



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 September 2022:

- Living Better with Arthritis (English)**
September 6th (Tuesday) 11:00 am - 12:00 pm
Instructor: Maira Mesa, Health Promotion-Care Planner with Independence at Home. Arthritis is common among older adults but that doesn't mean that joint pain has to be. There are things that you can do to live better with arthritis. Learn how to better manage your arthritis with helpful tips from this presentation.
- Vivir Mejor con Artritis (Español)**
Septiembre 7 (miércoles) 11:00 am - 12:00 pm
Instructora: Maira Mesa, Educadora de promoción de la salud con Independencia en Casa. La artritis es común entre los adultos mayores, pero eso no significa que el dolor en las articulaciones tenga que serlo. Hay cosas que puede hacer para vivir mejor con artritis. Aprenda cómo manejar mejor su artritis con los consejos útiles de esta presentación.
- Importance of Direct Support Providers**
September 9th (Friday) 2:00 pm - 4:00 pm
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.
- 4Ms What Matters-Caring for Older Adults Near End of Life**
September 12th (Monday) 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). In this training session, we will discuss the special issues that can arise caring for older adults near the end of life. We will define palliative care and hospice and review what caregivers can do to support people approaching the end of life.
- Healthy Living for Your Brain and Body (English)**
September 13th (Tuesday) 10:00 am - 11:00 am
Instructor: Dipa Bhaumik, Alzheimer's Association Community Educator. For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.
- Vida Saludable para su Cerebro y Cuerpo (Español)**
Septiembre 14 (miércoles) 2:00 pm - 3:00 pm
Instructora: Sandra Green, Family Care Specialist. Pero ahora, la ciencia es capaz de proporcionar información sobre cómo optimizar nuestra salud física y cognitiva a medida que envejecemos. Únase a nosotros para aprender sobre la investigación en las áreas de dieta y nutrición, ejercicio, actividad cognitiva e interacción social, y utilice herramientas prácticas para ayudarlo a incorporar estas recomendaciones en un plan para un envejecimiento saludable.

(Continued on next page)

- IHSS for Success**
September 15th (Thursday) 1:30 pm - 3:00 pm
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**
September 16th (Friday) 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). In this training session, we will discuss the special issues that can arise caring for older adults near the end of life. We will define palliative care and hospice and review what caregivers can do to support people approaching the end of life.
- How Can Home Health and Hospice Help? What You Should Know!**
September 20th (Tuesday) 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.
- Practice of Gratitude: Creating a Haiku (English)**
September 21st (Wednesday) 2:00 pm - 3:00 pm
Instructor: Maira Mesa, Health Promotion-Care Planner with Independence at Home. Participants will have an opportunity to create a haiku which is a type of poem originating from Japan. Participants will be encouraged to share their creations with others in the class.
- Práctica de la Gratitude: Creando un Haiku (Español)**
Septiembre 22 (jueves) 2:00 pm - 3:00 pm
Instructora: Maira Mesa, Educadora de promoción de la salud con Independencia en Casa. Los participantes tendrán la oportunidad de crear un haiku, que es un tipo de poema originario de Japón. Se alentará a los participantes a compartir sus creaciones con otros en la clase.
- Programs for Seniors' Health, and Utility Assistance for Low-Income Families in Alameda County**
September 23rd (Friday) 2:00 pm - 3:30 pm
Instructors: Helen Chang, Outreach Specialist | Becky Bruno, Senior Meals Program Manager | Carrie Oldes, Meals on Wheels Program Manager | Stacey Blackard, Fall Prevention Manager. Learn how to tap into the six programs offered by Spectrum Community Services in Alameda County: Three for seniors and three utility assistance programs for low-income families
- 如何防止工作场所的火灾。对家庭护理人员的特别培训 (Cantonese/粤语)**
September 26th (Monday) 2:30 pm - 4:30 pm
Instructor: Yu Huizhen 余惠珍. Why are fires happening? Know the leading causes of fires in the workplace 為什麼會發生火警? 了解工作場所失火的主要原因. How to keep workplaces safe 如何確保工作場所的安全. Create emergency action plan 製訂緊急應變計劃.

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

Contact us at (510) 577-3554 or PAtraining@acgov.org for any questions.