

Public Authority Press

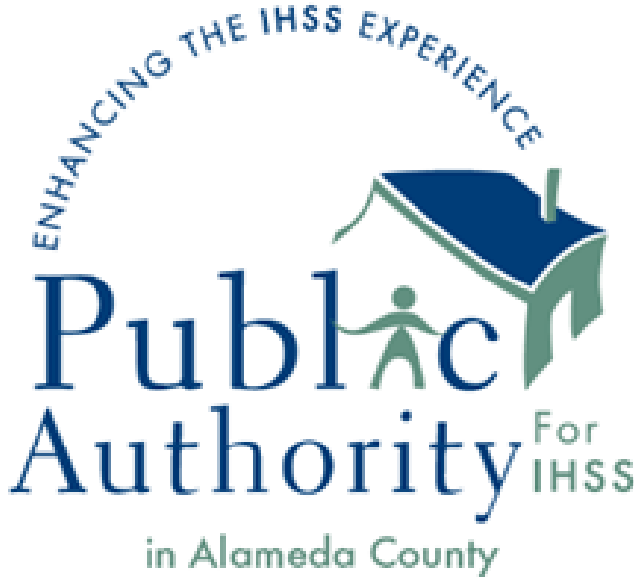
for Alameda County

Issue



Fall
2024

Advocate · Inform · Support



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About Public Authority Press

The Public Authority Press is a tri-annual newsletter for the Alameda County Public Authority. This newsletter is a community resource intended to ensure that In-Home Supportive Services Recipients and Providers are well informed of events happening in the Public Authority and In-Home Supportive Services Program throughout the year.

A Message from the Executive Director

Dear In-Home Supportive Services (IHSS) Providers,

I want to send a special shout out to you as we celebrate National Caregiver month this November! This is a time to recognize and honor all caregivers who dedicate countless hours cooking, cleaning, shopping for, assisting to and from medical appointments and other basic daily needs for our IHSS Recipients. You have effortlessly served our older adults and disabled community and for that I THANK YOU on behalf of the Public Authority for IHSS!

Caregiving is the foundation of the IHSS Program. More than half of our IHSS Recipients require a high level of need consistent with the level of care provided in a nursing facility. Without your committed acts of service and support, many of our IHSS Recipients would not be afforded the opportunity to live safely in the comfort of their own home and would possibly have to seek other alternative out of home care such as a long-term care or skilled nursing facility. The high demand for caregivers continues to grow as the older adult population continues to live longer increasing the need for more assistance with personalized care. It goes without saying that your role as a caregiver plays a pivotal role in the IHSS Program. I hope you find comfort and recognition in knowing that your hours of hard work and devoted labor to provide the necessary care and support to our IHSS Recipients does not go unnoticed.

Caregiving is such a demanding job and can make one feel overwhelmed and alone. Despite your busy schedules, I hope you are prioritizing self-care into your daily routine. I will continue to message the importance of maintaining a healthy work-life balance by managing your health, stress and seeking available resources and support. There are many resources available at your fingertips and we share a variety in this edition of the PA Press!

Thank you for your unwavering dedication to help others and keep our IHSS Recipients safe! Stay safe and healthy!

With gratitude,

-Nicole Hayes
Public Authority Executive Director



Health Benefits

Attention: In-Home Supportive Services Providers!

Are you no longer working for your Recipient but still want to continue receiving your health benefits?

If so, COBRA benefits may be available to you. The Public Authority's COBRA health benefits plan is administered by:

P&A Group

How Does it Work?

You will remit payment directly to P&A Group to continue administering your existing plan. You can setup your online account and payment method.

Have Questions and Want to Know More?

If you have questions, you may call 510-577-3551.

P&A Group can be contacted via phone number 1-716-852-2611 or visit the online portal at www.padmin.com

Am I Eligible for Health Benefits?

Providers who are paid 80 or more hours per month are eligible for medical, dental, and vision benefits. The plan offers all three coverages together as one package, they are not available individually. *Spouses and dependents are not eligible.*

Don't wait, enroll today! **There is up to a 90-day waiting period that begins once we have received your enrollment form.** Call our Health Benefits Department at (510) 577-3551 to request an enrollment packet.

