

Adult Care Home Program Newsletter

January 2025

Beneficial Ownership Information Report

There is a new requirement for small business owners that affects some adult care homes. Care homes that are corporations or limited liability companies are required to file a Beneficial Ownership Information Report with the U.S. Financial Crimes Enforcement Network (FCEN).

Adult care homes that are sole proprietorships or general partnerships do not need to complete this report.

The report deadline is January 31, 2025.

Failure to file can result in penalties of up to \$592 per day issued by the FCEN..

A beneficial owner is any individual who either exercises substantial control over a company or owns or controls at least 25% of the ownership interest of the company.

The Oregon Secretary of State has an easy-to-understand FAQ at: [Corporate Transparency Act](https://www.sos.oregon.gov/Corporate-Transparency-Act), link.multco.us/sos.boir.

File your report at [Beneficial Ownership Information](https://www.fincen.gov/boi), [fincen.gov/boi](https://www.fincen.gov/boi).

The state's Office of Aging and People with Disabilities is answering questions about this requirement. Email questions to apd.afhteam@odhs.oregon.gov.

Upcoming Holiday Office Closure

The ACHP office will be closed on Monday, January 20 for Martin Luther King Jr. Day.

Senate Bill 99: Required Training

Don't forget that this class is now a required pre-service training: **Providing Inclusive Care: Training for Oregon Long-Term Care Facility Staff**. If you and your staff haven't taken this training then you are out of compliance.

Register now at [Providing Inclusive Care: Training for Oregon Long-Term Care Facility Staff](https://link.multco.us/inclusive.care.training), link.multco.us/inclusive.care.training. This class is also offered in [Spanish](https://link.multco.us/inclusive.care.spanish), link.multco.us/inclusive.care.spanish.

Be sure to attend the right class! Oregon Care Partners provides other classes about LGBT rights, but only this one approved course fulfills the new training requirement.

Caregiver Application Updated on Website

The forms Background Check and Caregiver Application and Background Check have been updated on the website. Find the updated version at [How to Submit Applications and Payments](https://link.multco.us/info/how-submit-applications-and-payments), [multco.us/info/how-submit-applications-and-payments](https://link.multco.us/info/how-submit-applications-and-payments).

Free Personal Protection Gowns

The county has free personal protection gowns available to adult care homes in sizes large and extra large. They are washable and reusable. Minimum order of 60 gowns required. Pick up your order at the Gladys McCoy Building, 619 NW 6th Ave. Portland, OR 97209.

Find more information at [Gown Request](https://link.multco.us/gown.request), link.multco.us/gown.request.

Resources to Prevent Injuries From Falls

Did you know that falls are a leading cause of injuries among older adults and people with disabilities?

The state's Office of Aging and People with Disabilities has gathered together comprehensive resources for adult care homes. Explore these practical tools and strategies to protect residents in your care and create a safer home environment.

Identify Residents With Greater Risk of Falling

Some residents are at a greater risk of falling:

Medical Conditions: Chronic conditions such as arthritis, diabetes, Parkinson's disease and cardiovascular issues can impair balance.

Medications: Medications like sedatives, antidepressants and antipsychotics can cause dizziness, drowsiness or low blood pressure. Consult healthcare providers for guidance on managing this risk.

Vision Impairment: Poor vision, including cataracts, glaucoma or age-related macular degeneration increases the risk of tripping and falling.

Hearing Impairment: Untreated hearing loss may affect the safety of the resident and can increase the risk of an accidental fall.

History of Falls: Residents who have fallen before are more likely to fall again. An assessment of past falls can identify risk factors.

Muscle Weakness and Balance Issues: Decreased muscle strength, especially in the legs, and poor balance are significant contributors to falls. Regular physical activity can help improve strength and balance.

Strategies to Prevent Injuries From Falls

Assess risk regularly: Stay alert to any changes in a resident's health, mobility or vision that may increase risk, and adjust their care plan as needed. This includes frequent trips to the bathroom and cognitive decline.

Encourage proper footwear: Residents should wear sturdy, non-slip shoes rather than wearing slippers or socks, or going barefoot. Safe footwear can significantly reduce the risk of falls.

Check mobility aids: Regularly inspect walking aids, such as canes and walkers, to ensure they are properly maintained and correctly adjusted for each resident.

