



# 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 February 2022:

### Use Link Below to Register:

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

#### **4Ms Overview**

February 4th (Friday) 9:30 am - 10:30 am

Instructor: G. Michael Harper, M.D. is a geriatrician, Professor of Medicine at the University of California, San Francisco and a staff physician at the San Francisco Veterans Affairs Medical Center (SFVAMC). The aim of this training series is to introduce you to the 4Ms (Mentation, Mobility, Medication, and What Matters) of an Age-Friendly Health System and how you can use the principles of the 4Ms to improve the care of older adults.

#### **Diabetes Series #5 Medications**

February 7th (Monday) 9:30 am - 11:30 am

Instructor: Rajinder Singh - Diabetes Educator & Senior Nutritionist. For many people with diabetes medications are an important part of blood glucose management. Learn about the different medications for diabetes and the ways they work.

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

February 18th (Friday) 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.

#### **Emergency Preparedness**

February 24th (Thursday) 12:00 pm - 1:00 pm

Instructor: Ron Halog, Emergency Preparedness Coordinator, Independent Living Resources of Solano & Contra Costa Counties. With California disasters like earthquakes and wildfires devastating lives and displacing families, effective preparedness training and prompt action can save your life and the lives of your loved ones. It is important that you know how to prepare for disasters.

#### **Diabetes Series #5 Medications**

February 25th (Friday) 1:30 pm - 3:30 pm

Instructor: Jackie Russum - Diabetes Educator & Nutritionist. For many people with diabetes medications are an important part of blood glucose management. Learn about the different medications for diabetes and the ways they work.

#### **4Ms Overview**

February 28th (Monday) 1:30 pm - 2:30 pm

Instructor: G. Michael Harper, M.D. is a geriatrician, Professor of Medicine at the University of California, San Francisco and a staff physician at the San Francisco Veterans Affairs Medical Center (SFVAMC). The aim of this training series is to introduce you to the 4Ms (Mentation, Mobility, Medication, and What Matters) of an Age-Friendly Health System and how you can use the principles of the 4Ms to improve the care of older adults.

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