

Elevate

Your career path through quality training



Courses

To maintain physical distancing guidelines, Oregon Home Care Commission (OHCC) is currently not holding in-person classes.

Our classes are currently offered in webinar and on-demand formats. Check out our current schedule!



Important Information

This section is designed to bring you updated and important information so that you can be successful on the job.



November - December 2021



Certifications

Certifications offered by the Oregon Home Care Commission are for those homecare workers, personal support workers, and personal care attendants who choose to develop a wider 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 icons!



Resources

The resources available to help you succeed on the job and the resources that fit the unique needs of the individual you work for can be found in this section.



Oregon Home Care Commission (OHCC) Traditional Health Worker Program

OHCC provides a certification training program for those interested in becoming a Community Health Worker (CHW). Soon, the Personal Health Navigator training program will be available.

OHCC Traditional Health Worker (THW) certifications meets the Senate Bill 1534 mandatory training requirements.

To become certified with OHCC, workers must:

- Be a homecare worker (HCW), personal support worker (PSW) or personal care attendant (PCA)
- Have a CPR/First Aid Certification
- Have an active Professional Development Certification

Traditional Health Worker

What is a Traditional Health Worker (THW)? The term Traditional Health Worker represents five specialties in the State of Oregon: Birth Doula; Peer Support Specialist; Peer Wellness Specialist; Personal Health Navigator; and Community Health Worker.

General roll of the THW:

- Lowering costs related to health care
- Understanding and addressing the social determinants of health
- Addressing health disparities in culturally appropriate ways
- Supporting integration and whole person care

Community Health Worker

What is a Community Health Worker (CHW)? A CHW is a frontline public health worker who is a trusted member of the community or has a close understanding of the community.

The OHCC offers a 96-hour CHW Training cohort to HCW, PSW and PCA.

To register for future CHW training, go to <https://apps.state.or.us/Forms/Served/de2917.pdf>

Personal Health Navigator

What is a Personal Health Navigator (PHN)? An individual who provides information, assistance, tools, and support to enable a patient to make the best health care decisions.

The OHCC is currently working with partners and shareholders to develop PHN training curriculum. Future updates will be provided in the Elevate newsletter.

For more information about the program please contact us at OHCC.CHW@dhsosha.state.or.us or call 1-877-880-8071, option 1.

Each THW program has its own unique scope of practice based on the service area that it functions in. Also, every THW specialty has its own State of Oregon certification program.



Traditional Health Worker Advisory Council

We are recruiting for Members

The Oregon Home Care Commission (OHCC) is seeking individuals to join its Traditional Health Worker Advisory Council.

House Bill 3650 in 2011, directed the Commission to work with culturally diverse organizations and groups to recruit, train, and certify homecare workers and personal support workers who desire to become Community Health Workers and Personal Health Navigators.

The Traditional Health Worker Advisory Council (THWAC) will provide recommendations to the Oregon Home Care Commission to insure 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:

- Consumers
- Homecare Workers
- Personal Support Workers
- Community Health Workers
- Personal Health Navigators
- Individuals Experiencing Disabilities
- Coordinated Care Organizations (CCOs)
- Community-Based Organization (CBO)
- Community Members

The THWAC meets quarterly. For more information, contact: Massarra Eiwaz-Ransom, phone: 503-378-2661, Email Massarra.Eiwaz-Ransom@dhsosha.state.or.us





On-demand courses through PACE

OHCC is now providing on-demand classes through an on-line learning system called **PACE** (Professional and Continuing Education). On-demand courses were previously offered on iLearnOregon.

Each class is designed to help you reach your personal and professional goals. **PACE** will also be used to manage your OHCC certifications.

PACE makes training easy and is very user friendly:

1. Sign in to the OHCC Registry and self-register for a course called On-Demand Courses (this is how OHCC knows you need access to **PACE**).
2. OHCC will send an email with a link so that you may create a **PACE** account; click on the link in the email to view this message:
3. Complete the request to be an OHCC/**PACE** user.
4. OHCC will review your request and approve you to use **PACE** within 1-2 business days.
5. Now you are ready to sign back in to **PACE** and access the courses.

Choose the course or courses you would like to take. OHCC will give you course credit in the Registry once you complete the course.

Current on-demand courses are: *Keeping It Professional; Working Together and Helping Caregivers Fight Fraud and Abuse.*

Some of the current features in **PACE** include:

- On-demand OHCC training courses.
- Use your tablet; desk top; laptop computer, or smart phone.
- Take the course assessments and view your scores.
- Complete course evaluations.

Coming soon, workers will be able to:

- Manage their certifications on the Certification Dashboard.
 - » View the start and expiration date of each certification
 - » Register for a certification cohort
 - » Take initial or continuing education courses for credit



“Develop a passion for learning. If you do, you will never cease to grow.”

-Anthony J. D’Angelo, Author



Protecting your health

The Oregon Department of Human Services is committed to protecting the health and well-being of the people we serve: consumer-employers, homecare workers, personal support workers, and personal care attendants - 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) has not been holding in-person training courses since March 13, 2020.

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/DISEASESCONDITIONS/DISEASESAZ/Pages/emerging-respiratory-infections.aspx>.

Extensions - Background Checks

Due to the COVID-19 pandemic, workers currently enrolled as homecare workers, personal support workers, and personal care attendants will not be required to complete a new background check until 2022. If there is reason to believe there is new criminal history or abuse claims, a new background check will be completed right away. Homecare workers will receive a notice 120 days before a new check is required in 2022.



ODDS Animated Videos: COVID-19

In early March 2020, the Office of Developmental Disabilities Services (ODDS) launched the first in 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 several 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/x0J8BSusgkw>



ProTips

Your new employer introduces themselves to you, but you still are not sure how to address them. It is best to ask and not assume what to call them. "What should I call you"? or "What name do you prefer?"

