



## 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

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### Online Class Offerings for June 2022:

- Stop Falling! Home Safety and Preventing Falls & Injuries (English)**  
June 1st (Wednesday) 11:00 am - 12:00 pm  
Instructor: Maira Mesa, Health Promotion-Care Planner. Did you know that 1 out of every 4 people over 65 will have a fall this year? Injuries related to falls, like broken hips and head trauma, lead to emergency room visits, hospital stays and even nursing home placement. That's the bad news. The GOOD news is that falls are PREVENTABLE! This program will help you to identify falls risks in your life.
- iDeja de Caer! Seguridad en el Hogar y Prevención de Caídas y Lesiones (Español)**  
Junio 2 (jueves) 11:00 am - 12:00 pm  
Instructora: Maira Mesa, Health Promotion-Care Planner. ¿Sabías que 1 de cada 4 personas mayores de 65 años tendrá una caída este año? Este programa le ayudará a identificar los riesgos de caídas en su vida.
- 4Ms What Matters-Caring for Older Adults Near End of Life**  
June 3rd (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 session is to introduce you to how you can use the principles of the 4Ms (Mentation, Mobility, Medication, and What Matters) to improve the care of older adults near end of life.
- Importance of Direct Support Professionals**  
June 6th (Monday) 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.
- Open Mic (English)**  
June 7th (Tuesday) 11:00 am - 12:00 pm  
Instructor: Maira Mesa, Health Promotion-Care Planner. Participants are encouraged to take part in this class by singing or playing an instrument, reading a favorite poem or short story, performing comedy or telling a joke - make sure to keep it PG! If you get stage fright, you're more than welcome to come and observe.
- Micrófono Abierto (Español)**  
Junio 8 (miércoles) 11:00 am - 12:00 pm  
Instructora: Maira Mesa, Health Promotion-Care Planner. Se alienta a los participantes a participar en esta clase cantando o tocando un instrumento, leyendo un poema o cuento favorito, realizar comedia o contar un chiste: ¡asegúrate de mantenerlo PG! Si te da miedo escénico, eres más que bienvenido a venir y observar.

(Continued on next page)

- IHSS for Success**  
June 13th (Monday) 9:30 am - 11:00 am  
Instructor: Lola Pratt, DTM Community Healthcare Worker. This training is created with the Provider in mind to bring awareness of tools for empowerment, self-care and available resources to support and foster a positive caregiving experience.
  
- 4Ms What Matters-Caring for Older Adults Near End of Life**  
June 27th (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 session is to introduce you to how you can use the principles of the 4Ms (Mentation, Mobility, Medication, and What Matters) to improve the care of older adults near end of life.
  
- Facing End-of-Life Issues: Hospice and Palliative Care**  
June 28th (Tuesday) 10:00 am - 11:30 am  
Instructor: Debbie Emerson, M.S., Community Health Educator. End-of-life care refers to both the medical and the emotional support that patients and families receive when death is imminent. This webinar will cover the similarities and differences between hospice and palliative care and will provide guidance about transitioning from curative care to comfort care. Additional topics include selecting hospice services and making pre-need funeral arrangements.

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**Contact us at (510) 577-3554 or [PAtraining@acgov.org](mailto:PAtraining@acgov.org) for any questions.**