

# Elevate

Your career path through quality training



## Courses

The Oregon Home Care Commission (OHCC) offers training courses on a variety of topics meant to improve the skills of homecare (HCWs) and personal support workers (PSWs). Read all about our courses here.



## Certifications

Certifications offered by the Oregon Home Care Commission are for those homecare and personal support workers who choose to go above and beyond in developing a variety of skills throughout their career. Learn more here.



March & April 2020



## ProTips

Learn tips to grow as a professional in the field using the tips in this section.

**ProTip – If you click on one of the icons, you can skip directly to that section!**



## Resources

Find the resources you need to succeed and that fit the needs of the individual for which you work.



## Languages

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Cursos

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# ELEVATE — March & April 2020

The Oregon Home Care Commission (OHCC) would like to welcome you into 2020 with this issue of ELEVATE! Inside, you will find the information on courses, training dates, OHCC certifications, and other resources to help you learn more skills to be a great HCW or PSW. Choose to make 2020 a personal and professional year of growth with ELEVATE!

**Let ELEVATE be your career path through quality training with OHCC.**



## Courses

OHCC training courses are offered throughout the state for homecare workers (HCWs), personal support workers (PSWs), and personal care attendants (PCAs). Consumer-employers are always welcome to attend OHCC courses. OHCC courses all share the same goal – to ELEVATE your career skills to the next level!

### Register

To ensure a seat in an upcoming class near you, be sure to pre-register using the following instructions. Pre-registration is important as classes can fill up quickly.

### Register Today!

1. Self-registration - by far the fastest and easiest way to get your seat in the classroom - start by going to OHCC's [Registry and Referral System](#) then:
  - Select your program area
  - Login using your username and password
  - Select the tab labeled "Training" then click "Upcoming Training Classes"
  - Search the upcoming classes for ones that meet your needs and schedule
  - Sign-up for classes using the register button
  - Need to cancel? Sign back in and self cancel
2. Registering for online courses, Enhanced Certification, or COMPASS – is done through your iLearnOregon account.
  - Please see details on page 3

### 3. Other ways to Register:

- Send an email request to: [Training.OHCC@dhsosha.state.or.us](mailto:Training.OHCC@dhsosha.state.or.us)
- Give OHCC a call at 1-877-867-0077
- When you email or call please make sure to include in your message:
  - » Your full name;
  - » Provider number;
  - » Class name;
  - » Date of the class; and,
  - » City where you would like to attend

**Use our Quick Guide for the Registry to learn how to log in, sign up for classes, and update your information to find work.**



## ProTips

### Stay Updated

Remember, having your phone number and email address accurate and current goes a long way in showing consumer-employers how professional you are!

## Canceling Courses

We understand – life happens, things come up, schedules change. When it does, it's important to cancel ahead of time. Simply login to the Registry or iLearnOregon and cancel your seat in the class. Need help canceling your class? We're here to help. Email or call with the same information you used to register and OHCC will cancel for you.

## No-Show Rate

- A No-Show happens when a provider registers for a class but then doesn't attend or cancel.
- OHCC Certification requires providers to have a No-Show Rate at or below 20%.
- You may cancel a class up until it begins. Once a class has begun, it will count towards your No-Show Rate.

## iLearnOregon

We use iLearnOregon to offer online courses and to register for courses that have multiple sessions. Providers must register for an iLearnOregon account before you can register yourself for a class. Please use the [detailed instructions](#) provided on our website to learn how to register for an iLearnOregon account.

**Both COMPASS and the Enhanced Certification must be registered for using iLearnOregon. Be sure and completely follow all the steps!**

### iLearnOregon Tips

- Follow instructions on our website.
- Use a computer.
- Do not use a tablet or smart phone.
- Sign in to iLearnOregon requires using Firefox, Chrome, Edge, or Safari. Do NOT use Internet Explorer.

Follow these tips, and if you're still having problems, iLearnOregon has a help desk.

Please email [DHS.TRAINING@dhsosha.state.or.us](mailto:DHS.TRAINING@dhsosha.state.or.us) or call 503.947.5457 between 8:00 AM – 4:30 PM, Monday – Friday (except holidays).

## Training Stipends

A training stipend is money earned for attending certain OHCC approved courses. Here's what you need to know:

- You must have an active provider number;
- Received state approved payment by
  - » Having worked and received pay in the current month; or
  - » Having worked and received pay in one of the previous three (3) months
- A training stipend may be earned once every twelve (12) months for the same class;
- Training stipends will be reduced if you miss part of the class;
- Training stipend hours will not count towards benefit eligibility;
- Training stipends are paid at the base rate.



## ProTips

### Direct deposit for training stipends

Direct Deposit is the fastest way to receive a stipend payment. This is a separate request than direct deposit for the paycheck. Only one request for a direct deposit is needed, unless there is a change of information. Simply [download the form](#) and complete it. The form has instructions on where it needs to be sent. Please note that setting up the direct deposit takes time and your first few stipends may come in check form and future stipends will come in via direct deposit.



## ProTips

### COMPASS Cohorts are starting in the following cities:

- » Albany - starts on 3/6/2020
- » Clackamas - starts on 4/15/2020
- » Eugene - starts on 3/3/2020

## COMPASS

COMPASS stands for Communities of Practice And Safety Support. HCWs & PSWs who attend this fourteen (14) week program will attend seven (7) required sessions, each two (2) weeks apart, and will learn and share together on valuable topics, such as: health, safety, work practices, and problem solving. This program is designed to be taught in a cohort model. This means that providers enter and stay together throughout the entire fourteen (14) week program. Providers will need to commit to attend all seven meetings. Attendance is mandatory for the first session. If a worker is a No-Show for session one they will be canceled out of the other six sessions.

Registration for COMPASS cohorts is in [iLearnOregon](https://www.oregon.gov/OLHS/Registration/Pages/iLearnOregon.aspx).

## Mental Health First Aid (MHFA)

MHFA is an international training course that will teach participants the risk factors and warning signs of a variety of mental health challenges common among older adults.

MHFA is a day-long training with a lunch break and 8-hour stipend for those who qualify.

Keep a watch on the Registry, as classes will be added regularly.

MHFA applies towards PDC - Five (5) hours of safety-type and three (3) hours of elective courses.

*Effective Date - 10/01/2019*



## ProTips

### The Gold Star

When you get the Professional Development Certification, a Gold Star is added to your Registry profile to show your accomplishment. When a consumer-employer pulls a provider list, they can see the Gold Star and know you've taken extra steps in your career and skill growth. Don't forget to bring it up in interviews!



# Course Descriptions

Course	Description	Length	Stipend available
<b>Bathing &amp; Grooming (B&amp;G)</b> *PDC Elective Course	Skills in personal care activities of bathing, shaving, skin care & grooming with a focus on using person-centered values and techniques. A video demonstrating hands-on care is shown.	3 ½ hrs	HCW PSW ICP
<b>Blindness &amp; Low Vision (BLV)</b> *AFC CEUs	An overview of eye diseases and vision loss; techniques for working with someone sight-impaired; being a sighted guide; helping someone to live independently; resources and adaptive equipment for use in the home.	3 hrs	HCW PSW ICP
<b>Caring for Yourself While Caring for Others (C4Y)</b> *PDC Elective Course	In this interactive workshop, you'll learn how to promote a safe and healthy work environment – for the individual you support and yourself. <i>PDC effective Date - 03/01/2020</i>	2 ½ hrs	HCW PSW ICP
<b>Communities of Practice and Safety Support (COMPASS)</b> *PDC Safety Course	This program promotes injury prevention and health for Homecare and Personal Support Workers. It involves seven (7) sessions, each two (2) weeks apart. Be a part of a small team of workers learning and sharing health, safety, and work practices. Completion of COMPASS will meet all 5 hours of Safety Skills Courses required for PDC. <i>PDC effective Date - 05/01/2018</i>	15 hrs (7 wks/ 2-3 hrs ea)	HCW PSW ICP
<b>Dementia 101 (DEM 101)</b> *PDC Elective Course	An introduction to supporting individuals experiencing dementia. This course covers a basic overview of the dementia process and the different types; ways to promote health and safety; and communication tips including remaining calm and positive. <i>PDC effective Date - 03/01/2020</i>	3 hrs	HCW PSW ICP
<b>Diabetes by the Numbers (DBN)</b> *PDC Elective Course *AFC CEUs	A class on the basics of diabetes. What is it? Are you at risk? The class will cover: carbohydrate identification; label reading and portion control; preventing complications; glucose testing; and understanding the numbers. <i>PDC effective Date - 03/01/2020</i>	3 ½ hrs	HCW PSW ICP
<b>Diversity Awareness – Challenges Facing Lesbian, Gay, Bisexual, Transgender Older Adults (LGBT)</b> *PDC Elective Course *AFC CEUs	Learn terminology & definitions, gain an understanding of the lives of LGBTQ older adults, and learn ways to be welcoming and inclusive. <i>PDC effective Date - 03/01/2020</i>	3 hrs	HCW PSW ICP
<b>Durable Medical Equipment (DME)</b> *AFC CEUs	Helpful hints on safely using mobility devices, bath & toilet aides, Hoyer lifts, and other medical equipment. Tips on choosing, fitting, and using devices.	4 hrs	HCW PSW ICP

Course	Description	Length	Stipend available
<b>End of Life (EoL)</b> *PDC Elective Course *AFC CEUs	An overview of end of life, including: the dying process; the difference between palliative care vs hospice; and, the role of the provider in supporting an individual at the end of life. <i>PDC effective Date - 03/01/2020</i>	3 hrs	HCW PSW ICP
<b>Everyone Communicates (EC)</b> *PDC Elective Course	Learn effective communication strategies that make a positive impact on the people you support with communication challenges and/or intellectual and developmental disabilities who experience communication challenges. <i>*PDC credit for PSW only</i>	4 hrs	HCW PSW ICP
<b>Grief &amp; Loss (G&amp;L)</b> *PDC Elective Course *AFC CEUs	Understanding the process of grief, the myths and realities of grieving and loss, ways to help others, compassion fatigue and caring for yourself. <i>PDC effective Date - 03/01/2020</i>	3 ½ hrs	HCW PSW ICP
<b>Heart Healthy (HH)</b> *PDC Elective Course *AFC CEUs	How the heart works, understanding common heart problems, monitoring blood pressure, recognizing heart emergencies, and creating a heart healthy lifestyle.	3 hrs	HCW PSW ICP
<b>Helping Caregivers Fight Fraud &amp; Abuse (F&amp;A)</b> *PDC Core Course *AFC CEUs	Recognizing and reporting abuse and neglect of children, older adults and disabled persons; Medicaid & Medicare fraud; the role of the caregiver; problem solving; and local resources.	<b>Class:</b> 3 ½ hrs <b>Online:</b> 1 ½ hrs	HCW PSW ICP
<b>Introduction to Cultural Competency (ICC)</b> *PDC Elective Course - *AFC CEUs	This interactive and engaging course offers an introduction to culture, cultural competency, and their role in offering person-centered supports. <i>PDC effective Date - 06/15/2019</i>	2 ½ hrs	HCW PSW ICP
<b>Keeping It Professional (KIP)</b> *PDC Core Course	The role of the worker in setting professional boundaries, working with the task list, when and how to keep things confidential, and tips for record keeping.	<b>Class:</b> 3 ½ hrs <b>Online:</b> 1 ½ hrs	HCW PSW ICP
<b>Medication Safety (MedS)</b> *PDC Safety Course	Assisting adults who manage their own medication, including: types and effects of medications; assisting with documentation; storage; recognizing risks and warning signs; and the role of the worker.	3 hrs	HCW PSW ICP
<b>Nutrition Basics (NB)</b> *PDC Elective Course *AFC CEUs	Basics of nutrition, nutrient categories, meal timing, and meal balance using person-centered strategies and tools to promote informed choices as well as common nutrition related concerns.	4 hrs	HCW PSW ICP
<b>Preventing Disease Transmission (PDT)</b> *PDC Safety Course *AFC CEUs	Causes of infectious diseases and routes of transmission; reducing risks; best practices in housekeeping and caregiving to prevent the spread of diseases.	2 hrs	HCW PSW ICP

