

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.



November & December 2019



ProTips

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

First ProTip – Click on any of these icons to jump to the 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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Welcome to ELEVATE

The Oregon Home Care Commission's (OHCC) newsletter is now called ELEVATE! The new look for training news that matters to you. We will bring news to you about OHCC certifications, courses, resources and important information that will help you be a success!

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 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 a 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
 - You can sign-up for classes
 - 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
- 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



ProTips

The Registry - Quick Guide

Use our [Quick Guide](#) for the Registry to learn how to log in; sign up for classes; and update your information to find work.

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.

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 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'll need to know:

- Have an active provider number;
- Received state approved payment by
 - » Having worked and received pay in the current month; or
 - » Have worked and received pay in one of the previous three (3) months
- A training stipend may be earned once every twelve (12) for the same class;
- Training Stipends will be reduced if you miss part of the class;
- Training Stipends 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 stipends may come in check form and future stipends will come to the direct deposit.



ProTips

MHFA

- EFFECTIVE 10.1.2019 - MHFA has been approved to apply towards a provider's PDC!
 - » Five (5) hours of safety-type and three (3) hours of elective courses

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.

- OHCC is now scheduling and offering MHFA around the state for HCWs and PSWs.
- 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.

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.



ProTips

Getting the most from COMPASS

- COMPASS meant to be a collaborative learning experience.
- Each member is expected to participate some providers will even lead individual sessions
- Be prepared - this is not a class to sit back and just listen!



Course Descriptions

Course	Description	Length	Stipend available
Bathing & Grooming (B&G) *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
Blindness & Low Vision (BLV) *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
Caring for Yourself While Caring for Others (C4Y)	In this interactive workshop, you'll learn how to promote a safe and healthy work environment – for the individual you support and yourself.	2 ½ hrs	HCW PSW ICP
Communities of Practice and Safety Support (COMPASS) *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.	15 hrs (7 wks/ 2-3 hrs ea)	HCW PSW ICP
Dementia 101 (DEM 101)	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; communication tips including remaining calm and positive.	3 hrs	HCW PSW ICP
Diabetes by the Numbers (DBN) *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.	3 ½ hrs	HCW PSW ICP
Diversity Awareness – Challenges Facing Lesbian, Gay, Bisexual, Transgender Older Adults (LGBT) *AFC CEUs	Learn terminology & definitions, gain an understanding of the lives of LGBT older adults, and learn ways to be welcoming and inclusive.	3 hrs	HCW PSW ICP
Durable Medical Equipment (DME) *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
End of Life (EoL) *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.	3 hrs	HCW PSW ICP

Course	Description	Length	Stipend available
Everyone Communicates (EC) *PDC Elective Course	Learn effective communication partner strategies that make a positive impact on the people you support with communication challenges and intellectual and developmental disabilities who experience communication challenges. <i>*PDC credit for PSW only</i>	4 hrs	HCW PSW ICP
Grief & Loss (G&L) *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.	3 ½ hrs	HCW PSW ICP
Heart Healthy (HH) *PDC Elective Course *AFC CEUs	How the heart works, understanding common heart problems, monitoring blood pressure, recognizing heart emergencies, & creating a heart healthy lifestyle.	3 hrs	HCW PSW ICP
Helping Caregivers Fight Fraud & Abuse (F&A) *PDC Core Course *AFC CEUs	Recognizing & reporting abuse & neglect of children, older adults and disabled persons and Medicaid & Medicare fraud; the role of the caregiver; problem solving; local resources.	Class: 3 ½ hrs Online: 1 ½ hrs	HCW PSW ICP
Introduction to Cultural Competency (ICC) *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.	2 ½ hrs	HCW PSW ICP
Keeping It Professional (KIP) *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.	Class: 3 ½ hrs Online: 1 ½ hrs	HCW PSW ICP
Medication Safety (MedS) *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
Nutrition Basics (NB) *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
Preventing Disease Transmission (PDT) *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
Protect Against Sprains and Strains (PASS) *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
Ready, Set, Work (RSW)	Create a professional marketing approach to finding work; how to use the Registry & Referral System; 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
Respiratory Care: Oxygen to Ventilators (RC) *AFC CEUs	End-stage respiratory diseases, basics on the use of oxygen, nebulizers, & ventilators.	3 ½ hrs	HCW PSW ICP
Sensory Processing Disorder – Adults (SPD-A) *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.	3 hrs	HCW PSW ICP
Sensory Processing Disorder - Children (SPD-C) *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</i>	3 hrs	HCW PSW ICP
Stress Management and Relaxation Techniques (SMART) *AFC CEUs	Understanding stress and its effects; identifying triggers; fun and practical techniques for coping with stress.	3 hrs	HCW PSW ICP
Substance Abuse Awareness (SAA)	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.	3 hrs	HCW PSW ICP
Taking Responsibility in Personal Safety TRIPS) *PDC Safety Course	Ideas for preventing injuries from slips and trips in the home; assessing risk factors; assisting in planning and preparing for emergencies, safe driving tips.	3 hrs	HCW PSW ICP
Working Together (WT) *PDC Core Course	Assertive communication and problem-solving techniques for employers & workers; clarifying expectations; using person-directed values and language.	Class: 3 hrs Online: 1 ½ hrs	HCW PSW ICP
Working with Challenging Behaviors (CB) *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 offer most of our 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.

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 للرعايه المنزليه في اللغة العربيه مقدمة من لجنة الرعايه المنزليه في ولاية اوريجون في منطقة

City	Date and Time	Course	Location
Portland	Fri 11/08/2019, 5:00p – 8:00p	العمل سوياً (WT)	IRCO, 10301 NE Glisan St
Portland	Fri 11/15/2019, 5:00p – 8:00p	صحة القلب (HH)	IRCO, 10301 NE Glisan St
Portland	Fri 11/22/2019, 5:00p – 8:00p	تحمل مسؤولية السلامة (TRIPS)	IRCO, 10301 NE Glisan St
Portland	Fri 12/06/2019, 5:00p – 8:30p	الحفاظ على المهنية (KIP)	IRCO, 10301 NE Glisan St
Portland	Fri 12/13/2019, 5:00p – 7:30p	مقدمة في الكفاءة الثقافية (ICC)	IRCO, 10301 NE Glisan St

Mai Mai

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

City	Date and Time	Course	Location
Portland	Sat 11/09/2019, 3:00p – 5:00p	Preventing Disease Transmission	IRCO, 10301 NE Glisan St
Portland	Sat 11/16/2019, 2:30p – 6:30p	Nutrition Basics	IRCO, 10301 NE Glisan St
Portland	Sat 11/23/2019, 3:30p – 7:00p	Protect Against Sprains & Strains	IRCO, 10301 NE Glisan St
Portland	Sat 12/07/2019, 2:30p – 5:30p	Sensory Processing Disorder - Adult	IRCO, 10301 NE Glisan St
Portland	Sat 12/14/2019, 2:00p – 4:00p	Preventing Disease Transmission	IRCO, 10301 NE Glisan St



Русский (Russian)

