



Public Authority for IHSS in Alameda County Online Training Schedule for July 2026

Online Classes

- July 7 | 9:30am – 11:00am : Nutrition & Brain Health
- July 8 | 9:30am – 11:00am : Medication Management
- July 9 | 2:00pm – 3:00pm : Home Adventures
- July 13 | 2:00pm – 3:30pm : Addressing Hoarding Behaviors
- July 14 | 9:00am – 1:00pm : CPR First Aid Certification (In-person)
- July 16 | 9:30am – 11:00am: Earthquake & Fire Safety
- July 21 | 9:30am – 11:00am: Estate Planning
- July 24 | 9:30am – 11:00am: ESP Made Easy: Managing Your Timesheets Online
- July 27 | 10 am – 11:00am : Understanding Alzheimer's & Dementia

[CLICK HERE TO REGISTER FOR ONLINE CLASSES!](#)



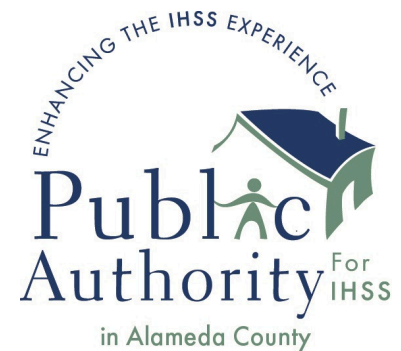
SCAN TO Register for online classes

[CLICK HERE TO REGISTER FOR IN PERSON CLASSES](#)



SCAN TO Register for in-person classes

**FREE training for active
IHSS Providers and
Recipients**



Contact us at (510) 577-5694 or
PAtraining@acgov.org for any questions

Training Description & Trainer

July 7th (Tuesday) - Nutrition & Brain Health

Instructor - Jaquelin Russum - Public Health Department, Alameda County

Learn how proper nutrition supports brain health, memory, and overall well-being. Discover practical tips to help you and those you care for maintain a healthy mind through healthy eating.

July 8th (Wednesday) - Medication Management

Instructor - Care Partners

Learn safe and effective medication management practices to help prevent errors and promote client well-being. Gain practical strategies for organizing medications, understanding instructions, and supporting adherence.

July 9th (Thursday) - Home Adventures

Instructor - Georgina Martinez, Independence at Home

See the world from the comfort of your home! Join us to explore amazing places and exciting destinations through virtual adventures.

July 13th (Monday) - Addressing Hoarding Behaviors

Instructor - Thato Mokale, HomeBridge

This course helps caregivers understand hoarding behaviors in housing settings, including what hoarding is, why it occurs, and how it affects safety and well-being. Participants will learn to recognize common signs, use respectful communication and boundaries, and understand their role in supporting consumers.

July 16th (Thursday) - Disaster Ready Caregiving: Earthquake and Fire Safety Essentials

Instructor - Brad Warren, Former American Red Cross

Learn essential skills to prepare for and respond to earthquakes and fires while providing care at home. Gain practical strategies to protect yourself, your clients, and your community during emergencies.

July 21st (Tuesday) - Estate Planning

Instructor - Michael Gilmore, HomeBridge in collaboration with Met Life

Plan ahead to protect your assets, honor your wishes, and provide peace of mind for your loved ones. Learn the essentials of wills, trusts, powers of attorney, and other key estate planning tools.

July 24th (Friday) - ESP Made Easy: Managing Your Timesheets Online

Instructor - Thato Mokale, HomeBridge

Learn how to navigate the Electronic Services Portal (ESP) with confidence and submit your timesheets accurately and on time. Gain practical tips to manage your hours, avoid common errors, and ensure timely payment.

July 27th (Monday) - Understanding Alzheimer's & Dementia

Instructor - Alzheimer's Association

Gain a better understanding of Alzheimer's disease and other forms of dementia, including common symptoms and stages of progression. Learn practical caregiving strategies to support communication, safety, and quality of life.



Homebridge and Alameda County Public Authority are launching a training program for In-Home Supportive Services (IHSS) active Providers and Recipients. Get support, learn new skills, and connect with other caregivers from home and at no cost.

Self-Paced Classes

1. ESP Made Easy: Managing Your Timesheets Online

Learn how to navigate the Electronic Services Portal (ESP) with confidence and submit your timesheets accurately and on time.

2. Introduction to Providing In-Home Care

Learn your role, IHSS program rules, and provide safe quality care for Recipients.

3. Supporting Consumers with Bathing, Dressing & Skin Care

Learn how to help Recipients bathe, dress, and care for their skin safely and respectfully.

4. Respecting Differences

Discover how to respect different cultures and backgrounds to create a welcoming environment.

5. Caring for a Consumer Confined to a Bed: Bed Baths & Bed Making Lifts

Learn how to give bed baths, make beds, and use lifts safely for Recipients.

6. Key Concepts of Homecare, Self-Determination and Self-Direction

Understand person-centered care and help Recipients make decisions about their care.

7. Infection Control

Learn how to stop the spread of germs and stay safe.

8. Collaborating Across the Care Team

See how home care team members work together and track and report important Recipient info.

9. Safety & Preventing Risk for the Consumer & Provider

Learn to stay safe, handle emergencies, and give basic first aid, including choking response.

10. Supporting Consumers with Grooming

Help Recipients with bathing, hair care, and oral hygiene while keeping their dignity.

11. Supporting Consumers to Use the Bathroom & Manage Incontinence

Assist Recipients with toileting and catheter care safely and respectfully.

Follow these four steps to sign up!

[Click here to register:](#)



Scan the QR code

1. Make your account: Type in your full name, email address, and a password. Click "Sign up."
2. Check your email: Look for a 6-digit code and enter it on the website.
3. Start learning: Use the menu on the left to see all classes.

Need help?

Contact Ripa Saha, Senior Manager of Development
rsaha@homebridgeca.org | 415.535.3624



Get a digital certificate after completing each self-paced class!