Course	Description	Length	Stipend available
<b>Protect Against Sprains and Strains (PASS)</b> *PDC Safety Course *AFC CEUs	Basic principles of body mechanics; making changes in work activities to minimize risks and protect yourself and others; review of some assistive equipment.	3 ½ hrs	HCW PSW ICP
<b>Ready, Set, Work (RSW)</b>	Create a professional marketing approach to finding work; how to use the Registry; and what you should do before starting a job. NOTE: Workers do not need to have worked to qualify for a stipend for this class.	4 hrs	HCW PSW ICP
<b>Respiratory Care: Oxygen to Ventilators (RC)</b> *PDC Elective Course *AFC CEUs	End-stage respiratory diseases, basics on the use of oxygen, nebulizers, and ventilators. <i>PDC effective Date - 03/01/2020</i>	3 ½ hrs	HCW PSW ICP
<b>Sensory Processing Disorder – Adults (SPD-A)</b> *PDC Elective Course	Covers the following: what is Sensory Processing Disorder; overview of the senses; ASD and ADHD; understanding how an adult with SPD perceives input; and supports for community mobility. <i>PDC effective Date - 05/01/2018</i>	3 hrs	HCW PSW ICP
<b>Sensory Processing Disorder - Children (SPD-C)</b> *PDC Elective Course	Covers the following: what is Sensory Processing Disorder; overview of the senses; ASD and ADHD; impacts on a child's day; understanding how a child with SPD perceives input; and sensory diets. <i>*PDC credit for PSW only - PDC effective Date - 05/01/2018</i>	3 hrs	HCW PSW ICP
<b>Stress Management and Relaxation Techniques (SMART)</b> *PDC Elective Course *AFC CEUs	Understanding stress and its effects; identifying triggers; fun and practical techniques for coping with stress. <i>PDC effective Date - 03/01/2020</i>	3 hrs	HCW PSW ICP
<b>Substance Abuse Awareness (SAA)</b> *PDC Safety Course -	Review the OHCC Drug-Free Workplace policy for workers, learn the impact of drug and alcohol abuse, the role of the worker, and resources for help. <i>PDC effective Date - 03/01/2020</i>	3 hrs	HCW PSW ICP
<b>Taking Responsibility in Personal Safety TRIPS)</b> *PDC Safety Course	Ideas for preventing injuries from slips and trips in the home; assessing risk factors; assisting in planning and preparing for emergencies; and safe driving tips.	3 hrs	HCW PSW ICP
<b>Working Together (WT)</b> *PDC Core Course	Assertive communication and problem-solving techniques for employers and workers; clarifying expectations; and the use of person- directed values and language.	<b>Class:</b> 3 hrs <b>Online:</b> 1 ½ hrs	HCW PSW ICP
<b>Working with Challenging Behaviors (CB)</b> *PDC Elective Course *AFC CEUs	Practical information about working with seniors and adults with physical disabilities regarding types and causes of challenging behaviors; problem solving; and communication ideas. <i>*PDC credit for HCW only</i>	3 hrs	HCW PSW ICP



## Courses in Languages Other Than English

The Oregon Home Care Commission is committed to recognizing and supporting the growing cultural diversity amongst homecare and personal support workers in Oregon and offers most of the classes in seven languages other than English, including American Sign Language. Additionally, primary speakers of other languages may request a translator for any OHCC class they wish to attend.

Classes in other languages are offered in a cohort model with individual HCWs and PSWs attending classes together for encouragement, support, and to bolster learning. At the end of each cohort, providers will have met the course requirements to apply for their Professional Development Certification to earn \$0.50 more per hour.

If you have any questions or you would like to register for one of the classes listed, please call 877.867.0077 and choose option 3. Leave a message with your name, phone number, and the language you speak. We call you back with an interpreter.

### عربي (Arabic)

دورات تدريبية للرعاية المنزلية في اللغة العربية مقدمة من لجنة الرعاية المنزلية في ولاية أوريغون في منطقة

City	Course	Date	Time	Location
Portland	الحماية من اللتواءات والتواء (PASS) المفاصل	3/27/2020	4:00p–7:30p	IRCO, 10301 NE Glisan St
	الاستحمام والاستمالة (B&G)	4/17/2020	4:00p–7:30p	IRCO, 10301 NE Glisan St

### Tiếng Việt (Vietnamese)

Ủy ban Chăm sóc tại nhà Oregon hiện đang cung cấp các khóa học bằng tiếng Việt tại khu vực Portland Metro. Hãy đến và tham gia một đoàn hệ ngày hôm nay!

City	Course	Date	Time	Location
Gresham	Bệnh mất trí 101 (DEM101)	4/13/2020	08:30a–11:30a	East County Health Center, 600 NE 8th St
	Rối loạn xử lý cảm giác - Trẻ em (SPD-C)	4/13/2020	1:00p–4:00p	East County Health Center, 600 NE 8th St

### Mai Mai

Courses in Mai Mai are offered to HCWs and PSWs in the Portland Metro area.

City	Course	Date	Time	Location
Portland	Bathing & Grooming	3/7/2020	09:00a–12:30p	IRCO, 10301 NE Glisan St
	Working with Challenging Behaviors	3/21/2020	09:00a–12:00p	IRCO, 10301 NE Glisan St



## Русский (Russian)

Курсы на русском языке будут регулярно проводиться в Портленде и его окрестностях, Сейлеме и Вудберне.

City	Course	Date	Time	Location
Portland	Трудное Поведение (CB)	3/3/2020	5:00p–8:00p	SEIU Local 503 Union Hall, 6401 SE Foster Road
	Помощь работникам сферы обслуживания в борьбе с мошенничеством и злоупотреблениями (F&A)	3/4/2020	2:00p–5:30p	SEIU Local 503 Union Hall, 6401 SE Foster Road
	Приготовились, Нашли Работу, Работаем! (RSW)	3/18/2020	2:00p–6:00p	SEIU Local 503 Union Hall, 6401 SE Foster Road
	Ответственность за личную безопасность – в ваших руках (TRIPS)	3/26/2020	5:00p–8:00p	SEIU Local 503 Union Hall, 6401 SE Foster Road
	Профилактика передачи инфекции (PDT)	4/7/2020	5:00p–7:00p	SEIU Local 503 Union Hall, 6401 SE Foster Road
	Профессиональные Отношения (KIP)	4/8/2020	5:00p–8:30p	SEIU Local 503 Union Hall, 6401 SE Foster Road
	Техники управления стрессом и релаксации (SMART)	4/15/2020	2:00p–5:00p	SEIU Local 503 Union Hall, 6401 SE Foster Road
	Знание о злоупотреблении психоактивными веществами (SAA)	4/23/2020	5:00p–8:00p	SEIU Local 503 Union Hall, 6401 SE Foster Road
	Сотрудничество (WT)	4/24/2020	2:00p–5:00p	SEIU Local 503 Union Hall, 6401 SE Foster Road
Salem	Купание и Гигиена (B&G)	3/10/2020	08:30a–12:00p	Day's Inn Black Bear, 1600 Motor Ct NE
	Трудное Поведение (CB)	3/10/2020	1:30p–4:30p	Day's Inn Black Bear, 1600 Motor Ct NE
	Деменция 101 (Dem101)	3/12/2020	09:00a–12:00p	Day's Inn Black Bear, 1600 Motor Ct NE
	Ответственность за личную безопасность – в ваших руках (TRIPS)	3/23/2020	08:30a–11:30a	Cherry Avenue Training Center, 3414 Cherry Avenue NE
	Техники управления стрессом и релаксации (SMART)	3/23/2020	1:00p–4:00p	Cherry Avenue Training Center, 3414 Cherry Avenue NE
	Диабет по номерам (DBN)	4/14/2020	1:30p–5:00p	Day's Inn Black Bear, 1600 Motor Ct NE
	Здоровое Сердце (HH)	4/21/2020	1:30p–4:30p	Day's Inn Black Bear, 1600 Motor Ct NE



## Русский (Russian)

Курсы на русском языке будут регулярно проводиться в Портленде и его окрестностях, Сейлеме и Вудберне.

City	Course	Date	Time	Location
Woodburn	Помощь работникам сферы обслуживания в борьбе с мошенничеством и злоупотреблениями (F&A)	3/5/2020	08:30a–12:00p	Wellspring Conference Center, 1475 Mt. Hood Ave
	Сотрудничество (WT)	3/5/2020	1:30p–4:30p	Wellspring Conference Center, 1475 Mt. Hood Ave

## Español (Spanish)

Las clases para PSW's y HCW's en español continúan ocurriendo en todas las áreas de Portland Metro y Salem y Woodburn.

City	Course	Date	Time	Location
Eugene/ Springfield	Cómo actuar de forma profesional (KIP)	4/7/2020	08:30a–12:00p	WorkSource, 2510 Oakmont Way
	Trabajando juntos (WT)	4/7/2020	1:30p–4:30p	WorkSource, 2510 Oakmont Way
Gresham	Demencia 101 (Dem101)	3/25/2020	08:30a–11:30a	East County Health Center, 600 NE 8th St
	Introducción a la competencia cultural (ICC)	3/25/2020	1:00p–3:30p	East County Health Center, 600 NE 8th St
	Corazón saludable (HH)	3/30/2020	08:30a–11:30a	East County Health Center, 600 NE 8th St
	Cómo ayudar a los cuidadores a combatir el fraude y el abuso (F&A)	3/30/2020	1:00p–4:30p	East County Health Center, 600 NE 8th St
	Protección contra esguinces y distensiones (PASS)	4/24/2020	08:30a–12:00p	East County Health Center, 600 NE 8th St
	Conciencia sobre el abuso de sustancias (SAA)	4/24/2020	1:30p–4:30p	East County Health Center, 600 NE 8th St
Hillsboro	Trabajando juntos (WT)	3/13/2020	08:30a–11:30a	DHS APD Office, 5240 NE Elam Young Parkway
	Baño y aseo (B&G)	3/13/2020	1:00p–4:30p	DHS APD Office, 5240 NE Elam Young Parkway
	Conciencia sobre el abuso de sustancias (SAA)	4/10/2020	1:00p–4:00p	DHS APD Office, 5240 NE Elam Young Parkway
Salem	Cómo cuidarse mientras cuida a los demás (C4Y)	4/21/2020	1:00p–3:30p	Day's Inn Black Bear, 1600 Motor Ct NE



## Español (Spanish)

Las clases para PSW's y HCW's en español continúan ocurriendo en todas las áreas de Portland Metro y Salem y Woodburn.

