

# Elevate

Your career path through quality training



## Courses

Oregon Home Care Commission (OHCC) is currently not holding in-person classes. This is to maintain the physical distancing guidelines to help stop the spread of the coronavirus. No classes will be held until further notice.



## Important Information

A lot has been happening over the last few months. Use this section to see how OHCC is making changes to continue to serve the people we support in these very unique times.

For one, OHCC has a Health and Safety webpage for easy access to information for you and your consumer-employer.



**October - December 2020**



## 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.



## ProTips

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

**ProTip – Skip directly to a section by clicking on the icon!**



## Resources

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



# Important Information

The Oregon Department of Human Services is committed to protecting the health and well-being of the people we serve - consumer-employers, homecare and personal support workers - as well as our staff. It's central to our mission. We're doing our part to slow the spread of Coronavirus by acting on guidance from our Governor to limit exposure through physical distancing measures.

To support the health of our community, the Oregon Home Care Commission (OHCC) will not be holding in-person training courses effective Friday, March 13, 2020. The Governor's Executive Order and physical distancing are still in place at the time of this writing and in-person trainings will not be held until further notice.

We appreciate your understanding and support as we navigate this public health experience together.

Get the latest information on the Oregon Health Authority's Coronavirus website: <https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/DISEASESAZ/Pages/emerging-respiratory-infections.aspx>.

## OHCC's Health and Safety Webpage

Your go-to site for information and resources to help you and those you serve stay safe and promote your health!

- Fact sheets about COVID-19;
- Frequently Asked Questions on how best to provide supports during COVID-19 pandemic;
- Handwashing videos and guides from the Center for Disease Control and Prevention (CDC);

- Infection control self-studies about standard precautions and protecting yourself and others from infectious diseases;
- A how-to on the proper way to put on and take off Personal Protective Equipment (PPE);
- Information on how to file a workers' compensation claim; and,
- Safety Manual for Homecare and Personal Support Workers

Many listed resources are available in multiple languages.

Please visit it often for up-to-date information and resources: <https://www.oregon.gov/DHS/SENIORS-DISABILITIES/HCC/PSW-HCW/Pages/Health-Safety.aspx>

## Carewell - New Worker Orientation

Carewell SEIU 503 Training launched Online Orientation for new homecare and personal support workers across the state of Oregon on May 26th. The training is designed to help new care providers meet their training requirements while maintaining social distancing. Instead of waiting for in-person orientations to be available again, new workers can go online to complete the 4-hour training.

If you are a new worker needing to access the Online Orientation, you can go to [seiu503training.org](http://seiu503training.org) and click "Register for Online Orientation" at the top of the screen to get started. After filling in the required information, you will be directed to the online modules. You can complete the training in multiple sittings and your progress is saved along the way.

Carewell SEIU 503 Training is a partnership between the State of Oregon and SEIU 503, and is part of the larger Carewell SEIU 503 family of benefits. Carewell Training will be piloting more in-person and online trainings for care providers in the months to come. Stay tuned for more information by visiting the website [seiu503training.org](http://seiu503training.org)



## ProTips



Be sure to follow OHCC on Facebook to see regular updates and happenings.



## OHCC Classes During Physical Distancing

In order to meet the training needs of HCWs and PSWs across the state during this time of physical distancing, OHCC is offering the following courses using GoToTraining webinars. They are available from your home computer or smart mobile device. **Check the Registry often for available sessions.**

### Core Courses

**Keeping It Professional (KIP), Helping Caregivers Fight Fraud & Abuse (F&A), and Working Together (WT)** available as on-demand courses in iLearnOregon. They will also be offered as webinars through the end of the year.

### Safety Courses

**Driver's Safety (DS)** a new webinar course. Improve safe driving skills and reduce your risks while driving on the job.

**National COVID-Ready Caregiver Certification** online course offered by NextStep, an online educator for healthcare providers. This course is offered as on-demand.

