

# Adult Care Home Program Newsletter

December 2020

## Program Supervisor's Letter

Dear Providers,

The winter holiday season has arrived! I hope you all enjoyed Thanksgiving with your residents. Traditions like watching holiday movies, baking and decorating cookies, sharing stories of family traditions, and writing and sending cards are great ways to share the holiday spirit and can help reduce loneliness and isolation.

This newsletter features some virtual resources to support wellbeing during the winter months, as well as suggestions for reducing COVID-19 risks for residents who do go visit loved ones during the holiday season. ACHP also continues to have some tablets available to loan to providers who want to make virtual visits and other online resources available to residents. Call 503-988-3000 or click the link if you would like to borrow one. <https://multco.us/adult-care-home-information/achp-electronic-device-borrowing-program>

Licensers have started conducting renewal inspections. At this time, renewal visits will be done through a records review and a remote video inspection. If you are in the renewal process, your renewal inspection will begin when your licenser contacts you to request that you send copies of documents to ACHP. ACHP continues to limit in-person visits to essential visits only, such as delivering PPE or following up on concerns or complaints. We will notify all providers through this newsletter when we are able to return to in-person renewal inspections.

Best wishes for a healthy and happy New Year.

**Annie Neal, ACHP Program Supervisor**

## Just Ask

**Question:** I plan to sell my adult care home. What are my responsibilities?

**Answer:** The Operator is responsible to notify ACHP immediately when the home is listed for sale **and** when an offer is made. In addition, Operators must give at least 30 days written notice to residents, residents' representatives, case managers, and the ACHP before the closure of the sale, lease, or transfer of the home or property. An adult care home license is not transferable to a new Operator or to a new location. On average, it takes four months for most new applicants to get licensed.

**Question:** Can adult care homes use video cameras in common areas?

**Answer:** No, interior video cameras are not permitted. If exterior cameras are used, they should not include views of the interior of the home including common areas or resident bedrooms.

**Question:** What should I include when faxing or sending scanned documents to the ACHP?

**Answer:** Please include a cover sheet with the sender's name, license number, and 'attention to' (ACHP staff member name).

**Question:** Why are APD licensed operators being asked to send exceptional rate payment documents to licensers, and why now?

**Answer:** An approved rate exception usually requires an operator to increase staffing in the home. Licensers request staffing plans to ensure sufficient staffing is available to meet care needs, caregivers have approved roles, and to provide operators with information on how to appropriately document the one-on-one care on the staffing plan. See MCAR 023-070-818 & 023-080-110.



Department of County Human Services

Aging, Disability and Veterans Services, Adult Care Home Program  
209 SW 4th Avenue, Suite 650, Portland, OR 97204  
503.988.3000 | [adult.carehomeprogram@multco.us](mailto:adult.carehomeprogram@multco.us)

## Virtual Resources for Well-Being

Rising COVID-19 numbers in Portland have closed a lot of the community spaces that support us, and the onset of colder weather has made the great outdoors less of an option for recreation and socialization. The ACHP would like to offer a few links to virtual and online resources that might help to fill some of those voids over the next few months as we make it through this winter together.

**Meditation for Mental Balance and Grounding** by Yoga With Adriene -17-minute guided meditation for balance and clarity.  
<https://www.youtube.com/watch?v=x0nZ1ZLe-phQ>

**Seated Tai Chi** - a series of gentle seated physical movements that promote serenity and connect the mind to the body.  
<https://www.youtube.com/watch?v=T2SscwGK4oE>

**Adaptive Seated Yoga** with Expert Nancy Yates - wide ranges of gentle motion designed to increase resilience, flexibility & strength.  
[https://us02web.zoom.us/meeting/register/tZAufuutqTMqE9CX-EURFKzyOWbSFkO5Sw09](https://us02web.zoom.us/join/zoom-join?zmt=us02web.zoom.us/meeting/register/tZAufuutqTMqE9CX-EURFKzyOWbSFkO5Sw09)

**Oregon Zoo, Wildlife Live** - Go behind the scenes to meet animals and connect with animal care staff.  
<https://www.oregonzoo.org/discover/activities>

Or try the **San Diego Zoo** to see live cams of the animals there.  
<https://kids.sandiegozoo.org/videos>

**Earthcam** - Travel the globe with EarthCam's live webcams. Explore for live views from all over the world. <https://www.earthcam.com/>

**The Louvre Virtual Tour** - Check out some of the treasures across the Atlantic using this interactive platform.  
<https://www.louvre.fr/en/visites-en-ligne>

## COVID-19 and the Holiday Season

On November 23rd, Oregon Department of Human Services issued an Adult Foster Home Provider Alert regarding COVID-19 and the Holiday Season.

