



## OREGON HOME CARE COMMISSION COURSE DESCRIPTIONS

ABBREVIATION	COURSE NAME	DESCRIPTION	AUDIENCE
B & G	Bathing and Grooming	<p>This training is based on the book <i>"Bathing Without a Battle"</i>. Topics covered are personal care skills, activities of bathing, shaving, skin care, and grooming. Focus is on using person-centered values and techniques. A video is shown demonstrating hands-on care.</p>	<ul style="list-style-type: none"> <li>▪ Homecare Workers</li> <li>▪ Personal Support Workers</li> <li>▪ Adult Foster Care Home Providers</li> <li>▪ Family Caregivers</li> <li>▪ Private Pay Providers</li> <li>▪ Consumers</li> </ul>
BLV	Blindness and Low Vision	<p>This training provides an overview of eye diseases definitions of low vision and vision loss. This training also teaches techniques for working with someone who is sight-impaired and helping someone to live independently.</p> <p>Participants receive resources and a demonstration of adaptive equipment available, followed by discussion. Staff from the Oregon Commission for the Blind teaches this class.</p>	<ul style="list-style-type: none"> <li>▪ Homecare Workers</li> <li>▪ Personal Support Workers</li> <li>▪ Family Caregivers</li> <li>▪ Private Pay Providers</li> <li>▪ Consumers</li> </ul>



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CB	Working with Challenging Behaviors	This training provides participants with a definition of challenging behaviors; an understanding of causes; and methods for diffusing; communication tips; coping strategies; and interpersonal skills.	<ul style="list-style-type: none"> <li>▪ Homecare Workers</li> <li>▪ Personal Support Workers</li> <li>▪ Family Caregivers</li> <li>▪ Private Pay Providers</li> </ul>
D-A	Dementia and Alzheimer's	Definitions and diagnosis of types of dementia; tips for daily care; tools for understanding behaviors; and information on treatments and research.	<ul style="list-style-type: none"> <li>▪ Homecare Workers</li> <li>▪ Personal Support Workers</li> <li>▪ Adult Foster Care Home Providers</li> <li>▪ Family Caregivers</li> <li>▪ Private Pay Providers</li> </ul>
DBN	Diabetes by the Numbers	Definitions and diagnosis of diabetes; warning signs and how the disease affects the body; meal planning and portion control; regular monitoring; and daily care in controlling the disease.	<ul style="list-style-type: none"> <li>▪ Homecare Workers</li> <li>▪ Personal Support Workers</li> <li>▪ Adult Foster Care Home Providers</li> <li>▪ Family Caregivers</li> <li>▪ Private Pay Providers</li> <li>▪ Consumers</li> </ul>



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F-A	Helping Caregivers Fight Fraud and Abuse	Recognizing and reporting Medicare and Medicaid fraud; identity theft; recognizing and reporting abuse and neglect of vulnerable adults. Also covered is the role of the caregiver, communication techniques, and problem solving around these issues. Participants receive a packet of information regarding Medicare fraud and identity theft. A separate packet is provided for the worker to share with their consumer/employer.	<ul style="list-style-type: none"> <li>▪ Homecare Workers</li> <li>▪ Personal Support Workers</li> <li>▪ Family Caregivers</li> <li>▪ Private Pay Providers</li> <li>▪ APD Consumers</li> </ul>
DME	Durable Medical Equipment	Participants receive helpful ideas for choosing, fitting and using equipment devices. Class will provide some demonstrations and practice. Equipment discussed and/or shown includes canes, wheelchairs, overlay mattresses, bath and toileting equipment, and lifting equipment.	<ul style="list-style-type: none"> <li>▪ Homecare Workers</li> <li>▪ Personal Support Workers</li> <li>▪ Adult Foster Care Home Providers</li> <li>▪ Family Caregivers</li> <li>▪ Private Pay Providers</li> <li>▪ Consumers</li> </ul>
ELC	End of Life Care	This training provides a comprehensive overview of end of life planning and care. Content includes the dying process; pain and symptom considerations; advanced planning; and common spiritual, emotional and social concerns.	<ul style="list-style-type: none"> <li>▪ Homecare Workers</li> <li>▪ Personal Support Workers</li> <li>▪ Adult Foster Care Home Providers</li> <li>▪ Family Caregivers</li> <li>▪ Private Pay Providers</li> <li>▪ Consumers</li> </ul>



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G-L	Grief and Loss	This training provides participants with an understanding of the process of grief; myths and realities of grief and loss; how to help another; compassion fatigue; practical issues of provider grief; and self-care.	<ul style="list-style-type: none"> <li>▪ Homecare Workers</li> <li>▪ Personal Support Workers</li> <li>▪ Adult Foster Care Home Providers</li> <li>▪ Family Caregivers</li> <li>▪ Private Pay Providers</li> <li>▪ Consumers</li> </ul>
HH	Heart Healthy	How the heart works, common heart problems, monitoring blood pressure, recognizing heart emergencies, and creating a heart healthy lifestyle.	<ul style="list-style-type: none"> <li>▪ Homecare Workers</li> <li>▪ Personal Support Workers</li> <li>▪ Adult Foster Care Home Providers</li> <li>▪ Family Caregivers</li> <li>▪ Private Pay Providers</li> <li>▪ Consumers</li> </ul>
KIP	Keeping It Professional	This training covers the role of the homecare worker in maintaining professional boundaries and working with the task list. It also covers recordkeeping and principles of confidentiality.	<ul style="list-style-type: none"> <li>▪ Homecare Workers</li> <li>▪ Consumers that employ homecare workers</li> </ul>



