



Training Registration Form



Register for classes by completing this form:

- **Return** it to the front desk in the Adult/Aging lobby 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 sbasnet@ac-pa4ihss.org**

Llámenos para las clases de español 510.577.3554.

联系我们 510.577.3554 关于中文班.

NAME: _____ **IHSS PROVIDER ID #:** _____

ADDRESS: _____ **CITY:** _____

ZIP: _____ **PHONE:** _____ **MOBILE #:** _____

EMAIL: _____ **PREFERRED LANGUAGE:** _____

<input type="checkbox"/> CPR/ First Aid/ AED: Learn about cardiopulmonary resuscitation and emergency lifesaving procedure. Earn 2-year certificate for completion of the course.	Oakland	July 10 (Tuesday)	9am– 1pm
<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.	Emeryville	July 18 (Wednesday)	1pm – 3:30pm
<input type="checkbox"/> Body Mechanics & Transfers: People move safely with body transfer techniques. Learn about using proper body mechanics and lifting strategies and reducing the risk of injury.	Emeryville	July 24 (Tuesday)	2pm – 4:30pm
<input type="checkbox"/> IHSS for Success: Learn the overview of the In-Home Care Supportive Services Program. Know more about benefits, common medical conditions, rights and responsibilities and professional boundaries for a daily success in IHSS.	Oakland	July 27 (Friday)	9:30am - 12pm
<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.	Berkeley	July 30 (Monday)	1pm-3:30pm
<input type="checkbox"/> Demencia y nutrición: Obtenga más información sobre una mejor nutrición y cómo ayudar a las personas con pérdida de memoria y demencia	Oakland	2 de agosto (jueves)	9:30am– 12pm
<input type="checkbox"/> Alzheimer’s & Dementia: 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.	Oakland	August 7 (Tuesday)	9:30am – 12pm
<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	August 10 (Friday)	1pm – 3:30pm

<input type="checkbox"/> Fall Prevention and Physical Activity: Assess the risk factors for falls among seniors and people with disabilities. Learn how to create a safe environment and incorporate simple exercises daily.	Berkeley	August 16 (Thursday)	9:30am – 12pm
<input type="checkbox"/> IHSS for Success: Learn the overview of the In-Home Care Supportive Services Program. Know more about benefits, common medical conditions, rights and responsibilities and professional boundaries for a daily success in IHSS.	Hayward	August 21 (Tuesday)	11:30 am - 2pm
<input type="checkbox"/> 痴呆和营养: 了解更多有关更好的营养, 以及如何支持记忆丧失和痴呆症患者	Oakland	8月23日 (星期四)	9:30am – 12pm
<input type="checkbox"/> IHSS for Success: Learn the overview of the In-Home Care Supportive Services Program. Know more about benefits, common medical conditions, rights and responsibilities and professional boundaries for a daily success in IHSS.	Berkeley	August 23 (Thursday)	1pm -3:30pm
<input type="checkbox"/> Mental Health Care: Learn to help Consumers with mental issues. Training covers how to identify contributing factors and mental health challenges and how to provide support.	Oakland	August 28 (Tuesday)	9:30am – 12pm
<input type="checkbox"/> CPR/ First Aid/ AED: Learn about cardiopulmonary resuscitation and emergency lifesaving procedure. Earn 2-year certificate for completion of the course.	Berkeley	September 4 (Tuesday)	1:00am– 5:00pm
<input type="checkbox"/> Nutrition and Health: Learn to develop key factors in food access; participant discussion about Consumer’s needs and barriers to healthy food, and a cooking demonstration by a nutritionist.	Berkeley	September 5 (Wednesday)	10:00am – 12:30pm
<input type="checkbox"/> Cancer Care Basics: Learn how cancer affects people and review popular treatment plans. Understand the needs of cancer patients and create a support network.	Berkeley	September 11 (Tuesday)	9:30am– 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	13 de set. - 11 de oct. (cada martes y and jueves)	5:45 pm– 8:45 pm
<input type="checkbox"/> Diabetes Care Support: Learn more about diabetes symptoms and the overview of self-management including types of medication and side effects.	Berkeley	September 24 (Monday)	9:30am –12pm
<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.	Berkeley	September 26 (Wednesday)	1pm – 3:30pm

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 for more information.