

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

Online Class Offerings for October 2026:

☐ **Breathing Better with Asthma & COPD**

October 7 (Wednesday) 9:30am - 11:00am

Instructor: Myca Ortega-Barbosa, HomeBridge

COPD (Chronic Obstructive Pulmonary Disease) is a long-term lung condition that makes it difficult to breathe. Learn to support your loved ones/ recipients by recognizing symptoms such as shortness of breath, coughing, and fatigue, encouraging prescribed medications and healthy routines, and knowing when to seek medical help.

☐ **Technology Tools for Caregivers**

October 12 (Monday) 10:30am - 11:30am

Instructor: Family Caregiving Alliance

Learn how technology tools may help you provide care for a frail or ill family member, partner, or friend at home. Technology products like smart phone apps, communication aids, in home sensors, and webcams can help make a home safer and reduce the caregiving workload. This session will include information on how to determine what your needs are, the costs of tech tools, privacy considerations, and ease of use.

☐ **Reducing Risks when Living with Diabetes**

October 13 (Tuesday) 10:00am - 11:30am

Instructor: Jaquelin Russum, Public Health Department, Alameda County Health

Learn practical strategies to reduce the risks associated with diabetes, including healthy lifestyle choices, medication management, monitoring blood sugar, and recognizing potential complications. This training will provide simple tools to support better diabetes management and overall well-being.

☐ **Breathe: Coping with Caregiver Stress and Welcoming Relaxation**

October 14 (Wednesday) 2:00pm - 3:00pm

Instructor: Rachel E Holben, Independence at Home

Designed especially for caregivers, this class explores the signs of caregiver burnout and offers gentle yet effective relaxation and breathing techniques. Participants will practice stress-reducing exercises and learn simple strategies for balancing care for others with care for themselves.

☐ **ESP Made Easy: Managing Timesheets Online**

October 16 (Friday) 9:30am - 11:00am

Instructor: 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.

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☐ **Common Red Flags, Fraud & Scams Targeting Older Adults**

October 20 (Tuesday), 9:30am – 11:00am

Instructors: HomeBridge

Learn how to recognize common warning signs of fraud and scams targeting older adults. This training covers common scam tactics, red flags to watch for, and practical tips to help prevent financial exploitation and protect yourself and those you care for.

☐ **Breaking Barriers and Building Bridges: Health and Access for Differently Abled Elders**

October 22 (Thursday) 9:30am - 11:00am

Instructor: Care Partners

This training will provide low-income and disabled elders in Alameda County with practical tools, resources, and pathways to overcome barriers to care. It will uplift community voices, guide participants in documenting their health care wishes, and connect them to vital supports such as transportation, durable medical equipment, food, housing, and digital access with dignity and equity at the center.

☐ **Chemical Sensitivity & Safety**

October 23 (Friday) 9:30am - 11:00am

Instructor: HomeBridge

This course raises awareness about chemical sensitivities and their impact on health, helping caregivers identify common triggers and create safer environments. Participants will learn practical strategies for minimizing exposure and ensuring safety for individuals with heightened chemical sensitivity.

☐ **Medicare & Annual Enrollment Period**

October 27 (Tuesday) 10:00am - 11:00am

Instructor: Semetra Oliver, Legal Assistance for Seniors

Get updates on Medicare Parts A, B, C, and D, including upcoming changes, costs, benefits, and options for supplemental coverage and cost assistance.

☐ **Paramedical Services**

October 28 (Wednesday) 9:30am – 11:00am

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.

☐ **Neurodegenerative Diseases**

October 30 (Friday) 9:30am - 11:00am

Instructor: HomeBridge

Neurodegenerative Diseases are conditions that gradually damage nerve cells in the brain and nervous system, affecting movement, memory, communication, or daily activities. Learn to support clients by promoting safety, independence, dignity, and comfort while recognizing changes in physical or cognitive function and reporting concerns promptly.

[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.