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

City	Date and Time	Course	Location
Portland	Thu 11/07/2019, 5:00p - 7:00p	Профилактика передачи инфекции (PDT)	SEIU Local 503 Union Hall, 6401 SE Foster Road
	Fri 11/08/2019, 2:00p - 4:30p	Введение в культурную компетенцию (ICC)	SEIU Local 503 Union Hall, 6401 SE Foster Road
	Wed 11/13/2019, 2:00p - 5:00p	Трудное Поведение (CB)	SEIU Local 503 Union Hall, 6401 SE Foster Road
	Mon 12/02/2019, 2:00p - 5:30p	Помощь работникам сферы обслуживания в борьбе с мошенничеством и злоупотреблениями (F&A)	SEIU Local 503 Union Hall, 6401 SE Foster Road
	Tue 12/03/2019, 5:00p - 8:00p	Ответственность за личную безопасность – в ваших руках (TRIPS)	SEIU Local 503 Union Hall, 6401 SE Foster Road
Salem	Wed 11/06/2019, 1:30p - 5:00p	Купание и Гигиена (B&G)	Day's Inn Black Bear, 1600 Motor Ct NE
	Tue 11/12/2019, 9:00a - 12:00p	Трудное Поведение (CB)	Broadway Commons-Africa Room 303, 1300 Broadway
	Tue 11/12/2019, 1:30p - 4:30p	Сотрудничество (WT)	Broadway Commons-Africa Room 303, 1300 Broadway
	Fri 11/22/2019, 1:30p - 5:00p	Профессиональные Отношения (KIP)	Cherry Avenue Training Center, 3414 Cherry Avenue NE
	Tue 12/03/2019, 8:30a - 12:30p	Приготовились, Нашли Работу, Работаем! (RSW)	Broadway Commons-Africa Room 303, 1300 Broadway
	Tue 12/03/2019, 2:00p - 4:30p	Введение в культурную компетенцию (ICC)	Broadway Commons-Africa Room 303, 1300 Broadway
	Wed 12/04/2019, 8:30a - 12:30p	Основы питания (NB)	Broadway Commons - Peru Room #306, 1300 Broadway
	Wed 12/04/2019, 2:00p - 4:00p	Профилактика передачи инфекции (PDT)	Broadway Commons - Peru Room #306, 1300 Broadway
	Thu 12/12/2019, 1:00p - 4:30p	Помощь работникам сферы обслуживания в борьбе с мошенничеством и злоупотреблениями (F&A)	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	Date and Time	Course	Location
Hillsboro	Fri 11/08/2019, 4:30p – 7:30p	Cómo ser responsables de nuestra seguridad personal (TRIPS)	Hillsboro Civic Center, 150 E Main St
	Fri 11/15/2019, 4:30p – 8:00p	Protección contra esguinces y torceduras (PASS)	Holiday Inn Express, 5900 NE Ray Circle
	Fri 12/06/2019, 4:30p – 7:30p	Corazón saludable (HH)	Holiday Inn Express, 5900 NE Ray Circle
	Fri 12/13/2019, 4:30p – 7:00p	Introducción a la competencia cultural (ICC)	Hillsboro Civic Center, 150 E Main St
Salem	Thu 11/14/2019, 8:30a – 12:30p	Fundamentos de la nutrición (NB)	Department of Human Services, 4074 Winema Place NE
	Thu 11/14/2019, 2:00p – 4:00p	Cómo prevenir la transmisión de enfermedades (PDT)	Department of Human Services, 4074 Winema Place NE
	Thu 12/12/2019, 9:00a – 12:00p	Cómo ser responsables de nuestra seguridad personal (TRIPS)	Department of Human Services, 4074 Winema Place NE
	Thu 12/12/2019, 1:30p – 4:00p	Introducción a la competencia cultural (ICC)	Department of Human Services, 4074 Winema Place NE
Woodburn	Mon 11/18/2019, 8:30a – 12:30p	Fundamentos de la nutrición (NB)	DHS Training Center, 120 E. Lincoln Street
	Mon 11/18/2019, 2:00p – 4:00p	Cómo prevenir la transmisión de enfermedades (PDT)	DHS Training Center, 120 E. Lincoln Street
	Thu 12/05/2019, 9:00a – 12:00p	Cómo ser responsables de nuestra seguridad personal (TRIPS)	DHS Training Center, 120 E. Lincoln Street
	Thu 12/05/2019, 1:30p – 4:00p	Introducción a la competencia cultural (ICC)	DHS Training Center, 120 E. Lincoln Street



Somali

Daruus ku bixi doonta afka somaliga aya hada bixin doonta oregon 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	Date and Time	Course	Location
Portland	Fri 11/08/2019, 4:30p - 8:00p	Ku caawinta Daryeelayaasha La dagaalanka Qiyaanada iyo Xadgudubka (F&A)	IRCO, 10301 NE Glisan St
	Sat 11/09/2019, 10:00a - 1:30p	Joogteynta Jaheynta Tababarka Xirfadlaha (KIP)	IRCO, 10301 NE Glisan St
	Sat 11/16/2019, 10:00a - 1:00p	Wada Shaqeynta (WT)	IRCO, 10301 NE Glisan St
	Fri 11/22/2019, 4:30p - 7:30p	Qaadashada Mas'uuliyadda Badbaadada Shakhsiyeed (TRIPS)	IRCO, 10301 NE Glisan St
	Sat 11/23/2019, 10:00a - 1:30p	Ka Hortaga Murqacashada Iyo Cadaadiska (PASS)	IRCO, 10301 NE Glisan St
	Fri 12/06/2019, 4:30p - 7:00p	Barashada Awoodda Dhaqan ahaaneed (ICC)	IRCO, 10301 NE Glisan St
	Sat 12/07/2019, 10:00a - 1:00p	Xanuunka Farsameynta Dareenka – Dadka waaweyn (SPD-A)	IRCO, 10301 NE Glisan St
	Sat 12/14/2019, 10:30a - 12:30p	Ka Hortaga Gudbinta Cudurka (PDT)	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	Date and Time	Course	Location
Portland	Wed 11/20/2019, 12:00p - 3:30p	Tính chuyên nghiệp (KIP)	IRCO, 10301 NE Glisan St
	Wed 11/20/2019, 5:00p - 8:00p	Làm việc Cùng nhau (WT)	IRCO, 10301 NE Glisan St
	Fri 12/13/2019, 1:00p - 4:30p	Giúp Nhân viên Chăm sóc Phòng chống Gian lận và Ngược đãi (F&A)	IRCO, 10301 NE Glisan St



Class List by City

City	Date and Time	Course	Location
Albany	Wed 11/06/2019, 8:30a - 12:00p	Grief & Loss	Linn-Benton Community College, 6500 Southwest Pacific Blvd
	Wed 11/06/2019, 1:30p - 4:30p	Sensory Processing Disorder - Child	Linn-Benton Community College, 6500 Southwest Pacific Blvd
	Thu 11/14/2019, 8:30a - 12:00p	Protect Against Sprains & Strains	Linn-Benton Community College, 6500 Southwest Pacific Blvd
	Thu 11/14/2019, 1:30p - 4:30p	Stress Management and Relaxation Techniques	Linn-Benton Community College, 6500 Southwest Pacific Blvd
	Wed 11/20/2019, 8:30a - 12:30p	Nutrition Basics	Linn-Benton Community College, 6500 Southwest Pacific Blvd
	Wed 11/20/2019, 2:00p - 4:00p	Preventing Disease Transmission	Linn-Benton Community College, 6500 Southwest Pacific Blvd
	Tue 12/03/2019, 9:00a - 12:00p	Dementia 101	Linn-Benton Community College, 6500 Southwest Pacific Blvd
	Tue 12/03/2019, 1:30p - 4:30p	Taking Responsibility in Personal Safety	Linn-Benton Community College, 6500 Southwest Pacific Blvd
	Tue 12/10/2019, 9:00a - 12:30p	Bathing and Grooming	Linn-Benton Community College, 6500 Southwest Pacific Blvd
	Tue 12/10/2019, 2:00p - 4:30p	Intro to Cultural Competency	Linn-Benton Community College, 6500 Southwest Pacific Blvd
	Fri 12/13/2019, 9:00a - 12:00p	Personal Support Worker Orientation	Linn-Benton Community College, 6500 Southwest Pacific Blvd
	Fri 12/13/2019, 1:30p - 3:30p	eXPRS-Orientation	Linn-Benton Community College, 6500 Southwest Pacific Blvd
Baker City	Wed 11/06/2019, 8:30a - 12:00p	Fighting Fraud & Abuse	DHS APD Building, 3165 10th Street
	Wed 11/06/2019, 1:30p - 4:30p	Taking Responsibility in Personal Safety	DHS APD Building, 3165 10th Street
	Thu 11/07/2019, 9:00a - 12:00p	Personal Support Worker Orientation	WorkSource, 1575 Dewey Ave
	Thu 11/07/2019, 1:30p - 3:30p	eXPRS-Orientation	WorkSource, 1575 Dewey Ave
Beaverton Continued on next page	Tue 11/05/2019, 9:00a - 12:00p	Sensory Processing Disorder - Child	Homewood Suites, 15525 NW Gateway Ct
	Tue 11/05/2019, 1:00p - 5:00p	Everyone Communicates	Homewood Suites, 15525 NW Gateway Ct
	Thu 11/21/2019, 9:00a - 12:00p	Taking Responsibility in Personal Safety	SDRI, Inc., 12770 SW First St