Premiums start as low as \$20/month for the HMO Dental plan and \$45/month for the PPO Dental plan.



The Delta Dental logo, which consists of a white triangle icon followed by the words "DELTA DENTAL" in white, bold, sans-serif font, all set against a green rectangular background.

Medical Benefits

**Costs are subject to change, these are examples only*

- A personal doctor (primary care provider) office visit (\$10 co-pay), preventative care (no co-pay), X-rays and other diagnostic tests (no co-pay)
- HMO or PPO Dental plans, basic dental exams are free
- Vision services (including eye exams, glasses OR contact lenses)

Training Corner

November 2024

	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 ★	5 ★	6 ★	7 ★	8	9
10	11	12	13 ★	14 ★	15 ★	16
17	18 ★	19 ★	20	21 ★	22	23
24	25	26	27	28	29	30

Training Schedule

November 4th

Importance of Direct Support Professionals

November 5th

Getting the Care You Want When You Need it Most

November 6th

Medicare and the Annual Enrollment Period (10/15-12/07; 2025 Changes

November 7th

Getting the Care You Want When You Need it Most
(Spanish)

November 13th

Adult Protective Services Basics

November 14th

Food Safety

November 15th

Care Provider Peer Support Group

November 18th

Living with Dementia: Travel Tips

November 19th

Beating the Holiday Blues

November 21st

Beating the Holiday Blues (Spanish)



**Use the QR code
to register
for classes!**

Did You Know?

Free trainings and workshops are available to both In-Home Supportive Services Recipients and Providers on topics related to health and homecare services. Trainings are also offered in other languages IN-PERSON and ONLINE.

Click [HERE](#) to register or call 510-577-3554.

Training Spotlight

SAGE Dementia Consulting

Education about dementia care best practices is essential for meeting the needs of persons living with dementia and their care partners both at home and in healthcare facilities. SAGE offers online and in-person presentations about a wide range of topics relevant to your dementia journey. They will be facilitating the following trainings for our program:

- [November 18th 10:00 am - 11:30 am](#) Living with Dementia: Travel Tips
- [December 9th 10:00 am - 11:30 am](#) Caregiving: A Family Matter

Our Dementia Specialists

- [Gia Barsell, C.D.P.](#) — PAC Advanced Consultant and Trainer (Teepa Snow), National Council of Certified Dementia Practitioners, Certified Montessori Dementia Care Professional
- [Debbie Emerson, M.S., C.D.P.](#)— Community & Family Health Educator, CARES Dementia Specialist (Alzheimer's Association), National Council of Certified Dementia Practitioners, Certified Montessori Dementia Care Professional

Upcoming Training

December 12th 2:00 pm—4:00 pm:

Nutritionally Healthy Celebrations & Recipe Demonstration- Do holiday foods and celebrations create struggles to maintain your blood sugar goals? Join us in learning 8 simple ways to plan, prepare, and be in charge of your blood sugar while enjoying celebrations!

Alameda County Public Authority Registry

Are you looking for a meaningful job?

Consider becoming a Care Provider for the In-Home Supportive Services Provider Registry. We are always recruiting!

Help older adults and persons with disabilities who receive In-Home Supportive Services by pursuing a rewarding career as an in-home Care Provider.

Registry Providers:

- Provide care to aged, blind, and disabled individuals;
- Have flexible schedules;
- May be eligible for health care benefits;
- Receive free trainings;
- Receive a pay rate of \$19.50/hr.

Submit Your Application Today!

1) Mail:

Attn: PA Registry
6955 Foothill Blvd, Ste. 300
Oakland, CA 94605
OR

2) Email: RegistryApps@acgov.org

WHAT IS THE REGISTRY?

The Public Authority Registry connects In-Home Supportive Services Recipients with eligible Providers who can provide assistance in the home. Registry Specialists can help search for Providers who can best accommodate Recipient needs.

The information that you give the Registry Specialist(s) about your needs and preferences is essential in finding the best match for you. With this information, the Registry can generate a list of Providers who fit the desired criteria.



