



Alameda County
**Social Services
Agency**



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

Online Classes

August 6 | 2:00pm – 3:00pm: Maintain your Brain

August 10 | 9:30am – 11:00am: Sleep More, Stress Less for
Better Living with Diabetes

August 24 | 9:30am – 11:00am: Paramedical Services

August 25 | 10 am – 11:00am : Basic Housing Right for Seniors

August 26 | 9:30am - 11am: ESP Made Easy - Managing your
Timesheets Online

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



**SCAN TO Register for online
classes**

In-Person Classes

August 3 | 9:00am – 1:00pm: CPR/ First Aid Certification in Oakland

August 5 | 9:30am – 11:00am: Earthquake & Fire Safety in Hayward

August 17 | 9:30am – 12:30pm: Body Mechanics & Hoyer Lifting in
Oakland

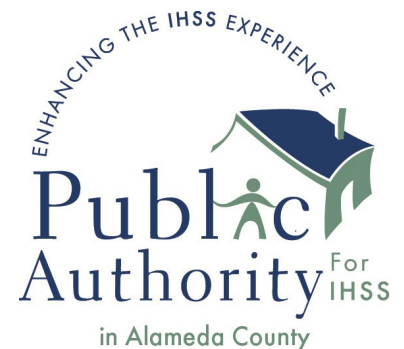
August 19 | 10:00am – 11:30am: Effective Communications in Oakland

[CLICK 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

August 3 (Monday) - CPR/ First Aid Certification (In-person)

Instructor - Tina Flores, Quality Medical Relief

CPR stands for cardiopulmonary resuscitation. Learn how to prevent, prepare for and respond to emergencies. Participate and receive 2-year certificate for successful completion of the course.

August 5 (Wednesday) - Earthquake & Fire Safety (In-person)

Instructor -Brad Warren, American Red Cross

Join us for an essential Earthquake and Fire Safety Training designed to help you prepare, respond, and stay safe during emergencies. This session will cover practical safety tips, emergency procedures, and best practices to protect yourself and others in the event of an earthquake or fire.

August 6 (Thursday) - Maintain your Brain

Instructor - Georgina Martinez, Independence at Home

You may have heard the phrase, use it or lose it. You use your muscles to keep your body strong. The same is also true for your brain. When you use your brain, you keep your mind sharp. At this program learn what you can do to keep your brain active and healthy.

August 10 (Monday) - Sleep More, Stress Less for Better Living with Diabetes

Instructor - Jenelle Commins, Public Health Department, Alameda County

Learn practical strategies to improve sleep, reduce stress, and support healthier living with diabetes. This training will provide simple, everyday techniques to help you feel more rested, balanced, and better equipped to manage your overall well-being.

August 17 (Monday) - Body Mechanics & Hoyer Lifting (In-person)

Instructor - Thato Mokale, Homebridge

Discover simple, everyday practices that support a healthier, more resilient brain. This session will explore habits that boost focus, memory, and overall well-being to help you build a stronger foundation for lifelong brain health.

August 19 (Wednesday) - Effective Communications (In-person)

Instructor - Care Partners

This session builds clear, compassionate communications between care providers and recipients, offering practical tools to support comfort, safety, and confident conversations as needs change.

August 24 (Monday) - Paramedical Services

Instructor -Thato Mokale, 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.

August 25 (Tuesday) - Basic Housing Rights for Seniors

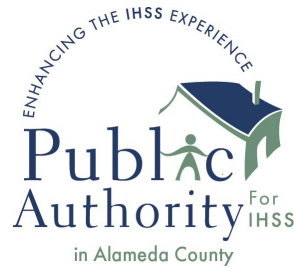
Instructor - Semetra Oliver, Legal Assistance for Seniors

Learn the essential housing rights available to seniors, including protections, resources, and steps to address common housing challenges. This training will help you understand your options and advocate confidently for safe, stable housing.

August 26 (Wednesday) - 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.



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:](#)

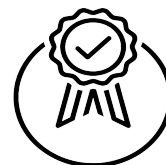


Scan the QR code

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!