Alameda County
Social Services Agency
A safety net. A way forward.

Enhancing the IHSS Experience
Public Authority For IHSS
in Alameda County

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 December 2026:

☐ Respecting Differences

December 3 (Thursday) 9:30am - 11:00am

Instructor: HomeBridge

This course provides an overview of key concepts related to diversity and inclusion, including privilege and cultural awareness. Participants will learn to recognize and respect various social identities and cultural backgrounds, fostering a more inclusive and supportive environment.

☐ Creating Dementia Friendly Holidays and Celebrations

December 7 (Monday) 10:00am - 11:00am

Instructor: Vanessa Souz, Alzheimer's Association

Learn practical ways to adapt holiday traditions and celebrations to create meaningful, inclusive, and enjoyable experiences for people living with dementia, while promoting comfort, connection, and dignity.

☐ Money matters: Moving forward in a changing world

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

Instructor: HomeBridge/ MetLife

Learn about steps that can help you deal with today's uncertainty and better prepare for unexpected events including emergency funds.

☐ Beating the Holiday Blues

December 11 (Friday) 2:00pm - 3:00pm

Instructor: Care Partners

The holidays are a joyous season for many. For others, it's a time of blues. But it doesn't have to be. Join us to learn some ways that you can beat the holiday blues!

☐ Paramedical Services

December 14 (Monday) 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.

☐ **Holiday Self-Care**

December 16 (Wednesday) 9:30am – 11:00am

Instructor: Care Partners

Learn practical strategies to manage holiday stress, prioritize your well-being, maintain balance, and take care of yourself while caring for others during the holiday season.

☐ **Mental Health – Signs & Strategies**

December 17 (Thursday) 9:30am - 11:00am

Instructor: Myca Ortega-Barbosa, HomeBridge

Understand the common signs of mental health challenges, such as stress, anxiety, mood changes, and emotional exhaustion. Learn practical strategies to manage stress, build resilience, maintain emotional well-being, and recognize when to seek support.

☐ **Seniors guide to public benefits**

December 22 (Tuesday) 10:00am - 11:00 am

Instructor: Legal Assistance for seniors

Learn about Public Benefits and eligibility for specific programs serving individuals 65 and older, and for individuals with disabilities

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.