Promote safe movement: Encourage appropriate exercises that focus on strength and balance. Consult with healthcare professionals for safe activity levels. For example, Tai Chi has been shown to improve balance and reduce falls.

Ensure home is safe and navigable:

- Keep all walkways clear of clutter, cords and loose rugs to prevent tripping.
- Ensure all areas, especially stairways and hallways, are well-lit. Consider using night lights in bedrooms and bathrooms.
- Place grab bars in bathrooms near toilets and in showers or tubs. Install handrails on both sides of staircases to provide support.
- Use non-slip mats in the bathroom, kitchen and other areas prone to getting wet.
- Ensure all carpets and rugs are firmly secured to the floor. Use double-sided tape or non-slip backing.
- Repair any loose floorboards, tiles or steps immediately to prevent accidents.
- Arrange furniture to allow clear walking paths and avoid sharp corners.

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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 Required for operator, resident manager and shift manager applicants.

Date: Thursday, January 9
Time: 9 a.m. – 3 p.m. (Sign on 8:50 a.m.)
Cost: \$55

Free Info Session for Operator Applicants

Date: Tuesday, January 21
Time: 9 – 11 a.m. (Sign on 8:50 a.m.)

In-Person Provider Meeting: End of Life Care – Common Disease Progressions and Considerations in End of Life Care

Date: Wednesday, Jan. 22, 1 – 4 p.m.
Location: Sharron Kelley Room
600 NE 8th St., Gresham, OR 97030

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

In-Person Record Keeping Part B, Medication Management

Date: Monday, Jan. 13, 10 a.m. – 12:30 p.m.
Location: Gresham Library, 385 NW Miller Avenue Gresham, OR 97030

Date: Tuesday, January 28, 9 a.m. – 12:30 p.m.
Location: Preschool For All, Rockwood Market Hall, 458 SE 185th Ave., Portland, OR 97233

Cost: \$30 | 3 CEUs

Record Keeping Part A, Screening and Care Planning

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

Date: Thursday, January 16
Time: 9 a.m. – noon (Sign on 12:20 p.m.)
Cost: \$30 | 3 CEUs

Emergency Preparedness Planning

Date: Tuesday, February 11
Time: 9 a.m. – 12:30 p.m. (Sign on 8:50 a.m.)
Cost: \$30 | 3 CEUs

Honoring Diversity

Date: Thursday, February 20
Time: 9 a.m. – noon (Sign on 8:50 a.m.)
Cost: \$30 | 3 CEUs

Home Safety Assessment Resources

Assess your home's safety and make improvements with:

[Check for Safety, a Home Fall Prevention Checklist for Older Adults,](https://link.multco.us/safety.checklist)
[link.multco.us/safety.checklist.](https://link.multco.us/safety.checklist)

[Home Safety Self Assessment Tool,](https://link.multco.us/safety.assessment)
[link.multco.us/safety.assessment.](https://link.multco.us/safety.assessment)

Improve Residents' Strength and Mobility

[MyMobility Plan,](https://link.multco.us/my.mobility) [link.multco.us/my.mobility.](https://link.multco.us/my.mobility)

[Chair Rise Exercise,](https://link.multco.us/chair.rise) [link.multco.us/chair.rise.](https://link.multco.us/chair.rise)

[National Council on Aging \(NCOA\): Exercises to Help Prevent a Fall—Standing Heel Raises,](https://link.multco.us/heel.raises) [link.multco.us/heel.raises.](https://link.multco.us/heel.raises)

[NCOA: Forward Lunge,](https://link.multco.us/lunge) [link.multco.us/lunge.](https://link.multco.us/lunge)
[NCOA: Single Leg Stance,](https://link.multco.us/single.leg)
[link.multco.us/single.leg.](https://link.multco.us/single.leg)

[NCOA: Sidestepping,](https://link.multco.us/sidestepping)
[link.multco.us/sidestepping.](https://link.multco.us/sidestepping)

[NCOA: Backwards Walking,](https://link.multco.us/backwards.walk)
[link.multco.us/backwards.walk.](https://link.multco.us/backwards.walk)

[Full Length Tai Chi Class,](https://link.multco.us/tai.chi)
[link.multco.us/tai.chi.](https://link.multco.us/tai.chi)