

## Adult Care Home Program Newsletter June 2026

### Prepare for a Hot Summer This Year

It's important to take steps to keep you, your staff and residents safe when temperatures soar. Heat exhaustion and heat stroke can be life threatening.

Heat illnesses can affect anyone, but some people are at greater risk, including older adults, children, pregnant women, people with chronic medical conditions or limited mobility, and people taking certain medications.

Talk with residents about staying cool and hydrated. Pay special attention to residents with health conditions that may be aggravated by the heat.

#### Hot Weather Best Practices:

- Anyone spending time outside should take extra precautions.
- Do not leave children, pets, or people with impaired mobility or judgment in cars for *any* length of time.
- To keep the house cool, avoid using the stove or oven, unplug unnecessary electrical items, close off unused parts of the house, and keep the blinds closed.
- Use fans both indoors and in outside seating areas for cross ventilation.
- Encourage residents to cool down using cool water showers, baths or damp towels.
- Encourage residents to wear light weight and loose fitting clothes when possible.
- Make sure everyone drinks plenty of water, even before feeling thirsty.
- Avoid sugary drinks and alcohol.
- If a doctor limits the amount of fluids a resident drinks, ask the doctor how much they should drink during hot weather.
- Monitor residents for signs of heat exhaustion and heat stroke.

### Your Responsibilities During Hot Weather:

- Maximum home temperatures may not exceed 78 degrees Fahrenheit at any time.
- Variations from the requirements of this rule must be based on resident care needs or preferences, and must be addressed in the care plan.
- During times of extreme heat, you must make a reasonable effort to keep the residents comfortable using ventilation, fans or air conditioning. Precautions must be taken to prevent resident exposure to stale, non-circulating air.
- If you are unable to maintain a comfortable temperature for residents during times of extreme heat, air conditioning or other cooling systems may be required.
- If the home is air conditioned, the system must be functional and must be checked yearly, and the filters cleaned or changed as needed to ensure proper maintenance.
- Portable and window air conditioners are allowed in adult care homes if installed according to the manufacturer's instructions.
- Air conditioners should not block windows designated as a secondary exit, or become a barrier for evacuation.  
(MCAR 023-100-510, MCAR 023-100-525)

---

### Interagency Placement Exception Request

Find an updated Interagency Placement Exception Request form at [Record Keeping Forms](https://multco.us/info/record-keeping-forms), [multco.us/info/record-keeping-forms](https://multco.us/info/record-keeping-forms).

## Elopement Prevention Best Practices

Eloperments are serious safety incidents that endanger the well-being of residents living with dementia or who are at risk of elopement.

These incidents are preventable through person-centered care planning and by taking action to address elopement risk factors. Remember, an elopement needs to be reported on the Incident Report form.

### Best Practices for Elopement Prevention:

- Conduct a thorough risk assessment for elopement during the resident screening and care planning, or when there is a change in condition. You should regularly assess residents for safety risks and adjust the care plan as needed to improve resident outcomes.
- Ensure all staff members are acquainted with new residents.
- Provide frequent monitoring and additional staff time to support new residents.
- Inform everyone who enters the adult care home to avoid holding the door for people leaving the house. They should avoid exiting if there are residents waiting or pacing near the door. They should ask for help from a staff member if they need to exit safely.
- Install door alarms on all exits accessible to residents, even if they don't typically use them. Train staff not to turn alarms off. If a resident learns how to disable the alarms, a motion sensor alarm hidden near the door may be a solution. Remember, doors cannot be locked to prevent residents from leaving the house. (MCAR 023-100-605 and MCAR 023-100-610)
- Routinely check that there are no objects that can be used to climb over a fence or wall in an outdoor area.
- Educate landscapers, maintenance workers and other contractors about the risk of elopement and requirements for maintaining resident safety.

## Free 10 Course Learning Program for APD 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](https://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 NurseLearn Program](https://nurselearn.com/afh-how-to-apply), [nurselearn.com/afh-how-to-apply](https://nurselearn.com/afh-how-to-apply).

---

## Minimum Wage Increases on July 1

On Wednesday, July 1 minimum wage will increase to \$16.80 per hour in most of Multnomah County. Outside the urban growth boundary, it will increase to \$15.55 per hour.

Most adult care homes are located inside the urban growth boundary, but you can check your address at: [Urban Growth Boundary](https://link.multco.us/UGB), [link.multco.us/UGB](https://link.multco.us/UGB).

### **Training and Support**

*Sessions are online unless listed as in person.*

*To register call 503-988-3000 or email*

*advsd.adult.carehomeprogram@multco.us.*

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

Tuesday, June 16, 9 – 11 a.m.

#### **In-Person Provider Meeting: Scams and Fraud**

Wednesday, June 24, 1 – 4 p.m.

Chinook Room, 600 NE 8th St., Gresham

\$30 | 3 CEUs

#### **Orientation**

Required for operator, resident manager and shift manager applicants.

Tuesday, July 7

Time: 9 a.m. – 3 p.m. (Sign on 8:50 a.m.)

\$55

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

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

Tuesday, June 9, 9 a.m. – 12:30 p.m.

Sharron Kelley Room A

600 NE 8th St., Gresham, OR 97030

\$30 | 3 CEUs

#### **Honoring Diversity**

Thursday, June 11, 9 a.m. – 12:30 p.m.

\$30 | 3 CEUs

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

Monday, June 22, 10 a.m. – 3:30 p.m.

East County Library, Room 1D, 475 NW

Division Street, Gresham, OR 97030

Cost: \$30 | 3 CEUs

#### **In-Person Record Keeping Part A, Screening and Care Planning**

Thursday, July 9, 9 a.m. – 12:30 p.m.

Rockwood Market, Northwest Room, 458 SE

185th Ave., Portland, OR 97233

\$30 | 3 CEUs

### **Donate Gently Used Furniture and Household Items**

The county Medicaid Waiver Rent Assistance Program (MWRAP) is seeking donations of furniture and basic household items for the vulnerable families it serves.

All gently-used household items are needed, but especially bed frames, tables (living room, bedroom), couches, sofas, cooking tools, pots, pans, silverware, lamps, lighting and storage items.

The MWRAP helps Multnomah County residents access rent and utility support through the Health-Related Social Needs benefit. It connects eligible members of the Oregon Health Plan, Oregon's Medicaid program, to short-term housing assistance when specific health, living and financial conditions put them at risk of eviction or having their utilities shut off.

To connect with an MWRAP client in need, use the new Operator Donation Portal. Complete this Google Form, which provides info on program rules. [MWRAP and Operator Partner Agreement](#), [link.multco.us/MWRAP.portal](http://link.multco.us/MWRAP.portal).

After you submit the form, you will have access to the Operator Portal, where you can view real-time client requests.

When an operator "claims" an item, the system automatically removes it from the public list to keep the portal organized. The claim sends a notification to Brian Wood, MWRAP program specialist senior. He will quickly connect you with the client to make the donation directly to them. For more information, contact Wood at [brian.wood@multco.us](mailto:brian.wood@multco.us).

---

#### **Upcoming Holiday Office Closure**

Juneteenth, Friday, June 19