



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 August 2024:

Palliative Care: It's More Than You Think

August 5th (Monday) 9:30 am - 10:30 am

Instructor: Dr. Grant Smith is a palliative care physician and Clinical Assistant Professor of Medicine at the Stanford School of Medicine. Having a serious illness can affect your life in many ways. Join us to find out what you can do to manage the impact your illness has on your life. At this event, the Stanford Palliative Care team will share ways to live your best life using a holistic, person-centered approach. During this workshop, the facilitator will talk about physical symptoms as well as emotional and spiritual well-being. You'll also learn about the medical specialty, called palliative care, and how it can give you an extra level of support and improve your quality of life.

Control Your Cholesterol

August 6th (Tuesday) 2:00 pm - 3:00 pm

Instructor: Georgina Martinez, Digital Health Promotion Representative with Independence @ Home. High cholesterol is something that many older adults have. But, having it doesn't mean you can't control it. Join us to learn what you can do to manage high cholesterol and keep it under control.

Medical Eligibility & Home and Community Based Services

August 7th (Wednesday) 9:30 am - 10:30 am

Instructor: Semetra Oliver, Community Education Coordinator with Legal Assistance for Seniors. Explains Medi-Cal eligibility for specific programs serving individuals 65 and older, and for individuals with disabilities; describes Home and Community Based Services benefits covered by Medi-Cal; and informs Inform consumers about Medi-Cal Recovery rules and exemptions.

Controle Su Colesterol (Español)

Agosto 8 (jueves) 2:00 pm - 3:00 pm

Instructora: Georgina Martinez, Representante de Promoción de la Salud Digital con Independencia en Casa. El colesterol alto es algo que muchos adultos mayor es tienen. Pero, tenerlo no significa que no puedas controlarlo. Únase a nosotros para aprender lo que puede hacer para controlar el colesterol alto y mantenerlo bajo control.

Care Provider Peer Support Session

August 9th (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.

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Importance of Direct Support Professionals

August 12th (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.

Effective Communication

August 21st (Wednesday) 1:00 pm - 3:00 pm

Instructors: Care Partners | Support team to IHSS Recipients and their Care Providers. Good communication plays an essential role in our success in the workplace and in our personal life. Let's explore communication tips to increase our satisfaction and decrease the potential for conflict

Adult Protective Services: The Basics

August 22nd (Thursday) 10:00 am - 11:00 am

Instructor: Yolanda Carcamo, MSW (she/her) Adult Protective Services Supervisor, AAS MSW Internship Program | Community Outreach & Engagement. An introductory course on elder and dependent adult abuse and neglect to equip and empower participants on how to recognize and identify signs of abuse and neglect. Learn about Adult Protective and their role in the community. Overview of how to file an APS report for yourself or someone you know.

Laughter Yoga

August 27th (Tuesday) 2:00 pm - 3:00 pm

Instructor: Georgina Martinez, Digital Health Promotion Representative with Independence @ Home. Do you have enough laughter in your life? Did you know that you can turn laughing into exercise? Join us for Laughter Yoga where we will combine laughter with yoga breathing to make exercise fun! Yoga mats are not required, as exercises are conducted in chairs.

Yoga Con Risa (Español)

Agosto 29 (jueves) 2:00 pm - 3:00 pm

Instructor: Georgina Martinez, Representante de Promoción de la Salud Digital con Independencia en Casa. ¿Tienes suficiente risa en tu vida? ¿Sabías que puedes convertir la risa en ejercicio? ¡Únete a nosotros para el Yoga de la Risa donde combinaremos la risa con la respiración del yoga para hacer que el ejercicio se adivertido!

[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.