



Public Authority for IHSS in Alameda County

Online Training Schedule

The Public Authority for IHSS in Alameda County provides
FREE training for active IHSS Providers and Recipients

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Online Class Offerings for May 2025:

☐ **Comportamientos Y La Enfermedad De Alzheimer (Spanish)**

Mayo 5 (Lunes) 2pm to 3pm

Instructor: Sandra Green

Casi todas las personas con demencia desarrollan alteraciones de comportamiento significativas en algún momento durante el curso de la enfermedad. Implementar intervenciones sin necesidad de usar medicamentos puede prevenir problemas de comportamiento y reducir el estrés en todos los afectados. Si cuida a una persona con demencia este programa es para usted.

☐ **Maintain your Brain**

May 6 (Tuesday) 2pm to 3pm

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

When you use your brain, you keep your mind sharp. Learn how you can do to keep your brain active and healthy.

☐ **Mantenga Sano Su Cerebro (Spanish)**

Mayo 8 (Jueves) 2pm to 3pm

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

Es posible que haya escuchado la frase, úsela o límpiela. Usas tus músculos para mantener tu cuerpo fuerte. Lo mismo es cierto para tu cerebro. Cuando usas tu cerebro mantienes tu mente aguda. En este programa, aprenda lo que puede hacer para mantener su cerebro activo y saludable.

☐ **Can Dementia be Prevented? Risk Reduction Strategies**

May 12 (Monday) 1:00 pm - 3:00 pm

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

Learn an understanding of how genetics and family history contribute to the development of dementia and most importantly, learn about the lifestyle factors that have been shown to impact brain health positively.

☐ **Music Appreciation: Music and Identity**

May 13 (Tuesday) 2:00pm–3:00pm

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

Learn about an opportunity to explore music across different eras and its impact on generations. Share songs or artists that hold personal meaning to you and connect with others through the power of music.

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☐ **Financial Literacy: It's not how much money you make, it's what you keep**

May 14 (Wednesday) 9:30am to 11:00am

Instructors: Care Partners

Discover how to access free resources tailored to your unique circumstances. Everyone has different needs, and there are various resources that can help you save money. Join Care Partners to learn about free resources available for safety equipment, incontinence supplies, food, utility discounts, and more.

☐ **Fraud Stop-Financial Fraud & Online Scams Prevention**

May 19 (Monday) 10:30am – 11:30am

Instructor: Ayush Gandhi

Learn about practical tools to identify, prevent, and respond to different types of financial fraud and cyber scams. This session will cover common fraud schemes such as phishing, identity theft, investment scams, and social engineering tactics, along with the latest online threats. You will also learn safe online practices, how to protect personal and financial information, and the steps to take if you suspect fraud or become a victim.

☐ **建立护理基础 (Building Foundations of Caregiving) (Mandarin)**

May 22 (Thursday) 2:00pm – 3:00pm

Instructor: Peining Chang/ Shen Junchao

探索护理人员角色和他们可能经历的变化，建立支持团队并管理护理人员的压力。

☐ **Keeping Elders Safe: An overview of Elder Abuse & Legal Remedies**

May 27 (Tuesday) 10:00am – 11:00am

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

Learn about elder abuse and the laws that address it, including how to recognize signs of financial, emotional, physical abuse, and neglect. Explore legal remedies available to abused elders, such as restraining orders, practical tips for preventing abuse, and information on agencies that can provide support.

☐ **Apreciación de la Música: música e identidad (Spanish)**

Mayo 29 (Jueves) 2:00 pm - 3:00 pm

Instructor: Georgina Martinez

Los participantes tendrán la oportunidad de discutir la música a través de diferentes épocas y el impacto en las generaciones. Tendrán la oportunidad, así que comparta con otros canciones o artistas que sean significativos para ellos.

[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.