City	Date and Time	Course	Location
Beaverton Continued from last	Thu 11/21/2019, 1:30p - 4:00p	Intro to Cultural Competency	SDRI, Inc., 12770 SW First St
	Wed 12/04/2019, 8:30a - 12:00p	Respiratory Care: Oxygen to Ventilators	Beaverton Community Center, 12350 SW 5th Street
	Wed 12/04/2019, 1:30p - 4:30p	Heart Healthy	Beaverton Community Center, 12350 SW 5th Street
	Fri 12/06/2019, 9:00a - 12:30p	Fighting Fraud & Abuse	SDRI, Inc., 12770 SW First St
	Fri 12/06/2019, 1:30p - 4:30p	Working Together	SDRI, Inc., 12770 SW First St
Bend	Thu 11/14/2019, 9:00a - 12:00p	Medication Safety	DHS APD Office, 1300 NW Wall Street
	Thu 11/14/2019, 1:30p - 4:30p	Heart Healthy	DHS APD Office, 1300 NW Wall Street
	Fri 11/22/2019, 9:00a - 12:00p	Substance Abuse Awareness	DHS APD Office, 1300 NW Wall Street
	Fri 11/22/2019, 1:30p - 4:30p	Sensory Processing Disorder - Child	DHS APD Office, 1300 NW Wall Street
Brookings	Wed 11/06/2019, 9:00a - 12:00p	Dementia 101	The Events Center, 800 Chetco Avenue-Pacific Center
	Wed 11/06/2019, 1:30p - 3:30p	Preventing Disease Transmission	The Events Center, 800 Chetco Avenue-Pacific Center
	Thu 11/07/2019, 9:00a - 4:00p	Enhanced Certification Day 1	Register in iLearnOregon https://go.usa.gov/xUHgs
	Fri 11/08/2019, 9:00a - 4:00p	Enhanced Certification Day 2	Register in iLearnOregon https://go.usa.gov/xUHgs
	Wed 11/20/2019, 9:00a - 4:00p	Enhanced Certification Day 3	Register in iLearnOregon https://go.usa.gov/xUHgs
	Thu 11/21/2019, 9:00a - 4:00p	Enhanced Certification Day 4	Register in iLearnOregon https://go.usa.gov/xUHgs
Clackamas Continued on next page	Wed 11/06/2019, 9:00a - 12:30p	Fighting Fraud & Abuse	Clackamas Banquet Center (Denny's), 15815 SE 82nd Drive
	Wed 11/06/2019, 2:00p - 5:00p	Working Together	Clackamas Banquet Center (Denny's), 15815 SE 82nd Drive
	Thu 11/07/2019, 9:00a - 12:30p	Bathing and Grooming	Clackamas Banquet Center (Denny's), 15815 SE 82nd Drive
	Thu 11/07/2019, 1:30p - 4:30p	Sensory Processing Disorder - Child	Clackamas Banquet Center (Denny's), 15815 SE 82nd Drive
	Tue 11/12/2019, 9:00a - 12:30p	Grief & Loss	Clackamas Banquet Center (Denny's), 15815 SE 82nd Drive
	Thu 11/14/2019, 8:30a - 12:00p	Keeping It Professional	Clackamas Banquet Center (Denny's), 15815 SE 82nd Drive



City	Date and Time	Course	Location
Clackamas	Thu 11/14/2019, 1:30p - 4:30p	Taking Responsibility in Personal Safety	Clackamas Banquet Center (Denny's), 15815 SE 82nd Drive
	Thu 11/14/2019, 5:30p - 7:30p	eXPRS-Orientation	Clackamas Banquet Center (Denny's), 15815 SE 82nd Drive
	Fri 11/15/2019, 8:30a - 12:00p	Protect Against Sprains & Strains	Clackamas Banquet Center (Denny's), 15815 SE 82nd Drive
	Fri 11/15/2019, 1:30p - 4:30p	Working with Challenging Behaviors	Clackamas Banquet Center (Denny's), 15815 SE 82nd Drive
	Fri 11/15/2019, 4:30p - 7:30p	Personal Support Worker Orientation	Clackamas Banquet Center (Denny's), 15815 SE 82nd Drive
	Mon 12/02/2019, 8:30a - 12:00p	Keeping It Professional	Clackamas Banquet Center (Denny's), 15815 SE 82nd Drive
	Mon 12/02/2019, 1:30p - 4:30p	End of Life	Clackamas Banquet Center (Denny's), 15815 SE 82nd Drive
	Tue 12/03/2019, 8:30a - 12:00p	Respiratory Care: Oxygen to Ventilators	Clackamas Banquet Center (Denny's), 15815 SE 82nd Drive
	Tue 12/03/2019, 1:30p - 4:30p	Heart Healthy	Clackamas Banquet Center (Denny's), 15815 SE 82nd Drive
	Wed 12/11/2019, 9:30a - 12:00p	Intro to Cultural Competency	Clackamas Banquet Center (Denny's), 15815 SE 82nd Drive
	Wed 12/11/2019, 1:30p - 3:30p	Preventing Disease Transmission	Clackamas Banquet Center (Denny's), 15815 SE 82nd Drive
	Fri 12/13/2019, 9:00a - 12:30p	Fighting Fraud & Abuse	Clackamas Banquet Center (Denny's), 15815 SE 82nd Drive
	Fri 12/13/2019, 2:00p - 4:30p	Caring For Yourself While Caring For Others	Clackamas Banquet Center (Denny's), 15815 SE 82nd Drive
Coos Bay/ North Bend	Wed 11/13/2019, 8:30a - 12:00p	Diabetes By The Numbers	Coos Bay Public Library, 525 Anderson Avenue
	Wed 11/13/2019, 1:30p - 4:30p	Heart Healthy	Coos Bay Public Library, 525 Anderson Avenue
	Thu 11/21/2019, 9:00a - 12:00p	Taking Responsibility in Personal Safety	North Bend Library, 1800 Sherman Ave.
	Thu 11/21/2019, 1:30p - 4:00p	Intro to Cultural Competency	North Bend Library, 1800 Sherman Ave.
	Tue 12/10/2019, 8:30a - 12:30p	Nutrition Basics	Community Living Case Management, 3030 Broadway Ave
	Tue 12/10/2019, 1:30p - 4:30p	Medication Safety	Community Living Case Management, 3030 Broadway Ave

