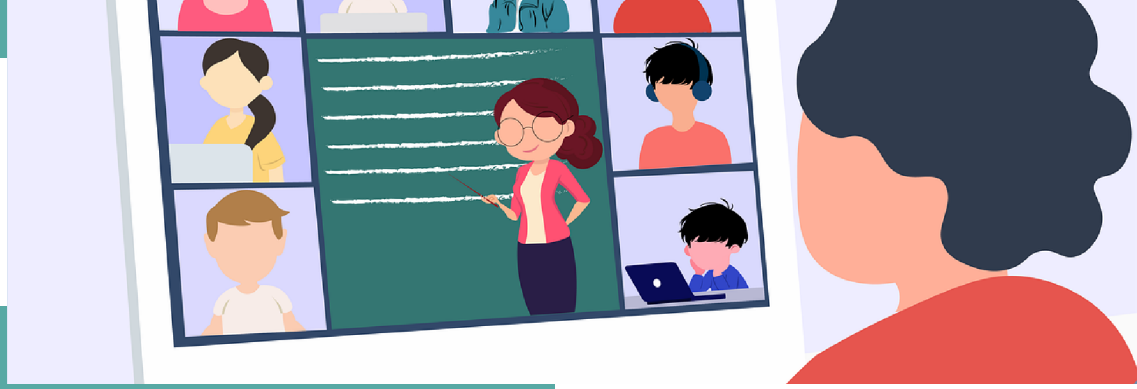




Alameda County
**Social Services
Agency**



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

Online Classes

September 1 (Tuesday)| 9:30am – 11:00am: Abuse, Neglect & Financial
Exploitation

September 11 (Friday)| 9:30am – 11:00am: ESP Made Easy - Managing
your Timesheets Online

September 15 (Tuesday) | 2:00pm – 3:30pm: Earthquake & Fire Safety

September 18 (Friday)| 2:00pm – 3:00pm: Changing my Diet to Manage
my Conditions

September 21(Monday)| 9:30am - 11:00am: Understanding Autism
Spectrum -1

September 22 (Tuesday) | 9:30am - 11:00am: Preventing Caregiver
Burnout & Stress

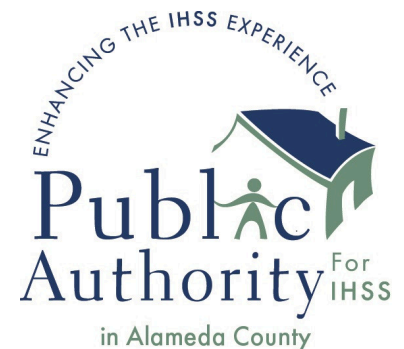
September 28 (Monday) | 9:30am - 11:00am: Understanding Autism
Spectrum -2

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



**SCAN TO Register for online
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

September 1 (Tuesday) - Abuse, Neglect & Financial Exploitation

Instructor - Myca Ongteco-Barbosa, HomeBridge

Learn to recognize, prevent, and report abuse, neglect, and financial exploitation involving home care recipients and workers. This training provides practical information on warning signs, responsibilities, boundaries, and proper reporting procedures to help create a safe, respectful, and supportive home care environment for everyone.

September 11 (Friday) - ESP Made Easy: Managing Your Timesheets Online

Instructor -Myca Ongteco-Barbosa, 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.

September 15 (Tuesday) - Earthquake & Fire Safety

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.

September 18 (Friday) - Changing my Diet to Manage my Conditions

Instructor - Georgina Martinez, Independence at Home

There is an old saying “we are what we eat.” Is that really true? Sometimes certain foods can improve or help prevent a medical condition and sometimes the wrong foods can make a medical condition worse. Come and join us for a discussion on how food affects certain medical conditions and how you may be able to improve your health by changing the foods that you eat.

September 21 (Monday) - Understanding Autism Spectrum - Part 1

September 28 (Monday) - Understanding Autism Spectrum - Part 2

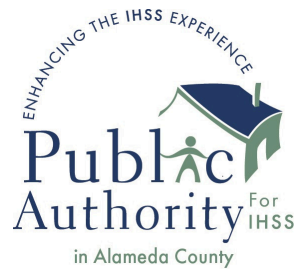
Instructor - Myca Ongteco-Barbosa, HomeBridge

This course provides an introduction to autism and its impact on daily life, equipping caregivers with effective communication strategies and techniques for managing challenging behaviors. Participants will also learn how to support individuals with autism in building routines and life skills while prioritizing their own well-being through essential self-care practices.

September 22(Tuesday) - Preventing Caregiver Burnout & Stress

Instructor -Care Partners

Caregiving can be rewarding, but it can also be physically and emotionally demanding. This session helps caregivers recognize the signs of stress and burnout while learning practical strategies to maintain their own health and well-being.



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!