



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 October 2023:

- ☐ **Basic Housing Rights for Seniors**
October 3rd (Tuesday) 9:30 am - 10:30 am
Instructor: Kyle Little, Housing Advocate with Legal Assistance for Seniors. Explains basic housing laws for tenants and landlords; provides an overview of the responsibilities of both landlords and tenants; and discusses common housing issues, including rent increases, evictions, and security deposits.
- ☐ **Getting the Care You Want When You Need it Most**
October 4th (Wednesday) 1:30 pm - 2:30 pm
Instructor: Maira Mesa, Health Promotion-Care Planner with Independence at Home. Planning ahead works for pretty much anything. But planning ahead in your health care can give you and your family peace of mind. Join us to learn about how to get the care you want when you need it most.
- ☐ **Obtener la Atención que Desea Cuando más la Necesita (Español)**
Octubre 5 (jueves) 1:30 pm - 2:30 pm
Instructora: Maira Mesa, Educadora de promoción de la salud con Independencia en Casa. Planear con anticipación funciona para casi cualquier cosa. Pero la planificación anticipada de su atención médica puede darle tranquilidad a usted y a su familia. Únase a nosotros para aprender cómo obtener la atención que desea cuando más la necesita.
- ☐ **Care Provider Peer Support Session**
October 9th (Monday) 1:30 pm - 3:30 pm
Instructor: Ellen Creighton, Patient Quality Care Coordinator & Community Resource Specialist with ACE Home Health & Hospice. This facilitated support session is for care providers to explore the challenges and rewards of providing personal care support for others. This session is designed to address isolation, frustration, burnout and to acknowledge and empower care providers with tools, support and tips for self-care.
- ☐ **Medications: a Practical Guide for Caregivers**
October 10th (Tuesday) 10:00 am - 11:00 am
Instructors: Michele Burke, RN, MSN, PHN, Supervising Public Health Nurse & Susana Chan, RN, PHN, Public Health Nurse. This training will provide tips so you can help your clients: Understand their meds better; take their meds more reliably; talk to healthcare providers about medication problems; and identify possible side effects or safety concerns.
- ☐ **Medical Alert Systems and Who Can Benefit**
October 11th (Wednesday) 10:00 am - 11:00 am
Instructor: Asher Hoffman | Vital Link Director of Operations. We will be covering the types of devices out there and who can benefit most from having each type of device.

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☐ **Estrategias Efectivas de Comunicación (Español)**

Octubre 18 (miércoles) 11:00 am - 12:00 pm

Instructora: Sandra Green, Especialista en Cuidado Familiar. Las dificultades con la memoria y la comunicación son características prominentes y angustiosas de la demencia que afectan a la persona con demencia y contribuyen al estrés del cuidador. Este programa ofrece a los cuidadores estrategias para apoyar y maximizar las habilidades de memoria y comunicación en las personas con demencia. Un equipo de médicos, investigadores y educadores en neuropsicología, psicogeriatría, enfermería y patología del habla tradujeron el conocimiento basado en la investigación de estos campos en un programa de estrategias prácticas de uso diario para cuidadores, familiares y profesionales.

☐ **Let's De Stress (English)**

October 25th (Wednesday) 1:30 pm - 2:30 pm

Instructor: Maira Mesa, Health Promotion-Care Planner with Independence at Home. Stress is a normal part of life, but how you deal with that stress makes a big difference to your health. Come connect with others and learn tips on ways to better manage the stress in your life! We will end the session with a gratitude meditation.

☐ **Vamos a Desestresarnos (Español)**

Octubre 26 (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.

☐ **Tips for IHSS Care Providers Who Care for People with Complex Needs**

October 30th (Monday) 10:00 am - 12:00 pm

Instructors: Care Partners | Support team to IHSS Recipients and their Care Providers. These tips can be used to address many complex needs. Information, support, advocacy, empowerment, care, and balance can be the foundation to keep everyone safe, healthy, and confident as you learn how to better manage your client with complex needs, no matter the challenge or the need. There is help available to you and your recipient.

[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.