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MedS	Medication Safety	Types of medications; effects medications have on the body; risks and warning signs; documentation; storage and disposal; and role of the worker. Emphasis is on assisting a consumer who manages his/her own medications.	<ul style="list-style-type: none"> <li>▪ Homecare Workers</li> <li>▪ Personal Support Workers</li> <li>▪ Family Caregivers</li> <li>▪ Private Pay Providers</li> <li>▪ Consumers</li> </ul>
MW	MoneyWise	This training provides information about personal money management; assists in identifying personal priorities; developing a budget; money-saving ideas; and recordkeeping.	<ul style="list-style-type: none"> <li>▪ Homecare Workers</li> <li>▪ Personal Support Workers</li> <li>▪ Family Caregivers</li> <li>▪ Consumers</li> </ul>
PASS	Protecting Against Sprains and Strains	This safety class provides the participant with the basics of good body mechanics; how to minimize risks to avoid and/or prevent sprain and strain injuries; best practices in workplace activities; and a review of assistive equipment.	<ul style="list-style-type: none"> <li>▪ Homecare Workers</li> <li>▪ Personal Support Workers</li> <li>▪ Adult Foster Care Home Providers</li> <li>▪ Family Caregivers</li> <li>▪ Private Pay Providers</li> <li>▪ Consumers</li> </ul>
PDT	Preventing Disease Transmission	This safety training provides participants with the causes of infectious diseases and routes of transmission; reducing risks; best practices in housekeeping; and caregiving to prevent the spread of diseases.	<ul style="list-style-type: none"> <li>▪ Homecare Workers</li> <li>▪ Personal Support Workers</li> <li>▪ Adult Foster Care Home Providers</li> <li>▪ Family Caregivers</li> <li>▪ Consumers</li> </ul>



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ABBREVIATION	COURSE NAME	DESCRIPTION	AUDIENCE
RC	Respiratory Care: Oxygen to Ventilators	<p>This specialty training provides participants with an understanding of end-stage respiratory diseases; symptoms and warning signs; and basic use of oxygen and other respiratory equipment. <i>This training does not teach ventilator operation.</i></p> <p>Workers considering or working for someone who uses respiratory equipment will benefit from this training.</p>	<ul style="list-style-type: none"> <li>▪ Homecare Workers</li> <li>▪ Personal Support Workers</li> <li>▪ Adult Foster Care Home Providers</li> <li>▪ Family Caregivers</li> <li>▪ Private Pay Providers</li> <li>▪ Consumers</li> </ul>
RSW	Ready Set Work	<p>This training provides homecare workers with the skills and knowledge to use the Registry and Referral System; taking a professional approach to finding and getting work; interviewing; and establishing an employment arrangement.</p>	<ul style="list-style-type: none"> <li>▪ Homecare Workers represented by SEIU that provide in home services to seniors and people with physical disabilities.</li> </ul>



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SAA	Substance Abuse and Awareness	Participants review the Oregon Home Care Commission's policy on maintaining a drug-free workplace. This training also covers common drugs and their affects, resources for treatment, and the role of the homecare worker.	<ul style="list-style-type: none"> <li>▪ Homecare Workers represented by SEIU that provide in home services to seniors and people with physical disabilities.</li> <li>▪ Consumers that employ homecare workers</li> </ul>
SMART	Stress Management and Relaxation Techniques	This training provides participants with an understanding of stress and its affects; recognizing signs and symptoms; identifying triggers; and techniques for coping with stress.	<ul style="list-style-type: none"> <li>▪ Homecare Workers</li> <li>▪ Personal Support Workers</li> <li>▪ Adult Foster Care Home Providers</li> <li>▪ Family Caregivers</li> <li>▪ Private Pay Providers</li> <li>▪ Consumers</li> </ul>
TRIPS	Taking Responsibility in Personal Safety	Practical ideas for preventing injuries from slips and trips in the home and assessing risk factors; assisting someone in planning and preparing for emergencies including the role of the homecare worker and safe driving tips. Emphasis is on caregivers assisting others in their own homes.	<ul style="list-style-type: none"> <li>▪ Homecare Workers</li> <li>▪ Personal Support Workers</li> <li>▪ Private Pay Providers</li> <li>▪ Family Caregivers</li> <li>▪ Consumers</li> </ul>



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ABBREVIATION	COURSE NAME	DESCRIPTION	AUDIENCE
WT	Working Together: Making the most of the employer/employee Relationship	This training provides assertive communication and problem solving techniques for employers and workers; clarifying expectations and sharing information in the interview and during a working relationship; and developing an employment agreement. Also includes person-directed values, language, and empowerment.	<ul style="list-style-type: none"> <li>▪ Homecare Workers</li> <li>▪ Personal Support Workers</li> <li>▪ Family Caregivers</li> <li>▪ Private Pay Providers</li> <li>▪ Consumers</li> </ul>

**Adult Foster Care Home providers should visit the link below to confirm that the selected class meets the Adult Foster Care Home continuing education requirements.**

**Link to page: <http://www.oregon.gov/DHS/spd/provtools/training/classroom-training.shtml>**

**For additional information about the Oregon Home Care Commission, please visit our website:**

**Link to page: <http://www.oregon.gov/DHS/spd/adv/hcc/index.shtml>**