

Professional Development Certification (PDC) courses

PDC type	Course title	Credit hours	Center of Medicare & Medicaid Services Direct Care Competencies
CORE	<p>Keeping It Professional - (KIP)</p> <p>Focuses on 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.</p>	3.5	Professionalism and Ethics Person-Centered Practices Communication
	<p>Working Together - (WT)</p> <p>Assertive communication and problem-solving techniques for employers and workers; clarifying expectations; and the use of person-directed values and language.</p>	3	Person-Centered Practices Communication Professionalism and Ethics Empowerment & Advocacy
	<p>Helping Caregivers Fight Fraud & Abuse - (F&A)</p> <p>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.</p>	3.5	Professionalism and Ethics Education Training and Self-Development
SAFETY	<p>Compass Certificate - (COMP)</p> <p>This program promotes injury prevention and health for providers involving seven (7) sessions, each two (2) weeks apart.</p>	15	Safety Communication Crisis Prevention and Intervention Health and Wellness Education, Training and Self-Development
	<p>Driver Safety - (DS)</p> <p>This course includes important information that new and experienced drivers should know to stay safe on Oregon streets, roads, and highways.</p>	2.5	Safety
	<p>Medication Safety - (MedS)</p> <p>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.</p>	3	Safety Evaluation and Observation
	<p>Mental Health First Aid - (MHFA)</p> <p>Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance-use issues.</p>	8	Crisis Prevention and Intervention Safety Health and Wellness
	<p>Preventing Disease Transmission - (PDT)</p> <p>Causes of Infectious diseases and routes of transmission; reducing risks; best practices in housekeeping and caregiving to prevent the spread of diseases.</p>	2	Safety Health & Wellness

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	Protect Against Sprains & Strains - (PASS) Basic principles of body mechanics; making changes in work activities to minimize risks and protect yourself and others; review of some assistive equipment.	3.5	Safety
	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	Safety Evaluation & Observation
	Taking Responsibilities in Personal Safety - (TRIPS) 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	Safety Crisis Prevention and Intervention
Electives	Bathing and Grooming - (B&G) Skills in personal care activities of bathing, shaving, skin care & grooming with a focus on using person-centered values and techniques.	3.5	Person-Centered Practices Health & Wellness Community Living Skills and Supports
	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.	2.5	Education, Training and Self-Development Professionalism & Ethics
	Dementia 101 - (DEM 101) 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.	3	Health and Wellness Safety Empowerment & Advocacy
	Diabetes by the Numbers - (DBN) This class covers carbohydrate identification; label reading and portion control; preventing complications; glucose testing; and understanding the numbers while providing information on the basics of diabetes.	3.5	Health and Wellness Safety Empowerment & Advocacy
	Diversity Awareness – Challenges Facing Lesbian, Gay, Bisexual, Transgender Older Adults - (LGBT) Learn terminology & definitions, gain an understanding of the lives of LGBTQ older adults, and become informed on the ways to be welcoming and inclusive.	3	Person-Centered Practices Cultural Competency Professionalism and Ethics

Electives

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	<p>Durable Medical Equipment - (DME) Helpful hints on safely using mobility devices, bath & toilet aides, Hoyer lifts, and other medical equipment. Tips on choosing, fitting, and using devices.</p>	4	Safety
	<p>End of Life - (EoL) 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.</p>	3	Person-Centered Practices Empowerment & Advocacy Evaluation & Observation Cultural Competency Health & Wellness Education, Training and Self-Development
	<p>Everyone Communicates - (EC) 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.</p>	4	Person-Centered Practices Communication Empowerment & Advocacy Professionalism & Ethics
	<p>Grief & Loss - (G&L) Understanding the process of grief, the myths and realities of grieving and loss, ways to help others, compassion fatigue and caring for yourself.</p>	3.5	Professionalism and Ethics Communication Education, Training and Self-Development
	<p>Heart Healthy - (HH) How the heart works, understanding common heart problems, monitoring blood pressure, recognizing heart emergencies, and creating a heart-healthy lifestyle.</p>	3	Health and Wellness Safety Empowerment & Advocacy
	<p>Introduction to Cultural Competency - (ICC) This interactive and engaging course offers an introduction to culture, cultural competency, and their role in offering person-centered supports.</p>	2.5	Cultural Competency Person-Centered Practices Empowerment and Advocacy
	<p>Nutrition Basics - (NB) 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.</p>	4	Health and Wellness Empowerment & Advocacy Community Living Skills and Supports

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Electives	Providing Services to a Person with Vision Loss - (LV1) This course is taught by the Commission for the Blind. Learn about working with someone with a vision impairment.	2	Person-Centered Safety Health and Wellness
	Respiratory Care: Oxygen to Ventilators - (RC) End-stage respiratory diseases, basics on the use of oxygen, nebulizers, and ventilators.	3.5	Health and Wellness Safety Empowerment & Advocacy
	Sensory Processing Disorder – Adults - (SPD-A) 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	Person-Centered Practices Communication
	Sensory Processing Disorder - Children - (SPD-C) Covers 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.	3	Person-Centered Practices Communication
	Stress Management and Relaxation Techniques - (SMART) Understanding stress and its effects; identifying triggers; fun and practical techniques for coping with stress.	3	Education, Training and Self-Development Professionalism and Ethics

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	<p>Working with Challenging Behaviors - (CB) Practical information about working with seniors and adults with physical disabilities regarding types and causes of challenging behaviors; problem solving; and communication ideas.</p>	3	Person-Centered Practices Communication Safety Professionalism and Ethic
Non- PDC	<p>Ready, Set, Work - (RSW) Create a professional marketing approach to finding work; how to use the Registry; and what you should do before starting a job.</p>	4	Education, Training and Self-Development