



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 February 2026:

☐ **Providing Care in Consumer's Home**

February 4 (Wednesday) 9:00 am - 10:30 am

Instructor: HomeBridge

This course trains caregivers to provide safe, respectful, and person-centered care in the consumer's home, including following the Notice of Action, using Observe, Record, and Report (ORR) procedures, managing household tasks, and organizing time effectively to support daily needs and routines.

☐ **Brindando atención en el hogar del consumidor**

February 4 (Wednesday) 2:00 pm - 3:30 pm

Instructor: HomeBridge

Este curso capacita a los cuidadores para brindar atención segura, respetuosa y centrada en la persona en el hogar del consumidor, incluyendo el seguimiento del Aviso de Acción, el uso de ORR y la organización eficiente del tiempo y las tareas del hogar.

☐ **Aging and Visión Loss**

February 5 (Thursday) 2:00 pm - 3:00 pm

Instructors: Georgina Martinez, Independence at Home

Learn about some common vision problems that come with age, what to look out for and what you can do to prevent vision loss.

☐ **Palliative Care**

February 6 (Friday) 10:00 am - 11:30 am

Instructor: Stanford Medicine

This session is to build knowledge and skills in palliative care, emphasizing symptom management, effective communication, and compassionate, patient-centered support for individuals with serious or life-limiting illnesses.

☐ **Addressing Hoarding Behaviors**

February 9 (Monday) 9:00 am - 10:30 am

Instructors: HomeBridge

This course helps caregivers understand hoarding behaviors in housing settings, including what hoarding is, why it occurs, and how it affects safety and well-being. Participants will learn to recognize common signs, use respectful communication and boundaries, and understand their role in supporting consumers.

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☐ **Abordando comportamientos de acumulación**

February 10 (Tuesday) 9:00 am - 10:30 am

Instructors: HomeBridge

Este curso ayuda a los cuidadores a comprender los comportamientos de acumulación en entornos de vivienda, incluyendo qué es la acumulación, por qué ocurre y cómo afecta la seguridad y el bienestar. Los participantes aprenderán a reconocer signos comunes, a utilizar comunicación respetuosa y establecer límites, y a comprender su papel en el apoyo a los consumidores.

☐ **10 Warning Signs of Alzheimer's**

February 17 (Tuesday) 10:00 am - 11:00 am

Instructor: Alzheimer's Association

Learn to recognize common disease signs in yourself and others and know what steps to take, including talking to your doctor.

☐ **Adverse Childhood Experience (ACEs)**

February 19 (Thursday) 10:00 am - 11:30 am

Instructor: Family Education and Resource Center (FERC)

This training will provide an overview of Adverse Childhood Experiences (ACEs) and their long-term impact on mental and emotional health. The session will emphasize ACEs as they relate to caregivers and/or their loved ones, highlighting how early life stress can influence behavior, coping, and overall well-being across the lifespan.

☐ **Free preventive benefits-what medicare covers in full**

February 23 (Monday) 10:00 am - 11:00 am

Instructor: Legal Assistance for Seniors (Jennifer Pardini)

Provides a brief overview of Medicare, explains fully covered Part B benefits, distinguishes preventive services from diagnostic care, outlines eligibility for low-income assistance programs, and reviews how to report Medicare fraud and abuse.

☐ **Envejecimiento y Pérdida de la Visión**

February 26 (Wednesday) 2:00 pm - 3:00 pm

Instructor: Independence at Home

¿Comenzó a usar gafas recientemente? Sucede con la edad. Sus ojos y visión son importantes para su salud. Conozca algunos problemas comunes de visión que vienen con la edad, qué debe tener en cuenta y qué puede hacer para prevenir la pérdida de la visión

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Contact us at (510) 577-3554 or PAtraining@acgov.org for any questions.