



PUBLIC AUTHORITY FOR IHSS IN ALAMEDA COUNTY

FREE Training for IHSS Providers and Recipients

Training Course Descriptions:

Blood Pressure and Stroke: Learn to better manage blood pressure and build the awareness of the important of heart health and prevent stroke through positive behavioral changes.

CPR, First Aid & AED Certification Training: Learn about cardiopulmonary resuscitation and emergency lifesaving procedures and earn 2-year certificate for successful completion of the course.

Homecare Worker Certificate Training: 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 8-week program.

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.

Nutrition and Healthy Eating: Learn to develop key factors in food access; participate in a discussion about nutrition and barriers to healthy food.

Body Mechanics & Transfer: People move safely with body transfer techniques. Learn about using proper body mechanics and lifting strategies and reducing the risk of injury.

Dealing with Clutter and Hoarding: Learn how to control of cluttering issues and address hoarding behaviors. Minimize anxiety and discover tools in dealing with hoarding issues.

Diabetes Care: Learn more about the symptoms of Diabetes and the overview of self-management including types of medication and side effects.



Elder Abuse and Neglect: Many people are abused in their own homes, in relatives' homes, and even in facilities responsible for their care. Learn about the warning signs of abuse and neglect and how you can prevent and report the problem.

End-Of-Life Planning and Grief Support: Prepare for the end of life issues and learn different stages of grief. 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.

Fall Prevention: Learn to identify factors that may contribute to a fall which can lead to an injury and illnesses. Participants will review common home and environmental hazards, learn ways to prevent falls and build your balance, flexibility, and strength through exercise.

Financial Wellness: The term “financial wellness” has emerged in recent years as a descriptor of an individual's overall financial health and well-being. The primary goal is to go beyond providing basic financial education and to focus on the achievement of optimal financial wellness through behavioral change and planning.

How to Improve Communication for a Better Relationship: Learn how to better communicate dealing with health concerns and apply methods of relaying information for effective communication that strengthens your relationships.

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.

Understanding Alzheimer's & Dementia: Learn to recognize warning signs of dementia, how to take care of your own brain health and also to provide positive support for people facing cognitive challenges.

Stress Management: Learn how to promote self-care. Identify stressors and manage stress better using easy tools and techniques for relaxation and healthy living with less stress.



All workshops are free for people currently in the IHSS program.

Current IHSS Providers may receive a \$10 gift card upon successful completion of training.

