



# Training Registration Form



Register for classes by completing this form:

- **Return** it to the front desk in the Adult/Aging lobby Suite 143, First Floor, at Eastmont Town Center, 6955 Foothill Blvd. Oakland (or)
- **Mail it to: Public Authority for IHSS in Alameda County** Foothill Blvd, 3rd Floor, Oakland, CA 94605 (or)
- **Call 510-577-3554 / Email [sharda.basnet@acgov.org](mailto:sharda.basnet@acgov.org)**

Llámenos para las clases de español 510.577.3554.

联系我们 510.577.3554 关于中文班.

**NAME:** \_\_\_\_\_ **Last 4 numbers of SSN :** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_ **CITY:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**What is the best way to reach you?**

**PHONE#** \_\_\_\_\_ (Best time of day: \_\_\_\_\_)  **MAIL** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_ **PREFERRED LANGUAGE:** \_\_\_\_\_

<input type="checkbox"/> <b>IHSS for Success:</b> Learn the overview of the In-Home Care Supportive Services Program. Know more about its benefits, your rights and responsibilities, common health conditions, and professional boundaries for a daily success in IHSS.	Fremont	April 4 (Thursday)	1:30pm – 4:00pm
<input type="checkbox"/> <b>Active Living to Manage Blood Pressure and Falls:</b> Physical activity is highly recommended as an important tool for a healthy lifestyle. Learn how to improve heart health and prevent falls by engaging in simple, daily exercise movements.	Fremont	April 10 (Wednesday)	9:30 am – 12:00 pm
<input type="checkbox"/> <b>Stress Management:</b> Learn how to identify stressors and manage stress better using easy tools and techniques for relaxation and healthy living and promote self-care.	Fremont	April 19 (Friday)	1:30pm – 4:00pm
<input type="checkbox"/> <b>Cancer Care Basics:</b> Learn how cancer affects people and review popular treatment plans. Understand the needs of cancer survivors and create a support network.	Fremont	April 23 (Tuesday)	1:30 pm – 4:00 pm
<input type="checkbox"/> <b>Understanding Alzheimer’s &amp; Dementia:</b> Learn to recognize warning signs of dementia, how to take care of your own brain health, and how to provide positive support.	Fremont	May 1 (Wednesday)	9:30 am – 12:00 pm
<input type="checkbox"/> <b>Money, Stress, and Financial Wellness:</b> Chronic stress about money affect physical and emotional health. Find ways to deal with financial stress and improve your well-being. Start planning for a better future and learn how to improve your credit score.	Fremont	May 6 (Monday)	1:30 pm – 4:00 pm

<input type="checkbox"/> <b>Homecare Worker Certificate Training in English:</b> Learn how to provide In-Home Support Services (IHSS) care by focusing on activities for daily living (ADL) and personal care skills. A certificate will be issued upon successful completion of the program.	San Leandro	May 14 – June 6 (Every Tuesdays & Thursdays)	5:45 pm – 8:45 pm
<input type="checkbox"/> <b>Mental Health &amp; Wellness:</b> Learn how to identify contributing factors to mental health issues and find support and resources for both Consumers and Providers.	Fremont	May 15 (Wednesday)	9:30 am – 12:00 pm
<input type="checkbox"/> <b>CPR/ First Aid/ AED:</b> Learn about cardiopulmonary resuscitation and emergency lifesaving procedure. Earn 2-year certificate for successful completion of the course.	Fremont	May 22 (Wednesday)	9:30 am – 1:30 pm
<input type="checkbox"/> <b>Diabetes Care Support:</b> Learn more about the symptoms of Diabetes and the overview of self-management including types of medication and side effects.	Fremont	May 31 (Friday)	1:30 pm – 4:00 pm
<input type="checkbox"/> <b>Body Mechanics and Transfers:</b> People move safely with body transfer techniques. Learn about using proper body mechanics and lifting strategies and reducing the risk of injury.	Fremont	June 5 (Wednesday)	1:30 pm – 4:00 pm
<input type="checkbox"/> <b>How to Improve Communication:</b> Learn how to better communicate dealing with health concerns and apply methods of relaying information for effective communication.	Fremont	June 10 (Monday)	9:30 am – 12:00 pm
<input type="checkbox"/> <b>Advance Care Planning:</b> Plan ahead and make decisions about the care you would want to receive if you or your loved ones become unable to speak for medical treatment or care.	Fremont	June 14 (Friday)	1:30 pm – 4:00 pm
<input type="checkbox"/> <b>Nutrition and Healthy Eating:</b> Learn to develop key factors in food access; participate in a discussion about nutrition and barriers to healthy food.	Fremont	June 20 (Thursday)	1:30 pm – 4:00 pm
<input type="checkbox"/> <b>Dealing with Clutter:</b> Learn how to control of cluttering issues and address hoarding behaviors. Minimize anxiety and discover tools in dealing with hoarding issues.	Fremont	June 25 (Tuesday)	9:30 am – 12:00 pm

**By Signing below, I, \_\_\_\_\_ agree that I have registered for the classes marked above. I will fully participate in the class(es) and arrive on time. If there is any change, I will contact the Public Authority for IHSS in Alameda County. I understand that any cancellation requires a 48 hours advance notice.**

\_\_\_\_\_  
*Signature*

\_\_\_\_\_  
*Date*

**REGISTRY:** The Public Authority Registry is a free service offered to IHSS Consumers and Providers. We recruit, screen, and refer IHSS Providers to assist IHSS Consumers. Apply today to become a Registry Provider; call the Provider line: **510-577-5694**.

**HEALTH BENEFITS:** The Public Authority for IHSS offers eligible Providers a health plan. Complete an application and submit it in the Adult/Aging lobby or by mail. Contact the Public Authority Health Benefits department at **510-577-3551**.

**Contact Public Authority for IHSS in Alameda County at 510-577-3552 or visit our website [www.ac-pa4ihss.org](http://www.ac-pa4ihss.org) for more information.**