



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 June 2026:

Supporting Consumers with Grooming

June 4 (Thursday) 9:00am - 10:30am

Instructor: HomeBridge

This training focuses on supporting consumers with grooming such as assisting with personal hygiene tasks like bathing, brushing teeth, and hair care to maintain their dignity and well-being.

Exploring Care and Support Services

June 9 (Tuesday) 10:00am - 11:00am

Instructor: Alzheimer's Association

Learn how to prepare the best for future care decisions and changes, including respite care and end-of-life care.

Fundamentos Del Cuidado - Spanish

June 10 (Wednesday) 2:00pm – 3:00pm

Instructor: Sandra Green, Alzheimer's Association

Explora el papel del cuidador y los cambios que puede experimentar, la creación de un equipo de apoyo y el manejo del estrés del cuidador.

Supporting Consumers with Bathing, Dressing, and Skin Care

June 11 (Thursday) 9:00am - 10:30am

Instructor: HomeBridge

Learn essential caregiving skills for assisting with bathing, dressing, and skin care while promoting dignity, safety, and comfort.

Supporting Consumers to Use the Bathroom & Manage Incontinence

June 16 (Tuesday) 9:00am – 10:30am

Instructors: HomeBridge

Learn safe and respectful toileting care, including bathroom safety, peri care, catheter care, changing adult briefs, and maintaining consumer dignity and privacy.

Cultural Competency

June 17 (Wednesday) 1:00pm - 2:30pm

Instructor: Care Partners

This course helps to build caregiving skills in cultural awareness, communication, and equity-centered practices to support diverse communities with compassion and respect.

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Post-Traumatic Stress Disorder

June 18 (Thursday) 10:00am - 11:30am

Instructor: FERC (Family Education & Resource Center)

This training will provide an overview of PTSD, including common symptoms, triggers, and the impact of trauma on daily functioning. Participants will learn trauma-informed strategies to support themselves and others while promoting understanding and resilience.

Keeping Elders Safe – An overview of Elder Abuse & Legal Matters

June 23 (Tuesday) – 10:00am – 11:00am

Instructor: Legal Assistance for Seniors

Learn about elder abuse and the laws that address it, including how to recognize signs of financial, emotional, physical abuse, and neglect. Explore legal remedies available to abused elders, such as restraining orders, practical tips for preventing abuse, and information on agencies that can provide support.

Understanding Autism Spectrum Disorder

June 24 (Wednesday) 9:00am - 10:30am

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 - Spanish

June 25 (Thursday) 9:00am – 10:30am

Instructor: HomeBridge

Este curso ofrece una introducción al autismo y proporciona a los cuidadores estrategias prácticas de comunicación, manejo de conductas y autocuidado.

[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.

Disclaimer: Training dates and times are subject to change.