



# 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 July 2024:

**Caregivers Are People Too!**

July 9th (Tuesday) 2:00 pm - 3:00 pm

Instructor: Georgina Martinez, Digital Health Promotion Representative with Independence @ 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.

**Basics of Estate Planning: Wills and Trusts**

July 10th (Wednesday) 12:00 pm - 1:00 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.

**iLos Cuidadores También Son Personas! (Español)**

Julio 11 (jueves) 2:00 pm - 3:00 pm

Instructora: Georgina Martinez, Representante de Promoción de la Salud Digital con Independencia en Casa. Cuidar a otra persona es una de las cosas más gratificantes que puedes hacer. Pero también es uno de los más difíciles. En este programa, aprende cómo cuidarse para ser el mejor cuidador que pueda ser.

**Care Provider Peer Support Session**

July 12th (Friday) 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.

**了解失智症行為及因應辦法/Understanding and Responding to Dementia-Related Behavior (Mandarin)**

July 16th (Tuesday) 11:00 am - 12:00 pm

Instructor: Peining Chang, ACSW, Senior Community Engagement Manager - Diversity, Equity and Inclusion. 張珮寧, ACSW. 為參與者提供四步模型來因應失智症的行為。這場講座詳細說明了這個模型，然後將其應用於一些最常見的與疾病相關的行為。

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- Nutrition Bingo**  
July 23rd (Tuesday) 2:00 pm - 3:00 pm  
Instructor: Georgina Martinez, Digital Health Promotion Representative with Independence @ Home. Learn while playing a game?! It's true. Learn some interesting nutrition facts and how to eat healthier while playing an old favorite, Nutrition Bingo!
  
- Tips for IHSS Care Providers**  
July 24th (Wednesday) 1:00 pm - 3:00 pm  
Instructors: Care Partners | Support team to IHSS Recipients and their Care Providers. Covers IHSS Career Pathways program, tax exempt, timecard, and increasing IHSS hours, etc. (bilingual in English & Spanish)
  
- Lotería Nutriciona (Español)**  
Julio 25 (jueves) 2:00 pm - 3:00 pm  
Instructora: Georgina Martinez, Representante de Promoción de la Salud Digital con Independencia en Casa. ¡¿Aprender mientras juegas?! Es cierto. ¡Aprenda algunos datos nutricionales interesantes y cómo comer más saludable mientras juega un viejo favorito, Lotería nutricional!

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



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