



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 September 2023:

- Create a Secure Future: Advance Health Care Directives**
September 5th (Tuesday) 9:30 am - 10:30 am
Instructor: Jennifer Pardini, Community Education Coordinator, Legal Assistance for Seniors. Explains Advance Health Care Directives and how to complete them; gives information about appointing an agent, end-of-life decision-making and POLST forms; and provides referrals for other planning tools, such as wills and Durable Powers of Attorney for Finance.
- Caregivers Are People Too!**
September 6th (Wednesday) 1:30 pm - 2:30 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.
- iLos Cuidadores También Son Personas! (Español)**
Septiembre 7 (jueves) 1:30 pm - 2:30 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. En este programa, aprenda cómo cuidarse a sí mismo para ser el mejor cuidador posible.
- How Can Home Health and Hospice Help? What You Should Know!**
September 11th (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.
- Doula: Companionship, Comfort and Guidance to Those Facing a Terminal Illness or Death**
September 13th (Wednesday) 10:00 am - 12:00 pm
Instructors: Care Partners | Support team to IHSS Recipients and their Care Providers & Claudette Peterson Ed.D., INELDA (International End-of-Life Doula Association) Educator. Are you interested in identifying community resources and developing a plan for self-care to support yourself and the ill or dying person? Come and explore the foundations of doula work!

(Continued on next page)

Basics of Estate Planning: Wills and Trusts

September 26th (Tuesday) 12:00 pm - 1:30 pm

Instructor: Daniela Lungu, Attorney. Come hear a presentation from an Estate Planning Attorney and find out what documents are included and how to use Revocable Living Trusts to avoid Estate Taxes and Probate, how to use Advance Health Care Directives and Durable Power of Attorney to avoid Conservatorships. Also learn about how to effectively protect your family and your estate and how to use trusts to keep the court out of your family.

Open Mic

September 27th (Wednesday) 1:30 pm - 2:30 pm

Instructor: Maira Mesa, Health Promotion-Care Planner with Independence at Home. 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

Emergency Preparedness

September 28th (Thursday) 9:00 am - 10:00 am

Instructor: Ron Halog, Emergency Preparedness Coordinator, Independent Living Resources of Solano & Contra Costa Counties. With California disasters like earthquakes and wildfires devastating lives and displacing families, effective preparedness training and prompt action can save your life and the lives of your loved ones. It is important that you know how to prepare for disasters.

Microfono Abierto (Español)

Septiembre 28 (jueves) 1:30 pm - 2:30 pm

Instructora: Maira Mesa, Educadora de promoción de la salud con Independencia en Casa. 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.

[CLICK HERE OR USE THE QR CODE BELOW TO REGISTER FOR CLASSES!](#)



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