City	Date and Time	Course	Location
Enterprise	Tue 12/10/2019, 9:00a - 12:00p	Taking Responsibility in Personal Safety	Eagle's View Inn & Suites, 1200 Highland Avenue
	Tue 12/10/2019, 1:30p - 4:00p	Intro to Cultural Competency	Eagle's View Inn & Suites, 1200 Highland Avenue
Eugene/ Springfield Continued on next page	Tue 11/05/2019, 5:30p - 9:30p	Nutrition Basics	Laurel Hill Center, 2145 Centennial Plaza
	Thu 11/07/2019, 8:30a - 12:00p	Grief & Loss	WorkSource, 2510 Oakmont Way
	Thu 11/07/2019, 1:30p - 4:00p	Intro to Cultural Competency	WorkSource, 2510 Oakmont Way
	Wed 11/13/2019, 9:30a - 11:30a	Preventing Disease Transmission	WorkSource, 2510 Oakmont Way
	Wed 11/13/2019, 1:00p - 4:00p	Dementia 101	WorkSource, 2510 Oakmont Way
	Wed 11/13/2019, 5:30p - 8:30p	Working with Challenging Behaviors	Laurel Hill Center, 2145 Centennial Plaza
	Mon 11/18/2019, 5:30p - 9:00p	Bathing and Grooming	Laurel Hill Center, 2145 Centennial Plaza
	Tue 11/19/2019, 5:30p - 8:30p	Stress Management and Relaxation Techniques	Laurel Hill Center, 2145 Centennial Plaza
	Mon 12/02/2019, 5:30p - 9:00p	Fighting Fraud & Abuse	Laurel Hill Center, 2145 Centennial Plaza
	Tue 12/03/2019, 5:30p - 9:00p	Keeping It Professional	Laurel Hill Center, 2145 Centennial Plaza
	Wed 12/04/2019, 9:00a - 4:00p	Enhanced Certification Day 1	Register in iLearnOregon https://go.usa.gov/xUHgs
	Wed 12/04/2019, 5:30p - 8:30p	Working Together	Laurel Hill Center, 2145 Centennial Plaza
	Thu 12/05/2019, 9:00a - 4:00p	Enhanced Certification day 2	Register in iLearnOregon https://go.usa.gov/xUHgs
	Mon 12/09/2019, 5:30p - 8:30p	Sensory Processing Disorder - Adult	Laurel Hill Center, 2145 Centennial Plaza
	Tue 12/10/2019, 5:30p - 8:30p	Personal Support Worker Orientation	Laurel Hill Center, 2145 Centennial Plaza
	Wed 12/11/2019, 5:30p - 7:30p	eXPRS-Orientation	Laurel Hill Center, 2145 Centennial Plaza
	Thu 12/12/2019, 9:30a - 12:30p	End of Life	WorkSource, 2510 Oakmont Way
Thu 12/12/2019, 2:00p - 4:30p	Caring For Yourself While Caring For Others	WorkSource, 2510 Oakmont Way	
Wed 12/18/2019, 9:00a - 4:00p	Enhanced Certification Day 3	Register in iLearnOregon https://go.usa.gov/xUHgs	



City	Date and Time	Course	Location
Eugene/ Springfield	Thu 12/19/2019, 9:00a - 4:00p	Enhanced Certification Day 4	Register in iLearnOregon https://go.usa.gov/xUHgs
Florence	Thu 11/14/2019, 9:30a - 11:30a	Preventing Disease Transmission	Florence Events Center, 715 Quince St
	Thu 11/14/2019, 1:00p - 4:30p	Bathing and Grooming	Florence Events Center, 715 Quince St
	Fri 11/15/2019, 9:00a - 12:00p	Personal Support Worker Orientation	Florence Events Center, 715 Quince St
	Fri 11/15/2019, 1:30p - 3:30p	eXPRS-Orientation	Florence Events Center, 715 Quince St
Grants Pass	Mon 11/18/2019, 9:00a - 12:00p	Sensory Processing Disorder - Child	APD Office, 2101 NW Hawthorne Street
	Mon 11/18/2019, 1:30p - 4:30p	Working with Challenging Behaviors	APD Office, 2101 NW Hawthorne Street
	Mon 12/02/2019, 9:00a - 12:30p	Keeping It Professional	APD Office, 2101 NW Hawthorne Street
	Mon 12/02/2019, 1:30p - 4:30p	Working Together	APD Office, 2101 NW Hawthorne Street
Gresham	Fri 11/15/2019, 1:30p - 4:30p	Personal Support Worker Orientation	Gresham Public Library, 385 NW Miller Ave
	Mon 11/18/2019, 8:30a - 12:30p	Nutrition Basics	WorkSource Portland Metro East, 19421 SE Stark Street
	Mon 11/18/2019, 1:30p - 4:30p	Medication Safety	WorkSource Portland Metro East, 19421 SE Stark Street
	Mon 11/18/2019, 3:30p - 5:30p	eXPRS-Orientation	Gresham Public Library, 385 NW Miller Ave
	Thu 12/12/2019, 8:30a - 12:00p	Keeping It Professional	WorkSource Portland Metro East, 19421 SE Stark Street
	Thu 12/12/2019, 1:30p - 4:30p	Sensory Processing Disorder - Child	WorkSource Portland Metro East, 19421 SE Stark Street
	Fri 12/13/2019, 3:00p - 6:00p	Personal Support Worker Orientation	Gresham Public Library, 385 NW Miller Ave
Hillsboro Continued on next page	Wed 11/13/2019, 8:30a - 12:00p	Keeping It Professional	Holiday Inn Express, 5900 NE Ray Circle
	Wed 11/13/2019, 9:00a - 12:00p	Personal Support Worker Orientation	DHS Self Sufficiency Office, 5300 NE Elam Young Pkwy
	Wed 11/13/2019, 1:30p - 3:30p	eXPRS-Orientation	DHS Self Sufficiency Office, 5300 NE Elam Young Pkwy
	Wed 11/13/2019, 1:30p - 4:30p	Working Together	Holiday Inn Express, 5900 NE Ray Circle

