



# 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

[CLICK HERE TO REGISTER FOR CLASSES!](#)

### Online Class Offerings for August 2025:

- ☐ **Capacitación Digital Nivel Básico (Español) -C491**  
Agosto 4 (Monday) 9:30am – 11:00am  
Instructor: Care Partners  
En este curso se abordarán preguntas habituales sobre el uso de diversos dispositivos digitales: teléfonos inteligentes, tabletas y computadoras. Además del apoyo tecnológico, también se ofrecerán recursos comunitarios que aumentan el acceso al apoyo digital.
- ☐ **Breathing Better with COPD and Asthma – C492**  
August 5 (Tuesday) 2:00pm – 3:00pm  
Instructor: Georgina Martinez, Digital Health Promotion Representative with Independence @Home.  
Learn about the changes in the lungs that result from COPD and asthma and how to safely use their medicines.
- ☐ **Respirando Mejor con Asma y Enfermedad Pulmonar Obstructiva Crónica (EPOC) (Español) – C493**  
Agosto 7 (jueves) 2:00pm - 3:00pm  
Instructor: Georgina Martinez, Digital Health Promotion Representative with Independence @Home.  
Aprenda sobre los cambios en los pulmones que resultan de la Enfermedad Pulmonar Obstructiva Crónica (EPOC) y el asma y cómo usar sus medicamentos de manera Segura
- ☐ **10 Warning Signs of Alzheimer -C94**  
August 11 (Monday) 10am to 11:00am  
Instructors: Vanessa Souza, Alzheimer's Association  
Learn to recognize common disease signs in yourself and others and know what steps to take, including talking to your doctor.
- ☐ **探索护理和支持服务 (Exploring care & support services) –Mandarin-C95**  
August 12 (Tuesday) 10am to 11:00am  
Instructor: Peining Chang, Director of Diversity, Equity and Inclusion, Alzheimer's Association  
研究如何为未来的护理决策和变化做好准备，包括暂息护理、机构护理和临终护理

(Continued on next page)

☐ **10 Señales de Advertencia del Alzheimer (Español) – C-496**

Agosto 13 (Miércoles) 10am to 11:00am

**Instructor: Sandra Green, Family Care Specialist, Alzheimer's Association**

Aprende a reconocer signos comunes de enfermedades en ti mismo y en los demás, y sabe qué pasos seguir, incluyendo hablar con tu médico.

☐ **Physical Activity of Blood Sugar Control -C497**

August 18 (Monday) 10:00am – 11:30am

**Instructor: Janelle Commins, MSPH, RDN – Public Health, Alameda County**

Physical activity plays a key role in controlling blood sugar levels. Learn how physical activity helps manage blood sugar levels and improve overall health.

☐ **Apoyando a nuestros seres queridos (Español)-C498**

Agosto 20 (miércoles) 9:30am - 11:00am

**Instructor: Care Partners**

El equipo de Care Partners gustaría brindarles consejos prácticos y herramientas para apoyar a sus seres queridos en abogando con el doctor.

☐ **Medi-cal Eligibility & Home and Community Based Services -C499**

August 26 (Tuesday) 10:00am – 11:00am

**Instructor: Semetra Oliver, Community Education Coordinator with Legal Assistance for Seniors.**

Explains Medi-Cal eligibility for specific programs serving individuals 65 and older, and for individuals with disabilities; describes Home and Community Based Services benefits covered by Medi-Cal; and informs Inform consumers about Medi-Cal Recovery rules and exemptions.

[CLICK HERE OR USE THE QR CODE BELOW TO REGISTER FOR CLASSES!](#)



**Contact us at (510) 577-3554 or [PAtraining@acgov.org](mailto:PAtraining@acgov.org) for any questions.**