



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 November 2024:

- Importance of Direct Support Professionals**
November 4th (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.
- Getting the Care You Want When You Need it Most**
November 5th (Tuesday) 2:00 pm - 3:00 pm
Instructor: Georgina Martinez, Digital Health Promotion Representative with Independence @ 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.
- Medicare and the Annual Enrollment Period (Oct. 15 – Dec. 7):
Changes for 2025**
November 6th (Wednesday) 9:30 am - 11:00 am
Instructor: Jennifer Pardini | Legal Assistance for Seniors. Provides information on changes to the Medicare Prescription Drug (Part D) Plans and Medicare Advantage (Part C) Plans in the coming year; provides an overview of eligibility, costs, benefits, and changes in Medicare Parts A and B; and explains options for supplementing Medicare and getting help with medical costs.
- Conseguir el Cuidado que Desea Cuando Más lo Necesite (Español)**
Noviembre 7 (jueves) 2:00 pm - 3:00 pm
Instructora: Georgina Martinez, Representante de Promoción de la Salud Digital con Independencia en Casa. Planificar con anticipación funciona para casi cualquier cosa. Pero planificar con anticipación su atención médica puede brindarle tranquilidad a usted y a su familia. Únase a nosotros para aprender cómo obtenerla atención que desea cuando más la necesita.
- Adult Protective Services: The Basics**
November 13th (Wednesday) 2:00 pm - 3:00 pm
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.

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- Food Safety**
November 14th (Thursday) 1:00 pm - 3:00 pm
Instructors: Care Partners | Support team to IHSS Recipients and their Care Providers. Food safety is crucial for maintaining and promoting good health. We'll discuss how to prevent foodborne illnesses and learn the practices to ensure the food we get is safe.
- Care Provider Peer Support Session**
November 15th (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.
- Living with Dementia: Travel Tips**
November 18th (Monday) 10:00 am - 11:00 am
Instructors: Debbie Emerson, MS, CDP, Community Health Educator/Founding Partner & Gia Barsell, CDP, CEO/Founder
Traveling with someone who has dementia can be a challenging experience, but with the right preparation and mindset, it can also be an enjoyable and rewarding one. Whether it be a daytime outing or a longer journey, patience, understanding, and careful planning are essential. In this webinar, Sage's dementia specialists, Gia Barsell and Debbie Emerson, will discuss strategies and tips for arranging and implementing successful trips both for those living with dementia as well as the elderly and those with mobility challenges.
- Beating the Holiday Blues**
November 19th (Tuesday) 2:00 pm - 3:00 pm
Instructor: Georgina Martinez, Digital Health Promotion Representative with Independence @ Home. The holidays are a joyous season for many. For others, it's a time of blues. But it doesn't have to be. Join us to learn some ways that you can beat the holiday blues!
- Venciendo la Melancolía Navideña (Español)**
Noviembre 21 (jueves) 2:00 pm - 3:00 pm
Instructora: Georgina Martinez, Representante de Promoción de la Salud Digital con Independencia en Casa. Los días festivos son una temporada alegre para muchos. Para otros, es una época de tristeza. Pero no tiene por qué ser así. ¡Únase a nosotros para aprender algunas formas en que puede vencer la tristeza navideña!

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