**Preventing Disease Transmission (PDT)** as a webinar course. Updated to include COVID-19 information.

### Elective Courses

**Dementia 101 (DEM101)** now offered as a webinar, an introduction to supporting individuals experiencing dementia.

**Introduction to Cultural Competency (ICC)** a highly participatory webinar introducing the topic.

**Sensory Processing Disorder – Adults (SPD-A)** webinar training focusing on supporting individuals experiencing sensory processing disorder.



### Additional information for OHCC Courses:

- Workers may be eligible for a stipend for completing this course. Review page 6 of the OHCC Training Newsletter for the criteria
- Webinars may count toward your Professional Development Certification. Review the PDC web page for details: <https://www.oregon.gov/DHS/SENIORS-DISABILITIES/HCC/PSW-HCW/Pages/Professional-Development-Certification.aspx>.
- Check the Registry for webinar training options.
- The OHCC currently offers three online courses available on iLearnOregon: Keeping it Professional, Helping Caregivers Fight Fraud and Abuse, and Working Together. Information on how to register for iLearn is available on the OHCC online training web page: <https://www.oregon.gov/DHS/SENIORS-DISABILITIES/HCC/PSW-HCW/Pages/Online-Training.aspx>
- If you have any questions or concerns, please email [Training.OHCC@dhsosha.state.or.us](mailto:Training.OHCC@dhsosha.state.or.us)

### How to register for OHCC Webinars:

1. Create a profile on the OHCC Registry. Instructions on how to create your profile: <https://sharedsystems.dhsosha.state.or.us/DHSForms/Served/de2820.pdf>.
2. Register for the training on the Registry, following the same process you use to register for in-person courses. It's important that your email address in the Registry is current so you get the notice.
3. OHCC will email you instructions on how to enroll with the online courses. Emails will be sent during normal business hours.



## ProTips

Show off your professional skills — when a consumer-employer calls or emails you, remember to respond back; even if you can't take the job.



## ODDS Animated Videos: COVID-19

In early March 2020, the Office of Developmental Disabilities Services (ODDS) launched the first of a series of Powtoon animated videos to help people with intellectual and developmental disabilities and their families learn about the COVID-19 pandemic. The goal was to create a simple, visual learning tool that would inform people with I/DD about COVID-19 to help keep people safe and healthy, while explaining important information in plain language.

The first [video](#), which explained what COVID-19 is and some basic safety measures such as hand washing and physical distancing, has more than 20,000 views.

Based on the popularity of this video as a learning tool, ODDS has since created a number of other Powtoon animated videos to help support health and safety and share important information. Those videos include:

- Stay Home, Save Lives video - [English](#) and [Spanish](#).
- Reopening Oregon video - [English](#) and [Spanish](#).
- Contact Tracing video - [English](#) and [Spanish](#).

The newest video focuses on supporting people with disabilities to return to work safely. The video is online at: <https://youtu.be/x0J8BSusqkw>

## A Note on PPE for Providers

The Department of Human Services (DHS) and the Oregon Health Authority's Health Systems Division (HSD) recognize the critical health and safety services you provide to older Oregonians and people with disabilities. Both agencies also recognize the importance of personal protective equipment (PPE) to your safety and that of the people you support.

DHS shipped a limited supply of masks to Aging and People with Disabilities (APD) and Area Agencies on Aging (AAA) locations across the state. The masks are for the use of HCWs and PSWs, including personal care attendants through OHA's Health Systems Division, to be used for their professional duties.

## To request gloves and masks, follow these simple steps:

1. Fill out an electronic form available on SEIU, 503's website at <https://seiu503.tfaforms.net/622> or send an email to: [OHCC.CustomerRelations@dhsosha.state.or.us](mailto:OHCC.CustomerRelations@dhsosha.state.or.us).
2. Provide the following information:
  - Your first and last name
  - Your provider number(s)
  - Whether you are a HCW, PSW, or PCA
    - » Please let us know if you provide services through Oregon Project Independence (OPI) or the Independent Choices Program (ICP)
  - Your phone number, email and mailing address
  - The number of consumers you support in a week and the average number of hours you work per pay period
  - The PPE you are requesting (gloves or masks)
  - Size of gloves, if requested
  - The city you would like to pick up PPE from
  - Whether you prefer to receive PPE through the mail, if available
3. Select a pick-up date, time, and location when contacted by the Oregon Home Care Commission or let them know of your preference to receive PPE by mail.
4. Pick up your PPE at the local APD or AAA office. Be sure to follow social-distancing guidelines.

