

Adult Care Home Program Newsletter March 2026

Notice of Public Hearing for Proposed Update to the MCAR

Last month the ACHP published a Notice of Intent to Adopt Proposed Rules, with a comment period that ended Tuesday, February 24.

A public hearing regarding the proposed rule will be held in person Thursday, March 19, from 3 – 5 p.m., at the Multnomah County Board Room, 501 SE Hawthorne Blvd, Portland.

Rachel Pearl, Department of County Human Services interim director, will preside over the hearing.

How do I Provide a Comment for the Hearing?

Comments can be made verbally or in writing. Verbal comments will be limited to three minutes per person. Written comments can be provided in person at the hearing or via email to achp.rac@multco.us. Emailed comments must be received by 5 p.m. on Thursday, March 19 to be considered.

What Happens After the Public Hearing?

All comments will be reviewed and the DCHS interim director will adopt, reject or amend the proposed rule.

Within 15 days of the public hearing, ACHP staff will file a Notice of Action Taken with the clerk of the Multnomah County Board. The director's decision and the date the Notice of Action is filed with the clerk will be posted on the webpage Adult Care Home Regulations.

What is Included in the MCAR Proposed Rules?

On January 1 a temporary MCAR update went into effect to remove rules related to the regulation of IDD adult care homes and to clarify documentation of informed consent and review during the care planning process. Additionally, Appendix I describing Activities of Daily Living was updated to correspond to OAR language.

The Notice of Public Hearing and the complete text of the proposed rule can be found at [Adult Care Home Regulations, link.multco.us/ACHP.regulations](https://link.multco.us/ACHP.regulations).

Free Course on Autonomic Dysreflexia

Oregon Care Partners is offering a free online course on Autonomic Dysreflexia, a serious medical emergency that can occur with certain spinal cord injuries.

This condition causes a sudden, dangerous spike in blood pressure. It's life threatening if not recognized and treated promptly. Awareness and education are critical to the safety and well-being of those at risk.

This training covers causes, common triggers, symptoms, early warning signs, prevention strategies and how to safely respond. In an emergency, acting quickly can be lifesaving!

This self-paced class provides 1.5 CEUs.

Register at [Autonomic Dysreflexia, link.multco.us/Autonomic.Dysreflexia](https://link.multco.us/Autonomic.Dysreflexia).

Just Ask: Call Bells At Night

Question: Are call bells a nighttime solution for all residents? My caregivers want to sleep at night so I want the residents to use call bells if they need assistance.

Answer: You are required to have protective awareness of residents 24 hours a day, and meet all residents' nighttime care needs. (MCAR 023-070-810 and 023-080-115)

Operators or providers in charge are required to be in close enough proximity to resident bedrooms to be aware of their nighttime needs, or the bedroom must be equipped with a call bell or intercom. (MCAR 023-100-425)

Call bells can be a helpful tool for some, but they don't work for every resident. Residents who are at risk of falling may not be able to reach the call button if they fall. Residents with dementia or cognitive problems are not able to reliably remember to use a call bell to ask for assistance. They may use it once and then forget about it. Some residents may refuse to use a call button.

The operator is ultimately responsible for meeting residents' care needs, including nighttime needs. Care needs are informed by each resident's specific assessment, medical orders and personal preferences, so a call bell won't be an appropriate option for every resident.

One option for residents with dementia who get out of bed at night is a bed alarm system that will alert your staff when a resident gets up.

However, if a resident who is unable to use a call bell or intercom is yelling for help at night, caregivers should be within hearing distance of the resident and able to immediately assist them. If a caregiver is asleep in a bedroom somewhere in the house, they won't be able to assist the resident. You may need to change

your staffing plan so a caregiver is available to help with nighttime needs.

If a resident used to reliably use a call bell and is now forgetting to use it, be sure to track this change in their cognitive abilities in the resident's notes. This could affect their care plan and next reassessment.

New House Policies Requirement

Oregon Senate Bill 739 requires adult care homes to implement policies for eight areas of care and service. The required topics are: succession planning, emergency response, administrator/staff training, house closure, food prep and distribution, service planning, safety, medication administration.

The ACHP has developed policies that are consistent with the MCAR to assist operators with meeting this requirement. In late March eight templates will be available on the webpage Record Keeping Forms in the section Business Records Book. We will announce via email when these templates are live online.

You will need to print the policies and enter your name and the effective date of the policy, which can be the date you print them. Add these to your Business Records Book.

If you decide to create your own house policies, they cannot conflict with the MCAR, and they must be reviewed and approved by your licenser before implementation.

Though these house policies are required by law, we will not be citing corrections around house policies until they are included in the MCAR after a future rule update.

The upcoming Licensing Support Visit will focus on helping you understand how to be in compliance with the new policies requirement.

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

Date: Tuesday, March 17, 9 – 11 a.m.

Orientation

Required for operator, resident manager and shift manager applicants.

Date: Thursday, April 2

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

Cost: \$55

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

In-Person Emergency Preparedness Planning

Date: Tuesday, April 7, 9 a.m. – 12:30 p.m.

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

Cost: \$30 | 3 CEUs

Every attendee receives a binder with class materials.

Honoring Diversity

Date: Thursday, April 4, 9 a.m. – 12:30 p.m.

Cost: \$30 | 3 CEUs

In-Person Record Keeping Part B, Medication Management

Dates: Tuesday, April 28, 9 a.m. – 2:30 p.m.

Location: Rockwood Market, Northeast Room,
458 SE 185th Ave., Portland, OR 97233

Cost: \$30 | 3 CEUs

In-Person Record Keeping Part A TBD

No Provider Meeting in March

Reminder about Immigration and Refugee Resources

We are aware of increased U.S. Immigration and Customs Enforcement (ICE) activity in Oregon. It is important to know responsibilities and rights in the event of contact with ICE officials.

The Oregon Department of Human Services (ODHS) Office of Immigrant and Refugee Advancement (OIRA) provides a list of trusted community, state and national resources for immigrants, refugees and mixed-status families in Oregon, [Office of Immigrant and Refugee Advancement](https://link.multco.us/OIRA), link.multco.us/OIRA.

[Immigration Resources and Information](https://link.multco.us/oira.immigrant.resources), link.multco.us/oira.immigrant.resources.

The Know Your Rights Red Card is a wallet-sized card for people to carry or post by their door. It has a script for people to use if they encounter ICE officials. The Immigrant Legal Resource Center has free downloadable Red Cards in multiple languages, [Red Cards](https://ilrc.org/redcards), ilrc.org/redcards.

The CRU Sanctuary Promise Community Toolkit is a free, online resource with information about Oregon's sanctuary laws, [Community Toolkit](https://link.multco.us/sanctuary.toolkit), link.multco.us/sanctuary.toolkit.

This ODHS webpage has the most up-to-date public information and resources from the state, [Updates About Federal Changes](https://link.multco.us/federal.changes), link.multco.us/federal.changes.

These resources are for informational purposes only and do not constitute legal advice. Inclusion of external organizations or links does not imply endorsement by the ACHP.