



## 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

### Online Class Offerings for December 2021:

**Use Link Below to Register:**

<https://forms.office.com/g/gp44NfFCUJ>

**Older Adult Mental Health & Wellness During COVID and Beyond for IHSS Providers & Recipients**

December 1st (Wednesday) 1:30 pm - 3:30 pm

Instructors: Vanessa Baker, Division Director, Older Adult Services and Schreiber Center | Michael Kessler, Clinical Program Specialist for the Older Adult System of Care. This training will provide attendees with an understanding of Alameda County Behavioral Health services available for older adults within the community, including who and how we serve. Attendees will learn about aging myths, how to access our services during and beyond COVID, available resources for caregivers, plus they will receive an intro into music therapy.

**Diabetes Series #3 Healthy Eating Part 2**

December 6th (Monday) 9:30 am – 11:30 am

Instructor: Rajinder Singh - Diabetes Educator & Senior Nutritionist. Learn how to read past the advertisements and make better choices with the food label during this training. We'll also present recommendations and ways to make delicious meals that are lower in fat, salt, and cholesterol.

**How Can Home Health and Hospice Help? What You Should Know!**

December 8th (Wednesday) 9:30 am – 11:30 am

Instructor: Ellen Creighton, Patient Quality Care Coordinator & Community Resource Specialist with ACE Home Health & Hospice. This training empowers consumers and their caregivers with information on how they can self-advocate for health care benefits through Home Health and Hospice that can prevent ER visits, hospitalization and suffering.

**Dealing with Clutter**

December 13th (Monday) 1:30 pm – 3:30 pm

Instructor: Regina Silbert, Retired Geriatric Social Services Professional. On the face of it, hoarding and cluttering can seem quite similar, but there is a big difference. While clutter is the result of general mess or untidiness, hoarding is what happens when someone is suffering from a mental health condition known as hoarding disorder. This presentation looks at the differences between the two and how to deal with family or clients who are clutterers and/or hoarders.

**How Can Home Health and Hospice Help? What You Should Know!**

December 16th (Thursday) 1:30 pm – 3:30 pm

Instructor: Ellen Creighton, Patient Quality Care Coordinator & Community Resource Specialist with ACE Home Health & Hospice. This training empowers consumers and their caregivers with information on how they can self-advocate for health care benefits through Home Health and Hospice that can prevent ER visits, hospitalization and suffering.

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**Diabetes Series #3 Healthy Eating Part 2**

December 17th (Friday) 1:30 pm – 3:30 pm

Instructor: Jackie Russum - Diabetes Educator & Nutritionist. Learn how to read past the advertisements and make better choices with the food label during this training. We'll also present recommendations and ways to make delicious meals that are lower in fat, salt, and cholesterol.

**Care for the Care Provider**

December 29th (Wednesday) 9:30 am – 11:30 am

Instructors: Lily Chang, Social Worker with Care Partners – Lead Presenter; Wanda Ferguson, RN, PHN, MSN Care Partners & Getting the Most Out of Life - Program Manager; Froy Romero, Community Outreach Worker with Care Partners & Tsz Chun Chung (Marcus), Community Outreach Worker with Care Partners. The session will provide practical tips, resources and suggestions that can help IHSS Care Providers find emotional and task support.

***Contact us at [PAtraining@acgov.org](mailto:PAtraining@acgov.org) for any questions.***