Get Some PPE

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 Local 503's website at <https://seiu503.tfaforms.net/622> or email OHCC.CustomerRelations@dhsosha.state.or.us.
2. Provide the following information:
 - Your first and last name
 - Your phone number, email, and mailing address
 - Your provider number(s)
 - Whether you are a HCW, PSW, or PCA
 - The number of consumers you support in a week and the average number of hours you work per pay period
 - If you require gloves, masks, or both:
 - Size of gloves (if requested)
 - DHS Pick-Up Preference (Mail or in-person)
 - » If in-person, your local office
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.

COMPASS

Two cohorts starting on November 3rd and December 1st

COMPASS stands for **Communities of Practice And Safety Support**. HCWs, PSWs, and PCAs who attend this fourteen (14) week program will:

- Attend seven (7) required sessions, each two (2) weeks apart
- 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

Are you driving on the job? A copy of your driver's license and insurance coverage should be in your record. Sign up for OHCC's course Driver Safety and learn more.

Wildfires and Smoke Resources

If you or someone you know has been affected by the Oregon wildfires, please click on the link below for assistance, information, and resources.

The link provides the information in multiple languages including English, Spanish, Arabic, Simplified and Traditional Chinese, Chuukese, Hmong, Korean, Marshallese, Russian, Somali, and Vietnamese.

The topics include:

- Community Resources for Wildfire Recovery
- Wildfire Evacuations and COVID-19
- Smoke Exposure and COVID-19
- Wildfire Evacuation Tips
- Reducing Health Effects of Wildfire Smoke
- Health Threats for Wildfire Smoke
- FAQ Sheets and more

Click here to access the link: <https://www.oregon.gov/oha/ph/preparedness/prepare/pages/prepareforwildfire.aspx>

For immediate help dial 911 and please contact the Safe + Strong Helpline at 1-800-923-HELP (4357) for further assistance and additional information.



OregonSaves is moving to a new program manager

OregonSaves: a retirement benefit for Homecare Workers and Personal Care Attendants

OregonSaves is a state retirement program allowing homecare workers and personal care attendants to save for the future. This benefit was negotiated on their behalf by SEIU and is included in their collective bargaining agreement.

Information about OregonSaves can be found on their website, including frequently asked questions: <https://saver.oregonsaves.com/>

Learn more information on how OregonSaves is transitioning to a new program manager called Sunday Administration, LLC by visiting the [OregonSaves website](#).

What if I need help?

- You can contact the SEIU 503 Member Assistance Center for help at 1-844-503-7348.
- For more information: <https://seiu503.org/oregon-saves-homecare-and-psw-retirement/>
- Contact OregonSaves by phone or email at (844) 661- 777 clientservices@oregonsaves.com
- If OregonSaves does not have your name you may contact OHCC Customer Relations at 877-624-6080 OHCC.CustomerRelations@dhs.ohio.gov



ProTips

Are you driving on the job? A copy of your driver's license and insurance coverage should be in your record. Sign up for OHCC's course Driver Safety and learn more.



PTC-DCI for Homecare Workers and Personal Care Attendants



On Sept. 12th, homecare (HCWs) and personal care attendants (PCAs) switched to a “new way of doing business” as the State of Oregon implemented the federal governments’ requirement to electronically capture the beginning and ending each shift - in real time. The federal government refers to this as “electronic visit verification”. The HCW and PCA will refer to the Oregon system as the “PTC DCI”, which is short for, “Provider Time Capture- Direct Care Innovations”. The PTC DCI program replaces the paper voucher system.

How does it work? The HCW or PCA have a few options to capture the information electronically. The most popular being the app that is downloaded on to the smart phone or device. This popular method is easily accessed by downloading the [Apple App Store](#) (iPhone) or [Google Play Store](#) (Android) and the worker will need the assigned username and temporary password to access the information on the program. Usernames and temporary passwords were sent in the PTC Go-Live Support Guides.

Need additional support? The PTC-DCI team has created a website that has all the information you need, including contact information. The website is found at: PTC.Oregon.Gov.

OHCC PTC FAQ meetings: OHCC has been providing Zoom meetings for homecare and person care attendants who need additional support. Meetings were abundantly scheduled in September and October and the times were posted on the PTC website. Additional meetings may be scheduled after October if they are still needed. They will be posted on OHCC Facebook and on the PTC website.

Where do I go for help?

- **Basic system questions and general login assistance:** DCI Help Desk at 1-855-565-0155 or ORPTCSupport@dcisoftware.com.
- **Help with OR PTC DCI:** Email the PTC Support Team at PTC.Support@dhsosha.state.or.us
- **Homecare Workers and AAA/APD Consumers:** For specific questions about service plans, tasks, authorized hours, policies, contact information updates or just getting started as a new provider/consumer, contact your [ODHS local office](#).
- **Personal Care Attendants and eligible PCA-Consumers:** If you are just getting started or have questions about your payments, contact the PCA Program at 503-945-9708 or PC.20@dhsosha.state.or.us. For questions on authorized hours, exceptions, service plans or tasks, contact Comagine at 888-416-3184 or ORBHSupport@comagine.org.

Who will not use OR PTC DCI?

- If you use eXPRS for Intellectual and Developmental Disabilities (I/DD) programs, you will continue to use that system.
- Many In-Home Care Agencies are using EVV compliant systems already. In-Home Agencies will not use OR PTC DCI.
- The Independent Choice Program (ICP) is using a different system to report EVV information and will not use OR PTC DCI.

How can I learn more?

- Check out the PTC monthly videos. All PTC-related videos can be found in the [PTC Playlist](#) on the ODHS YouTube channel.
- Review the [Learning Materials](#) section of this website to access all materials and translated versions that have been provided to various groups so far.



