

Coming Soon!

**Helping
Caregivers
Fight Fraud
and Abuse**

Grief and Loss

**Durable
Medical
Equipment**

**Challenges
Facing Lesbian,
Gay, Bisexual,
Transgender
Adults (LGBT)**

**Bathing and
Grooming**

**Ready!
Set!
Work!**

End of Life Care

Heart Healthy

OHCC Classes

**Designed with
YOU
in mind**



**Approved for
Personal Support Workers**

Classes are for Personal Support and Homecare Workers,
and the employers for whom they work.

**Supporting
Individuals
Experiencing
Blindness
and
Low Vision**

**Stress
Management
and Relaxation
Techniques
S.M.A.R.T.**

**Coming Soon!
Nutrition 101
Promoting Good
Nutrition with
Choice**

**Coming Soon!
Keeping It
Professional**

**Diabetes By the
Numbers**

**MoneyWise
Personal Money
Management**

**Coming Soon!
Substance Abuse
Awareness**

**Protect
Against Strains
and Sprains
P.A.S.S.**

Working Safely Series

**Preventing Disease
Transmission**

Working Safely Series

Medication Safety

**Dementia
and
Alzheimer's
Disease**

**Taking
Responsibility in
Personal Safety
T.R.I.P.S.**

Working Safely Series

Visit <http://go.usa.gov/BArV> for course descriptions and class schedule.

Training Stipends

As a PSW you may receive a stipend for attending approved OHCC classes. Here's how:

- Register for an approved class (see inside).
- Have an active provider number or show proof of employment in the past three months.
- Fill out a reimbursement form at the class.
- You may attend the class more than once in a twelve-month period for no charge.
- You may receive a stipend for the class only once every twelve months.

Find a Class

Check our monthly newsletter, *Worker Training News* for class schedules. You can download it here:

<http://go.usa.gov/BArV>

Register Today!

To register by phone:

503.378.3957

or

1.877.866.0077 Option 2

To register by email send the following to Training.OHCC@state.or.us

- Your name,
- Provider number,
- Phone number,
- Name of the class, and
- Date and city of the class.

You will receive a confirmation of registration by phone or email.

Who Can Participate in the PSW Training Program?

Parents

Providing support to their adult child with IDD.

PSW

Providing support to an adult with IDD.

PSW CIIS

Providing support through Childhood Intensive In-Home Services.

PSW-IC

Providing support to an adult with IDD.

PSW AMH

Providing support through State Plan Personal Care Services.

Personal Support Worker Training Program



Training Benefits

- Oregon Home Care Commission Classes are **free** to Personal Support Workers, Homecare Workers, and those who receive state-funded services.
- Take four classes or more a year to receive referrals from the Registry and Referral System.
- Take one safety class every two years.

Coming Soon...

More classes and professional development programs are in development! Download our newsletter, *Worker Training News* to stay up to date.

<http://go.usa.gov/BArV>

CPR - First Aid Certification Requirements

OHCC covers the cost of certification for qualified Personal Support Workers. To qualify:

- Complete any two OHCC Classes (not including MoneyWise).
- Have a "no-show" rate no greater than 30%.
- Be able to show proof of work in the last three months

Registration request forms are available at every class. You may also send an email request to:

Training.OHCC@state.or.us