



# 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

[CLICK HERE TO REGISTER FOR CLASSES!](#)

## Online Class Offerings for October 2022:

- Caregivers are People too! (English)**  
October 4th (Tuesday) 11:00 am - 12:00 pm  
Instructor: Maira Mesa, Health Promotion-Care Planner with Independence at Home. Caring for someone else is one of the most rewarding things you can do. But it's also one of the hardest. As a caregiver there are lots of things to think about and lots of things to do. At this program, learn about how to take care of yourself to be the best caregiver you can be.
- ¡Los Cuidadores También Son Personas! (Español)**  
Octubre 5 (miércoles) 11:00 am - 12:00 pm  
Instructora: Maira Mesa, Educadora de promoción de la salud con Independencia en Casa. Cuidar de otra persona es una de las cosas más gratificantes que puedes hacer. También es uno de los más difíciles. Como cuidador, hay muchas cosas en las que pensar y muchas cosas que hacer. En este programa, aprenda cómo cuidarse a sí mismo para ser el mejor cuidador posible.
- Self-Care for the Family Caregiver**  
October 6th (Thursday) 10:00 am - 12:00 pm  
Instructors: Debbie Emerson | Community & Family Health Educator; Gia Barsell | Manager of Dementia Services and Community Education. The stress that family caregivers experience as their loved one declines can be staggering. The constant fluctuation of changing roles, uncertainty about the future, and fatigue may ultimately result in compromised health and family dysfunction. This webinar will focus on understanding the causes of stress, strategies for coping, and the importance of seeking support and utilizing resources.
- How Can Home Health and Hospice Help? What You Should Know!**  
October 6th (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.
- Practice of Gratitude: Journaling Techniques (English)**  
October 26th (Wednesday) 2:00 pm - 3:00 pm  
Instructor: Maira Mesa, Health Promotion-Care Planner with Independence at Home. The group will discuss the benefits of incorporating journaling techniques into their daily lives.
- Práctica de la Gratitud: Técnicas de Diario (Español)**  
October 27th (jueves) 2:00 pm - 3:00 pm  
Instructora: Maira Mesa, Educadora de promoción de la salud con Independencia en Casa. El grupo discutirá los beneficios de incorporar técnicas de diario en su vida diaria.

**(Continued on next page)**

**Care Partners Services**

October 28th (Friday) 10:00 am - 12:00 pm

Instructors: Wanda Ferguson – Program Lead, Care Partners | Lily Chang– Social Worker, Care Partners | Froy Romero – Community Outreach Worker, Care Partners | Susan Musicant, Doctor of Physical Therapy – Senior Injury Prevention and Medication Safety Program Coordinator, DayBreak. Care Partners’ tailored training to most commonly requested services and questions for IHSS providers & recipients, including expert guidance on the topic of Durable Medical Equipment!

[CLICK HERE TO REGISTER FOR CLASSES!](#)

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