



## 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)**

**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.	Dublin	July 2 (Tuesday)	9:30am – 12:00pm
<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.	Dublin	July 8 (Monday)	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.	Dublin	July 17 (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.	Dublin	July 23 (Tuesday)	1:30pm – 4:00pm
<input type="checkbox"/> <b>Memory Loss, 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.	Dublin	July 26 (Friday)	9:30 am – 12:00 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.	Dublin	July 31 (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.	Dublin	August 9 (Friday)	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.	Dublin	August 13 (Tuesday)	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.	Dublin	August 19 (Monday)	9:30 am – 12:00 pm
<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.	Dublin	August 28 (Wednesday)	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.	Dublin	September 4 (Wednesday)	9:30 am – 12:00 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.	Dublin	September 13 (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.	Dublin	September 16 (Monday)	9:30 am – 12:00 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.	Dublin	September 26 (Thursday)	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*

**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**.

Please visit our website [www.ac-pa4ihss.org](http://www.ac-pa4ihss.org) for more information.