactive program to learn and share strategies for working with people with dementia.

Dates: Tuesdays, Sept. 30 – November 18

Time: 1 – 2 p.m.

This training will help create supportive care environments that optimize function, promote well-being, and reduce unnecessary hospitalizations for residents living with dementia.

Topics will include:

- Quick activity ideas and utilizing supportive devices for function
- Communication techniques: building meaningful connections despite cognitive decline
- Medication management: appropriate use for antipsychotic and antidepressants
- Specific medication and medications for pain, anxiety and sleep
- Capacity and risk tolerance: sexuality, mobility and independent choices
- Family partnerships: education, resources and care planning

Sign up at [ECHO Connect, connect.oregonechonetwork.org](https://connect.oregonechonetwork.org).

If you have questions, please email apd.afhteam@odhs.oregon.gov.

Wireless Emergency Alert System Test

Multnomah County is testing its Wireless Emergency Alert system on Thursday, August 14, at 2 p.m. If you're physically within Multnomah County, your phone will give off a high-pitched tone and vibrate twice, and you'll see a text message display in English and Spanish.

You don't need to do anything when you receive the alert. Please don't call 911, 211 or 311. The purpose of this test is to help emergency planners confirm the system will work during an actual emergency and to identify what can be improved.

Office Closure in September

The ACHP Office will be closed Monday, September 1 for Labor Day.

If there is an emergency, operators, resident managers and caregivers can reach the ACHP by calling the ADVSD 24 Hour Helpline at 503-988-3646.

Tawnya Baer Retired

Tawnya Baer has retired. The ACHP is currently filling the vacant position of corrective action specialist.

Thank you to Tawnya for your decades of service to the community! We hope you enjoy your retirement.

HCBS Access to Food Clarification

HCBS federal regulations and the MCAR say individuals have the freedom and support to have access to food at any time (MCAR 023-080-837). The state's Office of Aging and People With Disabilities has provided additional guidance on what this means in adult care homes.

Residents must have access to food at any time, not limited to specific times. The intent of the federal guidance is to allow residents to have control over their personal environment and schedules similar to non-residents.

In the past, this was understood to mean that residents have the right to access their *own food* at any time, which included food they bought or food that their family/friends bought for them. This is still true, but the state has clarified that residents must also be given access to snacks provided by the care home operator.

Operators are not expected to provide a limitless supply of snacks and food to residents around the clock. Snacks should reflect the culture and preferences of the individual resident. The snacks should also be similar to the quantity and quality enjoyed by non-residents living in other situations. For example, a bowl of candy or a packet of two saltine crackers wouldn't be sufficient.

Examples of snacks that meet the HCBS requirement are coffee, juice, fresh fruit, granola bars or cheese and crackers. These are just a few examples – operators will need to work with residents to decide what snacks are reasonable and what are not.

If residents want a greater variety and quantity of snacks, they should be supported in budgeting and shopping with their own money to buy them.

Adult care homes are required to provide three nutritious meals a day, plus nutritious snacks and liquids to meet each residents' nutritional needs. (MCAR 023-080-805)

Questions about HCBS regulations should be sent to hcbs.oregon@odhsoha.oregon.gov. Questions about this specific update from the state should be sent to apd.afhteam@odhs.oregon.gov.

Free 10 Course Learning Program for APD Adult Care Home Operators

Community-Based Care (CBC) Education is a free 10 course program for all APD adult care home operators. The course is also open to licensed nurses. Each course includes resident scenarios, interactive exercises and downloadable templates. Courses include:

- Care management
- Medication management
- Behavioral health
- Nursing role in APD adult care homes

Participants can choose which courses to take, and each course provides one CEU.

This program is provided through NurseLearn, but you don't have to be a nurse to enroll. All APD adult care home operators are encouraged to enroll.

To sign up, visit [NurseLearn](https://nurselearn.com), nurselearn.com, and enter your information in the Get Started box, then check your email to complete your application. For more directions, visit [How to Apply for the Free AFH NurseLearn Program](https://nurselearn.com/afh-how-to-apply), nurselearn.com/afh-how-to-apply.

Training and Support

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

Orientation Canceled in August and September

The ACHP will not offer Orientation through the remainder of the summer. It will be offered again in the fall, no later than October.

We have experienced an increase in the volume of new home applications and are prioritizing processing these applications, while we also work on filling a few open positions within our program. Thank you for your patience.

Free Info Session for Operator Applicants

Date: Tuesday, August 26

Time: 9 – 11 a.m. (Sign on 8:50 a.m.)

In-Person Emergency Preparedness Planning

Date: Thursday, August 28

Time: 9 a.m. – 12:30 p.m.

Location: Sharron Kelley Room A
600 NE 8th St., Gresham, OR 97030

Cost: \$30 | 3.5 CEUs

This session is open to all providers, even if they have previously taken Emergency Preparedness Planning. Every attendee will receive a binder with class materials.

It is required for operators, resident managers and shift managers to complete this training within their first year of role approval.

Honoring Diversity, Record Keeping A, Record Keeping B and the Provider Meeting are TBD

Form Updates on the ACHP Website

The residency agreements on the ACHP website have been updated to reflect these changes:

- **HCBS:** more comprehensively describes a resident's rights in a Home and Community-Based Setting and the operator's responsibilities.
- **Noise Levels:** improved readability.
- **Weapons:** clarified the definition of a weapon.
- **Smoking:** added vaping since it is regulated similarly in Oregon's Indoor Clean Air Act.
- **Marijuana/Cannabis:** updated language and the home's choices.
- **Monitors and Intercoms:** improved readability and added language about video monitors.
- **Complaint Reporting:** moved the location of this information.

Current residents do not need to re-sign the residency agreements. The updated residency agreements should be used for new residents.

Two new forms have also been added to the website:

- **Adult Care Home Relocation Form:** complete this form within 24 hours of an adult care home evacuation and relocation of residents.
- **Opioid Overdose Kit - Daily Checks Monthly Log:** Behavioral Health operators should use this form to track availability of the opioid overdose kit.

Find all these forms at [Record Keeping Forms](https://multco.us/info/record-keeping-forms), multco.us/info/record-keeping-forms.