



Free Online Training Courses

Have questions about providing care to an older adult or individual with a disability?

Homebridge and Alameda County Public Authority are launching a training program for In-Home Supportive Services (IHSS) Providers and eligible Recipients. Get support, learn new skills, and connect with other caregivers - **all from home and at no cost.**



✓ Learn Skills That Make Caregiving Easier

These free classes will show you how to:

- Help people remain safely in their own homes.
- Safely lift and transfer.
- Handle memory loss and difficult behaviors.

These skills help both Providers and Recipients feel **safe** and **prepared**.

✓ Feel Confident and Less Stressed

When you learn more, you:

- Worry less about making mistakes.
- Feel calm when problems arise.
- Enjoy your work more.

Feeling **confident** and knowing what to do makes caregiving **easier**.

✓ Invest in Yourself - for Free

These classes:

- Cost nothing.
- Build your skills and resume.
- Help you grow now and in the future.

Taking the time to learn shows that **you** and your work **matter**.

Free Online Training Courses:

Learn at your own pace!

Explore these online training courses to build your skills in in-home care. Learn important ways to help Recipients stay safe, healthy, and comfortable, all while gaining confidence and knowledge you can use right away.

Introduction to Providing In-Home Care

Learn your role, IHSS program rules, and provide safe, quality care for Recipients.

Supporting Consumers with Bathing, Dressing & Skin Care

Learn how to help Recipients bathe, dress, and care for their skin safely and respectfully.

Respecting Differences

Discover how to respect different cultures and backgrounds to create a welcoming environment.

Caring for a Consumer Confined to a Bed: Bed Baths & Bed Making Lifts

Learn how to give bed baths, make beds, and use lifts safely for Recipients.

Key Concepts of Homecare, Self-Determination and Self-Direction

Understand person-centered care and help Recipients make decisions about their care.

Infection Control

Learn how to stop the spread of germs and stay safe.

Collaborating Across the Care Team

See how home care team members work together and track and report important Recipient info.

Safety & Preventing Risk for the Consumer & Provider

Learn to stay safe, handle emergencies, and give basic first aid, including choking response.

Supporting Consumers with Grooming

Help Recipients with bathing, hair care, and oral hygiene while keeping their dignity.

Supporting Consumers to Use the Bathroom & Manage Incontinence

Assist Recipients with toileting and catheter care safely and respectfully.

Follow these four steps to sign up!

1. Go to the website:

Scan the QR code or visit:
tinyurl.com/AlamedaCircle



2. Make your account:

Type in:

- Your full name
- Your email address
- A password you choose

Then click "Sign Up."

3. Check your email:

Look in your email for a message with a 6-digit code. Type that code into the website.

4. Start learning:

Use the menu on the left side of the screen to see all classes and help tools.

Do you need help?

Contact Ripa Saha
Senior Manager of Development
rsaha@homebridgeca.org · 415.535.3624

Do you want to learn in real-time with a live online teacher?

Free live online classes are available. See the "**Public Authority for In-Home Supportive Services in Alameda County Online Training Schedule**" for details and register online:

<https://forms.office.com/g/gp44NfFCUJ>

Need help? Email patraining@acgov.org



HOMEBRIDGE

Making independent living possible
for those unable to care for themselves.

HOMEBRIDGECA.ORG