

Adult Care Home Program Newsletter

July 2022

Letter from the ACHP Program Manager

Providers,

As we celebrate the Independence Day Weekend at the beginning of July, we have an opportunity to reflect on the independence of the Residents we serve. Person Centered Care is at the heart of services and is what helps create an atmosphere conducive to promoting the independence of an individual.

As the aging process occurs many of our functions become slower and motor skills may lessen. It is easy as a caregiver to want to speed up an ADL process and just take over for the resident to get it done faster.

When we take over a task such as buttoning a Resident's shirt without allowing them to attempt to button it themselves, we may be furthering their decline in skill.

When transferring a resident, if they are able to begin the standing process, the opportunity to use their legs and core muscles will allow their health and independence to continue longer. Lifting a resident that has the ability to use their legs to stand, hastens the loss of that ability, and we risk injuring ourselves in the process.

While it can be hard to stand-by and watch without helping, I recommend using these moments to have conversations and create connections, to learn about a Resident's personal stories and the life that lead to this moment in time. Day-to-day ADL tasks are often the last areas of exercising independence that Residents have. Please promote this independence by encouraging them to complete these tasks to the full extent that they are able.

ACHP Program Manager

Steven Esser

Just Ask

Question: Can I share my ACHP class links with other Providers or Caregivers who want to attend?

Answer: No, registration in ACHP training courses is non-transferable and all attendees are required to register for the course separately in order to attend the training (and receive CEU certificates). Please do not share your login information or course links with anyone else.

Question: What should I do if I can't attend an ACHP training that I have registered for?

Answer: If you can't attend an ACHP training course you have registered for, please call 503-988-3000 to cancel and reschedule prior to the start of the session. You can also email the ACHP Training Coordinator, Ana Weakland (ana.weakland@multco.us) to let her know you will not be able to attend, and to request enrollment in a different session. If this is done prior to the start of the session, you may be able to re-enroll without losing class fees previously paid.

Question: Are ACHs allowed to use window air conditioning units to keep the house cool? What about fans?

Answer: Window air conditioning units are allowed only under certain circumstances. Units must be UL listed, which means product has been determined by UL to meet safety standards; and must be used only in accordance with manufacturer's instructions. Any portable air conditioners used cannot block the room's exit window. If the room has another window or external door exit, and the unit meets safety standards, it may be acceptable for use in the home. Fans are encouraged for cross room ventilation but should not block doorways or any other room exits or exit routes, including emergency exits.

Interagency Placement Exceptions and What You Need to Consider

Adult Care Homes are licensed to serve Residents from specific “populations” (e.g. APD, I/DD) and the licensing process is designed to assure that Operators and staff have the verified expertise needed to serve these Residents in their homes. If Operators are interested in admitting a Resident from a different population than the one they are licensed for, they need an approved Interagency Placement Exception.

What is an interagency placement exception? It’s an official exception to an Operator’s license that allows the Operator to serve a Resident from a population outside of the one for which they are licensed. Getting an approved interagency placement exception is a lengthy process with a number of requirements. Most importantly, Operators should be aware that ACHP approval is required prior to the Resident’s admission to the home. Failure to obtain pre-approval from the ACHP may result in a monetary fine.

In order to be approved for an exception:

- The Operator and ACH staff must meet all training requirements specific to the new population of the Resident being served. This may include ongoing, annual, continuing education requirements; and
- The Operator and ACH staff must request and pass Background Checks specific to the population of the new Resident.

When making an exception request:

- The Operator must complete and submit an interagency placement exception form that includes the development of a Safety Plan for mitigating the potential risk of serving a mixed population of Residents; and
- All Case Managers, Service Coordinators, and Residential Specialists working with your existing Residents must sign the exception. Their signature indicates their agreement that information included on the form in relation to the potential resident is accurate, and that your safety plan appears to be appropriate. →

Interagency Placement Exceptions, cont.

If the interagency placement exception is approved and the new Resident is admitted, the home will be serving a mixed population of Residents. Afterward, any Resident entering that mixed population (every new admission) will require an ACHP-approved interagency placement exception prior to admission, even when admitting a Resident from the population for which the home is licensed.

