



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 March 2026:

- 阿尔茨海默病的十大警讯— 阿尔茨海默病协会**
March 3 (Tuesday) 10:00 am - 11:00 am
Instructor: Alzheimer's Association
这项教育项目将帮助你识别自己和他人身上常见的疾病症状，并了解接下来可以采取的步骤，包括如何与医生沟通

- Cuidados paliativos**
10 de Marzo (martes) 10:00 am - 11:30 am
Instructor: Stanford Medicine
Esta sesión tiene como objetivo desarrollar conocimientos y habilidades en cuidados paliativos, haciendo hincapié en el manejo de síntomas, la comunicación eficaz y el apoyo compasivo y centrado en el paciente para personas con enfermedades graves o potencialmente mortales.

- 10 señales de advertencia del Alzheimer**
11 de Marzo (miércoles) 2:00 pm - 3:00 pm
Instructors: Sandra Green, Alzheimer's Association
Aprenda a reconocer los signos comunes de la enfermedad en usted y en otras personas, y sepa qué pasos tomar, incluido hablar con su médico.

- Intimate Partner Violence**
March 12 (Thursday) 10:00 am - 11:30 am
Instructor: Family Education and Resource Center (FERC)
This session will raise awareness about Intimate Partner Violence, including types of abuse, warning signs, and risk factors. Participants will learn how IPV impacts mental health and explore supportive, trauma-informed ways to respond and connect individuals to appropriate resources.

- Respecting Differences**
March 16 (Monday) 9:00 am - 10:30 am
Instructors: HomeBridge
This course introduces key diversity and inclusion concepts, helping participants recognize and respect diverse identities, backgrounds, and experiences to promote an inclusive environment.

- What Matters Most: Communication, Comfort, Confidence in Everyday Care**
March 18 (Wednesday) 9:30 am - 11:00 am
Instructors: Care Partners
This session builds clear, compassionate communication between care providers and recipients, offering practical tools to support comfort, safety, and confident conversations as needs change.

(Continued on next page)

- Abuse, Neglect & Financial Exploitation**
March 19 (Thursday) 2:00 pm - 3:30 pm
Instructor: HomeBridge
This course educates participants on abuse, neglect, and financial exploitation, focusing on recognizing signs, understanding legal implications, and identifying vulnerability factors, especially among older adults.

- Building Foundations of Caregiving**
March 24 (Tuesday) 10:00 am - 11:00 am
Instructor: Alzheimer's Association
Learn about the role of caregivers and changes they may experience while taking care of people with Alzheimer's & Dementia and how to build a support team and manage caregiver stress.

- Control your Cholesterol**
March 26 (Thursday) 2:00 pm - 3:00 pm
Instructor: Independence at Home
High cholesterol is something that many older adults have. But, having it doesn't mean you can't control it. Join us to learn what you can do to manage high cholesterol and keep it under control.

- Understanding Autism Spectrum Disorder**
March 30 (Monday) 9:00 am - 10:30 am
Instructor: HomeBridge
This course introduces autism and its impact on daily life, while providing caregivers with practical communication strategies, behavior management techniques, and guidance on supporting routines, life skills, and self-care.

- Comprender el Trastorno del Espectro Autista**
30 de marzo (lunes) 2:00 pm - 3:30 pm
Instructor: HomeBridge
Este curso ofrece una introducción al autismo y proporciona a los cuidadores estrategias prácticas de comunicación, manejo de conductas y autocuidado.

- Physical Changes of Aging and Fall Prevention**
March 31 (Tuesday) 9:00 am - 10:30 am
Instructor: HomeBridge
In this course, participants will explore the natural process of aging and examine the specific ways in which it affects the body and its systems - particularly those that influence balance, mobility, and strength.

[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.