If gloves and masks are not available at the time of your request, you can contact the emergency management coordinator in your county.

Please continue to visit OHCC's Health and Safety webpage for information about COVID-19: <https://www.oregon.gov/DHS/SENIORS-DISABILITIES/HCC/PSW-HCW/Pages/Health-Safety.aspx>

Many offices already have a supply of gloves.



### ProTips

Regularly check the Registry for new classes.  
Search "Location — Online" for online courses.

# Provider Time Capture



## PTC IS COMING SUMMER 2021

Introducing a new way to submit your time...

### What's changing?

You will use a new electronic system called Provider Time Capture (PTC) to log in and out for work each day.

### What do I need to know?

- Before anything changes, you will receive training and resources to learn how to use the PTC solution.
- Alternate options will be available for those without access to a smart device and/or internet connection.
- All information is secure and will only be captured when you clock in and out for work.
- PTC will have no impact on when or how you get paid.

### What information will be captured in PTC?

- The services provided
- Who receives the services
- Who provides the services
- Date of services
- Where services are provided
- Work start and end times

### What are the benefits of PTC for providers?

- No more tracking hours by hand — the system will do the math for you!
- No more driving to the office, mailing in vouchers or waiting for vouchers to arrive in the mail

## FREQUENTLY ASKED QUESTIONS

### What is electronic visit verification (EVV)?

The federal government requires states to gather certain information electronically when the state provides personal care services (such as those provided by homecare or personal support workers) or home health services.

### What is Provider Time Capture?

Provider Time Capture (PTC) is the name of the project implementing EVV.

### Why are things changing?

A federal law called the 21st Century Cures Act requires states to use electronic visit verification (EVV) to gather information about when, where and what in-home services are provided by home care and personal support workers (personal care attendants). In Oregon; this is called Provider Time Capture and it is required by law.

### When will PTC begin to be used in Oregon?

ODHS and OHA plan to use PTC no later than Summer 2021.

## Can paper vouchers be used if there is limited cell phone/internet access?

Although paper vouchers will no longer be used, the state will work with providers to determine a way to capture the required information.

## How can I receive additional information about EVV?

Learn more at [PTC.Oregon.gov](http://PTC.Oregon.gov). The website includes additional frequently asked questions (FAQs), announcements, translated documents, events and more information.

For additional questions, please contact [PTCProject.Info@dhsosha.state.or.us](mailto:PTCProject.Info@dhsosha.state.or.us).

# PTC FALL STAKEHOLDER ENGAGEMENT SESSIONS

## What are stakeholder engagement sessions?

The Provider Time Capture (PTC) Project is continuing a series of online sessions with the consumers we serve, home care workers who serve in-home consumers enrolled in the Aging and People with Disabilities (APD) program, personal care attendants who serve in-home consumers enrolled in Oregon Health Authority Health Systems Division (HSD), and any other people interested in information about this project.

## Why? To provide updates and collect your feedback!

The PTC online sessions' goals are to build an understanding of EVV (including what you can expect from the project, project progress and process impacts) and collect and address feedback from affected users with different interests, perspectives and involvement. This information will build upon feedback collected during our spring session to help to guide the project.

## How can you join a session?

Below is a schedule of online sessions available (in English) in fall 2020. Although you will not be paid to attend the sessions, we strongly encourage you to participate.

**Note:** You only need to attend one session. (Various times are offered to accommodate different schedules.)

To join a session, click on the link at the date and time you choose. **No prior registration or download is necessary.**

**Note:** We are currently scheduling sessions in other languages. Please check the PTC website ([PTC.Oregon.gov](http://PTC.Oregon.gov)) regularly for updated availability. If you can't attend, materials from these sessions will be available on the website in the following languages: English, Spanish, Russian, Vietnamese, Traditional Chinese, Simplified Chinese, Arabic, Farsi, Romanian, Korean and Somali.



