

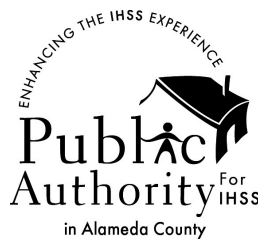


The Public Authority for In-Home Support Services Workshops and Training

- ❖ IHSS Basics / IHSS 101 ❖ CPR & First ❖ Emergency Preparedness & Injury Prevention
- ❖ Body Mechanics & Transfer ❖ One Conversation Can Make All the Difference (End-of-life)
- ❖ Access to Nutritious Meals for People with Disabilities ❖ Financial Wellness Education
- ❖ Memory Mental Illness & the Brain (Dementia, Alzheimer's) ❖ Supporting People with Clutter
- ❖ Effective Communication (Hearing Loss, Mental Illness) ❖ Stress & Wellness Management
- ❖ Elderly Abuse, Neglect & Violent Behavior ❖ Caring for Yourself while Caring Others
- ❖ Homecare Worker Certificate



Public Authority for IHSS
In Alameda County
6955 Foothill Blvd 3rd Floor
Oakland, CA 94605



Phone: 510-577-3554
Fax: 510-577-3579
E-mail: hkim@ac-pa4ihss.org

Access to Nutritious Meals for People w/Disabilities: Good nutrition is essential to quality of life, especially as we age. Healthy meals with nutritious food and snacks are essential for a healthy life. This workshop will focus on plans and tips to help older adults and people with special needs eat healthier diets. It includes a presentation on key factors in food access; participant discussion about Consumer's needs and barriers to healthy food, and a cooking demonstration by a nutritionist.

Body Mechanics & Transfer: Using proper body mechanics and lifting strategy, Providers can significantly reduce the risk of injury. Exercise, stretching, and weight training are some precautionary tools that can prepare the body for the physical demands of Consumer care. Learn how to help people move safely with body transfer techniques for Care Providers and for Consumers.

Caring for Yourself while Caring for Others: Taking care of others requires self-care. This workshop is designed to provide support and train Care Providers how to reduce stress and strains while taking care of others and learn the art of caregiving.

CPR, First Aid & AED: CPR stands for cardiopulmonary resuscitation. It is an emergency lifesaving procedure that is done when someone's breathing or heartbeat has stopped. Learn how to prevent, prepare for and respond to emergencies. Participants receive 2 year certification for successful completion of the course.

Effective Communication: Effective communication is defined as verbal speech or other methods of relaying information that get a point across. An example of effective communication is when you speak in clear and simple terms. The workshop is designed to help Care Providers and Consumers better communicate dealing with health concerns.

Elder Abuse, Neglect & Violent Behavior: Many people are abused in their own homes, in relatives' homes, and even in facilities responsible for their care. Learn about the warning signs of abuse and neglect and how you can prevent and report the problem.

Emergency Preparedness & Injury Prevention: Emergency Preparedness refers to the steps you take to make sure you are safe before, during and after an emergency or natural disaster. These plans are important for your safety in both natural disasters and man-made disasters. Injury prevention is a component of safety and public health, and its goal is to improve the health of the population by preventing injuries and hence improving quality of life.

Financial Wellness Education: The term "financial wellness" has emerged in recent years as a descriptor of an individual's overall financial health and well-being. The primary goal is to go beyond providing basic financial education and to focus on the achievement of optimal financial wellness through behavioral change.

***Homecare Worker Certificate:** Train to begin working in the healthcare industry and learn to provide in-home support care by completing a certificate program focused on activities for daily living and self-care skills.

***IHSS Basics: Dos and Don'ts:** An overview of the In-Home Supportive Services program. The workshop will focus on an important in home support benefit and professional boundaries around In-Home Care. Participants learn about Consumer rights including a Consumer's right to appeal a cut in their hours. You will also learn about medical conditions common for people who are elderly.

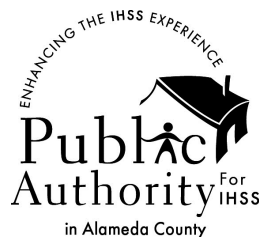
IHSS Training for Success: Providers will be trained in basic skills such as bathing, implementing personal and home safety measures, toileting, and transferring, operating medical equipment, understanding medical terminology, and wound care.

Memory Mental Illness & the Brain: Learn to recognize warning signs of dementia, how to provide positive support, and how to take care of your own brain's health. What different conditions cause dementia including some that are reversible.

Stress & Wellness Management: Are you stressed? Come and learn how to identify stress and how to manage it better. This workshop includes: Using our senses to promote self-care, affordable, quick, easy tools and techniques for relaxation, Discover steps to identify support systems, and walk away with a "Caregiver Survival Kit"

Supporting People w/Clutter: Do you work for someone whose clutter interferes with daily activities of living or their ability to use space in their home for their intended use? If so, this class is for you. Learn about hoarding and cluttering issues, effective harm reduction techniques, and tools for supporting people who are dealing with clutter issues. Current IHSS Providers will receive a \$20 gift card for attending the class.

Public Authority for IHSS
In Alameda County
6955 Foothill Blvd 3rd Floor
Oakland, CA 94605



Phone: 510-577-3554
Fax: 510-577-3579
E-mail: hkim@ac-pa4ihss.org

Memory Mental Illness & the Brain: Learn to recognize warning signs of dementia, how to provide positive support, and how to take care of your own brain's health. What different conditions cause dementia including some that are reversible.

Stress & Wellness Management: The role of caregiver is complex and frequently overwhelming. To effectively care for others, one must first take responsibility for one's own well-being. Come and learn how to identify stress and how to manage it better. This workshop will provide information about the caregiving experience, challenges and rewards, obtaining support and assistance and utilizing resources. Discover steps to identify support systems, and walk away with a "Caregiver Survival Kit."

Supporting People w/Clutter: Do you work for someone whose clutter interferes with daily activities of living or their ability to use space in their home for their intended use? If so, this class is for you. Learn about hoarding and cluttering issues, effective harm reduction techniques, and tools for supporting people who are dealing with clutter issues. Current IHSS Providers will receive a \$20 gift card for attending the class.

One Conversation Can Make All the Difference: IHSS is at the Heart of Advance Care Planning. Talking about health care plans will allow you to explore the intersection of In-Home Supportive Services and health care for people managing a chronic disease, people with a serious illness or facing end-of-life. This is an opportunity to increase your knowledge and skill guiding patients, Consumers, and families to a better health outcome.

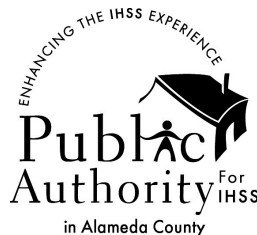
****Caring for Children with Special Needs:** Child care Providers often work with children who have identified special needs. Working with children who have special needs can be very challenging. Join the workshop to understand the child and his/her special need and make appropriate accommodations in order to support his learning and development.

All workshops are free for people currently in the IHSS program.

***full-day training program**

****Training upon request**

Public Authority for IHSS
In Alameda County
6955 Foothill Blvd 3rd Floor
Oakland, CA 94605



Phone: 510-577-3554
Fax: 510-577-3579
E-mail: hkim@ac-pa4ihss.org