



Public Authority for IHSS in Alameda County Online Training Schedule

The Public Authority for IHSS in Alameda County provides
FREE training to active IHSS Providers and Recipients

Class Offerings for October 2021:

- Diabetes Series Overview**
October 4th (Monday) 9:30 am – 11:30 am
Instructor: Rajinder Singh is a Diabetes Educator & Senior Nutritionist. This will be the first overview session in an eight-month series on diabetes care and prevention. Please only signup for this session OR 10/22/21 session.
- Ways to Stay Healthy During the Holidays**
October 7th (Thursday) 1:30 pm – 3:30 pm
Instructor: Wanda Ferguson, RN PHN MSN, Program Manager. Brighten the holidays by making your health and safety a priority. Take steps to keep you and your loved ones safe and healthy—and ready to enjoy the holidays 😊! Lots of tips for IHSS Care Provider Self-Care!
- Importance of Direct Support Professionals**
October 19th (Tuesday) 9:30 am – 11:30 am
Instructor: Alva Gardner, Founder | The 4*3 Perspective. A presentation on the importance of direct service professionals in the lives of people with disabilities, the relationship between their support and the independence they can provide and how they should be supported.
- Diabetes Series Overview**
October 22nd (Friday) 1:30 pm – 3:30 pm
Instructor: Jackie Russum - Diabetes Educator & Nutritionist. This will be the first overview session in an eight-month series on diabetes care and prevention. Please only signup for this session OR 10/4/21 session.
- Personal Emergency Preparedness**
October 27th (Wednesday) 1:00 pm – 3:00 pm
Instructors: Ysela Jimenez-Patino & Elsie Kusel. The Personal Emergency Preparedness Presentation is to promote emergency preparedness planning. We will share useful steps anyone can take in order to be prepared in an emergency.

Use Link Below to Register:

https://forms.office.com/Pages/ResponsePage.aspx?id=LP_9Mm74o0ukfWpEp_RaZJCpL3BRpmVAIJyvKu5nKVIUMkdMTIIHQZPTE9aR1hQTjdBRlowNkg3NiQIQCN0PWcu

Contact us at PAtraining@acgov.org for any questions.