## ProTips

Do you have a question about PTC? You can email the PTC Project Team here:

[PTC.ProjectInfo@dhsosha.state.or.us](mailto:PTC.ProjectInfo@dhsosha.state.or.us)



# PTC FALL STAKEHOLDER ENGAGEMENT SESSIONS

## When and where can you join?

Date	Time	Zoom Link
Tuesday, October 27th	8:30 AM – 10:00 AM	<a href="https://www.zoomgov.com/j/1603806239?pwd=amU0eFNwK3FY0GVwcDYvRVIsVkFXdz09">https://www.zoomgov.com/j/1603806239?pwd=amU0eFNwK3FY0GVwcDYvRVIsVkFXdz09</a>
	1:00 PM – 2:30 PM	<a href="https://www.zoomgov.com/j/1611915198?pwd=dDFtc1ZuSIJFNnZMQU1ha25SRVVHZz09">https://www.zoomgov.com/j/1611915198?pwd=dDFtc1ZuSIJFNnZMQU1ha25SRVVHZz09</a>
	3:00 PM – 4:30 PM	<a href="https://www.zoomgov.com/j/1604855482?pwd=eng2TFptZVVFemEzTkCSGhjR3Uydz09">https://www.zoomgov.com/j/1604855482?pwd=eng2TFptZVVFemEzTkCSGhjR3Uydz09</a>
	5:30 PM – 7:00 PM	<a href="https://www.zoomgov.com/j/1606736750?pwd=eE1NN05rZG9KcWloTII3dFIWSEVVUT09">https://www.zoomgov.com/j/1606736750?pwd=eE1NN05rZG9KcWloTII3dFIWSEVVUT09</a>
Wednesday, October 28th	8:30 AM – 10:00 AM	<a href="https://www.zoomgov.com/j/1604036742?pwd=dzZTUVE0cG5Xd3BHc0dWNXVkwVWQ4dz09">https://www.zoomgov.com/j/1604036742?pwd=dzZTUVE0cG5Xd3BHc0dWNXVkwVWQ4dz09</a>
	1:00 PM – 2:30 PM	<a href="https://www.zoomgov.com/j/1617544098?pwd=R3J3cmhCZ0dqZXFSL3I5bEl3S0d5UT09">https://www.zoomgov.com/j/1617544098?pwd=R3J3cmhCZ0dqZXFSL3I5bEl3S0d5UT09</a>
	3:00 PM – 4:30 PM	<a href="https://www.zoomgov.com/j/1604189825?pwd=T1cxVVIDVEY4bVhoVVZFNG5RUjlzQT09">https://www.zoomgov.com/j/1604189825?pwd=T1cxVVIDVEY4bVhoVVZFNG5RUjlzQT09</a>
	5:30 PM – 7:00 PM	<a href="https://www.zoomgov.com/j/1609337556?pwd=MVRpY1htTGpza2tnZ3lsVWwvbXFIUT09">https://www.zoomgov.com/j/1609337556?pwd=MVRpY1htTGpza2tnZ3lsVWwvbXFIUT09</a>
Thursday, October 29th	8:30 AM – 10:00 AM	<a href="https://www.zoomgov.com/j/1615636798?pwd=V1duNEhXZFNkZk55R1IDS0rUU5JUT09">https://www.zoomgov.com/j/1615636798?pwd=V1duNEhXZFNkZk55R1IDS0rUU5JUT09</a>
	1:00 PM – 2:30 PM	<a href="https://www.zoomgov.com/j/1606135724?pwd=akhnQVVRWXoxMlpGekpwZ0s0cEg1QT09">https://www.zoomgov.com/j/1606135724?pwd=akhnQVVRWXoxMlpGekpwZ0s0cEg1QT09</a>
	3:00 PM – 4:30 PM	<a href="https://www.zoomgov.com/j/1603390899?pwd=RHFJVXo3amVsdHdHTWh2NzVZUnd6dz09">https://www.zoomgov.com/j/1603390899?pwd=RHFJVXo3amVsdHdHTWh2NzVZUnd6dz09</a>
	5:30 PM – 7:00 PM	<a href="https://www.zoomgov.com/j/1613657021?pwd=a3pZdXVqRFB0MUxPT1pIMHZndmZtQT09">https://www.zoomgov.com/j/1613657021?pwd=a3pZdXVqRFB0MUxPT1pIMHZndmZtQT09</a>

## What resources are available for you?

The PTC Project Team is excited to share updates as more information becomes available.