City	Date and Time	Course	Location
Hillsboro Continued from last	Fri 11/22/2019, 9:00a - 12:00p	Heart Healthy	DHS APD Office, 5240 NE Elam Young Parkway
	Fri 11/22/2019, 1:30p - 4:30p	Medication Safety	DHS APD Office, 5240 NE Elam Young Parkway
	Thu 12/05/2019, 8:30a - 12:30p	Nutrition Basics	DHS APD Office, 5240 NE Elam Young Parkway
	Thu 12/05/2019, 1:30p - 4:30p	Taking Responsibility in Personal Safety	DHS APD Office, 5240 NE Elam Young Parkway
	Fri 12/06/2019, 9:00a - 12:00p	Personal Support Worker Orientation	DHS APD Office, 5240 NE Elam Young Parkway
	Fri 12/06/2019, 1:30p - 3:30p	eXPRS-Orientation	DHS APD Office, 5240 NE Elam Young Parkway
	Mon 12/09/2019, 9:00a - 12:30p	Grief & Loss	Hillsboro Civic Center, 150 E Main St
	Mon 12/09/2019, 2:00p - 4:30p	Caring For Yourself While Caring For Others	Hillsboro Civic Center, 150 E Main St
John Day	Tue 11/05/2019, 9:00a - 12:00p	Working with Challenging Behaviors	DHS APD Office, 725 W Main Street
	Tue 11/05/2019, 1:30p - 3:30p	Preventing Disease Transmission	DHS APD Office, 725 W Main Street
Klamath Falls	Wed 11/20/2019, 9:00a - 12:00p	Dementia 101	Olympic Inn, 2627 S 6th St
	Wed 11/20/2019, 1:30p - 4:30p	Taking Responsibility in Personal Safety	Olympic Inn, 2627 S 6th St
	Thu 11/21/2019, 9:00a - 12:30p	Protect Against Sprains & Strains	Klamath County Developmental Disabilities Office, 3328 Vandenberg Ave
La Grande	Thu 11/21/2019, 8:30a - 12:00p	Fighting Fraud & Abuse	WorkSource, 1901 Adams Ave
	Thu 11/21/2019, 2:00p - 5:00p	Working Together	WorkSource, 1901 Adams Ave
	Wed 12/11/2019, 8:30a - 12:00p	Diabetes By The Numbers	DHS APD Office, 1607 Gekeler Lane
	Wed 12/11/2019, 1:30p - 4:30p	Heart Healthy	DHS APD Office, 1607 Gekeler Lane
Lincoln City Continued on next page	Tue 11/12/2019, 9:00a - 11:30a	Caring For Yourself While Caring For Others	Lincoln City Cultural Center, 540 NE Hwy 101
	Tue 11/12/2019, 1:00p - 4:30p	Respiratory Care: Oxygen to Ventilators	Lincoln City Cultural Center, 540 NE Hwy 101
	Wed 11/13/2019, 9:00a - 4:00p	Enhanced Certification Day 1	Register in iLearnOregon https://go.usa.gov/xUHgs
	Thu 11/14/2019, 9:00a - 4:00p	Enhanced Certification Day 2	Register in iLearnOregon https://go.usa.gov/xUHgs



City	Date and Time	Course	Location
Lincoln City Continued from last	Tue 12/10/2019, 9:00a - 12:00p	Medication Safety	Lincoln City Cultural Center, 540 NE Hwy 101
	Tue 12/10/2019, 1:30p - 4:30p	Heart Healthy	Lincoln City Cultural Center, 540 NE Hwy 101
	Wed 12/11/2019, 9:00a - 4:00p	Enhanced Certification Day 3	Register in iLearnOregon https://go.usa.gov/xUHgs
	Thu 12/12/2019, 9:00a - 4:00p	Enhanced Certification Day 4	Register in iLearnOregon https://go.usa.gov/xUHgs
Madras	Fri 11/15/2019, 9:00a - 12:30p	Keeping It Professional	DHS APD Office, 189 NE Cypress
	Fri 11/15/2019, 2:00p - 4:30p	Intro to Cultural Competency	DHS APD Office, 189 NE Cypress
McMinnville	Thu 11/14/2019, 9:00a - 12:30p	Protect Against Sprains & Strains	WorkSource Yamhill Center, 370 NE Norton Ln
	Thu 11/14/2019, 2:00p - 4:00p	Preventing Disease Transmission	WorkSource Yamhill Center, 370 NE Norton Ln
	Tue 12/03/2019, 9:00a - 12:00p	Heart Healthy	WorkSource Yamhill Center, 370 NE Norton Ln
	Tue 12/03/2019, 1:30p - 4:30p	Dementia 101	WorkSource Yamhill Center, 370 NE Norton Ln
Medford	Thu 11/07/2019, 8:30a - 12:30p	Nutrition Basics	Ramada Hotel & Conference Center by Wyndham, 2250 Biddle Road
	Thu 11/07/2019, 2:00p - 5:30p	Respiratory Care: Oxygen to Ventilators	Ramada Hotel & Conference Center by Wyndham, 2250 Biddle Road
	Fri 11/08/2019, 9:00a - 12:00p	Medication Safety	Smullin Education Center, 2825 E Barnett Road
	Fri 11/08/2019, 1:30p - 4:30p	Heart Healthy	Smullin Education Center, 2825 E Barnett Road
	Tue 11/19/2019, 8:30a - 12:00p	Diabetes By The Numbers	Ramada Hotel & Conference Center by Wyndham, 2250 Biddle Road
	Fri 11/22/2019, 9:00a - 12:00p	Taking Responsibility in Personal Safety	Ramada Hotel & Conference Center by Wyndham, 2250 Biddle Road
	Fri 11/22/2019, 1:30p - 4:00p	Intro to Cultural Competency	Ramada Hotel & Conference Center by Wyndham, 2250 Biddle Road
	Wed 12/11/2019, 9:30a - 4:30p	Enhanced Certification Day 1	Register in iLearnOregon https://go.usa.gov/xUHgs
	Thu 12/12/2019, 9:30a - 4:30p	Enhanced Certification Day 2	Register in iLearnOregon https://go.usa.gov/xUHgs

City	Date and Time	Course	Location
Newberg	Thu 12/05/2019, 9:00a - 12:30p	Grief & Loss	Chehalem Park and Recreation District, 125 S. Elliott Road
	Thu 12/05/2019, 2:00p - 4:30p	Intro to Cultural Competency	Chehalem Park and Recreation District, 125 S. Elliott Road
	Wed 12/11/2019, 9:00a - 12:00p	Personal Support Worker Orientation	Chehalem Park and Recreation District, 125 S. Elliott Road
	Wed 12/11/2019, 1:30p - 3:30p	eXPRS-Orientation	Chehalem Park and Recreation District, 125 S. Elliott Road
Ontario	Thu 12/12/2019, 8:30a - 12:00p	Protect Against Sprains and Strains	DHS APD Office, 186 East Lane
	Thu 12/12/2019, 1:30p - 4:30p	Working Together	DHS APD Office, 186 East Lane
Pendleton	Fri 11/01/2019, 9:00a - 12:00p	Personal Support Worker Orientation	Umatilla County Courthouse, 216 SE 4th St
	Fri 11/01/2019, 1:30p - 3:30p	eXPRS-Orientation	Umatilla County Courthouse, 216 SE 4th St
	Fri 11/22/2019, 8:30a - 12:30p	Nutrition Basics	DHS APD Office, 1555 Southgate Place
	Fri 11/22/2019, 2:00p - 4:00p	Preventing Disease Transmission	DHS APD Office, 1555 Southgate Place
Portland Continued on next page	Fri 11/08/2019, 9:00a - 12:00p	Sensory Processing Disorder - Adult	SMILE Station, 8210 SE 13th Ave
	Fri 11/08/2019, 1:00p - 5:00p	Ready Set Work	SMILE Station, 8210 SE 13th Ave
	Tue 11/19/2019, 8:30a - 12:00p	Fighting Fraud & Abuse	DHS Conference and Training Center, 11826 Glisan St
	Tue 11/19/2019, 9:30a - 4:30p	Enhanced Certification Day 1	Register in iLearnOregon https://go.usa.gov/xUHgs
	Tue 11/19/2019, 1:30p - 5:00p	Keeping It Professional	DHS Conference and Training Center, 11826 Glisan St
	Wed 11/20/2019, 9:30a - 4:30p	Enhanced Certification Day 2	Register in iLearnOregon https://go.usa.gov/xUHgs
	Tue 12/03/2019, 9:30a - 4:30p	Enhanced Certification Day 3	Register in iLearnOregon https://go.usa.gov/xUHgs
	Wed 12/04/2019, 9:30a - 4:30p	Enhanced Certification Day 4	Register in iLearnOregon https://go.usa.gov/xUHgs
	Tue 12/10/2019, 9:00a - 1:00p	Everyone Communicates	DHS Self-Sufficiency, 30 N. Webster St
	Tue 12/10/2019, 2:00p - 4:30p	Intro to Cultural Competency	DHS Self-Sufficiency, 30 N. Webster St
	Wed 12/11/2019, 9:00a - 12:00p	Dementia 101	DHS Self-Sufficiency, 30 N. Webster St
Wed 12/11/2019, 1:00p - 4:00p	Working Together	DHS Self-Sufficiency, 30 N. Webster St	