City	Course	Date	Time	Location
Woodburn	Conciencia sobre el abuso de sustancias (SAA)	4/17/2020	08:30a–11:30a	Northwest Senior and Disability Services, 2100 Progress Way
	Comportamientos desafiantes (CB)	4/17/2020	1:00p–4:00p	Northwest Senior and Disability Services, 2100 Progress Way

## Somali

Daruus ku bixi doonta afka somaliga aya hada bixin doonta oregan home care commision portland gudaheedi. Fasal cusub aya la bixin donaa laba isbuuc walba. Hoos waxaa ku xusan xiliga daruusta la dhigi doono bisha.

City	Course	Date	Time	Location
Portland	Qubeysiga iyo isdifaacidda (B&G)	3/6/2020	5:00p–8:30p	IRCO, 10301 NE Glisan St
	La shaqeynta Dabeecadaha Adag (CB)	3/20/2020	5:00p–8:00p	IRCO, 10301 NE Glisan St
	Wadnaha Caafimaadka qaba (HH)	4/3/2020	5:30p–8:30p	IRCO, 10301 NE Glisan St
	Cudurka Dementia 101 (Dem101)	4/10/2020	5:00p–8:00p	IRCO, 10301 NE Glisan St

## A tax credit for working people – you may qualify!

The Earned Income Tax Credit or EITC, is a tax credit for people who work, and earn low to modest incomes. Those who qualify and claim the credit could pay less federal tax, and may also get a tax refund, even if they don't owe any tax at all.

The EITC is the federal government's largest benefit for workers. For people who have earned income from working for someone or running a business or farm, it's money that positively impacts change in their life, family and community. This tax credit greatly reduces poverty for working families. These working family credits lifted an estimated 9.4 million people out of poverty, including 5 million or more than half of them children, according to the Internal Revenue Service.

Here are a few things people should know about this credit:

- Taxpayers may move in and out of eligibility for the credit throughout the year. This may happen after major life events. Because of this, it's a good idea for people to find out [if they qualify](#).
- To qualify, people must meet certain requirements and file a federal tax return. They must file even if they don't owe any tax or aren't otherwise required to file.
- Taxpayers qualify based on their income, the number of children they have, and the filing status they use on their tax return. For a child to qualify, they must live with the taxpayer for more than six months of the year.

More details are available on the [EITC homepage](#).



# Class List by City

City	Course	Date	Time	Address
Albany	Ready, Set, Work	3/4/2020	08:30a–12:30p	Linn-Benton Community College, 6500 Southwest Pacific Blvd (Calapooia Center - Board Rm - CC103)
	Sensory Processing Disorder - Adults	3/4/2020	1:00p–4:00p	Linn-Benton Community College, 6500 Southwest Pacific Blvd (Calapooia Center - Board Rm - CC103)
	COMPASS Day 1	3/6/2020	09:00a–12:00p	Register in iLearnOregon. <a href="http://go.usa.gov/xU6D4">http://go.usa.gov/xU6D4</a>
	Taking Responsibility in Personal Safety	3/6/2020	1:30p–4:30p	ODDS, 315 SW 4th St.
	Introduction to Cultural Competency	3/20/2020	1:30p–4:00p	ODDS, 315 SW 4th St.
	Bathing & Grooming	4/3/2020	1:30p–5:00p	ODDS, 315 SW 4th St.
	Everyone Communicates	4/7/2020	08:30a–12:30p	ODDS, 315 SW 4th St.
	Durable Medical Equipment	4/7/2020	2:00p–5:00p	ODDS, 315 SW 4th St.
	Protect Against Sprains & Strains	4/15/2020	08:30a–12:00p	Phoenix Inn, 3410 Spicer Dr SE
	Taking Responsibility in Personal Safety	4/15/2020	1:30p–4:30p	Phoenix Inn, 3410 Spicer Dr SE
	Substance Abuse Awareness	4/29/2020	08:30a–11:30a	Linn-Benton Community College, 6500 Southwest Pacific Blvd (Mt Jefferson - CC210)
	Stress Management and Relaxation Techniques	4/29/2020	1:00p–4:00p	Linn-Benton Community College, 6500 Southwest Pacific Blvd (Mt Jefferson - CC210)
	Astoria	Keeping It Professional	4/15/2020	08:30a–12:00p
Working with Challenging Behaviors		4/15/2020	1:30p–4:30p	CMH Clumbia Center, 2021 Marine Dr/Hwy 30
Bend	Stress Management and Relaxation Techniques	3/10/2020	08:30a–11:30a	DHS APD Office, 1300 NW Wall Street
	Diversity Awareness - Challenges Facing Lesbian, Gay, Bisexual, Transgender Older Adults	3/10/2020	1:00p–4:00p	DHS APD Office, 1300 NW Wall Street
	Dementia 101	3/11/2020	08:30a–11:30a	DHS APD Office, 1300 NW Wall Street
	Preventing Disease Transmission	3/11/2020	1:00p–3:00p	DHS APD Office, 1300 NW Wall Street
	Working with Challenging Behaviors	4/22/2020	08:30a–11:30a	DHS APD Office, 1300 NW Wall Street
	Personal Support Worker Orientation	4/22/2020	1:00p–4:00p	DHS APD Office, 1300 NW Wall Street
	Introduction to Cultural Competency	4/23/2020	09:00a–11:30a	DHS APD Office, 1300 NW Wall Street

City	Course	Date	Time	Address
Brookings	Dementia 101	3/3/2020	08:30a–11:30a	The Events Center, 800 Chetco Avenue-Pacific Center
	Taking Responsibility in Personal Safety	3/3/2020	1:00p–4:00p	The Events Center, 800 Chetco Avenue-Pacific Center
	Enhanced Certification Day 1	4/22/2020	09:30a–4:30p	Register in iLearnOregon <a href="https://go.usa.gov/xUHGs">https://go.usa.gov/xUHGs</a>
	Enhanced Certification Day 2	4/23/2020	09:30a–4:30p	Register in iLearnOregon <a href="https://go.usa.gov/xUHGs">https://go.usa.gov/xUHGs</a>
	Working with Challenging Behaviors	4/24/2020	09:00a–12:00p	The Events Center, 800 Chetco Avenue-Pacific Center
	Diversity Awareness - Challenges Facing Lesbian, Gay, Bisexual, Transgender Older Adults	4/24/2020	1:30p–4:30p	The Events Center, 800 Chetco Avenue-Pacific Center
Clackamas	Dementia 101	3/13/2020	08:30a–11:30a	Clackamas Banquet Center (Denny's), 15815 SE 82nd Drive
	Introduction to Cultural Competency	3/27/2020	09:30a–12:00p	Clackamas Banquet Center (Denny's), 15815 SE 82nd Drive
	COMPASS Day 1	4/15/2020	10:00a–1:00p	Register in iLearnOregon. <a href="http://go.usa.gov/xU6D4">http://go.usa.gov/xU6D4</a>
	Protect Against Sprains & Strains	4/15/2020	2:30p–6:00p	Clackamas Banquet Center (Denny's), 15815 SE 82nd Drive
	Nutrition Basics	4/16/2020	1:00p–5:00p	Clackamas Banquet Center (Denny's), 15815 SE 82nd Drive
	Personal Support Worker Orientation	4/28/2020	08:30a–11:30a	Clackamas Banquet Center (Denny's), 15815 SE 82nd Drive
	Ready, Set, Work	4/28/2020	1:30p–5:30p	Clackamas Banquet Center (Denny's), 15815 SE 82nd Drive
	Substance Abuse Awareness	4/29/2020	1:30p–4:30p	Clackamas Banquet Center (Denny's), 15815 SE 82nd Drive
Coos Bay/ North Bend	Diversity Awareness - Challenges Facing Lesbian, Gay, Bisexual, Transgender Older Adults	3/4/2020	09:00a–12:00p	Coos Bay Public Library, 525 Anderson Ave
	Medication Safety	3/4/2020	1:30p–4:30p	Coos Bay Public Library, 525 Anderson Ave
	Dementia 101	3/5/2020	09:00a–12:00p	South Coast Hospice, 1620 Thompson Rd
	Working with Challenging Behaviors	3/24/2020	09:00a–12:00p	Coos Bay Public Library, 525 Anderson Ave
	Substance Abuse Awareness	3/24/2020	1:30p–4:30p	Coos Bay Public Library, 525 Anderson Ave
	Respiratory Care: Oxygen to Ventilators	4/28/2020	08:30a–12:00p	South Coast Hospice, 1620 Thompson Rd
	Heart Healthy	4/28/2020	1:30p–4:30p	South Coast Hospice, 1620 Thompson Rd