Please see [PTC.Oregon.gov](https://www.ptc.org) for the most up to date information.

For questions about accessibility, or to request an accommodation, please contact [PTCProject.Info@dhs.oha.state.or.us](mailto:PTCProject.Info@dhs.oha.state.or.us). Requests should be made at least 48 hours prior to the event.



## ProTips

Find information from our Spring Stakeholder Engagement Sessions on our website:

**PTC.Oregon.Gov**

# PTC NEXT STEPS + RESOURCES

## Next steps

How can you stay in the loop?

- Visit the PTC website ([PTC.Oregon.gov](http://PTC.Oregon.gov))
  - » Tip: Bookmark this page for quick and easy access!
- Attend Fall Stakeholder Engagement Sessions in October
  - » Encourage the Individual(s) you serve to join as well!
- Keep an eye out for more information on the PTC Training Task Force in December
  - » The Training Task Force will include representation from the Oregon Home Care Commission, SEIU, and interested Providers to provide feedback on training materials and activities

## Major activity timeline

<b>OCTOBER</b>	<ul style="list-style-type: none"><li>• Stakeholder Engagement Sessions</li></ul>
<b>DECEMBER</b>	<ul style="list-style-type: none"><li>• Training Task Force Kick Off</li></ul>
<b>APRIL - JUNE</b>	<ul style="list-style-type: none"><li>• Training</li></ul>
<b>MAY - JUNE</b>	<ul style="list-style-type: none"><li>• Pilot Group* Starts Using PTC</li></ul>
<b>JULY</b>	<ul style="list-style-type: none"><li>• State Starts Using PTC</li></ul>

\*Pilot group is to be determined and will be communicated once a decision is finalized

## Project resources



**PTC Project Email**

[PTCProject.Info@dhsosha.state.or.us](mailto:PTCProject.Info@dhsosha.state.or.us)



**PTC Project Website**

[PTC.Oregon.gov](http://PTC.Oregon.gov)

# ELEVATE — October - December 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!

### Classroom Trainings Suspended

Due to current physical distancing requirements, we are not able to offer the classroom courses until further notice. We are offering online courses and we encourage you to self-register through the Registry.

### How to Self-Register

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

Keep your phone number and email address accurate and current in the Registry.

To update your mailing address, contact your local APD office, brokerage, or CDDP through which you provide services.



## 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.

**REMINDER: OHCC is NOT holding in-person classes at this time. This includes: COMPASS, Enhanced, Mental Health First Aid, and OIS**

## 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

### Professional Development Certification and Renewal CPR/First Aid Card

Do you know when your CPR/First Aid card is expiring? We need a copy of your replacement card one month before your current card expires if you have a PDC – be sure and get your renewal application in on time! Be sure to read the article on certification extensions above.

### Mental Health First Aid (MHFA)

**\*\*This course has been temporarily suspended until further notice, due to physical distancing\*\***

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. This 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*

## COMPASS

### UPCOMING - Webinar Cohort starts on October 8th

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.



## 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!



# Certifications

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

## Professional Development Certification Cohorts

Each month, the Oregon Home Care Commission is offering HCWs and PSWs the opportunity to fully meet the course requirements for the PDC through online webinars. All the courses a provider would need to take in order to meet the core, safety, and elective courses will be trained using GoToTraining. Below you can find the dates and times for the upcoming cohorts.

