



Public Authority for IHSS in Alameda County

Online Training Schedule

The Public Authority for IHSS in Alameda County provides
FREE training for active IHSS Providers and Recipients

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Online Class Offerings for May 2026:

了解失智症行為及因應辦法 (Responding to Dementia Related Behaviors)

May 5 (Tuesday) 10:00am - 11:00am

Instructor: Peining Chang, Alzheimer's Association

為參與者提供四步模型來因應失智症的行為。這場講座詳細說明了這個模型，然後將其應用於一些最常見的與疾病相關的行為

Safety & Preventing Risk for Consumers and Providers

May 6 (Wednesday) 9:00am - 10:30am

Instructor: Homebridge

This course teaches caregivers how to identify and prevent risks in the home to keep consumers themselves, and others safe. Participants will learn how to assess safety, address concerns respectfully with the consumer, and reduce hazards inside the home. The course also covers choking awareness, first aid basics, and practical strategies to manage common environmental risks.

Practical Tools for Safer, Healthier, More Comfortable Care at Home

May 11 (Monday) 9:30am - 11:00am

Instructors: Care Partners

This interactive session equips IHSS Care Providers and Recipients with practical, easy-to-use tools that support safety, comfort, and daily well-being at home. Participants will learn simple strategies, free or low-cost resources, and problem-solving approaches that make caregiving easier while strengthening trust and quality of life.

Comunicarse Eficazmente

13 de mayo (miércoles.) 2:00pm - 3:00pm

Instructor: Sandra Green, Alzheimer's Asociación

Enseña cómo la demencia afecta la comunicación, incluyendo consejos para comunicarse bien con familiares, amigos y profesionales de la salud.

Pain Management

May 14 (Thursday) 9:00am - 10:30am

Instructor: HomeBridge

This course helps caregivers understand the basics of pain and effective strategies for managing it. Participants will learn how pain is measured, explore methods to help relieve discomfort, and apply a person-centered approach to supporting consumers living with pain.

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Living Better with Arthritis

May 15 (Friday), 2:00pm – 3:00pm

Instructors: Independence at Home

Arthritis is common among older adults but that doesn't mean that joint pain has to be. There are things that you can do to live better with arthritis. Learn how to better manage your arthritis with helpful tips from this presentation.

Paramedical Services

May 18 (Monday) 9:00am - 10:30am

Instructor: HomeBridge

This course introduces participants to the fundamentals of paramedical care, including what it is and when caregivers are authorized to provide it. Learners will develop a clear understanding of the services classified as paramedical care and how they differ from personal care tasks.

Servicios paramédicos

18 de mayo (lunes) 2:00pm - 3:30pm

Instructor: HomeBridge

Este curso introduce a los participantes a los fundamentos del cuidado paramédico, incluyendo qué es y cuándo los cuidadores están autorizados a proporcionarlo. Los participantes desarrollarán una comprensión clara de los servicios clasificados como cuidado paramédico y de cómo se diferencian de las tareas de cuidado personal.

Responding to Dementia Related Behaviors

May 19 (Tuesday) 10:00am - 11:00am

Instructor: Robin Levy, Alzheimer's Association

Learn about common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

Death by Suicide: Prevention & Awareness

May 20 (Wednesday) 1:00pm – 2:30pm

Instructor: FERC

This session will focus on suicide awareness and prevention, including myths and facts, warning signs, and risk and protective factors. The training will emphasize compassionate, non-stigmatizing approaches to discussing suicide and supporting individuals who may be at risk.

Establishing Healthy Emotional Boundaries

May 27 (Wednesday) 2:00pm - 3:30pm

Instructor: HomeBridge

In this course, participants will be introduced to the concept of emotional boundaries and how to maintain healthy boundaries in the context of caregiving. Participants will learn how to skillfully deal with situations of common boundary issues to mitigate emotional difficulties that arise in caregiving.

Vivir Mejor Con Artritis

28 de mayo (jueves) 2:00pm a 3:00pm

Instructors: Independence at Home

La artritis es común entre los adultos mayores, pero eso no significa que el dolor en las articulaciones tenga que serlo. Hay cosas que usted puede hacer para vivir mejor con artritis. Aprenda cómo controlar mejor su artritis con consejos útiles de esta presentación.

[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.