Find out more details on the [Registry Page](#) or call the Registry worker information line at 510-577-5694.

ATTENTION: IN-HOME SUPPORTIVE SERVICES RECIPIENTS

It's not too late to take advantage of the Back-Up Provider Registry

- Do you have an urgent need for back-up supportive services related to personal care services that cannot be met by an existing Provider?
- Do you urgently need a Provider because you are transitioning to home-based care and have not identified Provider?

Then, you may qualify
to receive a temporary back-up Provider!

Public Authority staff can make referrals based on availability and consistent with your preferences and needs. They will work with you to establish a permanent Provider as soon as possible.

In Addition:

To incentivize your Providers, In-Home Supportive Services will pay them an *additional* two dollars per hour from the current wage rate.

Note:

The Back-Up Provider Registry is a temporary alternative for receiving services. Back-up Providers are limited to providing 80 hours of service (or 160 hours for severely impaired Recipients. Recipients will eventually need to hire a permanent Provider.

The Public Authority is ready to hear from you!

Call 510-577-1980 or e-mail RegistryApps@acgov.org.



IHSS UPDATES

NOW OPEN

The Social Services Agency Waiting Rooms and Lobbies in Eastmont Mall, First Floor have RE-OPENED !

The Social Services Agency's Eastmont offices and lobbies on the first floor, which include the Adult and Aging Services Department, were previously impacted by recent flooding in the Eastmont Mall structure. As of September 4th, the first floor waiting rooms and lobbies are open to the public.

In-Home Supportive Services Provider orientations are offered both in person and online.

Recipients can contact a live person at 510-577-1800

Providers can contact a live person at 510-577-1877

Business hours remain the same: 8:30am—5:00pm

In-Home Supportive Services Providers now have streamlined access to WAGE & EMPLOYMENT VERIFICATION.

Effective June 2024, wage and employment verification will be available as an Electronic Service Portal (ESP) self-service function.

Need assistance?

- Check the Electronic Service Portal's "What's New" tab.
- [Attend an Electronic Services Portal Live Webinar](#)
- Contact the IHSS Service Desk at **(866) 376-7066**. Hours of operation are 8:00 am to 5:00 pm, Monday through Friday, excluding holidays.

Interview Spotlight

In-Home Supportive Services Provider Union

SEIU Local 2015

Tamara Nghishakenwa, *Regional Vice President*



How would you describe your role and strengths within SEIU 2015?

I've been an IHSS Provider for 17 years, caring for my 24 year-old son who has autism. I'm a proud member of SEIU Local 2015, and serve as Regional Vice President. I was elected by fellow union members to represent long-term care workers throughout the Bay Area, including the IHSS Providers of Alameda County. SEIU Local 2015 is the largest union in California, representing more than 470,000 long-term care workers. Our members are as diverse as the state's population. We conduct union business in eight different languages: Armenian, Cantonese, English, Korean, Mandarin, Spanish, Russian, and Vietnamese.

**Continued from previous page*

What experience do you have that brings value to the SEIU 2015 and In-Home Supportive Services relationship?

As an IHSS Provider, I know firsthand what it's like to be a caregiver – with the joys and challenges that come with it. SEIU 2015 is a member-led organization. That means members collaborate with elected member leaders, elected officers, and staff to guide the priorities of our union. We are a diverse group united in commitment to care for others. We're committed to being a welcoming and inclusive group for caregivers of all backgrounds. The majority of home care workers in California are immigrants and women of color. We work hard to strengthen and expand labor policies so home care workers are valued and included.

What information do you want In-Home Supportive Services Providers to know about SEIU 2015?