### October PDC Cohort

Course	Date	Time
SPD-A	10/12/2020	1:00p - 4:00p
KIP	10/13/2020	9:00a - 12:30p
PDT	10/13/2020	2:00p - 4:00p
ICC	10/19/2020	1:00p - 3:30p
DS	10/20/2020	9:00a - 11:30a
Dem101	10/20/2020	1:00p - 4:00p
F&A	10/26/2020	1:00p - 4:30p
WT	10/27/2020	1:00p - 4:00p

### November PDC Cohort

Course	Date	Time
KIP	11/3/2020	9:00a - 12:30p
PDT	11/9/2020	1:30p - 3:30p
SPD-A	11/10/2020	9:00a - 12:00p
DS	11/11/2020	1:30p - 4:00p
F&A	11/16/2020	1:00p - 4:30p
WT	11/17/2020	9:00a - 12:00p
ICC	11/17/2020	1:30p - 4:00p
Dem101	11/30/2020	1:00p - 4:00p

### December PDC Cohort

Course	Date	Time
SPD-A	12/2/2020	1:00p - 4:00p
DS	12/7/2020	1:00p - 3:30p
ICC	12/8/2020	9:30a - 12:00p
Dem101	12/8/2020	1:30p - 4:30p
PDT	12/9/2020	9:30a - 11:30a
F&A	12/9/2020	1:00p - 4:30p
WT	12/10/2020	9:00a - 12:00p
KIP	12/10/2020	1:00p - 4:30p



## Somali PDC Cohort

Course	Date	Time
KIP-SOM	10/16/2020	1:00p - 4:30p
F&A-SOM	10/23/2020	1:00p - 4:30p
PDT-SOM	10/30/2020	1:30p - 3:30p
ICC-SOM	11/6/2020	1:00p - 3:30p
DS-SOM	11/13/2020	1:30p - 4:00p
SPD-A-SOM	11/20/2020	1:30p - 4:30p
WT-SOM	12/4/2020	1:30p - 4:30p

## Spanish PDC Cohort

Course	Date	Time
DS-SPN	10/7/2020	9:30a - 12:00p
DEM101-SPN	10/14/2020	9:00a - 12:00p
PDT-SPN	10/21/2020	9:30a - 11:30a
ICC-SPN	10/28/2020	9:30a - 12:00p
F&A-SPN	11/4/2020	9:00a - 12:30p
KIP-SPN	11/11/2020	9:00a - 12:30p
WT-SPN	11/18/2020	9:00a - 12:00p



### ProTips

#### CPR/First Aid

Do you have an OHCC certification? Did you recently renew your CPR/First Aid?

- Send a copy of the CPR/First Aid cards directly to OHCC - ONE MONTH prior to its expiration
- What's the quickest way? EMAIL!  
» [Certifications.OHCC@dhsosha.state.or.us](mailto:Certifications.OHCC@dhsosha.state.or.us)



### ProTips

#### Help US, help YOU!

If leaving a voicemail, please provide us with your name and your provider number - so we can look it up as we assist you. Then leave a summary of how we can help you. That way, we're all caught up when we call you back!



## 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-home care. Providers who complete the requirements, receive a 2-year certification with a \$0.50 wage differential over the base rate. Below are the requirements to be met. 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.

Course 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>Drivers' Safety (DS)</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 an OHCC attendance record of 80% or greater
<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 <a href="#">application</a> 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 some out-of-class material requiring 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 hours of the training

Have questions? Send an email with the subject line “Enhanced” to [Certifications.OHCC@dhsosha.state.or.us](mailto:Certifications.OHCC@dhsosha.state.or.us)

## 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

## Submitting a HCW Voucher

New to being a homecare worker and needing to know how to correctly submit your voucher? Been a homecare worker for some time and would like a refresher on turning in your voucher?

We would like to share an online tutorial with you on how to correctly fill out and turn in your payment vouchers. It's available on our YouTube channel:

<https://www.youtube.com/watch?v=sssMwa0EjPw&feature=youtu.be>

## CPR/First Aid Certification

OHCC would like to help HCWs and PSWs get CPR and First Aid Certified.

