Adult Care Home Program Newsletter
November 2026

Letter From the ACHP Program Manager: Upcoming MCAR Update and SB 739

Dear providers,

I want to share an update on Senate Bill 739, upcoming rule changes, and what to expect as we work on the next draft of the MCAR.

State rule updates and Senate Bill 739: The state has finished gathering public feedback on its proposed permanent rule changes to the OAR, which includes Senate Bill 739 changes and other updates. Right now, we are waiting for the state to release the final adopted rule.

In the meantime, we are working on drafting proposed changes to the Multnomah County Administrative Rules (MCAR). Key changes include:

Senate Bill 739: Changes include setting a 90 to 120-day inspection for newly licensed homes, offering an option for two-year license renewal and scheduled inspections of homes that qualify, and incorporating house policies.

Changes from our 2024 listening sessions: We received valuable feedback in the 2024 listening sessions that we want to incorporate into the upcoming proposed rule. This includes proposed updates to requirements around an operator's absence from the care home, expanded timelines related to background checks for visitors of the operator and their family, reducing CEU requirements to 12 a year regardless of the classification of the license, and additional changes. More information to come.

Timeline and next steps: We do not have a set timeline yet. As soon as the draft rules are ready, we will share them with you and open an official public comment period. We will also be holding listening sessions as part of the comment period so you can share your thoughts before we finalize any rules.

In order to avoid scheduling the listening sessions during the upcoming busy holiday season, we plan to hold them after the new year.

Your input from past sessions has been very helpful, and we look forward to hearing your thoughts on this upcoming draft. Thank you for your continued hard work caring for our residents.

Steven Esser
ACHP Program Manager

Download Updated ACHP Forms

The forms Long-Term Care Assessment Notice for Private Pay Residents and Resident Information Sheet have been updated on the ACHP website. Please take a moment and download these. Find them at **Record Keeping Forms**, multco.us/info/record-keeping-forms.

Also, several PDFs have been removed from the website:

- Controlled Substances PDF: You can find a list of controlled substances at deadiversion.usdoj.gov.
- Medical Abbreviations PDF: You can find medical abbreviations at drugs.com.
- Caregiver Certificate PDF: The certificate can be found at the end of the APD Caregiver Training Preparatory Workbook at multco.us/info/adult-care-home-caregivers.

Stopping Elderly Accidents, Deaths and Injuries

Falls are a leading cause of injury in older adults, but many can be prevented with simple precautions. According to the Centers for Disease Control and Prevention (CDC):

- More than one in four adults age 65 and older fall each year.
- Fewer than half of those who fall report it to their doctor.
- Falling once doubles the likelihood of falling again.

Falls are not a normal part of aging. Many of the factors that contribute to them can be identified and addressed.

Fall prevention resources from the CDC: The CDC has developed STEADI, a free set of fall prevention resources that help identify and reduce a resident's risk of falling. These include free training videos and online courses that can be used by care providers to build fall prevention into everyday care.

STEADI stands for "Stopping Elderly Accidents, Deaths and Injuries." It consists of three steps.

Step 1: Screen: CDC recommends that each resident age 65 and older be screened for fall risk annually, and again after any fall, hospitalization or change in condition. Care providers can do this quick screening using three questions:

- Have you fallen in the past year?
- Do you feel unsteady when standing or walking?
- Do you worry about falling?

A "yes" response to any of these questions indicates an increased fall risk. These questions are a starting point. When a resident answers "yes," a complete clinical fall assessment is recommended.

Step 2: Assess: For residents who screen at an increased risk, coordinate with their healthcare team to identify the factors that can be modified.

Assess these common risk factors and take these actions to make improvements:

- Lower body strength, balance and gait: Offer or refer residents to balance and strengthening activities and evidence-based exercise programs.
- Blood pressure changes on standing (orthostatic hypotension): Monitor and document blood pressure while lying and standing, and report significant changes to their prescriber.
- Medications: Document medication concerns and report them to their prescriber or pharmacist.
- Vision, foot health and footwear: Support access to eye and foot care, and ensure residents have well-fitting, non-slip footwear.
- Vitamin D status: Ensure resident's vitamin D status is reviewed with their provider.
- Environmental hazards: Identify and eliminate common hazards, such as throw rugs, poor lighting, clutter, wet floors and unsecured cords.

Step 3: Intervene: Fall prevention is most effective when several risk factors are addressed together. Interventions should target the specific risk factors identified in step two.

Common approaches include:

- Weakness or impaired balance: a referral to physical therapy (which requires a medical provider order), or an evidence-based programs such as Tai Chi, Otago or Stepping On.
- Medications: a medication review by their prescriber or pharmacist.
- Dizziness when standing: notify their prescriber, encourage adequate hydration, and assist residents in rising gradually.

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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.

Free Info Session for Operator Applicants
Tuesday, November 17
9 – 11 a.m. (Sign on 8:50 a.m.)

Orientation
Required for operator, resident manager and shift manager applicants.
Tuesday, December 1
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:

Honoring Diversity
Thursday, December 3
9 a.m. – 12:30 p.m. (Sign on 8:50 a.m.)
$30 | 3 CEUs

In-Person Emergency Preparedness Planning
Monday, December 7, 9 a.m. – 12:30 p.m.
Chinook Room, 600 NE 8th St., Gresham
$30 | 3 CEUs

In-Person Record Keeping Part B, Medication Management
Friday, December 11, 10 a.m. – 3:30 p.m.
East County Library, Room 2H,
475 NW Division Street, Gresham, OR 97030
Cost: $30 | 3 CEUs

Record Keeping A TBD

No provider meetings in November or December

ACHP Office Closed for Holidays

The office will be closed Thursday, November 26 for Thanksgiving.

Stopping Elderly Accidents, Continued

- Vision or foot concerns: an eye examination or podiatry referral, as appropriate; current corrective lenses; and supportive non-slip footwear.
- Environmental hazards: clear walkways; ensure adequate lighting, grab bars, non-slip mats and secured floor coverings.

Document the findings and the interventions in the resident's care plan and establish a date for reassessment.

What you can do now to prevent falls:

- Review the three screening questions with your house's care providers.
- Screen any resident who has not been screened within the past year.
- Review fall incident reports from the past year to identify patterns.
- Conduct a walkthrough of resident rooms during evening hours to identify potential fall hazards under low-light conditions.

Find STEADI resources online: STEADI offers practical resources you can use directly, including training tools, online continuing education, printable checklists, education on common risk factors, and screening tips to build fall prevention into everyday care. Find these links at **STEADI – Older Adult Fall Prevention**, cdc.gov/steadi.

No cost fall prevention CEUs: The CDC offers the course STEADI: Empowering Healthcare Providers to Reduce Fall Risk. Find the link on their website.

Oregon Care Partners is offering the course Preventing Falls and Promoting Independence in Older Adults as a webinar and in person:

- In-person course: Dec. 2, 1 – 4:15 p.m.
- Webinar course: Dec. 11, 9 a.m. – 12 p.m.

Find these courses and register at **Oregon Care Partners**, oregoncarepartners.com.