City	Date and Time	Course	Location
Portland	Fri 12/13/2019, 8:30a - 12:00p	Grief & Loss	DHS Self-Sufficiency, 30 N. Webster St
	Fri 12/13/2019, 1:30p - 4:30p	Medication Safety	DHS Self-Sufficiency, 30 N. Webster St
Prineville	Wed 11/13/2019, 1:30p - 4:30p	End of Life	DHS APD Office, 457 NE Ochoco Plaza Dr
Roseburg	Tue 11/12/2019, 1:00p - 4:00p	Medication Safety	SORB: Southern Oregon Region Brokerage, 2930 NE Stephens St
	Thu 11/14/2019, 1:00p - 4:00p	Heart Healthy	SORB: Southern Oregon Region Brokerage, 2930 NE Stephens St
	Wed 11/20/2019, 8:30a - 12:00p	Protect Against Sprains & Strains	WorkSource Douglas, 846 SE Pine Street
	Wed 11/20/2019, 1:30p - 4:00p	Caring For Yourself While Caring For Others	WorkSource Douglas, 846 SE Pine Street
	Mon 12/09/2019, 12:30p - 4:00p	Diabetes By The Numbers	SORB: Southern Oregon Region Brokerage, 2930 NE Stephens St
Salem Continued on next page	Tue 11/05/2019, 9:00a - 4:00p	Enhanced Certification Day 1	Register in iLearnOregon https://go.usa.gov/xUHgs
	Wed 11/06/2019, 8:30a - 12:00p	Bathing and Grooming	Day's Inn Black Bear, 1600 Motor Ct NE
	Wed 11/06/2019, 9:00a - 4:00p	Enhanced Certification Day 2	Register in iLearnOregon https://go.usa.gov/xUHgs
	Tue 11/12/2019, 9:00a - 12:00p	Personal Support Worker Orientation	Marion County Health and Human Services, 3180 Center St
	Tue 11/12/2019, 1:30p - 3:30p	eXPRS-Orientation	Marion County Health and Human Services, 3180 Center St
	Thu 11/14/2019, 9:00a - 5:00p	Oregon Intervention System – G (Day 1/2)	Shangri-La, 4080 Reed Rd S
	Fri 11/15/2019, 9:00a - 5:00p	Oregon Intervention System – G (Day 2/2)	Shangri-La, 4080 Reed Rd S
	Tue 11/19/2019, 8:30a - 12:30p	Everyone Communicates	Day's Inn Black Bear, 1600 Motor Ct NE
	Tue 11/19/2019, 9:00a - 4:00p	Enhanced Certification Day 3	Register in iLearnOregon https://go.usa.gov/xUHgs
	Tue 11/19/2019, 2:00p - 5:00p	Working with Challenging Behaviors	Day's Inn Black Bear, 1600 Motor Ct NE
	Wed 11/20/2019, 9:00a - 4:00p	Enhanced Certification Day 4	Register in iLearnOregon https://go.usa.gov/xUHgs
	Thu 11/21/2019, 9:00a - 12:00p	End of Life	Day's Inn Black Bear, 1600 Motor Ct NE
	Thu 11/21/2019, 1:30p - 4:30p	Dementia 101	Day's Inn Black Bear, 1600 Motor Ct NE

City	Date and Time	Course	Location
Salem Continued from last	Fri 11/22/2019, 8:30a - 12:00p	Keeping It Professional	Cherry Avenue Training Center, 3414 Cherry Avenue NE
	Mon 11/25/2019, 9:00a - 5:00p	Oregon Intervention System – G (Day 1/2)	Shangri-La, 4080 Reed Rd S
	Tue 11/26/2019, 9:00a - 5:00p	Oregon Intervention System – G (Day 2/2)	Shangri-La, 4080 Reed Rd S
	Tue 12/03/2019, 9:00a - 12:00p	Working Together	Day's Inn Black Bear, 1600 Motor Ct NE
	Tue 12/03/2019, 1:30p - 4:00p	Intro to Cultural Competency	Day's Inn Black Bear, 1600 Motor Ct NE
	Thu 12/05/2019, 8:30a - 12:00p	Respiratory Care: Oxygen to Ventilators	Day's Inn Black Bear, 1600 Motor Ct NE
	Thu 12/05/2019, 1:00p - 4:30p	Diabetes By The Numbers	Day's Inn Black Bear, 1600 Motor Ct NE
	Fri 12/06/2019, 8:30a - 12:30p	Nutrition Basics	Broadway Commons-Africa Room 303, 1300 Broadway
	Fri 12/06/2019, 2:00p - 4:00p	Preventing Disease Transmission	Broadway Commons-Africa Room 303, 1300 Broadway
	Tue 12/10/2019, 9:00a - 12:00p	Personal Support Worker Orientation	Day's Inn Black Bear, 1600 Motor Ct NE
	Tue 12/10/2019, 1:30p - 3:30p	eXPRS-Orientation	Day's Inn Black Bear, 1600 Motor Ct NE
	Thu 12/12/2019, 8:30a - 12:00p	Fighting Fraud & Abuse	Day's Inn Black Bear, 1600 Motor Ct NE
	Thu 12/12/2019, 9:00a - 5:00p	Oregon Intervention System – G (Day 1/2)	Shangri-La, 4080 Reed Rd S
	Fri 12/13/2019, 9:00a - 5:00p	Oregon Intervention System – G (Day 2/2)	Shangri-La, 4080 Reed Rd S
	Thu 12/19/2019, 9:00a - 5:00p	Oregon Intervention System – G (Day 1/2)	Shangri-La, 4080 Reed Rd S
	Fri 12/20/2019, 9:00a - 5:00p	Oregon Intervention System – G (Day 2/2)	Shangri-La, 4080 Reed Rd S
St. Helens	Fri 11/15/2019, 8:30a - 12:00p	Keeping It Professional	APD Office, 500 N Columbia River Hwy
	Fri 11/15/2019, 1:30p - 4:00p	Intro to Cultural Competency	APD Office, 500 N Columbia River Hwy
	Thu 12/12/2019, 9:00a - 12:30p	Protect Against Sprains & Strains	Village Inn, 535 S. Columbia River Hwy
	Thu 12/12/2019, 2:00p - 5:00p	Working Together	Village Inn, 535 S. Columbia River Hwy

City	Date and Time	Course	Location
The Dalles	Tue 11/19/2019, 1:30p - 4:30p	Personal Support Worker Orientation	DHS APD Office, 3641 Klindt Drive
	Wed 11/20/2019, 9:00a - 12:00p	Stress Management and Relaxation Techniques	DHS APD Office, 3641 Klindt Drive
Tillamook	Wed 11/13/2019, 9:30a - 12:30p	Taking Responsibility in Personal Safety	Airport FBO, 5005 Hwy 101 South
	Wed 11/13/2019, 2:00p - 4:30p	Caring For Yourself While Caring For Others	Airport FBO, 5005 Hwy 101 South
	Fri 11/15/2019, 9:00a - 12:30p	Respiratory Care: Oxygen to Ventilators	Airport FBO, 5005 Hwy 101 South
	Mon 12/09/2019, 8:30a - 12:00p	Protect Against Sprains & Strains	Airport FBO, 5005 Hwy 101 South
	Mon 12/09/2019, 1:30p - 4:30p	Sensory Processing Disorder - Adult	Airport FBO, 5005 Hwy 101 South
Woodburn	Tue 11/19/2019, 9:00a - 12:00p	Taking Responsibility in Personal Safety	DHS Training Center, 120 E. Lincoln Street
	Tue 11/19/2019, 1:30p - 4:30p	End of Life	DHS Training Center, 120 E. Lincoln Street
	Fri 12/06/2019, 9:00a - 12:00p	Medication Safety	DHS Training Center, 120 E. Lincoln Street
	Fri 12/06/2019, 1:30p - 3:30p	Preventing Disease Transmission	DHS Training Center, 120 E. Lincoln Street





Never believe that a few caring people can't change the world. For, indeed, that's all who ever have."