Before you apply for the CPR/First Aid Certification Program, be sure you:

- Have an active provider number
- Complete 2 OHCC courses (4 courses if renewal)
- Have a great OHCC class attendance record! A greater than 20% “No Show” is not accepted

To apply:

- Complete and turn in your CPR/First Aid Certification Program application (for new and renewals)
- Email: [CPR.FirstAid@dhsosha.state.or.us](mailto:CPR.FirstAid@dhsosha.state.or.us)

We will contact you within a few weeks after submitting your application. For qualified workers, we will provide with CPR/First Aid training options.

## Job Coach

The Office of Development Disabilities Services (ODDS) has developed a step-by-step guide for Personal Support Workers to learn how to become a Job Coach for people with intellectual and developmental disabilities.

The tool is interactive and online at: <https://www.oregon.gov/DHS/EMPLOYMENT/EMPLOYMENT-FIRST/Policy/How-to-Become-PSW-Job-Coach-Tool.pdf>

This tool shows how to enroll to provide job coaching for ODDS. A Personal Support Worker can become a Job Coach and support a person with a disability at their job.

PSW Job Coaches earn higher wages. Being a Job Coach can also be a way to start a career path in the developmental disabilities field.

PSW Job Coach tasks may include helping the person learn specific job tasks, helping the person build relationships with coworkers, supporting the person to communicate with their manager or supervisor, assisting with personal care, and much more.



## Did You Know? – Professional Development Certification

One of the purposes of the Professional Development Certification (PDC) courses is to give providers the chance to learn new skills and improve existing ones to better support their individual consumer-employers. The best way for this to happen is for HCWs and PSWs to have a large pool of courses to choose from. Knowing this, the Commissioners of the OHCC have recently voted to allow most of the OHCC courses to count towards hours as either safety-type or elective courses. A full list of the courses and their category can be found in the certifications section of Elevate.

These course additions went into effect on March 1, 2020. If you have taken any of the listed courses on 3/1/2020 or afterwards, please email the Training Unit at [Training.OHCC@dhsosha.state.or.us](mailto:Training.OHCC@dhsosha.state.or.us) and we will send you a link for the assessment that goes with that class.

## Important Notice for Providers with an OHCC Certification

Oregon Home Care Commission is extending certifications for those workers with Professional Development Certification, Enhanced Certification or Exceptional Certification expiring between March 8, 2020 and August 31, 2020. Emails with details about the extension period will be sent out to affected workers during the month their certification will be expiring. If you have any questions or concerns about your certification, please contact us at [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.



“ We all want to have something to offer. This is how we belong. It’s how we feel included. So if we want to include everyone, then we have to help everyone develop their talents and use their gifts for the good of the community. That’s what inclusion means—everyone is a contributor. And if they need help to become a contributor, then we should help them, because they are full members in a community that supports everyone.”

~ Melinda Gates, philanthropist





## 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 consultants can help employers of record, consumer-employers, or representatives by talking through any questions or issues the employers may have. At this time, all Employer Resource Connection services are provided via telephone, web conferencing, email, and mailing materials or referral lists.

Consultants can still provide valuable feedback and assistance with issues such as how to hire a worker, and how to create backup plans in case your worker cannot assist you for any reason.

If a consumer-employer would like to receive these FREE services or for more information, please email [OHCC.ERC@dhsosha.state.or.us](mailto:OHCC.ERC@dhsosha.state.or.us), call at 1.877.867.0077, or visit us on the [web](#).

### **OHCC is seeking individuals to join its Traditional Health Worker Advisory Council!**

The Traditional Health Worker Advisory Council (THWAC) will provide recommendations to OHCC to ensure positive program direction for successful training delivery of Traditional Health Workers (Community Health Workers and Personal Health Navigators).

We are seeking candidates from diverse backgrounds and geographic areas who are:

- Consumer-employers
- Homecare Workers & Personal Support Workers
- Community Health Workers
- Personal Health Navigators
- Individuals Experiencing Disabilities
- Coordinated Care Organizations (CCOs)
- Community-Based Organizations (CBOs)
- Community Members

The Traditional Health Worker Advisory Council meets quarterly.

