



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**

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"/> IHSS for Success: 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.	Oakland	January 7 (Monday)	9:30 am – 12:00pm
<input type="checkbox"/> Certificado de cuidado en el hogar: Aprenda a proporcionar servicios de apoyo en el hogar (IHSS) enfocándose en actividades para la vida diaria y habilidades de cuidado personal.	San Leandro	10 de Jan. - 5 de Feb (cada martes y jueves)	5:45 pm – 8:45 pm
<input type="checkbox"/> Understanding Alzheimer's & Dementia: Learn to recognize warning signs of dementia, how to take care of your own brain health, and how to provide positive support.	Oakland	January 14 (Monday)	1:30 am – 4:00 pm
<input type="checkbox"/> Stress Management: Learn how to identify stressors and manage stress better using easy tools and techniques for relaxation and healthy living and promote self-care.	Oakland	January 18 (Friday)	9:30 am – 12:00 pm
<input type="checkbox"/> Diabetes Care Support: Learn more about the symptoms of Diabetes and the overview of self-management including types of medication and side effects.	Oakland	January 23 (Wednesday)	1:30 pm – 4:00 pm
<input type="checkbox"/> Taking Control of Clutter: Learn how to control of cluttering issues and address hoarding behaviors. Minimize anxiety and discover tools in dealing with hoarding issues.	Oakland	January 28 (Monday)	9:30 am – 12:00 pm

<input type="checkbox"/> Cancer Care Basics: Learn how cancer affects people and review popular treatment plans. Understand the needs of cancer survivors and create a support network.	Oakland	February 5 (Tuesday)	1:30 pm – 4:00 pm
<input type="checkbox"/> Body Mechanics and Transfers: People move safely with body transfer techniques. Learn about using proper body mechanics and lifting strategies and reducing the risk of injury.	Oakland	February 14 (Thursday)	1:30 pm – 4:00 pm
<input type="checkbox"/> Advance Care Planning: 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.	Oakland	February 20 (Wednesday)	9:30 am – 12:00 pm
<input type="checkbox"/> Money, Stress, and Financial Wellness: 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.	Oakland	February 22 (Friday)	9:30 am – 12:00 pm
<input type="checkbox"/> How to Improve Communication: Learn how to better communicate dealing with health concerns and apply methods of relaying information for effective communication.	Oakland	February 26 (Tuesday)	1:30 pm – 4:00 pm
<input type="checkbox"/> Homecare Worker Certificate Training in English: 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	Feb 26 - March 26 (Every Tuesdays & Thursdays)	5:45 pm – 8:45 pm
<input type="checkbox"/> Nutritious Meal Planning: Learn to develop key factors in food access; participate in a discussion about nutrition and barriers to healthy food.	Oakland	March 06 (Wednesday)	1:30 pm – 4:00 pm
<input type="checkbox"/> Mental Health & Wellness: Learn how to identify contributing factors to mental health issues and find support and resources for both Consumers and Providers.	Oakland	March 15 (Friday)	9:30 am – 12:00 pm
<input type="checkbox"/> CPR/ First Aid/ AED: Learn about cardiopulmonary resuscitation and emergency lifesaving procedure. Earn 2-year certificate for successful completion of the course.	Oakland	March 19 (Tuesday)	9:30 am – 1:30 pm
<input type="checkbox"/> Active Living to Manage Blood Pressure and Falls: 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.	Oakland	March 26 (Tuesday)	1:30 pm – 4:00 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

**Contact Public Authority for IHSS in Alameda County at 510-577-3552
or visit our website www.ac-pa4ihss.org for more information.**