



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 December 2022:

- How Can Home Health and Hospice Help? What You Should Know!**
December 1st (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.
- Holiday Selfcare & FREE Resources**
December 2nd (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. Are you ready to enjoy the holidays? Let us talk about ways to brighten the holidays through self-care, by making our health and safety a priority. Lots of tips and resources for IHSS Care Providers!
- Beating the Holiday Blues (English)**
December 6th (Tuesday) 11:00 am - 12:00 pm
Instructor: Maira Mesa, Health Promotion-Care Planner with Independence at Home. The holidays are a joyous season for many. For others, it's a time of blues. But it doesn't have to be. Join us to learn some ways that you can beat the holiday blues!
- Superando la Melancolía Navideña (Español)**
Diciembre 7 (miércoles) 11:00 am - 12:00 pm
Instructora: Maira Mesa, Educadora de promoción de la salud con Independencia en Casa. Las vacaciones son una temporada alegre para muchos. Para otros, es un momento de tristeza. Pero no tiene que ser así. ¡Únase a nosotros para aprender algunas formas en que puede vencer la tristeza navideña!
- IHSS for Success**
December 9th (Friday) 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.
- Importance of Direct Support Providers**
December 12th (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.

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Music Appreciation: Holiday Music (English)

December 13th (Tuesday) 2:00 pm - 3:00 pm

Instructor: Maira Mesa, Health Promotion-Care Planner with Independence at Home. A social activity that encourages participants to share with one another different kinds of music they enjoy listening to for different social events (birthdays, weddings, holidays, etc.). Group will have an opportunity to share songs with others.

Apreciación Musical: Música Festiva (Español)

Diciembre 14 (miércoles) 2:00 pm - 3:00 pm

Instructora: Maira Mesa, Educadora de promoción de la salud con Independencia en Casa. El grupo tendrá la oportunidad de hablar el impacto positivo de la música en la estimulación y el recuerdo de la memoria. Tendrán la oportunidad de compartir el nombre de una canción/artista que recuerden haber escuchado durante las fiestas cuando eran niños, adolescentes o adultos jóvenes.

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