



# 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](mailto: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:** \_\_\_\_\_

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

**PHONE** (What time? \_\_\_\_\_)       **EMAIL**       **MAIL**

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

<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.	Hayward	October 9 (Tuesday)	1:00 pm – 3:30pm
<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	Oct 18 - Nov 15 (Every Tuesdays & Thursdays)	5:45 pm – 8:45 pm
<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.	Oakland	October 22 (Monday)	9:30am – 12:00pm
<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.	Hayward	November 6 (Tuesday)	1:00 pm – 3:30pm
<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.	Hayward	November 19 (Monday)	9:30am – 12:00pm

<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.	Hayward	November 27 (Tuesday)	1:00pm – 5:00pm
<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.	Hayward	November 29 (Thursday)	9:30am – 12:00pm
<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.	Berkeley	December 3 (Monday)	9:30am – 12:00pm
<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.	Hayward	December 19 (Wednesday)	1:00 pm – 3:30pm
<input type="checkbox"/> <b>Nutritious Meal Planning:</b> Learn to develop key factors in food access; participate in a discussion about nutrition and barriers to healthy food. There will be a cooking demonstration to help you plan for a healthy holiday meal.	Hayward	December 27 (Thursday)	1:00 pm – 3:30pm

**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.**

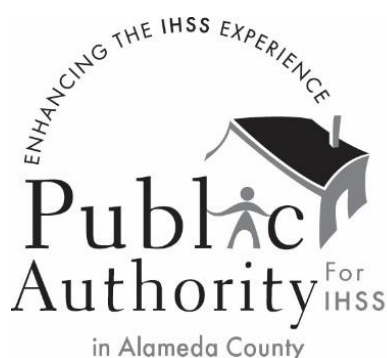
\_\_\_\_\_  
*Signature*

\_\_\_\_\_  
*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.**



6955 Foothill Blvd., 3rd Floor  
Oakland, CA 94605-2409  
phone (510) 577-3552  
fax (510) 577-3579  
[www.ac-pa4ihss.org](http://www.ac-pa4ihss.org)