City	Course	Date	Time	Address
<b>Coos Bay/ North Bend</b>	Diversity Awareness - Challenges Facing Lesbian, Gay, Bisexual, Transgender Older Adults	4/29/2020	09:00a–12:00p	North Bend Library, 1800 Sherman Ave.
	Stress Management and Relaxation Techniques	4/29/2020	1:30p–4:30p	North Bend Library, 1800 Sherman Ave.
<b>Enterprise</b>	Bathing & Grooming	3/11/2020	08:30a–12:00p	DHS APD, 104 Litch St
	Substance Abuse Awareness	3/11/2020	1:30p–4:30p	DHS APD, 104 Litch St
<b>Eugene/ Springfield</b>	COMPASS Day 1	3/3/2020	5:30p–8:30p	Register in iLearnOregon. <a href="http://go.usa.gov/xU6D4">http://go.usa.gov/xU6D4</a>
	Personal Support Worker Orientation	3/4/2020	5:30p–8:30p	Laurel Hill Center, 2145 Centennial Plaza
	Diversity Awareness - Challenges Facing Lesbian, Gay, Bisexual, Transgender Older Adults	3/5/2020	09:00a–12:00p	WorkSource, 2510 Oakmont Way
	Working with Challenging Behaviors	3/5/2020	1:30p–4:30p	WorkSource, 2510 Oakmont Way
	Protect Against Sprains & Strains	3/6/2020	08:30a–12:00p	WorkSource, 2510 Oakmont Way
	Taking Responsibility in Personal Safety	3/6/2020	1:30p–4:30p	WorkSource, 2510 Oakmont Way
	Enhanced Certification Day 1	3/11/2020	09:30a–4:30p	Register in iLearnOregon <a href="https://go.usa.gov/xUHGs">https://go.usa.gov/xUHGs</a>
	Enhanced Certification Day 2	3/12/2020	09:30a–4:30p	Register in iLearnOregon <a href="https://go.usa.gov/xUHGs">https://go.usa.gov/xUHGs</a>
	Introduction to Cultural Competency	3/18/2020	5:30p–8:00p	Laurel Hill Center, 2145 Centennial Plaza
	Helping Caregivers Fight Fraud & Abuse	3/24/2020	5:30p–9:00p	Laurel Hill Center, 2145 Centennial Plaza
	Substance Abuse Awareness	3/25/2020	5:30p–8:30p	Laurel Hill Center, 2145 Centennial Plaza
	Enhanced Certification Day 3	3/26/2020	09:30a–4:30p	Register in iLearnOregon <a href="https://go.usa.gov/xUHGs">https://go.usa.gov/xUHGs</a>
	Enhanced Certification Day 4	3/27/2020	09:30a–4:30p	Register in iLearnOregon <a href="https://go.usa.gov/xUHGs">https://go.usa.gov/xUHGs</a>
	Preventing Disease Transmission	3/30/2020	5:30p–7:30p	Laurel Hill Center, 2145 Centennial Plaza
	Sensory Processing Disorder - Children	3/31/2020	08:30a–11:30a	Phoenix Inn Suites, 850 Franklin Blvd
	Everyone Communicates	3/31/2020	1:00p–5:00p	Phoenix Inn Suites, 850 Franklin Blvd
	Ready, Set, Work	4/1/2020	08:30a–12:30p	WorkSource, 2510 Oakmont Way
	Dementia 101	4/6/2020	5:30p–8:30p	Laurel Hill Center, 2145 Centennial Plaza
Stress Management and Relaxation Techniques	4/7/2020	5:30p–8:30p	Laurel Hill Center, 2145 Centennial Plaza	
Sensory Processing Disorder - Adults	4/15/2020	5:30p–8:30p	Laurel Hill Center, 2145 Centennial Plaza	

City	Course	Date	Time	Address
<b>Eugene/ Springfield</b>	Heart Healthy	4/16/2020	08:30a–11:30a	WorkSource, 2510 Oakmont Way
	Diabetes by the Numbers	4/16/2020	1:00p–4:30p	WorkSource, 2510 Oakmont Way
	Keeping It Professional	4/28/2020	08:30a–12:00p	WorkSource, 2510 Oakmont Way
	Working Together	4/28/2020	1:30p–4:30p	WorkSource, 2510 Oakmont Way
	End of Life	4/29/2020	08:30a–11:30a	WorkSource, 2510 Oakmont Way
	Grief & Loss	4/29/2020	1:00p–4:30p	WorkSource, 2510 Oakmont Way
	Diversity Awareness - Challenges Facing Lesbian, Gay, Bisexual, Transgender Older Adults	4/29/2020	5:30p–8:30p	Laurel Hill Center, 2145 Centennial Plaza
<b>Florence</b>	Diversity Awareness - Challenges Facing Lesbian, Gay, Bisexual, Transgender Older Adults	3/17/2020	08:30a–11:30a	Florence Events Center, 715 Quince St
	Stress Management and Relaxation Techniques	3/17/2020	1:00p–4:00p	Florence Events Center, 715 Quince St
	Sensory Processing Disorder - Adults	3/18/2020	08:30a–11:30a	Florence Events Center, 715 Quince St
	Respiratory Care: Oxygen to Ventilators	3/25/2020	1:00p–4:30p	Florence Events Center, 715 Quince St
	Dementia 101	4/8/2020	08:30a–11:30a	Florence Events Center, 715 Quince St
	Taking Responsibility in Personal Safety	4/8/2020	1:00p–4:00p	Florence Events Center, 715 Quince St
	Everyone Communicates	4/9/2020	08:30a–12:30p	Florence Events Center, 715 Quince St
<b>Grants Pass</b>	Personal Support Worker Orientation	3/3/2020	08:30a–11:30a	DHS Self Sufficiency, 2101 NW Hawthorne Street, Suite B
	Dementia 101	3/3/2020	1:30p–4:30p	DHS Self Sufficiency, 2101 NW Hawthorne Street, Suite B
	Bathing & Grooming	3/4/2020	08:30a–12:00p	APD Office, 2101 NW Hawthorne St
	Taking Responsibility in Personal Safety	4/10/2020	09:00a–12:00p	APD Office, 2101 NW Hawthorne St
	Stress Management and Relaxation Techniques	4/10/2020	1:30p–4:30p	APD Office, 2101 NW Hawthorne St
<b>Gresham</b>	Diabetes by the Numbers	3/11/2020	1:00p–4:30p	Sheraton Four Points, 1919 NE 181st St
	Heart Healthy	3/12/2020	09:00a–12:00p	WorkSource, 19421 SE Stark St
	Enhanced Certification Day 1	3/17/2020	09:30a–4:30p	Register in iLearnOregon <a href="https://go.usa.gov/xUHGs">https://go.usa.gov/xUHGs</a>
	Enhanced Certification Day 2	3/18/2020	09:30a–4:30p	Register in iLearnOregon <a href="https://go.usa.gov/xUHGs">https://go.usa.gov/xUHGs</a>
	Working Together	3/23/2020	08:30a–11:30a	East County Health Center, 600 NE 8th St



City	Course	Date	Time	Address
Gresham	Stress Management and Relaxation Techniques	3/23/2020	1:00p–4:00p	East County Health Center, 600 NE 8th St
	Enhanced Certification Day 3	3/31/2020	09:30a–4:30p	Register in iLearnOregon <a href="https://go.usa.gov/xUHgs">https://go.usa.gov/xUHgs</a>
	Enhanced Certification Day 4	4/1/2020	09:30a–4:30p	Register in iLearnOregon <a href="https://go.usa.gov/xUHgs">https://go.usa.gov/xUHgs</a>
	Keeping It Professional	4/7/2020	08:30a–12:00p	WorkSource, 19421 SE Stark St
	Nutrition Basics	4/7/2020	1:00p–5:00p	WorkSource, 19421 SE Stark St
	Keeping It Professional	4/10/2020	08:30a–12:00p	East County Health Center, 600 NE 8th St
	Working Together	4/10/2020	1:30p–4:30p	East County Health Center, 600 NE 8th St
	Protect Against Sprains & Strains	4/22/2020	08:30a–12:00p	East County Health Center, 600 NE 8th St
	Grief & Loss	4/22/2020	1:30p–5:00p	East County Health Center, 600 NE 8th St
	Sensory Processing Disorder - Children	4/27/2020	08:30a–11:30a	East County Health Center, 600 NE 8th St
	Everyone Communicates	4/27/2020	12:30p–4:30p	East County Health Center, 600 NE 8th St
	Personal Support Worker Orientation	4/29/2020	08:30a–11:30a	East County Health Center, 600 NE 8th St
	Heart Healthy	4/29/2020	09:00a–12:00p	East County Health Center, 600 NE 8th St
	Medication Safety	4/29/2020	1:30p–4:30p	East County Health Center, 600 NE 8th St
	Substance Abuse Awareness	4/30/2020	08:30a–11:30a	East County Health Center, 600 NE 8th St
	Preventing Disease Transmission	4/30/2020	1:00p–3:00p	East County Health Center, 600 NE 8th St
Hillsboro	Personal Support Worker Orientation	3/6/2020	1:00p–4:00p	DHS APD Office, 5240 NE Elam Young Parkway
	Bathing & Grooming	3/20/2020	08:30a–12:00p	DHS APD Office, 5240 NE Elam Young Parkway
	Substance Abuse Awareness	4/1/2020	09:00a–12:00p	DHS APD Office, 5240 NE Elam Young Parkway
	Working with Challenging Behaviors	4/1/2020	1:30p–4:30p	DHS APD Office, 5240 NE Elam Young Parkway
	Nutrition Basics	4/2/2020	08:30a–12:30p	DHS APD Office, 5240 NE Elam Young Parkway
	Preventing Disease Transmission	4/2/2020	2:00p–4:00p	DHS APD Office, 5240 NE Elam Young Parkway
	Durable Medical Equipment	4/8/2020	09:00a–12:00p	DHS APD Office, 5240 NE Elam Young Parkway
	Introduction to Cultural Competency	4/8/2020	1:30p–4:00p	DHS APD Office, 5240 NE Elam Young Parkway
	Enhanced Certification Day 1	4/9/2020	09:30a–4:30p	Register in iLearnOregon <a href="https://go.usa.gov/xUHgs">https://go.usa.gov/xUHgs</a>

City	Course	Date	Time	Address
<b>Hillsboro</b>	Enhanced Certification Day 2	4/10/2020	09:30a–4:30p	Register in iLearnOregon <a href="https://go.usa.gov/xUHgs">https://go.usa.gov/xUHgs</a>
	Enhanced Certification Day 3	4/23/2020	09:30a–4:30p	Register in iLearnOregon <a href="https://go.usa.gov/xUHgs">https://go.usa.gov/xUHgs</a>
	Enhanced Certification Day 4	4/24/2020	09:30a–4:30p	Register in iLearnOregon <a href="https://go.usa.gov/xUHgs">https://go.usa.gov/xUHgs</a>
<b>John Day</b>	Taking Responsibility in Personal Safety	3/25/2020	1:30p–4:30p	DHS APD Office, 725 W Main Street
	Nutrition Basics	3/26/2020	08:00a–12:00p	DHS APD Office, 725 W Main Street
<b>Klamath Falls</b>	Enhanced Certification Day 1	3/17/2020	09:30a–4:30p	Register in iLearnOregon <a href="https://go.usa.gov/xUHgs">https://go.usa.gov/xUHgs</a>
	Enhanced Certification Day 2	3/18/2020	09:30a–4:30p	Register in iLearnOregon <a href="https://go.usa.gov/xUHgs">https://go.usa.gov/xUHgs</a>
	Nutrition Basics	3/19/2020	08:30a–12:30p	WorkSource, 801 Oak Ave
	Substance Abuse Awareness	3/19/2020	1:30p–4:30p	WorkSource, 801 Oak Ave
	Enhanced Certification Day 3	3/31/2020	09:30a–4:30p	Register in iLearnOregon <a href="https://go.usa.gov/xUHgs">https://go.usa.gov/xUHgs</a>
	Enhanced Certification Day 4	4/1/2020	09:30a–4:30p	Register in iLearnOregon <a href="https://go.usa.gov/xUHgs">https://go.usa.gov/xUHgs</a>
	Personal Support Worker Orientation	4/2/2020	08:30a–11:30a	WorkSource, 801 Oak Ave
	Introduction to Cultural Competency	4/2/2020	1:30p–4:00p	WorkSource, 801 Oak Ave
	Heart Healthy	4/7/2020	08:30a–11:30a	WorkSource, 801 Oak Ave
	Grief & Loss	4/7/2020	1:00p–4:30p	WorkSource, 801 Oak Ave
	Respiratory Care: Oxygen to Ventilators	4/8/2020	08:30a–12:00p	WorkSource, 801 Oak Ave
<b>La Grande</b>	Everyone Communicates	3/10/2020	08:30a–12:30p	Blue Mountain Conference Center, 404 12th St
	Preventing Disease Transmission	3/10/2020	2:00p–4:00p	Blue Mountain Conference Center, 404 12th St
<b>Lebanon</b>	Keeping It Professional	3/10/2020	08:30a–12:00p	Santiam Place, 139 South Main St.
	Working Together	3/10/2020	1:30p–4:30p	Santiam Place, 139 South Main St.
	Bathing & Grooming	4/28/2020	08:30a–12:00p	Santiam Place, 139 South Main St.
	Nutrition Basics	4/28/2020	1:30p–5:30p	Santiam Place, 139 South Main St.
<b>Lincoln City</b>	Protect Against Sprains & Strains	3/11/2020	08:30a–12:00p	Lincoln City Cultural Center, 540 NE Hwy 101
	Preventing Disease Transmission	3/11/2020	1:30p–3:30p	Lincoln City Cultural Center, 540 NE Hwy 101

