



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 July 2025:

- ☐ **Diabetes Care**
July 1 (Tuesday) 2:00pm to 3:00pm
Instructor: Georgina Martinez, Digital Health Promotion Representative with Independence @Home.
Join us to learn about the signs of pre-diabetes and how to make lifestyle changes to reduce the risk.
- ☐ **Cuidado de la Diabetes (Spanish)**
July 8 (Tuesday) 2:00pm to 3:00pm
Instructor: Georgina Martinez, Digital Health Promotion Representative with Independence @Home.
Únase a nosotros para aprender sobre los signos de la pre-diabetes y cómo hacer cambios en el estilo de vida para reducir el riesgo.
- ☐ **IHSS Care Provider Guidance: Career Pathways, Tax Benefits, Timekeeping etc**
July 10 (Thursday) 9:30am to 11:00am
Instructor: Care Partners
Learn practical tips to support clients with complex needs through care, advocacy, and empowerment. Get the tools and resources to keep both you and your client safe, healthy, and confident.
- ☐ 健康生活方式为您的大脑和身体 **Healthy Living for Brain and Body (Mandarin)**
July 15 (Tuesday) 2:00pm to 3:00pm
Instructors: Alzheimer's Association (Kyle Chuang)
加入我们，了解饮食和营养、锻炼、认知活动和社交参与等领域的研究，并使用实践工具帮助您将这些建议纳入健康老龄化计划中。
- ☐ **Self-Care for the Family Caregiver**
July 21 (Monday) 1:00pm to 3:00pm
Instructors: Debbie Emerson, MS, CDP, Community Health Educator/Founding Partner & Gia Barsell, CDP, CEO/Founder
Family caregivers often face intense stress as their loved one's condition changes. This session explores the emotional and physical toll of caregiving, common sources of stress, effective coping strategies, and the value of support networks and resources.

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- ☐ **Knowledge is the key: Know your Medicare**
July 22 (Tuesday) 10:00am – 11:00am
Instructor: Semetra Oliver- Legal Assistance for Seniors
Learn about key consumer protections for Medicare beneficiaries, outline appeal rights under traditional Medicare and Medicare Advantage, highlights specific rights in hospitals and nursing homes, and provides essential contacts for advocacy and support resources.
- ☐ **Administrando Dinero: Guía Financiera para Cuidadores (Spanish)**
July 23 (Wednesday) 10:00am – 11:00am
Instructors: Sandra Green
Si usted o alguien que conoce enfrenta la enfermedad de Alzheimer, demencia u otra enfermedad crónica, nunca es demasiado temprano para establecer planes financieros. Únase a nosotros para aprender consejos sobre cómo manejar las finanzas de otra persona, cómo prepararse para los costos de atención futura y los beneficios de la planificación anticipada.
- ☐ **Managing Money: A Caregiver's Guide to Finances**
July 28 (Monday) 10:00am – 11:00am
Instructor: Alzheimer's Association – Vanessa Souza
If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.
- ☐ **Music Appreciation Music as Identity**
July 29 (Tuesday) 2:00 pm - 3:00 pm
Instructor: Georgina Martinez, Digital Health Promotion Representative with Independence @Home.
Participants will have an opportunity to discuss music through different eras and the impact on generations. They will have an opportunity so share with other songs or artist that are meaningful to them.
- ☐ **Apreciación de la Música: música e identidad (Spanish)**
July 31 (Thursday) 2:00 pm - 3:00 pm
Instructor: Georgina Martinez, Digital Health Promotion Representative with Independence @Home.
Los participantes tendrán la oportunidad de discutir la música a través de diferentes épocas y el impacto en las generaciones. También tendrán la oportunidad de compartir con otros canciones o artistas que son 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.