Our union has a really special history. We were founded by Black women in Los Angeles who had a dream of home care workers having the right to a union. One of our first big victories was the passage of SB 485 in 1992, which established our right to bargain for wages and benefits with several of California's counties. Then in 2000 won AB 1682 and got this right extended throughout the state. We helped win a big national victory. After working a day with Alameda home care provider and union leader Pauline Beck, President Obama became a strong supporter of caregivers. In 2013 his Labor Department reinterpreted the Fair Labor Standards Act so home care providers finally became covered by federal minimum wage, overtime and travel time laws.

seiu 2015
California's Long Term Caregivers

We worked hard to protect funding for the IHSS program every time it has been threatened with budget cuts. Like in 2021, we successfully fought off 7% cuts to IHSS funding, and secured a commitment from the Governor to invest \$200 million in IHSS training. When the pandemic hit, we fought for federal paid sick leave for IHSS providers. We continue to work at the federal and state level to make sure members benefit from nationwide investments in long-term care infrastructure, and we continue to find opportunities for career growth and bargain for better compensation. Because of our ongoing work helping to elect Supervisors who value caregiving to County Boards throughout the state, we've won countless wage increases and other improvements.

What is your mission and vision for SEIU 2015?

Our mission is big and bold. We work to unleash the collective power of long-term care workers, our families, and our communities. We are building a broad movement to disrupt the unjust status quo and bring lasting transformational change that creates a more just society for all.

At our 2024 Member Convention, our union developed a shared vision that we proudly call the Future of Care. This vision isn't just a nice-sounding idea. It's a map that guides our organizational priorities and our approach to work. In our vision of the Future of Care, long-term care workers are able to exercise our power to achieve the highest standards for our profession, including thriving wages and benefits. All Californians have access to quality, affordable long-term care services. We know that the demand for care is growing because the population is aging. And the last part of our vision is that all communities have a right to live healthy and joyful lives, regardless of skin color, country of origin, personal identity, or zip code.

There are lots of ways to get involved, and I've personally experienced a lot of benefits since joining. I hope you'll do the same — please say hello if you see me at a union event!

Member Action Center

Have a question related to SEIU Local 2015?

Call 855-810-2015
Monday through Friday
Open 7AM to 7PM



Who Are We?

Alameda County Care Partners offers free compassionate and culturally competent care to In-Home Supportive Services Care Providers and Recipients.

CARE PARTNERS TEAM CAN ASSIST YOU IN THE FOLLOWING:

1

Fall Prevention Services and Durable Medical Equipment requests

2

Linkages to community resources including Food Stamps

3

Starting conversations about your Healthcare Wishes

Call us at 510-577-3517

or

Care.Partners@acgov.org



ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY
PUBLIC HEALTH DEPARTMENT



Alameda County
Social Services
Agency

Fall 2024: Monthly Spotlight

September: National Preparedness Month

Every year, the United States observes National Preparedness Month in September to remind Americans to be ready for any disaster, man-made or natural, that could affect them, their homes, communities, or businesses. This month aims to reduce the fallout of large-scale emergencies by preparing every citizen, young and old. How to celebrate National Preparedness Month: Get ready for any event, run mock safety drills, support community preparedness.

October: Ageism Awareness Month

Ageism Awareness Month in October is an opportunity to draw attention to the existence and impact of ageism in our society and how we can reframe aging in our communities. Ageism refers to the stereotypes (how we think), prejudice (how we feel), and discrimination (how we act) toward others or oneself based upon age. Ageism affects our health and longevity.



November: National Family Caregiver Month



November is National Family Caregivers Month. It is observed to call attention to the hard work of more than 50 million family caregivers across the country. During the month of November, we raise awareness of the societal value provided by caregivers and ask for greater support.

WINTER EMERGENCY RESOURCES

Alameda County Winter Relief Services are available for at-risk unhoused people during cold winter months. Winter Relief Services are provided annually to protect unhoused people experiencing homelessness during winter months (November 1, 2024 to May 31, 2025). Specific concern is for people living in encampments near areas prone to flooding, dangers of falling trees and power lines, and exposure to inclement weather – cold, wind, and rain. Winter relief services are located across the County.

The County of Alameda Office of Emergency Services maintains a [list of open warming facilities](#) updated in real-time, city-by-city basis; however, this site is activated when there is an extraordinary need for respite shelters in emergency weather events. Call 211 to receive additional support in accessing shelters, transitional housing, and other emergency housing within the County.



2-1-1 Alameda County

HOW TO AVOID THIS SEASON'S FLU

The [tips and resources](#) below will help you learn about actions you can take to protect yourself and others from flu and help stop the spread of germs.