City	Course	Date	Time	Address
Lincoln City	Dementia 101	3/27/2020	08:30a–11:30a	Lincoln City Cultural Center, 540 NE Hwy 101
	Keeping It Professional	3/27/2020	1:00p–4:30p	Lincoln City Cultural Center, 540 NE Hwy 101
Madras	Respiratory Care: Oxygen to Ventilators	3/12/2020	08:30a–12:00p	Jefferson County Library - Rodriguez Annex, 134 SE E Street
	Preventing Disease Transmission	3/12/2020	1:30p–3:30p	Jefferson County Library - Rodriguez Annex, 134 SE E Street
McMinnville	Personal Support Worker Orientation	3/18/2020	08:30a–11:30a	WorkSource Yamhill Center, 370 NE Norton Ln
	Nutrition Basics	3/18/2020	1:00p–5:00p	WorkSource Yamhill Center, 370 NE Norton Ln
	Helping Caregivers Fight Fraud & Abuse	4/9/2020	1:30p–5:00p	Yamhill County Developmental Disabilities Office, 330 NE Kirby St.
	Bathing & Grooming	4/16/2020	08:30a–12:00p	WorkSource Yamhill Center, 370 NE Norton Ln
	Introduction to Cultural Competency	4/16/2020	1:30p–4:00p	WorkSource Yamhill Center, 370 NE Norton Ln
	Substance Abuse Awareness	4/23/2020	09:00a–12:00p	WorkSource Yamhill Center, 370 NE Norton Ln
	Preventing Disease Transmission	4/23/2020	1:30p–3:30p	WorkSource Yamhill Center, 370 NE Norton Ln
Medford	Enhanced Certification Day 1	3/5/2020	09:30a–4:30p	Register in iLearnOregon <a href="https://go.usa.gov/xUHGs">https://go.usa.gov/xUHGs</a>
	Enhanced Certification Day 2	3/6/2020	09:30a–4:30p	Register in iLearnOregon <a href="https://go.usa.gov/xUHGs">https://go.usa.gov/xUHGs</a>
	Preventing Disease Transmission	3/11/2020	09:00a–11:00a	WorkSource, 119 N Oakdale Ave
	Helping Caregivers Fight Fraud & Abuse	3/12/2020	08:30a–12:00p	Ramada Hotel & Conference Center by Wyndham, 2250 Biddle Road
	End of Life	3/12/2020	1:30p–4:30p	Ramada Hotel & Conference Center by Wyndham, 2250 Biddle Road
	Everyone Communicates	3/13/2020	08:30a–12:30p	WorkSource, 119 N Oakdale Ave
	Sensory Processing Disorder - Adults	3/13/2020	2:00p–5:00p	WorkSource, 119 N Oakdale Ave
	Enhanced Certification Day 3	3/19/2020	09:30a–4:30p	Register in iLearnOregon <a href="https://go.usa.gov/xUHGs">https://go.usa.gov/xUHGs</a>
	Enhanced Certification Day 4	3/20/2020	09:30a–4:30p	Register in iLearnOregon <a href="https://go.usa.gov/xUHGs">https://go.usa.gov/xUHGs</a>
	Substance Abuse Awareness	4/21/2020	09:00a–12:00p	Ramada Hotel & Conference Center by Wyndham, 2250 Biddle Road

City	Course	Date	Time	Address
<b>Medford</b>	Protect Against Sprains & Strains	4/21/2020	1:30p–5:00p	Ramada Hotel & Conference Center by Wyndham, 2250 Biddle Road
	Stress Management and Relaxation Techniques	4/24/2020	08:30a–11:30a	WorkSource, 119 N Oakdale Ave
	Introducation to Cultural Competency	4/24/2020	1:00p–3:30p	WorkSource, 119 N Oakdale Ave
<b>Newberg</b>	Dementia 101	3/31/2020	08:30a–11:30a	Chehalem Park and Recreation District, 125 S. Elliott Rd.
	Preventing Disease Transmission	3/31/2020	1:30p–3:30p	Chehalem Park and Recreation District, 125 S. Elliott Rd.
	Sensory Processing Disorder - Adults	4/14/2020	09:00a–12:00p	Chehalem Park and Recreation District, 125 S. Elliott Rd.
	Caring for Yourself While Caring for Others	4/14/2020	1:30p–4:00p	Chehalem Park and Recreation District, 125 S. Elliott Rd.
<b>Ontario</b>	Personal Support Worker Orientation	3/27/2020	08:30a–11:30a	Lifeways, 702 Sunset Dr
	Bathing & Grooming	3/27/2020	1:15p - 4:45p	Lifeways, 702 Sunset Dr
	Enhanced Certification Day 1	4/14/2020	09:30a–4:30p	Register in iLearnOregon <a href="https://go.usa.gov/xUHGs">https://go.usa.gov/xUHGs</a>
	Enhanced Certification Day 2	4/15/2020	09:30a–4:30p	Register in iLearnOregon <a href="https://go.usa.gov/xUHGs">https://go.usa.gov/xUHGs</a>
	Dementia 101	4/16/2020	09:00a–12:00p	WorkSource, 375 SW 2nd Ave
	Medication Safety	4/16/2020	1:30p–4:30p	WorkSource, 375 SW 2nd Ave
	Enhanced Certification Day 3	4/28/2020	09:30a–4:30p	Register in iLearnOregon <a href="https://go.usa.gov/xUHGs">https://go.usa.gov/xUHGs</a>
	Enhanced Certification Day 4	4/29/2020	09:30a–4:30p	Register in iLearnOregon <a href="https://go.usa.gov/xUHGs">https://go.usa.gov/xUHGs</a>
<b>Pendleton</b>	Substance Abuse Awareness	3/18/2020	08:30a–11:30a	Work Source, 450 Marine Dr
	Working with Challenging Behaviors	3/18/2020	1:00p–4:00p	Work Source, 450 Marine Dr
	Personal Support Worker Orientation	4/8/2020	08:30a–11:30a	DHS APD Office, 1555 Southgate Place
	Sensory Processing Disorder - Children	4/8/2020	1:30p–4:30p	DHS APD Office, 1555 Southgate Place
	Ready, Set, Work	4/9/2020	08:30a–12:30p	Work Source, 450 Marine Dr
	Introducation to Cultural Competency	4/9/2020	2:00p–4:30p	Work Source, 450 Marine Dr
<b>Portland</b>	Working with Challenging Behaviors	3/3/2020	08:30a–11:30a	SMILE Station, 8210 SE 13th Ave
	Bathing & Grooming	3/3/2020	08:30a–12:00p	DHS Conference and Training Center, 11826 Glisan St
	Protect Against Sprains & Strains	3/3/2020	1:00p–4:30p	DHS Conference and Training Center, 11826 Glisan St

City	Course	Date	Time	Address
Portland	Nutrition Basics	3/4/2020	08:30a–12:30p	DHS Conference and Training Center, 11826 Glisan St
	Preventing Disease Transmission	3/4/2020	2:00p–4:00p	DHS Conference and Training Center, 11826 Glisan St
	Personal Support Worker Orientation	3/5/2020	08:30a–11:30a	DHS Conference and Training Center, 11826 Glisan St
	Introducation to Cultural Competency	3/5/2020	1:30p–4:00p	DHS Conference and Training Center, 11826 Glisan St
	Heart Healthy	3/24/2020	08:30a–11:30a	SMILE Station, 8210 SE 13th Ave
	Grief & Loss	3/25/2020	09:30a–1:00p	SMILE Station, 8210 SE 13th Ave
	Protect Against Sprains & Strains	3/25/2020	2:00p–5:30p	SMILE Station, 8210 SE 13th Ave
	Helping Caregivers Fight Fraud & Abuse	4/14/2020	08:30a–12:00p	SMILE Station, 8210 SE 13th Ave
	Dementia 101	4/14/2020	1:30p–4:30p	SMILE Station, 8210 SE 13th Ave
Redmond	Enhanced Certification Day 1	3/17/2020	09:30a–4:30p	Register in iLearnOregon <a href="https://go.usa.gov/xUHGs">https://go.usa.gov/xUHGs</a>
	Enhanced Certification Day 2	3/18/2020	09:30a–4:30p	Register in iLearnOregon <a href="https://go.usa.gov/xUHGs">https://go.usa.gov/xUHGs</a>
	Enhanced Certification Day 3	3/31/2020	09:30a–4:30p	Register in iLearnOregon <a href="https://go.usa.gov/xUHGs">https://go.usa.gov/xUHGs</a>
	Enhanced Certification Day 4	4/1/2020	09:30a–4:30p	Register in iLearnOregon <a href="https://go.usa.gov/xUHGs">https://go.usa.gov/xUHGs</a>
Roseburg	Nutrition Basics	3/11/2020	08:30a–12:30p	WorkSource Douglas, 846 SE Pine Street
	Diversity Awareness - Challenges Facing Lesbian, Gay, Bisexual, Transgender Older Adults	3/11/2020	1:30p–4:30p	WorkSource Douglas, 846 SE Pine Street
	Working with Challenging Behaviors	3/12/2020	09:00a–12:00p	SORB: Southern Oregon Region Brokerage, 2930 NE Stephens St
	Substance Abuse Awareness	3/26/2020	09:00a–12:00p	SORB: Southern Oregon Region Brokerage, 2930 NE Stephens St
	Caring for Yourself While Caring for Others	4/9/2020	09:30a–12:00p	SORB: Southern Oregon Region Brokerage, 2930 NE Stephens St
	Taking Responsibility in Personal Safety	4/22/2020	09:00a–12:00p	WorkSource Douglas, 846 SE Pine Street
	Preventing Disease Transmission	4/22/2020	1:30p–3:30p	WorkSource Douglas, 846 SE Pine Street
	Introducation to Cultural Competency	4/23/2020	09:30a–12:00p	SORB: Southern Oregon Region Brokerage, 2930 NE Stephens St

