



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 2023:

- Keeping Elders Safe: An Overview of Elder Abuse and Legal Remedies**
June 6th (Tuesday) 9:30 am - 10:30 am
Instructor: Jennifer Pardini, Community Education Coordinator, Legal Assistance for Seniors. Explains what elder abuse is and the laws that address it, identifies signs of financial, emotional, physical abuse & neglect, reviews legal remedies available to abused elders (including restraining orders), covers practical tips to help prevent abuse and provides information about agencies that can help.
- Myths About Medication (English)**
June 7th (Wednesday) 1:30 pm - 2:30 pm
Instructor: Maira Mesa, Health Promotion-Care Planner with Independence at Home. There are many myths about medications. Paying attention to myths that are false can put you at risk for health issues. Join us to learn the TRUTH about some important myths about medication use.
- 10 Mitos Sobre la Medicación (Español)**
Junio 8 (jueves) 1:30 pm - 2:30 pm
Instructora: Maira Mesa, Educadora de promoción de la salud con Independencia en Casa. Hay muchos mitos sobre los medicamentos. Prestar atención a los mitos que son falsos puede ponerlo en riesgo de tener problemas de salud. Únase a nosotros para conocer la VERDAD sobre algunos mitos importantes sobre el uso de medicamentos.
- 了解阿滋海默症和失智症/Understanding Alzheimer's & Dementia (Mandarin)**
June 9th (Friday) 10:00 am - 11:00 am
Instructor: Andree Guo, Alzheimer's Association Community Educator. 阿滋海默症不是正常衰老。這是一種會導致記憶、思考和行為問題的腦部疾病。讓我們一起來學習阿滋海默症的影響，阿滋海默症和失智症的區別，阿滋海默症的階段及引發因素，目前對此症的研究，針對一些症狀的治療方法，以及如何善用阿滋海默症協會所提供的資源。
- How Can Home Health and Hospice Help? What You Should Know!**
June 12th (Monday) 1:30 pm - 3:30 pm
Instructor: Ellen Creighton, Patient Quality Care Coordinator & Community Resource Specialist with ACE Home Health & Hospice. The objective of this Course/Training is to empower consumers and their caregivers with accurate, up to date information on how they can self-advocate for the best care available through Home Health and Hospice (and Palliative Care). These services are Medi-Cal and Medicare paid health care benefits that can prevent ER visits, hospitalization and suffering AND...it does NOT adversely affect their IHSS services.

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有效的溝通策略/Effective Communication Strategies (Cantonese)

June 15th (Thursday) 10:30 am - 11:30 am

Instructor: Ingrid Lai, Alzheimer's Association Community Educator.

溝通不僅僅是言語的交流，而是人與人之間聯結的能力。這個講座將教導照護者如何解讀阿滋海默症和其他失智症患者的言語和行為溝通方式，同時提供如何有效地與失智症患者在疾病早期、中期，及晚期有意義的聯繫策略。

Practice of Gratitude: Creating a Haiku (English)

June 21st (Wednesday) 1:30 pm - 2:30 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 Gratitud: Creando un Haiku (Español)

Junio 22 (jueves) 1:30 pm - 2:30 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.

有效的溝通策略/Effective Communication Strategies (Mandarin)

June 23rd (Friday) 3:00 pm - 4:00 pm

Instructor: Sophie Zhuang, Alzheimer's Association Community Educator.

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