ProTips

Looking for work but not able to help the person who just left you a message? Please call them back and let them know you are not interested.



ELEVATE — November - December 2021

We here at the Oregon Home Care Commission (OHCC) would like to thank you for all the hard work you've been putting into 2021! 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. Continue to make 2021 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!

Webinar Courses

Due to current physical distancing requirements, we are not able to offer the classroom courses until further notice. We are offering webinar courses and we encourage you to self-register through the Registry after which you will receive an email from the Training Unit.

The Registry

The Registry provides the consumer with the closest match of the workers to their requested services.

- 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 correct and updated?



ProTips

The Registry now has password reset!

Be sure you are using a unique email for each provider profile you may have on the Registry. And, of course, that it is up to date!

Self-Register for Courses Today!

1. Self-registration - by far the fastest and easiest way to get your spot in a training - 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
 - You will be emailed instructions on final steps to enroll in the webinar. Please follow the instructions. Emails will be sent during normal business hours
 - **NOTE:** OHCC Training Unit will help you register for all the required sessions, just register for the first Compass session.
2. Other ways to Register:
 - Send an email request to: Training.OHCC@dhssoha.state.or.us
 - Give OHCC a call at 877.867.0077
 - When you email or call please make sure to include in your message:
 - » Your full name;
 - » Provider number;
 - » Class name; and,
 - » Date of the class

Use our Quick Guide for the Registry to learn more about all the Registry can do!

Trouble getting logged in? Use the Password Reset feature.

Need to Cancel or Reschedule?

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 and cancel your seat in the class. Need help canceling your class? Email or call with the information you used to register.

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@dhssoha.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@dhssoha.state.or.us
 - » 877.867.0077, option 3
- A cost of \$15 per class hour must be paid prior to attending.



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.



Class List

Course	Date	Time	Location
Sensory Processing Disorder - Children	11/1/2021	1:00 p.m. – 4:00 p.m.	GoToTraining
Helping Caregivers Fight Fraud & Abuse (F&A)	11/2/2021	1:00 p.m. – 4:30 p.m.	GoToTraining
Grief & Loss (G&L)	11/3/2021	1:00 p.m. – 4:30 p.m.	GoToTraining
Keeping It Professional (KIP)	11/4/2021	8:30 a.m. – 12:30 p.m.	GoToTraining
End of Life (EoL)	11/4/2021	1:00 p.m. – 4:00 p.m.	GoToTraining
Bathing & Grooming (B&G)	11/5/2021	8:30 a.m. – 12:00 p.m.	GoToTraining
Preventing Disease Transmission (PDT)	11/5/2021	1:30 p.m. – 3:30 p.m.	GoToTraining
Nutrition Basics (NB)	11/9/2021	8:30 a.m. – 12:30 p.m.	GoToTraining
COMPASS Day 1	11/9/2021	1:30 p.m. – 4:30 p.m.	Zoom
Caring for Yourself While Caring for Others (C4Y)	11/9/2021	4:00 p.m. – 6:30 p.m..	GoToTraining
Protect Against Sprains & Strains (PASS)	11/10/2021	9:00 a.m. – 12:30 p.m.	GoToTraining
Gen Silent: Life Experiences of LGBT Older Adults (GS)	11/10/2021	1:00 p.m. – 3:00 p.m.	GoToTraining
Sensory Processing Disorder - Adult	11/16/2021	1:00 p.m. – 4:00 p.m..	GoToTraining
Taking Responsibility in Personal Safety (TRIPS)	11/17/2021	8:30 a.m. – 11:30 a.m.	GoToTraining
Medication Safety (MEDS)	11/18/2021	9:00 a.m. – 12:00 p.m.	GoToTraining
Introduction to Cultural Competency (ICC)	11/18/2021	1:00 p.m. – 3:30 p.m.	GoToTraining
Dementia 101 (Dem101)	11/19/2021	1:00 p.m. – 4:00 p.m.	GoToTraining
Respiratory Care: Oxygen to Ventilators (RC)	11/22/2021	8:30 a.m. – 12:00 p.m.	GoToTraining
End of Life (EoL)	11/23/2021	9:00 a.m. – 12:00 p.m..	GoToTraining
Driver Safety (DS)	11/24/2021	9:00 a.m. – 11:30 a.m.	GoToTraining
Working Together (WT)	11/24/2021	1:00 p.m. – 4:00 p.m.	GoToTraining
Substance Abuse Awareness (SAA)	11/29/2021	9:00 a.m. – 12:00 p.m.	GoToTraining
Nutrition Basics (NB)	11/30/2021	8:30 a.m. – 12:30 p.m.	GoToTraining
Providing Services to a Person with Vision Loss (LV1)	11/30/2021	1:00 p.m. – 3:00 p.m.	Zoom
Heart Healthy (HH)	12/1/2021	8:30 a.m. – 11:30 a.m.	GoToTraining
Stress Management and Relaxation Techniques (SMART)	12/1/2021	1:00 p.m. – 4:00 p.m.	GoToTraining
COMPASS Day 1	12/1/2021	4:00 p.m. – 7:00 p.m.	Zoom
Respiratory Care: Oxygen to Ventilators (RC)	12/2/2021	8:30 a.m. – 12:00 p.m.	GoToTraining
Caring for Yourself While Caring for Others (C4Y)	12/2/2021	1:00 p.m. – 3:30 p.m..	GoToTraining
Diabetes by the Numbers (DBN)	12/3/2021	8:30 a.m. – 12:00 p.m.	GoToTraining
Medication Safety (MEDS)	12/3/2021	1:30 p.m. – 4:30 p.m.	GoToTraining
Keeping It Professional (KIP)	12/6/2021	9:00 a.m. – 12:30 p.m.	GoToTraining
Sensory Processing Disorder - Children	12/6/2021	1:00 p.m. – 4:00 p.m.	GoToTraining
Grief and Loss (G&L)	12/7/2021	9:00 a.m. – 12:30 p.m.	GoToTraining

