



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 April 2025:

☐ **iLos Cuidadores También Son Personas! (C-442)**

Abril 3 (Jueves) 2:00 pm - 3:00 pm

Instructor: Georgina Martinez, Representante de Promoción de la Salud Digital con Independence @ Home

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.

☐ **Planificar el Cuidado de la Vida (C-443)**

Abril 7 (lunes) 9:30 am - 11:00 am

Instructor: 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.

☐ **Vida saludable para el cerebro y el cuerpo (Spanish) (C-444)**

Abril 9 (Miércoles) 11:00 am - 12:00 pm

Instructor: Sandra Green. Durante siglos, hemos sabido que la salud del cerebro y el cuerpo están conectados. Pero ahora, la ciencia es capaz de proporcionar información sobre cómo optimizar nuestra salud física y cognitiva a medida que envejecemos. Únase a nosotros para aprender sobre la investigación en las áreas de dieta y nutrición, ejercicio, actividad cognitiva e interacción social, y utilice herramientas prácticas para ayudarle a incorporar estas recomendaciones en un plan para un envejecimiento saludable.

☐ **Caregivers Are People Too! (C-445)**

April 10 (Thursday) 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.

☐ **Dementia or Normal? How to Tell The Difference (C-446)**

April 14th (Monday) 1:00 pm - 3:00 pm

Instructors: Debbie Emerson, MS, CDP, Community Health Educator/Founding Partner & Gia Barsell, CDP, CEO/Founder

Have you ever worried whether some of the memory challenges you or a loved one are experiencing are "normal?" Could they be a sign of something else? As we age, our brains and our bodies undergo myriad changes. We may experience instances where we process information more slowly, or we may have trouble recalling names or dates. These can be examples of typical age-related changes. But what are the indicators that these changes may be due to something more serious such as mild cognitive impairment or even dementia? When might it be time to visit the doctor for an evaluation? In this presentation, Sage's dementia specialists will discuss the above questions and more.

(Continued on next page)

☐ **Advance Care Planning (C-447)**

April 16th (Wednesday) 9:30 am -11:00 am

Instructor: Care Partners. learning about your personal values and preferences about your future health care. Come to our workshop to learn how you can document your wishes to give you and your family peace of mind.

☐ **Home Adventures (C-448)**

April 17th (Thursday) 2:00 pm - 3:00 pm

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

Current events, like a pandemic, have led us to stay at home for our own safety. Going to our favorite museum, to the zoo, or travel to our favorite countries have become much more difficult. Do you find yourself stuck at home and wanting to see these places? Join us to embark on some adventures all from the comfort of your home.

☐ **提前護理計劃 (Advance Care Directive - Cantonese) (C-449)**

4 月 18 日 (April 18) (星期五) 9:30 am -11:00 am

Instructor: Care Partners 理解提前計劃福利 - 在發生健康緊急情況時準備您的醫療保健願望

☐ **宜康治疗中心 Asian Network Pacific Home Care & Hospice – Cantonese (C-450)**

4 月 23 日 (April 23) (星期三) 10:00 am -11:00 am

Instructors: 主讲人：Ashley Yu, 病人服务协调员；Ivy Lee, 病人服务团队负责人。

宜康成立于 1991 年，其专业团队会说多种语言，熟悉多种文化，并且持有执照，技术高超，才能超凡，包括注册护士、物理治疗师、作业治疗师，言语治疗师、医疗社工以及家居护理员，服务于阿拉米达、旧金山、圣塔克拉拉和康特拉科斯塔等多个县所有种族背景的人士。

☐ **Financial Assistance: How to Get Help with Health Care Costs (C-451)**

April 25th (Friday) 10:00 am - 11:00 am

Instructor: Jennifer Pardini, Community Education Manager for Legal Assistance for Seniors

Reviews the Medicare program and its costs, provides an overview of Medi-Cal and the Medicare Savings Programs, discusses the Low-Income Subsidy (Extra Help) for prescription drugs & reviews eligibility, the application processes, and benefits

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