City	Course	Date	Time	Address
Salem	Personal Support Worker Orientation	3/3/2020	08:30a–11:30a	Day's Inn Black Bear, 1600 Motor Ct NE
	Substance Abuse Awareness	3/5/2020	08:30a–11:30a	Day's Inn Black Bear, 1600 Motor Ct NE
	Everyone Communicates	3/5/2020	1:00p–5:00p	Day's Inn Black Bear, 1600 Motor Ct NE
	Oregon Intervention System Day 1 (PSWs Only)	3/12/2020	09:00a–5:00p	Shangri-La, 4080 Reed Rd S
	Oregon Intervention System Day 2 (PSWs Only)	3/13/2020	09:00a–5:00p	Shangri-La, 4080 Reed Rd S
	Durable Medical Equipment	3/16/2020	08:30a–11:30a	Cherry Avenue Training Center, 3414 Cherry Avenue NE
	Keeping It Professional	3/16/2020	1:00p–4:30p	Cherry Avenue Training Center, 3414 Cherry Avenue NE
	Introducation to Cultural Competency	3/19/2020	09:00a–11:30a	Day's Inn Black Bear, 1600 Motor Ct NE
	Diversity Awareness - Challenges Facing Lesbian, Gay, Bisexual, Transgender Older Adults	3/19/2020	1:00p–4:00p	Day's Inn Black Bear, 1600 Motor Ct NE
	Helping Caregivers Fight Fraud & Abuse	3/26/2020	08:30a–12:00p	Day's Inn Black Bear, 1600 Motor Ct NE
	Oregon Intervention System Day 1 (PSWs Only)	3/26/2020	09:00a–5:00p	Shangri-La, 4080 Reed Rd S
	Ready, Set, Work	3/27/2020	08:30a–12:30p	Cherry Avenue Training Center, 3414 Cherry Avenue NE
	Oregon Intervention System Day 2 (PSWs Only)	3/27/2020	09:00a–5:00p	Shangri-La, 4080 Reed Rd S
	Preventing Disease Transmission	3/27/2020	2:00p–4:00p	Cherry Avenue Training Center, 3414 Cherry Avenue NE
	Stress Management and Relaxation Techniques	4/9/2020	09:00a–12:00p	Cherry Avenue Training Center, 3414 Cherry Avenue NE
	Oregon Intervention System Day 1 (PSWs Only)	4/9/2020	09:00a–5:00p	Shangri-La, 4080 Reed Rd S
	Oregon Intervention System Day 2 (PSWs Only)	4/10/2020	09:00a–5:00p	Shangri-La, 4080 Reed Rd S
	Diabetes by the Numbers	4/14/2020	08:30a–12:00p	Day's Inn Black Bear, 1600 Motor Ct NE
	Enhanced Certification Day 1	4/15/2020	09:30a–4:30p	Register in iLearnOregon <a href="https://go.usa.gov/xUHgs">https://go.usa.gov/xUHgs</a>
	Enhanced Certification Day 2	4/16/2020	09:30a–4:30p	Register in iLearnOregon <a href="https://go.usa.gov/xUHgs">https://go.usa.gov/xUHgs</a>
Protect Against Sprains & Strains	4/17/2020	08:30a–12:00p	Cherry Avenue Training Center, 3414 Cherry Avenue NE	

City	Course	Date	Time	Address
Salem	Taking Responsibility in Personal Safety	4/17/2020	1:30p–4:30p	Cherry Avenue Training Center, 3414 Cherry Avenue NE
	Sensory Processing Disorder - Children	4/20/2020	08:30a–11:30a	Cherry Avenue Training Center, 3414 Cherry Avenue NE
	Nutrition Basics	4/20/2020	1:00p–5:00p	Cherry Avenue Training Center, 3414 Cherry Avenue NE
	Heart Healthy	4/21/2020	08:30a–11:30a	Day's Inn Black Bear, 1600 Motor Ct NE
	Helping Caregivers Fight Fraud & Abuse	4/23/2020	08:30a–12:00p	Day's Inn Black Bear, 1600 Motor Ct NE
	Oregon Intervention System Day 1 (PSWs Only)	4/23/2020	09:00a–5:00p	Shangri-La, 4080 Reed Rd S
	Oregon Intervention System Day 2 (PSWs Only)	4/24/2020	09:00a–5:00p	Shangri-La, 4080 Reed Rd S
	Personal Support Worker Orientation	4/28/2020	08:30a–11:30a	Day's Inn Black Bear, 1600 Motor Ct NE
	Enhanced Certification Day 3	4/29/2020	09:30a–4:30p	Register in iLearnOregon <a href="https://go.usa.gov/xUHGs">https://go.usa.gov/xUHGs</a>
	Enhanced Certification Day 4	4/30/2020	09:30a–4:30p	Register in iLearnOregon <a href="https://go.usa.gov/xUHGs">https://go.usa.gov/xUHGs</a>
St. Helens	Stress Management and Relaxation Techniques	3/2/2020	08:30a–11:30a	DHS Child Welfare, 500 N Hwy 30, Suite 220
	Nutrition Basics	3/2/2020	12:30p–4:30p	DHS Child Welfare, 500 N Hwy 30, Suite 221
	Diversity Awareness - Challenges Facing Lesbian, Gay, Bisexual, Transgender Older Adults	4/1/2020	08:30a–11:30a	DHS Child Welfare, 500 N Hwy 30, Suite 222
	Protect Against Sprains & Strains	4/1/2020	1:00p–4:30p	DHS Child Welfare, 500 N Hwy 30, Suite 223
	Personal Support Worker Orientation	4/29/2020	08:30a–11:30a	CCMH Creekside Campus, 58646 McNulty Way
The Dalles	Personal Support Worker Orientation	3/17/2020	08:30a–11:30a	DHS - Child Welfare, 700 Union Street, Suite 229
	Bathing & Grooming	3/17/2020	1:00p–4:30p	DHS - Child Welfare, 700 Union Street, Suite 230
	Keeping It Professional	3/19/2020	1:00p–4:30p	DHS APD Office, 3641 Klindt Drive
	Dementia 101	4/10/2020	1:30p–4:30p	DHS APD Office, 3641 Klindt Drive
Tillamook	Dementia 101	3/24/2020	08:30a–11:30a	Airport FBO, 5005 Hwy 101 South
	End of Life	3/24/2020	1:00p–4:00p	Airport FBO, 5005 Hwy 101 South

City	Course	Date	Time	Address
Tillamook	Introduction to Cultural Competency	4/16/2020	1:00p–3:30p	Airport FBO, 5005 Hwy 101 South
	Working with Challenging Behaviors	4/28/2020	10:00a–1:00p	Airport FBO, 5005 Hwy 101 South
	Personal Support Worker Orientation	4/30/2020	08:30a–11:30a	Tillamook Family Counseling Center, 906 Main Avenue
Woodburn	Caring for Yourself While Caring for Others	3/17/2020	09:00a–11:30a	DHS Training Center, 120 E. Lincoln Street
	Dementia 101	3/17/2020	1:00p–4:00p	DHS Training Center, 120 E. Lincoln Street



“If you’re not making someone else’s life better, then you’re wasting your time. Your life will become better by making other lives better.”  
 ~ Will Smith, actor



## March

SUN	MON	TUE	WED
1	<b>2</b> <b>St. Helens</b> SMART 08:30a–11:30a NB 12:30p–4:30p	<b>3</b> <b>Brookings</b> DEM101 08:30a–11:30a TRIPS 1:00p–4:00p <b>Eugene/Springfield</b> COMP 1 5:30p–8:30p <b>Grants Pass</b> PSW-0 08:30a–11:30a DEM101 1:30p–4:30p <b>Portland</b> CB 08:30a–11:30a B&G 08:30a–12:00p PASS 1:00p–4:30p CB-RUS 5:00p–8:00p <b>Salem</b> PSW-0 08:30a–11:30a	<b>4</b> <b>Albany</b> RSW 08:30a–12:30p SPD-A 1:00p–4:00p <b>Coos Bay/North Bend</b> LGBT 09:00a–12:00p MedS 1:30p–4:30p <b>Eugene/Springfield</b> PSW-0 5:30p–8:30p <b>Grants Pass</b> B&G 08:30a–12:00p <b>Portland</b> NB 08:30a–12:30p PDT 2:00p–4:00p F&A-RUS 2:00p–5:30p
8	<b>9</b>         	<b>10</b> <b>Bend</b> SMART 08:30a–11:30a LGBT 1:00p–4:00p <b>La Grande</b> EC 08:30a–12:30p PDT 2:00p–4:00p <b>Lebanon</b> KIP 08:30a–12:00p WT 1:30p–4:30p <b>Salem</b> B&G-RUS 08:30a–12:00p CB-RUS 1:30p–4:30p	<b>11</b> <b>Bend</b> DEM101 08:30a–11:30a PDT 1:00p–3:00p <b>Enterprise</b> B&G 08:30a–12:00p SAA 1:30p–4:30p <b>Eugene/Springfield</b> ENH-1 09:30a–10:30a <b>Gresham</b> DBN 1:00p–4:30p <b>Lincoln City</b> PASS 08:30a–12:00p PDT 1:30p–3:30p <b>Medford</b> PDT 09:00a–11:00a <b>Roseburg</b> NB 08:30a–12:30p LGBT 1:30p–4:30p
15	<b>16</b> <b>Salem</b> DME 08:30a–11:30a KIP 1:00p–4:30p	<b>17</b> <b>Florence</b> LGBT 08:30a–11:30a SMART 1:00p–4:00p <b>Gresham</b> ENH-1 09:30a–4:30p <b>Klamath Falls</b> ENH-1 09:30a–4:30p <b>Redmond</b> ENH-1 09:30a–4:30p <b>The Dalles</b> PSW-0 08:30a–11:30a B&G 1:00p–4:30p <b>Woodburn</b> C4Y 09:00a–11:30a	<b>18</b> <b>Eugene/Springfield</b> ICC 5:30p–8:00p <b>Florence</b> SPD-A 08:30a–11:30a <b>Gresham</b> ENH-2 09:30a–4:30p <b>Klamath Falls</b> ENH-2 09:30a–4:30p <b>McMinnville</b> PSW-0 08:30a–11:30a NB 1:00p–5:00p <b>Pendleton</b> SAA 08:30a–11:30a CB 1:00p–4:00p <b>Redmond</b> ENH-2 09:30a–4:30p
22	<b>23</b>         	<b>24</b>         	<b>25</b>         
29	<b>30</b>         	<b>31</b>         	