If you are considering an interagency placement exception for a potential Resident and you need guidance in understanding more about that Resident’s level classification and/or additional provider requirements related to the process, reach out to your assigned licensur.

COVID-19 Updates

Masks: Masks continue to be required in healthcare settings, including ACHP-licensed adult care homes. Visitors and staff who do not live in the home must wear masks in the home. Masks are not required outdoors. Masks are also required in Multnomah County buildings that share space with healthcare related services. This includes the lobbies of the Five Oak building and the Gresham Office.

Reporting COVID-19 Positive Residents and Staff: If a staff member or resident in your home exhibits symptoms of COVID-19 or has close contact with a COVID-positive individual, please seek COVID testing. Positive COVID-19 test results (also called “detected” or “abnormal”) should be reported to the ACHP within one business day by email - advsd.adult.carehomeprogram@multco.us. or phone - **503-988-3000**.

Please also reach out if you are unable to get testing for staff or residents with symptoms or who have been exposed as we may be able to assist. Messages should include your name and contact information, including phone number. Someone from the program will call you ASAP with questions and further instructions.

Training and Support

To register: Call 503-988-3000 or email advsd.adult.carehomeprogram@multco.us.
Specify the training name and date.

Training Support Drop-In Hours - come with questions about how to find and sign-up for Community-Based, ACHP, and state sponsored training. Hosted live on [Google Meet](#).

Link: meet.google.com/oad-evem-tsx

Hours: 10:00 am and 2:30 pm

Dates: Thurs 7/7/22 & 7/21/22, Mon 7/25/22

Emergency Preparedness Planning -

Required for Operators, Resident Managers, & Shift Managers

Date: Tuesday 7/19/22

Times: 9:00 am - 12:30 pm (Sign-on 8:50 am)

Cost: \$30

Orientation - Required for Operator, Resident Manager, and Shift Manager applicants.

Date: Tuesday 7/5/22

Times: 9:00 am - 3:00 pm (Sign-on 8:50 am)

Cost: \$55

Record Keeping Part A, Screening and Care Planning - Required for APD and MHA licensed Operators, Resident Managers, and Shift Managers.

Date: Tuesday 7/12/22

Times: 9:00 am - noon (Sign-on 8:50 am)

Cost: \$30

Record Keeping Part B, Medication Mgmt - Required for Operators, Resident Managers, and Shift Managers within the first year of licensure or role approval.

Dates: Thursdays 7/14/22 & 7/28/22

Times: 9:00 am - 12:30 pm (Sign-on 8:50 am)

Cost: \$30

Honoring Diversity - Required for Operators, Resident Managers, and Shift Managers within the first year of licensure or role approval.

Dates: Wednesday 7/20/22

Times: 9:00 am - noon (Sign-on 8:50 am)

Cost: \$30

Warm Weather is on the Way

We've had our first taste of summer high temperatures and we can be assured that throughout the course of the summer, more is on the way. Remember, many Adult Care Home Residents have difficulty adjusting to higher temperatures and are especially vulnerable to heat and heat-related illnesses. This includes older adults, individuals with chronic medical conditions, individuals who take certain medications, and individuals with limited mobility. When temperatures are high, pay special attention to Residents with health conditions that may be aggravated by the heat. Heat Exhaustion and Heat Stroke can be life threatening.

General Tips for When it's Hot

- Check on Residents and offer water on a regular basis. Encourage drinking water even before feeling thirsty and avoid sugary drinks or drinks with alcohol. If you have a Resident who's doctor has limited the amount of fluids they should drink, make sure you know how much fluid the individual should be drinking when the weather is hot.
- Do not leave individuals with impaired mobility or judgment in cars for *any* length of time.
- Use fans both indoors and in outside seating areas for cross ventilation.
- Encourage residents to use cool water (showers, baths, damp towels, etc.) when feeling hot.
- Encourage residents to wear light weight and loose fitting clothing when possible.
- Anyone working or spending time outside in the heat should take extra precautions. When possible, reschedule strenuous activities to early morning or evening.
- Minimize use of the stove or oven.
- Know the [Warning Signs and Symptoms of Heat-Related Illness](#), and look for these symptoms in residents.

<https://www.cdc.gov/disasters/extremeheat/warning.html>



Department of County Human Services

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RETURN SERVICE REQUESTED

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