

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 November 2026:

☐ **Physical Changes of Aging and Fall Prevention**

November 5 (Thursday) 2:00pm - 3:30pm

Instructor: Myca Ortega-Barbosa, HomeBridge

Learn about age-related physical changes, including reduced strength, balance, flexibility, vision, and mobility. Participants will learn practical fall prevention strategies, safe mobility techniques, environmental hazard awareness, and ways to promote safety, independence, and well-being among older adults.

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

November 9 (Monday) 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.

☐ **Caregiving during Holidays**

November 18 (Wednesday) 10:00am - 11:30am

Instructor: Family Caregiving Alliance

Review ways to provide compassionate, safe, and person-centered care during the holiday season. Focus on consumers' emotional well-being, respect for cultural traditions, maintaining daily routines, and managing holiday stress.

☐ **Dementia Essentials 101**

November 19 (Thursday) 9:30am - 11:00am

Instructor: Care Partners

Learn about dementia, its common signs and symptoms, and how it can affect memory, thinking, behavior, and daily life.

☐ **Protein, Fat, and Carbs-What's the Best Balance for Diabetes?**

November 23 (Wednesday) 10:00am - 11:30pm

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

Learn how to balance carbohydrates, proteins, and healthy fats to help manage blood sugar levels, support overall health, and promote healthy meal planning for individuals with diabetes.

[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.