## March

THU	FRI	SAT
<p>5</p> <p><b>Coos Bay/North Bend</b> DEM101 09:00a–12:00p</p> <p><b>Eugene/Springfield</b> LGBT 09:00a–12:00p CB 1:30p–4:30p</p> <p><b>Medford</b> ENH-1 09:30a–10:30a</p>	<p>6</p> <p><b>Albany</b> COMP 1 09:00a–12:00p TRIPS 1:30p–4:30p</p> <p><b>Eugene/Springfield</b> PASS 08:30a–12:00p TRIPS 1:30p–4:30p</p> <p><b>Hillsboro</b> PSW-O 1:00p–4:00p</p>	<p>7</p> <p><b>Portland</b> B&amp;G-MAI 09:00a–12:30p</p>
<p>12</p> <p><b>Eugene/Springfield</b> ENH-2 09:30a–10:30a</p> <p><b>Gresham</b> HH 09:00a–12:00p</p> <p><b>Madras</b> RC 08:30a–12:00p PDT 1:30p–3:30p</p>	<p>13</p> <p><b>Clackamas</b> DEM101 08:30a–11:30a</p> <p><b>Hillsboro</b> WT-SPN 08:30a–11:30a B&amp;G-SPN 1:00p–4:30p</p>	<p>14</p> <p><b>Medford</b> EC 08:30a–12:30p SPD-A 2:00p–5:00p</p> <p><b>Salem</b> OIS-G 2 09:00a–5:00p</p>
<p>19</p> <p><b>Klamath Falls</b> NB 08:30a–12:30p SAA 1:30p–4:30p</p> <p><b>Medford</b> ENH-3 09:30a–4:30p</p>	<p>20</p> <p><b>Albany</b> ICC 1:30p–4:00p</p> <p><b>Hillsboro</b> B&amp;G 08:30a–12:00p</p>	<p>21</p> <p><b>Portland</b> CB-MAI 5:00p–8:00p</p>
<p>26</p> <p><b>Eugene/Springfield</b> ENH-3 09:30a–4:30p</p> <p><b>John Day</b> NB 08:00a–12:00p</p> <p><b>Portland</b> TRIPS-RUS 5:00p–8:00p</p>	<p>27</p> <p><b>Clackamas</b> ICC 09:30a–12:00p</p> <p><b>Eugene/Springfield</b> ENH-4 09:30a–4:30p</p> <p><b>Lincoln City</b> DEM101 08:30a–11:30a KIP 1:00p–4:30p</p>	<p>28</p> <p><b>Ontario</b> PSW-O 08:30a–11:30a B&amp;G 1:15p - 4:45p</p> <p><b>Portland</b> PASS-ARA 4:00p–7:30p</p> <p><b>Salem</b> RSW 08:30a–12:30p OIS-G 2 09:00a–5:00p PDT 2:00p–4:00p</p>



## April

SUN	MON	TUE	WED
5	6 <b>Eugene/ Springfield</b> DEM101 5:30p–8:30p	7 <b>Albany</b> EC 08:30a–12:30p DME 2:00p–5:00p <b>Eugene/Springfield</b> KIP-SPN 08:30a–12:00p WT-SPN 1:30p–4:30p SMART 5:30p–8:30p	<b>Gresham</b> KIP 08:30a–12:00p NB 1:00p–5:00p <b>Klamath Falls</b> HH 08:30a–11:30a G&L 1:00p–4:30p <b>Portland</b> PDT-RUS 5:00p–7:00
12	13 <b>Gresham</b> DEM101-VIET 08:30a–11:30a SPD-C-VIET 1:00p–4:00p	14 <b>Newberg</b> SPD-A 09:00a–12:00p C4Y 1:30p–4:00p <b>Ontario</b> ENH-1 09:30a–4:30p	15 <b>Albany</b> PASS 08:30a–12:00p TRIPS 1:30p–4:30p <b>Astoria</b> KIP 08:30a–12:00p CB 1:30p–4:30p <b>Clackamas</b> COMP 1 10:00a–1:00p PASS 2:30p–6:00p
19	20 <b>Salem</b> SPD-C 08:30a–11:30a NB 1:00p–5:00p	21 Medford SAA 09:00a–12:00p PASS 1:30p–5:00p	22 <b>Bend</b> CB 08:30a–11:30a PSW-O 1:00p–4:00p <b>Brookings</b> ENH-1 09:30a–4:30p
26	27 <b>Gresham</b> SPD-C 08:30a–11:30a EC 12:30p–4:30p	28 <b>Clackamas</b> PSW-O 08:30a–11:30a RSW 1:30p–5:30p <b>Coos Bay/North Bend</b> RC 08:30a–12:00p HH 1:30p–4:30p <b>Eugene/Springfield</b> KIP 08:30a–12:00p WT 1:30p–4:30p	29 <b>Lebanon</b> B&G 08:30a–12:00p NB 1:30p–5:30p <b>Ontario</b> ENH-3 09:30a–4:30p <b>Salem</b> PSW-O 08:30a–11:30a <b>Tillamook</b> CB 10:00a–1:00p
			1 <b>Eugene/Springfield</b> RSW 08:30a–12:30p <b>Gresham</b> ENH-4 09:30a–4:30p <b>Hillsboro</b> SAA 09:00a–12:00p CB 1:30p–4:30p
			8 <b>Florence</b> DEM101 08:30a–11:30a TRIPS 1:00p–4:00p <b>Hillsboro</b> DME 09:00a–12:00p ICC 1:30p–4:00p
			<b>Klamath Falls</b> ENH-4 09:30a–4:30p <b>Redmond</b> ENH-4 09:30a–4:30p <b>St. Helens</b> LGBT 08:30a–11:30a PASS 1:00p–4:30p
			<b>Klamath Falls</b> RC 08:30a–12:00p <b>Pendleton</b> PSW-O 08:30a–11:30a SPD-C 1:30p–4:30p <b>Portland</b> KIP-RUS 5:00p–8:30p
			<b>Eugene/Springfield</b> SPD-A 5:30p–8:30p <b>Ontario</b> ENH-2 09:30a–4:30p <b>Portland</b> SMART-RUS 2:00p–5:00p <b>Salem</b> ENH-1 09:30a–4:30p
			<b>Gresham</b> PASS 08:30a–12:00p G&L 1:30p–5:00p <b>Roseburg</b> TRIPS 09:00a–12:00p PDT 1:30p–3:30p
			29 <b>Albany</b> SAA 08:30a–11:30a SMART 1:00p–4:00p <b>Clackamas</b> SAA 1:30p–4:30p <b>Coos Bay/North Bend</b> LGBT 09:00a–12:00p SMART 1:30p–4:30p <b>Eugene/Springfield</b> EOL 08:30a–11:30a G&L 1:00p–4:30p LGBT 5:30p–8:30p
			<b>Gresham</b> PSW-O 08:30a–11:30a HH 09:00a–12:00p MedS 1:30p–4:30p <b>Ontario</b> ENH-4 09:30a–4:30p <b>Salem</b> ENH-3 09:30a–4:30p <b>St. Helens</b> PSW-O 08:30a–11:30a

THU	FRI	SAT	
<p>2</p> <p><b>Hillsboro</b> NB 08:30a–12:30p PDT 2:00p–4:00p</p> <p><b>Klamath Falls</b> PSW-O 08:30a–11:30a ICC 1:30p–4:00p</p>	<p>3</p> <p><b>Albany</b> B&amp;G 1:30p–5:00p</p> <p><b>Portland</b> HH-SOM 5:30p–8:30p</p>	4	
<p>9</p> <p><b>Florence</b> EC 08:30a–12:30p</p> <p><b>Hillsboro</b> ENH-1 09:30a–4:30p</p> <p><b>McMinnville</b> F&amp;A 1:30p–5:00p</p>	<p><b>Pendleton</b> RSW 08:30a–12:30p ICC 2:00p–4:30p</p> <p><b>Roseburg</b> C4Y 09:30a–12:00p</p> <p><b>Salem</b> SMART 09:00a–12:00p OIS-G 1 09:00a–5:00p</p>	<p>10</p> <p><b>Grants Pass</b> TRIPS 09:00a–12:00p SMART 1:30p–4:30p</p> <p><b>Gresham</b> KIP 08:30a–12:00p WT 1:30p–4:30p</p>	<p>11</p> <p><b>Hillsboro</b> ENH-2 09:30a–4:30p</p> <p><b>Salem</b> OIS-G 2 09:00a–5:00p</p> <p><b>The Dalles</b> DEM101 1:30p–4:30p</p>
<p>16</p> <p><b>Clackamas</b> NB 1:00p–5:00p</p> <p><b>Eugene/Springfield</b> HH 08:30a–11:30a DBN 1:00p–4:30p</p> <p><b>McMinnville</b> B&amp;G 08:30a–12:00p ICC 1:30p–4:00p</p>	<p><b>Ontario</b> DEM101 09:00a–12:00p MedS 1:30p–4:30p</p> <p><b>Salem</b> ENH-2 09:30a–4:30p</p> <p><b>Tillamook</b> ICC 1:00p–3:30p</p>	<p>17</p> <p><b>Portland</b> B&amp;G-ARA 4:00p–7:30p</p> <p><b>Salem</b> PASS 08:30a–12:00p TRIPS 1:30p–4:30p</p>	<p>18</p> <p><b>Woodburn</b> SAA-SPN 08:30a–11:30a CB-SPN 1:00p–4:00p</p>
<p>23</p> <p><b>Brookings</b> ENH-2 09:30a–4:30p</p> <p><b>Hillsboro</b> ENH-3 09:30a–4:30p</p> <p><b>McMinnville</b> SAA 09:00a–12:00p PDT 1:30p–3:30p</p>	<p><b>Portland</b> SAA-RUS 5:00p–8:00p</p> <p><b>Roseburg</b> ICC 09:30a–12:00p</p> <p><b>Salem</b> F&amp;A 08:30a–12:00p OIS-G 1 09:00a–5:00p</p>	<p>24</p> <p><b>Brookings</b> CB 09:00a–12:00p LGBT 1:30p–4:30p</p> <p><b>Gresham</b> PASS-SPN 08:30a–12:00p SAA-SPN 1:30p–4:30p</p> <p><b>Hillsboro</b> ENH-4 09:30a–4:30p</p>	<p>25</p> <p><b>Medford</b> SMART 08:30a–11:30a ICC 1:00p–3:30p</p> <p><b>Portland</b> WT-RUS 2:00p–5:00p</p> <p><b>Salem</b> OIS-G 2 09:00a–5:00p</p>
<p>30</p> <p><b>Gresham</b> SAA 08:30a–11:30a PDT 1:00p–3:00p</p> <p><b>Salem</b> ENH-4 09:30a–4:30p</p> <p><b>Tillamook</b> PSW-O 08:30a–11:30a</p>			



# Certifications

OHCC offers a number of certifications for HCWs and PSWs to develop their skills for a career in in-home services. For more information about OHCC certifications visit our [website!](#)

## Professional Development Certification

Professional Development Certification (PDC) for HCWs and PSWs seeks to acknowledge the continued skill development and services as providers work in the career of in-homecare. Providers who complete the requirements, receive a 2-year certification with a \$0.50 wage differential over the base rate. Below are the requirements for a provider to achieve the PDC. Providers renewing their PDC have the same requirements (except the application) that can be completed in the 12 months before expiration. Please note the effective dates for some of the courses in the Course Description section as courses may only be used for PDC credit AFTER those dates.

