FREE IHSS Training

Alameda County Social Services Agency

Public Authority for IHSS in Alameda County

LEARN TO PROVIDE CARE WITH CONFIDENCE

Join Online Training classes designed to support IHSS providers and recipients. These classes help you build practical caregiving skills, reduce stress, and make you feel confident - all from home, at NO COST.

SELF-PACED ONLINE CLASSES IN PARTNERSHIP WITH HOMEBRIDGE

Our free IHSS Training Classes are designed to support caregivers, build practical skills, reduce stress, and improve outcomes for those in your care. Join us online or in person to make caregiving safer, simpler, and more rewarding.

Contact to sign up

rsaha@homebridgeca.org

415-535-3624

Public Authority for IHSS, Training Unit

510-577-5694

Email: patraining@acgov.org

https://ac-pa4ihss.org

To register, Scan QR Code

OR

Click here

https://forms.office.com/Pages/ResponsePage.aspx?id=LP_9Mm74o0ukfWpEp_RaZJCpL3BRpmVAIJyvKu5nKVlUMkdMTIlHQ0ZPTE9aR1hQTjdBRlowNkg3NiQlQCN0PWcu&origin=QRCode

Monthly Online Classes

IN-PERSON CLASSES

CPR/ First Aid & AED Certification

May 4th & June 1st

Certificación en RCP, primeros auxilios y DEA

June 2nd

Safety Lifting & Transfer - March 5th

Seguridad, Manipular y trasladar cargas

March 6th

Homecare Worker Certification Program at San Leandro Adult School for IHSS Providers

Spanish March 23 - April 22
English 4/26 - May 20

For questions, contact San Leandro Adult School at sanleandroadultschool.org or 510-667-6287

MARCH

3月 — 阿尔茨海默病的十大警讯 — 阿尔茨海默病协会
10 de Marzo-Cuidados paliativos - Standford Medicine
11 de marzo – 10 señales de advertencia del Alzheimer- Asociación del Alzheimer
March 12- Intimate Partner Violence - FERC
March 18- Communication, Comfort, and Confidence in Everyday Care - Care Partners
March 17 - Respecting Difference - HomeBridge
March 24- Building Foundations of Caregiving - Alzheimer's Association
March 25- Abuse, Neglect & Financial Exploitation - HomeBridge
March 26- Control your Cholesterol - Independence at Home
March 30 - Understanding Autism Spectrum Disorder - HomeBridge
30 de marzo – Comprender el Trastorno del Espectro Autista – HomeBridge
March 31 - Physical changes of Aging & Fall Prevention - HomeBridge

APRIL

April 2 - Heart Health - Independence at Home
April 3 - Supporting Consumer's with Medication Management - HomeBridge
4月7日一预先照护规划一照护伙伴
April 8- Advance Care Planning - Care Partners
April 13 - Chemical Sensitivity & Safety - HomeBridge
14 de abril – Sensibilidad química y seguridad – HomeBridge
April 15 - Depression: Awareness & Support - FERC
4月16日一建立照护基础一阿尔茨海默病协会
April 17 - Communications Effectively - Alzheimer's Association
22 de abril – Planificación anticipada de la atención médica – Care Partners
April 27 - All about Food, Nutrition, Spending and Budgeting - HomeBridge
April 28 - Know your Medi-care Rights - Legal Assistance for Seniors
April 30 - Transitions of Care: Coming Home from a Hospital or Facility - HomeBridge

MAY

5月5日 — 应对失智症相关行为 — 阿尔茨海默病协会
May 6- Safety & Prevention, Risk for Consumers & Providers - HomeBridge
May 11- Practical Tools for Safer, Healthier & Comfortable Care at Home - Care Partners
13 de Mayo – Cómo comunicarse eficazmente – Asociación del Alzheimer
May 14 – Pain Management - HomeBridge
May 15 – Living Better with Arthritis - Independence at Home
May 18 – Paramedical Services - HomeBridge
18 de mayo – Servicios paramédicos – HomeBridge
May 19 – Responding to Dementia related Behaviors - Alzheimer's Association
May 20 – Death by Suicide-Prevention & Awareness - FERC
May 27 – Establishing Healthy Emotional Boundaries - HomeBridge
28 de mayo – Cómo vivir mejor con artritis – Independence at Home

JUNE

June 4 - Supporting Consumers with Grooming - HomeBridge
June 9 - Exploring Care & Support Services - Alzheimer's Association
10 de junio – Fundamentos del cuidado – Asociación del Alzheimer
June 16 - Supporting Consumer's with Bathing, Dressing & Skin Care - HomeBridge
June 17 - Cultural Competency - Care Partners
June 18 - Post-Traumatic Stress Disorder - FERC
June 23 - An Overview of Elder Abuse & Legal Matters - Legal Assistance for Seniors
June 24 - Understanding Autism Spectrum Disorder - HomeBridge
25 de junio – Comprendiendo el Trastorno del Espectro Autista – HomeBridge

Trainers and Partners

HomeBridge
Provides high-quality home care services that support older adults and people with disabilities to live safely and independently at home.

Care Partners
Care Partners offers free compassionate support to Low-Income Older Adults, Disabled people and In-Home Supportive Services individuals in Alameda County.

Independence at Home
Delivers in-home medical and supportive services to help individuals maintain independence and avoid unnecessary hospital or institutional care.

Alzheimer's Association
Leads efforts to provide care, support, education, and research for individuals living with Alzheimer's disease and other dementias, and their families.

Quality Medical Relief
Tina Flores, President of Quality Medical Relief, has a master's in Foreign Relations. She brings 30 years of healthcare experience, global work supporting rural medical education, and expertise as a CPR/First Aid/AED and safety lifting and transfer trainer.

Legal Assistance for Seniors
Offers free legal services and advocacy to protect the rights, dignity, and independence of seniors.

Family Education and Resource Center
A family and caregiver-centered program offering education, advocacy, and support to those caring for individuals of all ages with mental health conditions across Alameda County. FERC is a program of the Mental Health Association of Alameda County (MHAAC).

Contact Us

510-577-5694

patraining@acgov.org

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Alameda County
Social Services Agency

ENHANCING THE IHSS EXPERIENCE

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