**For more information, contact Yetu Dumbia by email at [OHCC.CHW@dhsosha.state.or.us](mailto:OHCC.CHW@dhsosha.state.or.us) or 503.378.2661**

## 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.

## 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.

## Time to renew or enroll into medical coverage for 2021!

Throughout the nation, many homecare and personal support workers do not have access to medical benefits. But here in Oregon—where homecare and personal support workers came together in their union, SEIU 503, to negotiate benefits with the State of Oregon—care providers like you have access to health coverage!

Carewell SEIU 503 Healthcare Cost Assistance benefits provide eligible workers with assistance paying for monthly health insurance premiums and out-of-pocket healthcare costs—the same benefit you may have received in 2020 from the Oregon Homecare Workers Supplemental Trust.

If you have been receiving Healthcare Cost Assistance for an approved Marketplace plan in 2020, you'll need to renew your coverage for 2021 during Open Enrollment, between November 1 and December 15. The process has changed: you can now renew your medical insurance plan on our user-friendly Enrollment Platform. For more information, please visit the Healthcare Cost Assistance for Approved Plans page at [CarewellSEIU503.org](https://www.carewellseiu503.org), or call 1-844-503-7348.

If you are currently uninsured, or about to lose medical coverage, Open Enrollment is the time to enroll into an insurance plan on the Marketplace. Find out more about whether you're eligible for Healthcare Cost Assistance and what steps you'll need to take at [CarewellSEIU503.org](https://www.carewellseiu503.org) - or just give us a call at 1-844-503-7348.

Healthcare is a human right at all times, but it's especially important in this time of pandemic to be covered! Please don't delay: check out our website today at [CarewellSEIU503.org](https://www.carewellseiu503.org) or call us at 1-844-503-7348 if you have any questions.

## Oregon Intervention System (OIS)

\*\*Temporarily suspended due to physical distancing\*\*

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. Submit request to [Certifications.OHCC@dhsosha.state.or.us](mailto:Certifications.OHCC@dhsosha.state.or.us)



## Carewell SEIU 503 CARES PTO Benefit

If you have lost covered work hours because of COVID-19, you may be eligible for a new temporary Paid Time Off (PTO) benefit called the CARES PTO benefit.

Through the Carewell SEIU 503 CARES PTO benefit, you can receive up to 80 hours of paid time off benefits if you lost hours between June 1, 2020-December 31, 2020 for one of the following reasons:

1. You had a confirmed case of COVID-19;
2. You were advised by a qualified medical professional to self-quarantine due to potential exposure to COVID-19;
3. You have symptoms of COVID-19 and are actively seeking a medical diagnosis by a qualified medical professional.
4. You are providing care for an individual, who you are legally responsible for or live with, and who is subject to a quarantine or isolation order by a qualified medical professional; and/or
5. You are caring for a child who you are legally responsible for whose school or childcare facility has been closed due to COVID-19 precautions and no other qualified individuals are available to care for your child(ren).

If you lost covered work hours for one of more of these reasons, you can claim a maximum of either 80 hours or 40 hours, depending on how many covered hours you worked in the three-month period before you lost hours.

If you worked 80 or more covered hours in any one of the three months leading up to the month that you lost covered hours for one of the above reasons, you will be eligible for up to 80 hours of CARES PTO benefit.

If you worked 40-79 covered hours in one of the three months leading up to the month that you lost covered hours for one of the above reasons, you will be eligible for up to 40 hours of CARES PTO benefit. If you worked fewer than 40 covered hours in each of the three months prior to the month you lost covered hours, you are not eligible for the benefit.

To be eligible for this benefit, you must also have a Form W-9 on file with the Benefits Administrative Office.

To apply for CARES PTO benefits, visit [CarewellSEIU503.org](https://www.CarewellSEIU503.org)

If you do not have internet access, call 1-844-503-7348.



# 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>Driver's Safety (DS)</b> *PDC Safety Course	This course has been designed to help you improve safe driving skills and learn best practices when traveling with your consumer-employer. <i>PDC effective Date - 03/01/2020</i>	2 ½ 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
<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

Course	Description	Length	Stipend available
<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
<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

Course	Description	Length	Stipend available
<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



## 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).