With the current statewide freeze and the ongoing suspension of indoor visitation to long term care facilities set by Governor Brown, you may receive questions from residents or their family members about how to safely celebrate the holidays with loved ones. Visits *inside* adult care homes are still limited to essential visitors only. However, there are other ways adult care home residents and occupants can safely connect with loved ones. The lowest risk option continues to be connecting virtually with your loved ones using methods such as Skype, FaceTime, WhatsApp, Google Duo, or others.

If residents choose to leave the adult care home for holiday visits, gatherings should be limited to no more than six people from a maximum of two separate households, and residents should be screened prior to reentry. This includes checking for signs and symptoms of COVID-19 as well as a risk-based interview (see previous guidance).

If a risk-based interview indicates the resident engaged in behavior that poses a significant risk of COVID-19 exposure, the resident may be placed on a 14-day enhanced monitoring period and asked to limit the amount of time spent outside of their room during that time period.

Please see the Oregon DHS Alert (link below) for more information including an overview of guidance, links to guidance documents, sample messages to use with residents and families, and examples of ways to celebrate this holiday season.

[https://content.govdelivery.com/attachments/OR-DHS/2020/11/23/file\\_attachments/1609192/2020-1123%20COVID%20Holiday%20Guidance.pdf](https://content.govdelivery.com/attachments/OR-DHS/2020/11/23/file_attachments/1609192/2020-1123%20COVID%20Holiday%20Guidance.pdf)

## Training, Testing, and Events

ACHP Orientation and Record Keeping B are offered online via Google Meet but all other ACHP training remains suspended. Sign up by calling 503-988-3000 or by emailing [advsd.adult.carehomeprogram@multco.us](mailto:advsd.adult.carehomeprogram@multco.us)

**Orientation** - Required for all Operators and Resident Managers before submitting an application.

**Times:** 9:00 am - 2:30 pm (Sign-on 8:45 am)

**Cost:** \$55

**Dates:** Thurs, 12/10/20; Thurs 1/21/21

### Record Keeping Part B, Medication Mgmt

**Times:** 1:30 pm - 4:30 pm (Sign-on 1:25 pm)  
(Tech support for training starts at 1:10 pm)

**Cost:** \$30 for Operators & Resident Managers

**Dates:** Wed 12/2/20; Thurs 1/28/21

**Testing:** ACHP testing is suspended through December 16 in order to comply with the current Governor's order. For Operators with urgent staffing needs who have prospective caregivers waiting for a qualifying test, contact Alex at 503-988-3000 to request testing. Capacity is limited. Everyone will be screened. Masks are required.

### Free COVID-19 Public Health Calls

Tri-County Public Health officials host free webinars for group living facilities every other Wednesday, at 3:00pm via Zoom.

Meeting links, upcoming topics and past recorded sessions are available here:

<https://multco.us/novel-coronavirus-covid-19/covid-19-webinar-series-group-living-facilities>.

Oregon Health Authority hosts Friday webinars from 9:00am - 10:00am PST. Upcoming:

12/11/20 - Universal PPE policies

12/18/20 - Resident and staff connection and interaction in Covid-19 outbreaks

<https://www.oregon.gov/dhs/PROVIDERS-PARTNERS/LICENSING/AdminAlerts/NF-20-147%20-%20OHA%20Infections%20Program%20Webinar%20Series.pdf>

## Risks Associated with COVID-19 Exposure Outside of Work

As Oregon continues to deal with a surge in COVID-19 cases, outbreaks at long-term care facilities often reflect the level of COVID-19 exposure in the community. Long-term care management and staff, including those who aren't involved in direct care, can potentially introduce COVID-19 into a facility if they take a risk in their personal lives.

Below are links to informational materials to help remind us that being careful about COVID-19 exposure in our personal lives is just as important as the prevention efforts we make at work. Please help us share these downloadable communication materials with your care home staff. The linked flyer may also be posted in break rooms, administrative areas, kitchens, and facility maintenance areas.

### Flyer in English:

<https://www.oregon.gov/dhs/COVID-19/Documents/LTC-Worker-Infection-Control%20Flyer.pdf>

### Flyer in Spanish:

<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/ls3459.pdf>

## New OSHA Regulations

Effective November 16, 2020, new OSHA regulations went into effect to address employee safety. Operators are expected to know if OSHA rules apply to them as an employer, and to follow any applicable OSHA requirements, such as notifying individuals exposed to COVID in your care home. You can find information about the new OSHA rules here: <https://osha.oregon.gov/covid19>

For questions related to the new OSHA regulations, contact OSHA directly or utilize provider community resources available to them, including provider organizations or the adult care home operators' union (SEIU).

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Multnomah County Oregon  
Department of County Human Services  
Adult Care Home Program  
209 SW 4th Avenue, Suite 650  
Portland, OR 97204

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