



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 May 2024:

- How to Age in Place: Hiring and Working with a Caregiver**
May 1st (Wednesday) 9:30 am - 11:00 am
Instructor: Jennifer Pardini | Legal Assistance for Seniors. This session reviews definitions of skilled care and personal care and explains available payment sources; covers tips for success and how to identify care needs to safely remain in the home; explains differences between hiring through an agency or other methods; and provides resources for how to hire and maintain employment of a caregiver.
- Tips for Financial Wellness as We Age**
May 2nd (Thursday) 9:00 am - 10:00 am
Instructor: Sarah Hooper, JD is a Professor of Practice at UC Law SF and the Executive Director of the UCSF-UC Law Consortium on Law, Science & Health Policy. This presentation will provide information and resources to promote financial wellness as we age, including knowing where to find good information, how to start planning for needs and goals, and how to build a team of people to support financial decision-making.
- Importance of Direct Support Professionals**
May 6th (Monday) 10:00 am - 12:00 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.
- Let's De-Stress**
May 7th (Tuesday) 2:00 pm - 3:00 pm
Instructor: Georgina Martinez, Digital Health Promotion Representative with Independence @ 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.
- How to Care for an IHSS Recipient with a Dementia Diagnosis**
May 8th (Wednesday) 10:00 am - 11:00 am
Instructor: Dr. Anna Chodos is an Associate Professor of Medicine in the Division of General Internal Medicine at Zuckerberg San Francisco General and the Division of Geriatrics. Learners will learn about dementia, what it is, and how symptoms may present in your patient. They will also learn strategies and skills for how to respond to people with dementia who may have more challenging symptoms, for example confusion, irritability, and not wanting to participate in medical or self-care.
- ¡Vamos a Reducir el Stress! (Español)**
Mayo 9 (jueves) 2:00 pm - 3:00 pm
Instructora: Georgina Martinez, Representante de Promoción de la Salud Digital con Independencia en Casa. "El estrés es una parte normal de la vida, pero cómo lidiar con ese estrés hace una gran diferencia en su salud. ¡Ven a conectarte con otros y aprende consejos sobre formas de manejar mejor el estrés en tu vida! Terminaremos la sesión con una meditación de gratitud."

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- Emergency Preparedness**
May 14th (Tuesday) 12:00 pm - 1:00 pm
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.

- How Can Home Health and Hospice Help? What You Should Know!**
May 17th (Friday) 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.

- Planificar el Cuidado de la Vida (Español)**
Mayo 23 (jueves) 10:00 am - 12:00 pm
Instructores: Froilan Romero y Enrique Ferrel, Trabajadores de Alcance Comunitario con Care Partners. Para planear el cuidado de la vida, debemos aprender los valores personales y las preferencias de atención médica en nuestro futuro. Te invitamos a nuestro taller para aprender cómo documentar sus deseos médicos y brindarle tranquilidad a usted y a sus seres queridos.

- Story Sharing: A Walk Down Memory Lane**
May 28th (Tuesday) 2:00 pm - 3:00 pm
Instructor: Georgina Martinez, Digital Health Promotion Representative with Independence @ Home. Story Sharing offers participants the opportunity to contemplate some of life's big questions and / or review their life experience and adventures with a group.

- Compartir historias: Un Paseo Porel Carril de Recuerdos (Español)**
Mayo 30 (jueves) 2:00 pm - 3:00 pm
Instructora: Georgina Martinez, Representante de Promoción de la Salud Digital con Independencia en Casa. Compartir historias ofrece a los participantes la oportunidad de contemplar algunas de las grandes preguntas de la vida y/o revisar su experiencia de vida y aventuras en grupo.

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