Protect Against Sprains & Strains (PASS)	12/8/2021	9:00 a.m. – 12:30 p.m.	GoToTraining
Introduction to Cultural Competency (ICC)	12/8/2021	1:00 p.m. – 3:30 p.m.	GoToTraining
Gen Silent: Life Experiences of LGBT Older Adults (GS)	12/9/2021	9:00 a.m. – 11:00 a.m.	GoToTraining
Helping Caregivers Fight Fraud & Abuse (F&A)	12/9/2021	1:00 p.m. – 4:30 p.m.	GoToTraining
Preventing Disease Transmission (PDT)	12/10/2021	8:30 a.m. – 10:30 a.m.	GoToTraining
Heart Healthy (HH)	12/10/2021	1:00 p.m. – 4:00 p.m.	GoToTraining
Respiratory Care: Oxygen to Ventilators (RC)	12/13/2021	8:30 a.m. – 12:00 p.m.	GoToTraining
Working Together (WT)	12/13/2021	1:00 p.m. – 4:00 p.m.	GoToTraining
Bathing & Grooming (B&G)	12/14/2021	8:30 a.m. – 12:00 p.m.	GoToTraining
Dementia 101 (Dem101)	12/14/2021	1:00 p.m. – 4:00 p.m.	GoToTraining
Taking Responsibility in Personal Safety (TRIPS)	12/15/2021	8:30 a.m. – 11:30 a.m.	GoToTraining
Driver Safety (DS)	12/15/2021	1:00 p.m. – 3:30 p.m.	GoToTraining
Enhanced Certification Initial Week 1 Day 1	11/8/2021	12:30 p.m. – 4:30 p.m.	Zoom
Enhanced Certification Initial Week 1 Day 2	11/10/2021	12:30 p.m. – 4:30 p.m.	Zoom
Enhanced Certification Initial Week 2 Day 1	11/15/2021	12:30 p.m. – 4:30 p.m.	Zoom
Enhanced Certification Initial Week 2 Day 2	11/17/2021	12:30 p.m. – 4:30 p.m.	Zoom
Enhanced Certification Initial Week 3 Day 1	11/22/2021	12:30 p.m. – 4:30 p.m.	Zoom
Enhanced Certification Initial Week 3 Day 2	11/23/2021	12:30 p.m. – 4:30 p.m.	Zoom
Enhanced Certification Renewal Day 1	11/18/2021	8:30 a.m. – 12:00 p.m.	Zoom
Enhanced Certification Renewal Day 2	11/19/2021	8:30 a.m. – 12:00 p.m.	Zoom
Enhanced Certification Renewal Day 3	11/30/2021	8:30 a.m. – 12:00 p.m.	Zoom
Enhanced Certification Initial Week 1 Day 1	12/7/2021	8:30 a.m. – 12:30 p.m.	Zoom
Enhanced Certification Initial Week 1 Day 2	12/9/2021	8:30 a.m. – 12:30 p.m.	Zoom
Enhanced Certification Initial Week 2 Day 1	12/14/2021	8:30 a.m. – 12:30 p.m.	Zoom
Enhanced Certification Initial Week 2 Day 2	12/16/2021	8:30 a.m. – 12:30 p.m.	Zoom
Enhanced Certification Initial Week 3 Day 1	12/21/2021	8:30 a.m. – 12:30 p.m.	Zoom
Enhanced Certification Initial Week 3 Day 2	12/23/2021	8:30 a.m. – 12:30 p.m.	Zoom
Enhanced Certification Renewal Day 1	12/7/2021	8:30 a.m. – 12:30 p.m.	Zoom
Enhanced Certification Renewal Day 2	12/9/2021	8:30 a.m. – 12:30 p.m.	Zoom
Enhanced Certification Renewal Day 3	12/14/2021	8:30 a.m. – 12:30 p.m.	Zoom



“Every student has something to offer, and every student deserves a nurturing learning environment.”

- Ilhan Omar,
United States Representative



November 2021

Sunday	Monday	Tuesday	Wednesday
	1 SAA -Russ 9 a.m. – 12:00 p.m. SPD-C 1:00 p.m. – 4:00 p.m.	2 HH - Spn 9 a.m. – 12:00 p.m. FAA 1:00 p.m. – 4:30 p.m.	3 G&L 8:30 a.m. – 12:30 p.m. PASS - Russ 8:30 a.m. – 12:30 p.m. COMP-1 – Russ 1:00 p.m. – 4:00 p.m.
7	8 ICC – Russ 1:00 p.m. – 3:30 p.m. ENH-Int Wk1 D1 12:30 p.m. – 4:30 p.m.	9 NB 8:30 a.m. – 12:30 p.m. COMP-1 1:30 p.m. – 4:30 p.m. C4Y 4:00 p.m. – 6:30 p.m.	10 PASS 9:00 a.m. – 12:30 p.m. ENH-Int Wk1 D2 12:30 p.m. – 4:30 p.m. GS 1:00 p.m. – 3:00 p.m.
14	15 PDT – Russ 9:00 a.m. – 12:00 p.m. ENH-Int Wk2 D1 12:30 p.m. – 4:30 p.m.	16 TRIPS – Spn 9:00 a.m. – 12:00 p.m. SPD – A 1:00 p.m. – 4:00 p.m.	17 TRIPS 8:30 a.m. – 11:30 a.m. ENH-Int Wk2 D2 12:30 p.m. – 4:30 p.m.
21	22 RC 8:30 a.m. – 12:00 p.m. HH – Russ 9:00 a.m. – 12:00 p.m. ENH-Int Wk3 D1 12:30 p.m. – 4:30 p.m. PASS – Spn 1:00 p.m. – 4:30 p.m.	23 EOL 9:00 a.m. – 12:00 p.m.	24 DS 9:00 a.m. – 11:30 a.m. ENH-Int Wk3 D2 12:30 p.m. – 4:30 p.m. WT 1:00 p.m. – 4:00 p.m.
28	29 SAA – Russ 9:00 a.m. – 12:00 p.m. SAA 9:00 a.m. – 12:00 p.m. B&G – Ara 1:00 p.m. – 4:30 p.m. PDT – Spn 1:00 p.m. – 3:00 p.m.	30 ENH-Ren D3 8:30 a.m. – 12:00 p.m. NB 8:30 a.m. – 12:30 p.m. LV1 1:00 p.m. to 3:00 p.m.	

