



# 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 January 2026:

- ☐ **A New Year, A Healthier You**  
January 15 (Thursday) 2:00 pm - 3:00 pm  
*Instructor: Georgina Martinez, Independence at Home.*  
Thinking about your New Year's Resolutions? Coming up with them is easy enough but keeping them is sometimes harder to do. Join us to learn how to make AND keep New Year's Resolutions for a healthier you!
- ☐ **健康生活方式为您的大脑和身体 – (Healthy Living for your Brain & Body)**  
January 20 (Tuesday) 10:00 am - 11:00 am  
*Instructor: Alzheimer's Association*  
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。
- ☐ **Hoarding and De-cluttering Strategies**  
January 22 (Thursday) 1:30 pm - 3:00 pm  
*Instructors: Care Partners*  
Has your Recipient's "collection" become out of control? This training will explore ways to keep it under control while deepening our understanding of clutter.
- ☐ **Introduction to providing In-Home Care**  
January 23 (Friday) 9:00 am - 10:30 am  
*Instructor: HomeBridge*  
This course will provide a clear understanding of the responsibilities as an IHSS provider, the scope of work, and how to provide the best care possible. Participants will also gain valuable knowledge about the IHSS program's policies and how to effectively assist consumers in everyday tasks.
- ☐ **Key Concepts of Homecare, Self-determination and Self-direction**  
January 23 (Friday) 2:00 pm - 3:30 pm  
*Instructors: HomeBridge*  
This course will focus on the concept of "person-centered care" and the rights that consumers and caregivers have in direct-care relationships. Participants will learn about self-direction and self-determination, and how they play a part in the IHSS program.

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☐ **Supporting Brain Health in the Community**

January 26 (Monday) 10:00 am - 11:00 am

*Instructor: Alzheimer's Association*

Learn about recent advancements in Alzheimer's treatments, including an overview of how these medications are designed to work. This program explains who may be eligible for treatment, the potential benefits and side effects, current availability, and pathways to access support and resources through the Alzheimer's Association.

☐ **Infection Control & Covid-19 Safety**

January 27 (Tuesday) 9:00 am - 10:30 am

*Instructor: HomeBridge*

Learn how to practice infection control effectively by understanding how infections spread and how to break the chain of infection. The course covers the principles of standard (universal) precautions and provides practical strategies for reducing risk, protecting themselves, and keeping clients safe in everyday caregiving tasks.

☐ **¡Un Año Nuevo, Un Ser Más Saludable**

January 28 (Wednesday) 2:00 pm - 3:00 pm

*Instructor: Maira Mesa, Independence at Home*

¿Pensando en tus propósitos de Año Nuevo? Idearlos es bastante fácil, pero mantenerlos a veces es más difícil de hacer.

¡Únase a nosotros para aprender cómo hacer y mantener las resoluciones de Año Nuevo para una vida más saludable!

☐ **Self-Care and Mental Health: Signs and Symptoms**

January 29 (Thursday) 10:00 am - 11:30 am

*Instructor: Family Education and Resource Center (FERC)*

This course will focus on understanding mental health, recognizing common signs and symptoms of stress, burnout, anxiety, and depression, and exploring practical self-care strategies. Learn to gain tools to support your well-being while navigating caregiving responsibilities.

[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.**