1. Avoid close contact: Keep your distance to protect others from getting sick.
2. Stay home when you are sick: Stay home to prevent spreading the illness.
3. Cover your mouth and nose: The virus spreads by cough & sneeze droplets.
4. Clean your hands: Frequent handwashing will protect you from germs.
5. Avoid touching your eyes, nose, or mouth: Reduce the germ spread!
6. Practice other good health habits: Clean and disinfect surfaces frequently.

AREA AGENCY ON AGING

Area Agency on Aging (AAA) has resources for our diverse populations and we want to get the word out! Click [HERE](#) for more information or call:

Senior Information & Assistance

510-577-3530

LGBTQ+ SENIOR RESOURCES

For IHSS Recipients and IHSS Providers that identify as LGBTQ, there are a number of resources and connections that can be beneficial.

Lavender Seniors of the East Bay:

Established in 1994 by a group of about 20 seniors concerned with the lack of services and protections for the “gay and grey”, the organization provides social support services that fosters a sense of belonging for all LGBTQ+ older adults. (510) 736-5428

National Resource Center on LGBTQ+ Aging:

An information powerhouse that produces publications, fact sheets, guides and assistance on nearly a thousand topics relevant to LGBTQ+ aging. This is a wonderful information and referral resource as well.

DAYBREAK ADULT CARE SERVICES

DayBreak Adult Care Services offers a variety of resources for IHSS Providers and IHSS Recipients.

- **Companionship:** Our caregivers provide clients with meaningful conversation, companionship, and personal interaction.
- **Memory Care:** Our home health care services ensure that your loved ones remain safe.
- **Day to Day Assisting:** We offer a helping hand around the home and assist with activities of daily living.
- **Respite Care:** Our caregivers offer your loved ones the care that they need while giving you a break from your caregiving responsibilities.

Call Today at 803-356-4451 or click [HERE](#) to learn more.

MARK YOUR CALENDARS

PROVIDER APPRECIATION & RESOURCE FAIR

[Thursday, November 14th 2024](#)

Save the Date! More details to come.

NOW HIRING: IHSS SOCIAL WORKER II

IHSS is now hiring for Social Worker II in the IHSS division. The exam closes on 11/12/2024. Click [HERE](#) for the exam link. To find out more about this position, click [HERE](#) to see A Day in the Life of an IHSS Social Worker.

VOTE NOVEMBER 5, 2024: **VOTING MATTERS. MY HEALTH. MY VOICE. I VOTE.**

The Alameda County Public Authority reminds you to register to vote and actively participate in the upcoming presidential election and local elections on November 5, 2024. Spread the word! For information on voting, accessible in ten languages, visit the [Voting Matters](#) and the [California Secretary of State](#) websites.

Public Authority: Advisory Committee

The Advisory Committee makes recommendations to improve In-Home Supportive Services and Public Authority services. The Advisory Committee is actively recruiting additional members.

Meetings are held quarterly at 1:30 pm on the first Thursday of the month.

If interested in becoming a member, please contact the Public Authority Department Secretary at phone number [510-577-1889](tel:510-577-1889) or check out our website for more information:

www.ac-pa4ihss.org



ATTENTION IN-HOME SUPPORTIVE SERVICES RECIPIENTS & PROVIDERS :

WE WANT TO HEAR FROM YOU!

Do you have a story or message that you think will resonate with others in the In-Home Supportive Services community?

The Alameda County Public Authority wants to hear from you and share YOUR personal stories with other IHSS Recipients and Providers. Responses may be shared in future publications of the Public Authority Press. Please be thorough and thoughtful in your responses; we are looking for long-form answers.

We value your opinion and are excited to share your stories! Submit your personal stories via email to PApress@acgov.org or by clicking [HERE](#).

To share any suggestions on article topics or ideas for future Public Authority Newsletter

publications, please send an email to:

PApress@acgov.org

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510-577-5694

Website: <https://ac-pa4ihss.org/>

IHSS Payroll:

510-577-1877

APS Hotline:

510-577-3500

Senior Info & Assistance:

510-577-3530

Find My IHSS Social Worker:

510-577-1900