



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 April 2026:

Heart Health

April 2 (Thursday) 2:00 pm - 3:00 pm

Instructor: Independence at Home

Heart disease is the leading cause of death for men and women in the United States. But there are some things you can do to lower the chances of developing heart problems. This program will offer you some ideas on changes you can make in your daily life to improve your heart health. Learn to be heart smart!

Supporting Consumers with Medication Management

April 3 (Friday) 9:00 am - 10:30 am

Instructor: Homebridge

This course provides comprehensive training in assisting consumers with medication management. Participants will learn to identify various medications, understand the purpose of supplements, and recognize potential side effects.

预立医疗照护规划 Advance Care Planning (Chinese)

4月7日(星期二) 下午2点至3点

Instructors: Care Partners

了解您对未来医疗照护的个人价值观和偏好。欢迎参加我们的工作坊，学习如何记录您的意愿，让您和您的家人更加安心。

Advance Care Planning

April 8 (Wednesday) 2:00 pm - 3:00 pm

Instructors: Care Partners

Learn about your personal values and preferences about your future health care. Come to our workshop to learn how you can document your wishes to give you and your family peace of mind.

Chemical Sensitivity & Safety

April 13 (Monday) 9:00 am - 10:30 am

Instructor: HomeBridge

This course raises awareness about chemical sensitivities and their impact on health, helping caregivers identify common triggers and create safer environments. Participants will learn practical strategies for minimizing exposure and ensuring safety for individuals with heightened chemical sensitivity.

Sensibilidad química y seguridad

14 de abril (martes), de 9:00 am a 10:30 am

Instructors: HomeBridge

Este curso fomenta la concientización sobre las sensibilidades químicas y su impacto en la salud, y ayuda a los cuidadores a identificar desencadenantes comunes y a crear entornos más seguros. Los participantes aprenderán estrategias prácticas para minimizar la exposición y garantizar la seguridad de las personas con mayor sensibilidad química.

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Depression: Awareness & Support

April 15(Wednesday) 10:00 am - 11:30 am

Instructors: FERC

This training helps participants understand depression, recognize its signs, and learn strategies to support others while connecting them to resources.

照护基础建设 Building Foundations of Caregiving (Chinese)

4月16日(星期四)上午10:00至11:00

Instructor: Alzheimer's Association

了解照护者的角色，以及在照护阿尔茨海默病和其他失智症患者过程中可能经历的变化，并学习如何建立支持团队及管理照护压力。

Communications Effectively

April 21 (Tuesday) 10:00 am - 11:00 am

Instructor: Alzheimer's Association

Learn how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

Planificación anticipada de la atención médica

22 de abril (miércoles), de 1:00 pm a 2:30 pm

Instructor: Care Partners

Aprenda sobre sus valores y preferencias personales respecto a su atención médica futura. Acompáñenos en nuestro taller para conocer cómo puede documentar sus deseos y brindar tranquilidad a usted y a su familia.

All about Food, Nutrition, Spending & Budgeting

April 27 (Monday) 9:00 am - 10:30 am

Instructor: HomeBridge

This training helps participants support consumers in making healthy nutrition choices, covering budgeting, shopping tips, safe food handling, and proper storage to make the best use of financial resources.

Knowledge is Key: Know your Medi-care Rights

April 28 (Tuesday) 10:00 am - 11:00 am

Instructor: Legal Assistance for Seniors

Learn about essential Medicare consumer protections, appeal rights, patient rights in hospitals and nursing homes, and key advocacy and support resources.

Transition of Care: Coming Home from a Hospital or Facility

April 30 (Thursday) 2:00 pm - 3:30 pm

Instructor: HomeBridge

This course trains caregivers to support safe transitions from hospital or healthcare facilities to home, covering key steps, support strategies, and the impact of transfer trauma.

[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.