November

Thursday	Friday	Saturday
<p>4</p> <p>KIP 8:30 a.m. – 12:00 p.m.</p> <p>PDT -Ara 9:00 a.m. – 11:00 a.m.</p> <p>EOL 1:00 p.m. – 4:00 p.m.</p>	<p>5</p> <p>B&G 8:30 a.m. – 12:00 p.m.</p> <p>PDT 1:30 p.m. – 3:30 p.m.</p> <p>CB - Som 2:00 p.m. – 5:00 p.m.</p>	<p>6</p>
<p>11</p>	<p>12</p>	<p>13</p>
<p>18</p> <p>ENH-Ren D1 8:30 a.m. – 12:00 p.m.</p> <p>MEDS 9:00 a.m. – 12:00 p.m.</p> <p>ICC 1:00 p.m. – 3:30 p.m.</p>	<p>19</p> <p>ENH-Ren D2 8:30 a.m. – 12:00 p.m.</p> <p>DEM 1:00 p.m. – 4:00 p.m.</p> <p>CD - Ara 1:00 p.m. – 4:00 p.m.</p> <p>WT - Som 2:00 p.m. – 5:00 p.m.</p>	<p>20</p>
<p>25</p>	<p>26</p>	<p>27</p>



December 2021

Sunday	Monday	Tuesday	Wednesday
			1 HH 8:30 a.m. – 11:30 p.m. SMART 1:00 p.m. – 4:00 p.m. COMP - 1 4:00 p.m. – 7:00 p.m.
5	6 KIP 9:00 a.m. – 12:30 p.m. SPD-C 1:00 p.m. – 4:00 p.m.	7 ENH-Int Wk1 D1 8:30 a.m. – 12:30 p.m. ENH-Ren D1 8:30 a.m. – 12:30 p.m. G&L 9:00 a.m. – 12:30 p.m. ICC – Spn 1:30 p.m. – 4:00 p.m.	8 PASS 9:00 a.m. – 12:30 p.m. ICC 1:00 p.m. – 3:30 p.m.
12	13 RC 8:30 a.m. – 12:00 p.m. TRIPS – Ara 9:00 a.m. – 12:00 p.m. WT 1:00 p.m. – 4:00 p.m. PDT – Spn 2:00 p.m. – 4:00 p.m.	14 B&G 8:30 a.m. – 12:00 p.m. ENH-Int Wk2 D1 8:30 a.m. – 12:30 p.m. ENH-Ren D3 8:30 a.m. – 12:30 p.m. DEM 1:00 p.m. – 4:00 p.m.	15 TRIPS 8:30 a.m. – 11:30 p.m. DS 1:00 p.m. – 3:30 p.m.
19	20	21 ENH-Int Wk3 D1 8:30 a.m. – 12:30 p.m.	22
26	27	28	29

December

Thursday	Friday	Saturday
<p>2</p> <p>RC 8:30 a.m. – 12:00 p.m.</p> <p>C4Y 1:00 p.m. – 3:30 p.m.</p>	<p>3</p> <p>DBN 8:30 a.m. – 12:00 p.m.</p> <p>MEDS 1:30 p.m. – 4:30 p.m.</p> <p>PDT - Som 2:00 p.m. – 4:00 p.m.</p>	<p>4</p>
<p>9</p> <p>ENH-Int Wk1 D2 8:30 a.m. – 12:30 p.m.</p> <p>ENH-Ren D2 8:30 a.m. – 12:30 p.m.</p> <p>GEN 9:00 a.m. – 11:00 a.m.</p> <p>FAA 1:00 p.m. – 4:30 p.m.</p>	<p>10</p> <p>PDT 8:30 a.m. – 10:30 a.m.</p> <p>HH 1:00 p.m. – 4:00 p.m.</p> <p>ICC – Som 2:00 p.m. – 4:30 p.m.</p>	<p>11</p>
<p>16</p> <p>ENH-Int Wk2 D2 8:30 a.m. – 12:30 p.m.</p>	<p>17</p>	<p>18</p>
<p>23</p> <p>ENH-Int Wk3 D2 8:30 a.m. – 12:30 p.m.</p>	<p>24</p>	<p>25</p>
<p>30</p>	<p>31</p>	



Courses in Languages Other Than English

(Arabic) عربي

Course	Date	Time	Location
منع انتقال المرض (PDT)	11/4/2021	9:00 a.m. – 11:00 a.m.	GoToTraining
السلوكيات الصعب (CB)	11/19/2021	1:00 p.m. – 4:00 p.m..	GoToTraining
الاستحمام والعناية (B&G)	11/29/2021	1:00 p.m. – 4:30 p.m.	GoToTraining
تحمل مسؤولية السلامة الشخصية (TRIPS)	12/13/2021	9:00 a.m. – 12:00 a.m.	GoToTraining

Русский (Russian)