~ Margaret Mead, anthropologist





November

Monday	Tuesday	Wednesday	
4	5 Beaverton SPD-C 9:00a - 12:00p EC 1:00p - 5:00p Eugene/Springfield NB 5:30p - 9:30p	6 Albany G&L 8:30a - 12:00p SPD-C 1:30p - 4:30p Baker City F&A 8:30a - 12:00p TRIPS 1:30p - 4:30p Brookings DEM101 9:00a - 12:00p PDT 1:30p - 3:30p	
	John Day CB 9:00a - 12:00p PDT 1:30p - 3:30p Salem ENH-1 9:00a - 4:00p	Clackamas F&A 9:00a - 12:30p WT 2:00p - 5:00p Salem B&G 8:30a - 12:00p ENH-2 9:00a-4:00p B&G-RUS 1:30p-5:00p	
11	12 Clackamas G&L 9:00a - 12:30p Lincoln City C4Y 9:00a - 11:30a RC 1:00p - 4:30p Roseburg MedS 1:00p - 4:00p Salem PSW-0 9:00a - 12:00p CB-RUS 9:00a - 12:00p eXPRS-0 1:30p - 3:30p WT-RIS 1:30p - 4:30p	13 Coos Bay/North Bend DBN 8:30a - 12:00p HH 1:30p - 4:30p Eugene/Springfield PDT 9:30a - 11:30a DEM101 1:00p - 4:00p CB 5:30p - 8:30p Hillsboro KIP 8:30a - 12:00p PSW-0 9:00a - 12:00p eXPRS-0 1:30p - 3:30p WT 1:30p - 4:30p	Lincoln City ENH-1 9:00a-4:00p Prineville EOL 1:30p - 4:30p Portland CB-RUS 2:00p - 5:00 Tillamook TRIPS 9:30a-12:30p C4Y 2:00p - 4:30p
18	19 Eugene/Springfield SMART 5:30p - 8:30p Medford DBN 8:30a - 12:00p Portland F&A 8:30a - 12:00p KIP 1:30p - 5:00p ENH-1 9:30a - 4:30p	Salem EC 8:30a - 12:30p ENH-3 9:00a - 4:00p CB 2:00p - 5:00p The Dalles PSW-0 1:30p - 4:30p Woodburn TRIPS 9:00a - 12:00p EOL 1:30p - 4:30p	20 Albany NB 8:30a - 12:30p PDT 2:00p - 4:00p Brookings ENH-3 9:00a - 4:00p Klamath Falls DEM101 9:00a - 12:00p TRIPS 1:30p - 4:30p Portland ENH-2 9:30a - 4:30p KIP-VIET 12:00p-3:30p WT-VIET 5:00p - 8:00p
25	26 Salem OIS Day2 9:00a - 5:00p	Roseburg PASS 8:30a-12:00p C4Y 1:30p - 4:00p Salem ENH-4 9:00a-4:00p The Dalles SMART 9:00a-12:00p	
25	Salem OIS Day1 9:00a - 5:00p	27	

November

Thursday	Friday	Saturday	Sunday
	1 Pendleton PSW-0 9:00a - 12:00p eXPRS-0 1:30p - 3:30p	2	3
7 Baker City PSW-0 9:00a - 12:00p eXPRS-0 1:30p - 3:30p Brookings ENH-1 9:00a - 4:00p Clackamas B&G 9:00a - 12:30p SPD-C 1:30p - 4:30p	8 Brookings ENH-2 9:00a - 4:00p Hillsboro TRIPS-SPN 4:30p-7:30p Medford MedS 9:00a - 12:00p HH 1:30p - 4:30p	9 Portland KIP-SOM 10:00a - 1:30p PDT-MAI 3:00p - 5:00p	10
14 Albany PASS 8:30a - 12:00p SMART 1:30p - 4:30p Bend MedS 9:00a - 12:00p HH 1:30p - 4:30p Clackamas KIP 8:30a - 12:00p TRIPS 1:30p - 4:30p eXPRS-0 5:30p - 7:30p Florence PDT 9:30a - 11:30a B&G 1:00p - 4:30p	15 Clackamas PASS 8:30a - 12:00p CB 1:30p - 4:30p PSW-0 4:30p - 7:30p Florence PSW-0 9:00a - 12:00p eXPRS-0 1:30p - 3:30p Gresham PSW-0 1:30p - 4:30p Hillsboro PASS-SPN 4:30p - 8:00p Madras KIP 9:00a - 12:30p ICC 2:00p - 4:30p	16 Portland WT-SOM 10:00a - 1:00p NB-MAI 2:30p - 6:30p	17
21 Beaverton TRIPS 9:00a - 12:00p ICC 1:30p - 4:00p Brookings ENH-4 9:00a - 4:00p Coos Bay/ North Bend TRIPS 9:00a - 12:00p ICC 1:30p - 4:00p	22 Bend SAA 9:00a - 12:00p SPD-C 1:30p - 4:30p Hillsboro HH 9:00a - 12:00p MedS 1:30p - 4:30p Medford TRIPS 9:00a - 12:00p ICC 1:30p - 4:00p	23 Portland PASS-SOM 10:00a - 1:30p PASS-MAI 3:30p - 7:00p	24
28	29	30	



December

Sunday	Monday	Tuesday	Wednesday	
1	2 Clackamas KIP 8:30a - 12:00p EOL 1:30p - 4:30p Eugene/Springfield F&A 5:30p - 9:00p Grants Pass KIP 9:00a - 12:30p WT 1:30p - 4:30p Portland F&A-RUS 2:00p - 5:30	3 Albany DEM101 9:00a - 12:00p TRIPS 1:30p - 4:30p Clackamas RC 8:30a - 12:00p HH 1:30p - 4:30p Eugene/Springfield KIP 5:30p - 9:00p	McMinnville HH 9:00a - 12:00p DEM101 1:30p - 4:30p Portland ENH-3 9:30a - 4:30p TRIPS-RUS 5:00p - 8:00p Salem RSW-RUS 8:30a - 12:30p WT 9:00a - 12:00p ICC 1:30p - 4:00p ICC-RUS 2:00p - 4:30p	4 Beaverton RC 8:30a - 12:00p HH 1:30p - 4:30p Eugene/Springfield ENH-1 9:00a - 4:00p WT 5:30p - 8:30p Portland ENH-4 9:30a - 4:30p Salem NB-RUS 8:30a - 12:30p PDT-RUS 2:00p - 4:00p
8	9 Eugene/Springfield SPD-A 5:30p - 8:30p Hillsboro G&L 9:00a - 12:30p C4Y 2:00p - 4:30p Roseburg DBN 12:30p - 4:00p Tillamook PASS 8:30a - 12:00p SPD-A 1:30p - 4:30p	10 Albany B&G 9:00a - 12:30p ICC 2:00p - 4:30p Coos Bay/North Bend NB 8:30a - 12:30p MedS 1:30p - 4:30p Enterprise TRIPS 9:00a - 12:00p ICC 1:30p - 4:00p Eugene/Springfield PSW-O 5:30p - 8:30p	Lincoln City MedS 9:00a - 12:00p HH 1:30p - 4:30p Portland EC 9:0a - 1:00p ICC 2:00p - 4:30p Salem PSW-O 9:00a - 12:00p eXPRS-O 1:30p - 3:30p	11 Clackamas ICC 9:30a - 12:00p PDT 1:30p - 3:30p Eugene/Springfield eXPRS-O 5:30p - 7:30p La Grande DBN 8:30a - 12:00p HH 1:30p - 4:30p Lincoln City ENH-3 9:00a - 4:00p Medford ENH-1 9:30a - 4:30p Newberg PSW-O 9:00a - 12:00p eXPRS-O 1:30p - 3:30p Portland DEM101 9:00a - 12:00p WT 1:00p - 4:00p
15	16	17	18 Eugene/Springfield ENH3 9:00a - 4:00p	
22	23	24	25	
29	30	31		