Courses Requirements		Other Requirements
<b>Cores:</b> Complete all three	<ul style="list-style-type: none"> <li>Helping Caregivers Fight Fraud &amp; Abuse (F&amp;A)</li> <li>Keeping It Professional (KIP)</li> <li>Working Together (WT)</li> </ul>	Complete assessments for courses taken – with a score of 80% or more
<b>Safety-Type:</b> Complete 5 hours	<ul style="list-style-type: none"> <li>Medications Safety (MedS)</li> <li>Preventing Disease Transmission (PDT)</li> <li>Protect Against Sprains &amp; Strains (PASS)</li> <li>Substance Abuse Awareness (SAA)</li> <li>Taking Responsibility in Personal Safety (TRIPS)</li> </ul>	Have a current CPR/1st Aid certification with a demonstration of skills  Have a No-Show Rate of 20% or less
<b>Electives:</b> Complete 5 hours	<ul style="list-style-type: none"> <li>Bathing &amp; Grooming (B&amp;G)</li> <li>Caring for Yourself While Caring for Others (C4Y)</li> <li>Dementia 101 (Dem101)</li> <li>Diabetes by the Numbers (DBN)</li> <li>Diversity Awareness: Challenges Facing LGBTQ Older Adults (LGBT)</li> <li>End of Life (EoL)</li> <li>Everyone Communicates (EC)</li> <li>Heart Healthy (HH)</li> <li>Grief &amp; Loss (G&amp;L)</li> <li>Introduction to Cultural Competency (ICC)</li> <li>Nutrition Basics (NB)</li> <li>Respiratory Care (RC)</li> <li>Sensory Processing Disorder – Adults (SPD-A)</li> <li>Sensory Processing Disorder – Children (SPD-C)</li> <li>Stress Management and Relaxation Techniques (SMART)</li> <li>Working with Challenging Behaviors (CB)</li> </ul>	<b>Equivalencies:</b> <ul style="list-style-type: none"> <li>A current Oregon CNA, LPN, or RN will cover Safety-Type and Elective course hours for an INITIAL application</li> <li>Completed COMPASS meets 5 hours of Safety Type courses</li> <li>MHFA meets 5 hours of Safety Type and 3 hours of Elective courses</li> </ul> Apply by submitting an application to OHCC



## Enhanced Certification

Are you interested in being certified as an Enhanced Worker? The Enhanced Worker Certification includes up to 25 hours of course work and out-of-class material that requires access to the internet. The certification will allow providers the opportunity to earn \$1.00 above base rate pay for any consumer-employer pre-approved for enhanced needs.

To qualify for the Enhanced Certification:

- Take the required readiness assessment any time, day or night, 24/7 - [Enhanced Readiness Assessment](#)
- Have a No-Show Rate of 20% or less
- Have a current CPR/1st Aid certification with a demonstration of skills
- Complete and submit the Enhanced Certification Application
- Attend all four days of the training

If interested, or if you have any questions, send an email to [Certifications.OHCC@dhsosha.state.or.us](mailto:Certifications.OHCC@dhsosha.state.or.us) Please include the word 'Enhanced' in the subject line.

## PSW Exceptional Certification

This PSW certification will allow the PSW to earn \$3.00 above the base rate for pre-approved consumer-employers who qualify for advanced medically or behaviorally driven services and supports.

PSWs seeking the Exceptional Certification will have to meet prerequisites of Enhanced Certification and OIS.

## CPR/First Aid Certification

You may qualify for OHCC to cover the cost of CPR/First Aid training! To be eligible, a HCW or PSW must have:

- Completed OHCC courses:
  - » For your first approval - any two (2) OHCC courses
  - » Approvals AFTER the first - any four (4) OHCC courses since your last approval
- Worked paid provider hours in the current month or three (3) months prior to approval
- A No-Show Rate of 20% or less
- Email [Training.OHCC@dhsosha.state.or.us](mailto:Training.OHCC@dhsosha.state.or.us)

## Job Coach



Sometimes when a person with an intellectual or developmental disability (I/DD) starts a new community job, they might need additional support. A personal support worker Job Coach can then support the individual at their job.

Interested in becoming a job coach?

- Enroll as a PSW Job Coach by visiting a Community Developmental Disability Program (CDDP) or brokerage.
- Complete the online Core Competencies Supported Employment modules in iLearnOregon.
- Email your completion records to [EmploymentTraining.Review@dhsosha.state.or.us](mailto:EmploymentTraining.Review@dhsosha.state.or.us)
- Once certified, complete 12 hours of Continued Education Credits annually.
  - » ODDS's Employment First team launched a podcast series in 2019. The podcasts are discussions with various state experts, as well as developmental disabilities' field staff, employers, people with disabilities, family members, and more.
  - » The podcasts are 15 to 20 minutes in length. Topics range from Behavior Support Services to an Employer's Perspective on Hiring People with Disabilities.
  - » ODDS recently approved that the podcasts count toward the 12 hours of annual Continuing Education Credits required for all Employment Professionals, including Personal Support Worker (PSW) Job Coaches. Listening to four podcasts will count toward one Continuing Education Credit (CEC).
  - » Use [Form 2596](#) from the form server to receive credit for the podcast.



## Resources

Check out the information in this section for useful resources to help you succeed as a HCW or PSW.

### The Registry

The Registry compares consumer-employers' information with information from available HCWs and PSWs helps to match those in the same community.

- Looking for work? Check the “Help Wanted” section to help match with consumer-employers who are looking for a provider.
- An updated profile demonstrates professionalism and attention to your career to potential consumer-employers.
- Take the time to check your phone number and your email address on the Registry. This will help individuals with getting in contact with you.
  - » Is your phone number current?
  - » Is your email address the one you use most often?
  - » Are they correct – free of typos or incorrect spacing?

### Employer Resource Connection

The Employer Resource Connection (ERC) program helps consumer-employers, representatives, common-law employers, employers of record, and proxies manage in-home services. Working with a local consultant, they learn valuable skills such as how to hire, create and maintain professional boundaries with their workers, and much more!

Starting January 1, 2020, ERC service areas and consultants will change. Please refer to our website if your consumer-employer would like to receive these FREE services!

If your consumer-employer wishes to have more information, they can email [OHCC.ERC@dhsola.state.or.us](mailto:OHCC.ERC@dhsola.state.or.us), call at 1.877.867.0077, or visit us on the [web](#).

## We are recruiting for committee members!

### Intellectual Developmental Disability and Mental Health Committee

#### Committee Responsibilities

The committee provides information and makes recommendations to the Commission on:

- Improving the quality of services available to persons experiencing Intellectual/ Developmental Disabilities or Mental illness and the family members of persons with developmental disabilities or mental illnesses;
- Ensuring that an adequate amount of services are available to persons with developmental disabilities or mental illnesses and family members of persons with developmental disabilities or mental illnesses

**Interested? Contact Yetu Dumbia by email at [DD-MH.OHCC@state.or.us](mailto:DD-MH.OHCC@state.or.us) or 503.378.2661**

### Orientations

Have you joined us for an orientation yet?

- [Homecare Worker Orientations](#)
- [Personal Support Worker and eXPRS Orientations](#)



## ProTips

### Phone + Email

If you'd like to be able to be contacted by a consumer-employer while you are looking for work, make sure to have your information as up to date a possible and free from errors.

## Traditional Health Worker

The term Traditional Health Worker (THW) is an umbrella term for the five types of workers—Doula, Peer Support Specialist, Peer Wellness Specialist, Personal Health Navigator, and Community Health Workers.

In 2011, OHCC was charged with certifying HCWs and PSWs who desire to become community health workers and personal health navigators.

- Community Health Worker is a frontline public health worker who is a trusted member of his/her community and/or has an unusually close understanding of the community served.
- A Personal Health Navigator is an individual who provides information, assistance, tools and support to enable the individual to make the best health care decisions.

OHCC offers a 96 hour Community Health Worker training. If you would like to know more, please contact Yetu Dumbia at [OHCC.CHW@dhsosha.state.or.us](mailto:OHCC.CHW@dhsosha.state.or.us) or call 877.880.8071, and press option 1 for more information.

## Supplemental & Benefits Trust

Eligible homecare and personal support workers can now access the VSP Choice Network to help pay for annual eye exams, glasses, and more! This change means fewer upfront expenses and no waiting for reimbursement for most services when you go to a vision provider in the VSP Choice Network. NOTE: Not all providers and retailers are in the VSP Choice Network. Visit [vsp.com/eye-doctor](http://vsp.com/eye-doctor) to find a provider in your area.

Visit [orhomecaretrust.org/benefits](http://orhomecaretrust.org/benefits) to learn more or call Ameritas at 1-800-255-4931.

## Oregon Intervention System (OIS)

Oregon Intervention System (OIS) is Oregon's system of training and implementing the principles of Positive Behavior Support and Intervention for people who support adults and children with Intellectual/Developmental Disabilities who may display challenging behaviors. This training is offered for PSWs who provide in-home supports through the Oregon Home Care Commission. Please submit a request form to [Certifications.OHCC@dhsosha.state.or.us](mailto:Certifications.OHCC@dhsosha.state.or.us)



## Adult Foster Care & Guests

APD-Adult Foster Home providers & their staff may now attend OHCC training courses at no cost.

- Email or call the OHCC Training Unit at:
  - » [Training.OHCC@dhsosha.state.or.us](mailto:Training.OHCC@dhsosha.state.or.us)
  - » 877.867.0077, option 3
- Please have the following information available:
  - » Name of the APD-AFH provider & AFH staff who will be attending
  - » Provider number
  - » Return phone number
  - » Class, time, date and city of the training

## Guest Attendance

Not a HCW, PSW, consumer-employer, or APD-Adult Foster Home provider but still interested in attending a OHCC training? Great news - you can!

- Register with OHCC at least 14 days before class
- Email or call the OHCC Training Unit at:
  - » [Training.OHCC@dhsosha.state.or.us](mailto:Training.OHCC@dhsosha.state.or.us)
  - » 877.867.0077, option 3
- A cost of \$15 per class hour must be paid prior to attending.



## Contact OHCC

550 Capitol Street NE

Basement Floor

Salem, Oregon 97301

Toll Free: 877.867.0077

Email: [Training.OHCC@dhsosha.state.or.us](mailto:Training.OHCC@dhsosha.state.or.us)

# Elevate

Your career path through quality training



### **Oregon Home Commission is on Facebook**

To connect with Oregon Home Care Commission, sign up for Facebook today.

<https://www.facebook.com/OregonHomeCareCommission?ref=hl>

You can get this document in other languages, large print, braille or a format you prefer.  
Contact OHCC at 877.8670077 or email [Training.OHCC@dhsosha.state.or.us](mailto:Training.OHCC@dhsosha.state.or.us).