Course	Date	Time	Location
Осведомленность о злоупотреблении психоактивными веществами (SAA)	11/01/2021	9:00 a.m. – 12:00 p.m.	GoToTraining
Защита от растяжений и разрывов (PASS)	11/03/2021	8:30 a.m. – 12:00 p.m.	GoToTraining
COMPASS 1	11/3/2021	1:00 p.m. – 4:00 p.m.	Zoom
Отчет об участии в обучении (ICC)	11/8/2021	1:00 p.m. – 3:30 p.m.	GoToTraining
Предотвращение передачи болезней (PDT)	11/15/2021	9:00 a.m. – 11:00 a.m.	GoToTraining
Сердце здоровое (HH)	11/22/2021	9:00 a.m. – 12:00 p.m.	GoToTraining
Осведомленность о злоупотреблении наркотическими веществами (SAA)	11/29/2021	9:00 a.m. – 12:00 p.m.	GoToTraining

Soomaali (Somali)

Course	Date	Time	Location
Dabeecadaha Adag (CB)	11/05/2021	2:00 p.m. – 5:00 p.m.	GoToTraining
Wada Shaqeynta	11/16/2021	9:00 a.m. – 12:00 p.m.	GoToTraining
Jaheynta Tababarka (WT)	11/19/2021	2:00 p.m. – 5:00 p.m.	GoToTraining
Ka Hortaga Gudbinta Cudurka (PDT)	12/03/2021	2:00 p.m. – 4:30 p.m.	GoToTraining

Español (Spanish)

Course	Date	Time	Location
Corazón sano (HH)	11/2/2021	9:00 a.m. – 12:00 p.m.	GoToTraining
Cómo ser responsables de nuestra seguridad personal (TRIPS)	11/16/2021	9:00 a.m. – 12:00 p.m.	GoToTraining
Protección contra desgarros y torceduras(PASS)	11/22/2021	1:00 p.m. – 4:30 p.m.	GoToTraining
Prevención de la transmisión de enfermedades (PDT)	11/29/2021	1:00 p.m. – 3:00 p.m.	GoToTraining
Introducción a la competencia cultural (ICC)	12/7/2021	1:30 p.m. – 4:00 p.m.	GoToTraining
Prevención de la transmisión de enfermedades (PDT)	12/13/2021	2:00 p.m. – 4:00 p.m.	GoToTraining



Certifications

Do you Know About the Professional Development Certification?

You're a homecare worker (HCW), personal support worker (PSW), or personal care attendant (PCA) who wants to stay at the top of your game.

Take that next step and get the Professional Development Certification (PDC)!

With a PDC, you can apply the skills that you learn to improve your working relationship and performance with the consumer—employer you serve.

Best of all, the courses are free; you may qualify for a stipend; and you will get a pay differential, too!

- Increase your knowledge and skills
- Earn a \$0.50 pay differential above the base rate
- See course schedule in this edition of Elevate
- Keep an eye on the [PDC webpage](#)

It's Simple

1. Take the three Core Courses; five hours of Safety Courses, and five hours of Elective Courses
2. Score 80% or higher on the course post-assessments
3. Send OHCC a copy of your CPR/First Aid card
 - » Need help getting CPR/First Aid? We can help with that too!
 - ◆ [CPR/First Aid Training for Workers](#)
4. Submit a [PDC Application](#)
5. Get your certification!

What You'll Get

- A \$0.50 pay differential for 24-months (HCW & PCA - 52 pay periods; PSW - 48 pay periods)
- Recognition for having the Professional Development Certification with a Gold Star on your Registry profile
- You'll have met the [Senate Bill 1534](#) requirements
- Official printable PDC certificate

Keeping It Going – Continuing Education

After the first year of having the PDC, start working towards your renewal. Even choose different courses to enrich your education!

1. Take the three Core Courses; five hours of Safety Courses, and five hours of Elective Courses
2. Keep your CPR/First Aid certification current
 - » Email us whenever you update it – but at least a month before the PDC expires
 - » Track your CPR/First Aid end dates using the Registry!
3. Once everything is complete, your PDC will automatically be extended another 24-months (HCW & PCA - 52 pay periods; PSW - 48 pay periods)
4. No need to reapply! We will renew your PDC automatically

Easy Access

Is this your first time applying for your PDC and you have a current CNA, LPN, or RN from the State of Oregon? Get credit for the Safety and Elective courses and be sure to mark that on your application.

If you have questions, please email Certifications.OHCC@dhsosha.state.or.us

CPR/First Aid Certification

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

To apply for the CPR/First Aid Certification Program:

- Have an active provider number
- Complete 2 OHCC courses (4 courses if renewal)
- Complete a CPR/First Aid Certification Program application (new or renewals)
- Email: CPR.FirstAid@dhsosha.state.or.us

After submitting your application, qualified workers, will be provided with CPR/First Aid training options.

VDQ Certification

Oregon Home Care Commission (OHCC) offers the Ventilator-Dependent Quadriplegia (VDQ) Certification for homecare workers. Created in partnership with Oregon State University Center for Health Innovation, VDQ is a standalone certification course to support homecare workers who provide services for consumer-employers who are experiencing ventilator-dependency with quadriplegia.

This certification course will cover a variety of topics including: the person-centered approach; activities of daily living; ventilator, bowel and bladder care; complex medical conditions and risks; skin integrity; working in teams; communication; and an overview of quadriplegia. Providers will learn ways of helping consumer-employers with daily tasks that promote health and reduce the risk of harm.

The training will be offered in a webinar format to meet the requirements of physical distancing. Students will need regular and reliable access to a computer and the Internet.

The VDQ Certification is part of the SEIU/OHCC collective bargaining agreement. Basic requirements are the same as other OHCC certifications: completion of all training hours and CPR/First Aid certification. Additional VDQ Certification information will soon be provided on the Oregon Home Care Commission website.