December

Thursday	Friday	Saturday
<p>5 Eugene/Springfield ENH-2 9:00a - 4:00p Hillsboro NB 8:30a - 12:30p TRIPS 1:30p - 4:30p Newberg G&L 9:00a - 12:30p ICC 2:00p - 4:30p</p>	<p>6 Beaverton F&A 9:00a - 12:30p WT 1:30p - 4:30p Hillsboro PSW-O 9:00a - 12:00p eXPRS-O 1:30p - 3:30p HH-SPN 4:30p - 7:30p Portland ICC-SOM 4:30p - 7:00p KIP-ARA 5:00p - 8:30p</p>	<p>7 Portland SPD-A-SOM 10:00a - 1:00p SPD-A-MAI 2:30p - 5:30p</p>
<p>12 Eugene/Springfield EOL 9:30a - 12:30p C4Y 2:00p - 4:30p Gresham SPD-C 1:30p - 4:30p KIP 8:30a - 12:00p Lincoln City ENH-4 9:00a - 4:00p Medford ENH-2 9:30a - 4:30p Ontario PASS 8:30a - 12:00p WT 1:30p - 4:30p</p>	<p>13 Albany PSW-O 9:00a - 12:00p eXPRS-O 1:30p - 3:30p Clackamas F&A 9:00a - 12:30p C4Y 2:00p - 4:30p Gresham PSW-O 3:00p - 6:00p Hillsboro ICC-SPN 4:30p - 7:00p Portland G&L 8:30a - 12:00p F&A-VIET 1:00p - 4:30p MedS 1:30p - 4:30p ICC-ARA 5:00p - 7:30p Salem OIS Day2 9:00a - 5:00p</p>	<p>14 Portland PDT-SOM 10:30a - 12:30p PDT-MAI 2:00p - 4:00p</p>
<p>19 Eugene/Springfield ENH4 9:00a - 4:00p Salem OIS Day1 9:00a - 5:00p</p>	<p>20 Salem OIS Day2 9:00a - 5:00p</p>	<p>21</p>
<p>26</p>	<p>27</p>	<p>28</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-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 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.

Courses Requirements		Other Requirements
Cores: Complete all three	<ul style="list-style-type: none"> Helping Caregivers Fight Fraud & Abuse (F&A) Keeping It Professional (KIP) Working Together (WT) 	Complete assessments for courses taken – with a score of 80% or more
Safety-Type: Complete 5 hours	<ul style="list-style-type: none"> Medications Safety (MedS) Preventing Disease Transmission (PDT) Protect Against Sprains & Strains (PASS) Taking Responsibility in Personal Safety (TRIPS) 	Have a current CPR/1st Aid certification with a demonstration of skills
		Have a No-Show Rate of 20% or less
Electives: Complete 5 hours	<ul style="list-style-type: none"> Bathing & Grooming (B&G) Everyone Communicates (EC) Heart Healthy (HH) Introduction to Cultural Competency (ICC) Nutrition Basics (NB) Sensory Processing Disorder – Adults (SPD-A) Sensory Processing Disorder – Children (SPD-C) Working with Challenging Behaviors (CB) 	Equivalencies: <ul style="list-style-type: none"> A current Oregon CNA will cover Safety-Type and Elective course hours for an INITIAL application Completed COMPASS meets 5 hours of Safety Type courses MHFA meets 5 hours of Safety Type and 3 hours of Elective courses
		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.

Take the required readiness assessment any time, day or night, 24/7 - [Enhanced Readiness Assessment](#)

If interested, or if you have any questions, send an email to 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 individuals 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:

- 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
- Have a No-Show Rate of 20% or less

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 course is offered for PSWs who provide in-home supports through the Oregon Home Care Commission.



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 EmploymentTraining.Review@dhsosha.state.or.us your completion records of all the Core Competencies
- As a job coach, complete 12 hours of Supported Employment training annually.



ProTips

Avoid Interruptions in Pay

In order for your PDC wage to not be interrupted when your CPR/First Aid card expires, we ask you to do the following:

- Track the expiration date of your CPR/First Aid card on your personal calendar
- Send a copy of the CPR/First Aid cards directly to OHCC - ONE MONTH prior to its expiration
- Email Certifications.OHCC@dhsosha.state.or.us



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-employer's information with information from available HCWs and PSWs helps to match those in the same community.

- Looking for work? Check the "Help Wanted" section for consumers 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 (formerly called STEPS) program helps consumers, consumer-employers, representatives, common-law employers and employers of record (employers), and proxies manage in-home services. They learn valuable skills such as how to hire, create and maintain professional boundaries with their workers, and much more!

Employer Resource Connection materials may be personalized to help the employer manage their in-home services. Local consultants provide these materials and personalized services at a place of the employer's choosing.

If your employer wishes to have more information, they can email OHCC.ERC@dhsosha.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 or 503.378.2661

Orientations

Have you joined us for an orientation yet?

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



ProTips

Referrals

Log in every 30 days if you are looking for work. If you do not log in, your status will automatically change to "unavailable" and you will not appear on a consumer-employer's list.

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 to certify 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 hours Community Health Worker training. If you would like to know more, please contact Yetu Dumbia at OHCC.CHW@dhsosha.state.or.us or call 877.880.8071, and press option 1 for more information.

Medical Open Enrollment for 2020 Medical Coverage

If you are uninsured and need to enroll in medical insurance—or if you need to update your current Marketplace medical coverage—you will need to act quickly during open enrollment. Open enrollment begins on November 1st for medical coverage beginning January 1, 2020. If you are enrolled in Medicaid, other employer insurance or family insurance this may not apply to you. For participants enrolled in Medicare Part B, open enrollment to shop for additional coverage in 2020 begins on October 15th this year.

Have you worked two consecutive months of 40 or more hours? You may be eligible for Dental, Vision and Employee Assistance Program benefits through the Oregon Homecare Workers Benefit Trust!

Learn more about open enrollment and other available benefits with the [Homecare Worker Supplemental & Benefits Trust](#). Call the Trust's Healthcare Enrollment Team at 503.303.5668 (Portland Metro Area) or toll free at 855.437.2694



Adult Foster Care & Guests

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

- Email the OHCC Training Unit at Training.OHCC@dhsosha.state.or.us
- Call 877-867-0077 for Training & Registry
- Please have the following information available:
 - » Name of the APD-AFH provider & AFH
 - » Provider number
 - » Return phone number
 - » Class, time, date and town interested in being registered for
 - » First and last name of AFH staff who will be attending
- We will only be able to register AFH staff through the AFH provider



Contact OHCC

550 Capitol Street NE

Basement Floor

Salem, Oregon 97301

Toll Free: 877.867.0077

Email: Training.OHCC@dhsosha.state.or.us

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