Enhanced Certification

CURRENTLY BEING OFFERED AS A WEBINAR

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 - [OHCC Enhanced Readiness Assessment](#)
- 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

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-G.

Oregon Intervention System (OIS)

In-Person OIS-G training is back! Be sure to submit your application and get in a class!

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

Ventilator-Dependent Quadriplegia (VDQ) Certification Upcoming Cohorts

Cohort 7 – all sessions are on Tuesday and Wednesday from 9:00 a.m. – 12:30 p.m.	
Mod 1 & 2	10/5 & 10/6
Mod 3 & 4	10/12 & 10/13
Mod 5 & 6	10/19 & 10/20
Mod 7 & 8	10/26 & 10/27
Mod 9 & 10	11/2 & 11/3
Mod 11 & 12	11/9 & 11/10
Mod 13 & 14	11/16 & 11/17

Cohort 8 – all session are on Tuesday and Wednesday from 1:00 p.m. – 4:30 p.m.	
Mod 1 & 2	11/2 & 11/3
Mod 3 & 4	11/9 & 11/10
Mod 5 & 6	11/16 & 11/17
Mod 7 & 8	11/23 & 11/24
Mod 9 & 10	11/30 & 12/1
Mod 11 & 12	12/7 & 12/8
Mod 13 & 14	12/14 & 12/15



Course Descriptions

PDC type	Course title	Credit hours	Center of Medicare & Medicaid Services Direct Care Competencies
CORE	<p>Keeping It Professional - KIP</p> <p><i>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.</i></p>	3.5	Professionalism and Ethics Person-Centered Practices Communication
	<p>Working Together - WT</p> <p><i>Assertive communication and problem-solving techniques for employers and workers; clarifying expectations; and the use of person- directed values and language.</i></p>	3	Person-Centered Practices Communication Professionalism and Ethics Empowerment & Advocacy
	<p>Helping Caregivers Fight Fraud & Abuse - F&A</p> <p><i>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.</i></p>	3.5	Professionalism and Ethics Education Training and Self-Development
SAFETY	<p>Compass Certificate - COMP</p> <p><i>This program promotes injury prevention and health for Homecare and Personal Support Worker involving seven (7) sessions, each two (2) weeks apart.</i></p>	15	Safety Communication Crisis Prevention and Intervention Health and Wellness Education, Training and Self-Development
	<p>Driver Safety - DS</p> <p><i>This course includes important information that new and experienced drivers should know to stay safe on Oregon streets, roads, and highways.</i></p>	2.5	Safety
	<p>Medication Safety - MedS</p> <p><i>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.</i></p>	3	Safety Evaluation and Observation
	<p>Preventing Disease Transmission - PDT</p> <p><i>Causes of infectious diseases and routes of transmission; reducing risks; best practices in housekeeping and caregiving to prevent the spread of diseases.</i></p>	2	Safety Health & Wellness
	<p>Protect Against Sprains & Strains - PASS</p> <p><i>Basic principles of body mechanics; making changes in work activities to minimize risks and protect yourself and others; review of some assistive equipment.</i></p>	3.5	Safety



PDC type	Course title	Credit hours	Center of Medicare & Medicaid Services Direct Care Competencies
	Substance Abuse Awareness - SAA <i>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>	3	Safety Evaluation & Observation
	Taking Responsibilities in Personal Safety - TRIPS <i>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.</i>	3	Safety Crisis Prevention and Intervention
Electives	Bathing and Grooming - (B&G) <i>Skills in personal care activities of bathing, shaving, skin care & grooming with a focus on using person-centered values and techniques.</i>	3.5	Person-Centered Practices Health & Wellness Community Living Skills and Supports
	Caring for Yourself While Caring for Others - (C4Y) <i>In this interactive workshop, you'll learn how to promote a safe and healthy work environment – for the individual you support and yourself.</i>	2.5	Education, Training and Self-Development Professionalism & Ethics
	Dementia 101 - (DEM 101) <i>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>	3	Health and Wellness Safety Empowerment & Advocacy
	Diabetes by the Numbers - (DBN) <i>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.</i>	3	Health and Wellness Safety Empowerment & Advocacy
	Diversity Awareness – Challenges Facing Lesbian, Gay, Bisexual, Transgender Older Adults - (LGBT) <i>Learn terminology & definitions, gain an understanding of the lives of LGBTQ older adults, and become informed on the ways to be welcoming and inclusive.</i>	3	Person-Centered Practices Cultural Competency Professionalism and Ethics
	Durable Medical Equipment - (DME) <i>Helpful hints on safely using mobility devices, bath & toilet aides, Hoyer lifts, and other medical equipment. Tips on choosing, fitting, and using devices.</i>	4	Safety
	End of Life - (EoL) <i>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>	3	Person-Centered Practices Empowerment & Advocacy Evaluation & Observation Cultural Competency Health & Wellness Education, Training and Self-Development

PDC type	Course title	Credit hours	Center of Medicare & Medicaid Services Direct Care Competencies
Electives	Everyone Communicates - (EC) <i>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>	4	Person-Centered Practices Communication Empowerment & Advocacy Professionalism & Ethics
	Family as Paid Providers - (FP) <i>This class offers helpful advice, information and techniques for individuals who provide care for a family member.</i>	3	Professionalism and Ethics Empowerment and Advocacy Communication Education, Training and Self-Development
	Gen Silent: Life Experiences of LGBTQ Older Adults - (GS) <i>An in-depth look at the different areas of sexuality and their needs with regard to the health care system.</i>	2	Person-Centered Practices Cultural Competency Professionalism and Ethics
	Grief & Loss - (G&L) <i>Understanding the process of grief, the myths and realities of grieving and loss, ways to help others, compassion fatigue and caring for yourself.</i>	3	Professionalism and Ethics Communication Education, Training and Self-Development
	Heart Healthy - (HH) <i>How the heart works, understanding common heart problems, monitoring blood pressure, recognizing heart emergencies, and creating a heart healthy lifestyle.</i>	3	Health and Wellness Safety Empowerment & Advocacy
	Introduction to Cultural Competency - (ICC) <i>This interactive and engaging course offers an introduction to culture, cultural competency, and their role in offering person-centered supports.</i>	2.5	Cultural Competency Person-Centered Practices Empowerment and Advocacy
	Mental Health First Aid - (MHFA) <i>Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance-use issues.</i>	8	Crisis Prevention and Intervention Safety Health and Wellness
	Nutrition Basics - (NB) <i>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.</i>	4	Health and Wellness Empowerment & Advocacy Community Living Skills and Supports
	Providing Services to a Person with Vision Loss - (LV1) <i>This course is taught by the Commission for the Blind. Learn about working with someone with a vision impairment. This includes etiquette, tips, and how to support their independence.</i>	2.5	Person Centered Safety Health and Wellness



PDC type	Course title	Credit hours	Center of Medicare & Medicaid Services Direct Care Competencies
Electives	Respiratory Care: Oxygen to Ventilators - (RC) <i>End-stage respiratory diseases, basics on the use of oxygen, nebulizers, and ventilators.</i>	3.5	Health and Wellness Safety Empowerment & Advocacy
	Sensory Processing Disorder – Adults - (SPD-A) <i>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>	3	Person-Centered Practices Communication
	Sensory Processing Disorder - Children - (SPD-C) <i>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.</i>	3	Person-Centered Practices Communication
	Stress Management and Relaxation Techniques - (SMART) <i>Understanding stress and its effects; identifying triggers; fun and practical techniques for coping with stress.</i>	3	Education, Training and Self-Development Professionalism and Ethics
	Working with Challenging Behaviors - (CB) <i>Practical information about working with seniors and adults with physical disabilities regarding types and causes of challenging behaviors; problem solving; and communication ideas.</i>	3	Person-Centered Practices Communication Safety Professionalism and Ethic
Non- PDC	Ready, Set, Work - (RSW) <i>Create a professional marketing approach to finding work; how to use the Registry; and what you should do before starting a job.</i>	4	Education, Training and Self-Development



ProTips

Are you driving on the job? A copy of your driver's license and insurance coverage should be in your record. Sign up for OHCC's course Driver Safety and learn more.

CPR/First Aid Certification Program News

Good news! It is now easier than ever to qualify for CPR/First Aid training. Eligibility is no longer based on your training no-show rate. Instead, you must complete two OHCC classes and possess an active provider number to qualify for CPR/First Aid training. To recertify for a CPR/First Aid recertification you must complete four OHCC classes.

To apply for the training, complete a CPR-First Aid Certification Application and email it to CPR.FirstAid@dhsosha.state.or.us. The application can be found on the OHCC website at <https://www.oregon.gov/dhs/SENIORS-DISABILITIES/HCC/PSW-HCW/Pages/CPR-FirstAid.aspx>.





Resources

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

Employer Resource Connection

The Employer Resource Connection (ERC) consultants can help consumer-employers, employers of record, representatives, or proxies learn how to manage their in-home services with their homecare workers, personal care attendants, or personal support workers. Consumers learn valuable skills such as interviewing, managing, and training their workers. They also learn the importance of creating and maintain professional boundaries and when the worker is not a right fit for them. Consultants provide support in a variety of manners such as mock interviews or creating interview or reference questions.

Services can be provided in a variety of methods such as in-person, via webinar, over the phone, or through email.

If any consumer-employers, employers of record, proxies, or representatives would like to learn more about the ERC program or receive this FREE service, please email OHCC.ERC@dhsosha.state.or.us, call at 877.867.0077, or visit us on the [web](#).

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.

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;
- 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>



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

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, 2020. 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 CarewellSEIU503.org/

[training](#) 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 CarewellSEIU503.org/training

Refresher Training

Get a jump-start on your training requirement and receive \$200!

A new Oregon law requires all homecare and personal support workers as well as personal care attendants to complete 12.5 hours of Refresher Training by March 31, 2022. You can get started today by going to CarewellSEIU503.org/training! You will receive a \$200 stipend for completing the training.

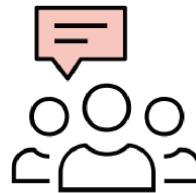
Training for current workers takes place in two parts: a 8 hours of self-paced modules for Online Refresher and a 4.5-hour virtual Refresher Workshop.



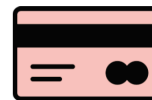
12.5 hours of content



Self-directed modules to complete at your own pace



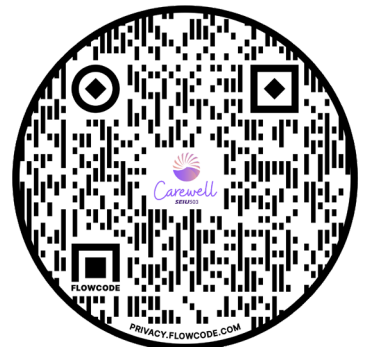
Webinars offered at convenient times



\$200 for participating

To get started, scan the QR code or go to CarewellSEIU503.org/training and register for Refresher Training.

Questions? Visit CarewellSEIU503.org/training, email carewellseiu503training@risepartnership.com, or call 1-844-503-7348.





Contact OHCC

550 Capitol Street NE

Basement Floor

Salem, Oregon 97301

Toll Free: 877.867.0077

Email: 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 us through the information above.

DHS 2368 i11.08-21 (10/2021)