





Learning

Class Schedule


July 2013 Classes

Points for Providing Personal Care/Wheelchair Users- Helpful tips for mouth care, bathing, feeding, dressing, and grooming your recipient.	7/11/13	Thurs.	5:30-7:30pm
	IHSS Public Authority Staff		
Beat the Heat and Disaster Preparedness- Learn how to protect your consumer from heat-related illness, as well as prepare yourself and client for any natural or other disaster.	7/25/13	Thurs.	5:30-7:30pm
	Petra Martinez, Sacramento County		


August 2013 Classes

The Importance of Foot Care- Feet are important! Learn more about common problems and treatments.	8/8/13	Thurs.	5:30-7:30pm
	Dr. Karen Romines		
Home Safety and Universal Precautions- Stay safe on the job and injury free by applying these tips and hints.	8/22/13	Thurs.	5:30-7:30pm
	IHSS Public Authority Staff		

September 2013 Classes

Community Resources to the Rescue! - Learn about programs that can be of help to caregivers and consumers. ***Shield Healthcare, Supporting Community Connections & 211 Infoline.	9/12/13	Thurs.	5:30-7:30pm
	IHSS Public Authority Staff		
Sleep Disturbances- Learn more about what causes sleep problems and tools to help alleviate these problems.	9/26/13	Thurs.	5:30-7:30pm
	Ann Hatfield, LCSW		

October 2013 Classes

How to Talk to Your Doctor- Help your consumer manage medical appointments and medication.	10/10/13	Thurs.	5:30-7:30pm
	IHSS Public Authority Staff		
Common Eye Care Diseases & Available Resources- All eyes will be on Dr. Shiu as he discusses eye health, conditions and diseases, as well as changes that occur in the aging eye.	10/24/13	Thurs.	5:30-7:30pm
	Dr. Donny Shiu, O.D., CA Dept. of Health Care Services		

What is a Core Class?

Core classes provide information about basic caregiving skills. When IHSS caregivers have taken at least one class in each of the six categories, they are recognized at the Caregiver's Core Class Graduation. One core class is offered every month. Look for the apple next to classes listed on the IHSS Public Authority class schedule to identify which of the classes is a core class.


Core Class Categories

- Safety • Mobility • Nutrition • Personal Care
- Community Resources • Medication Management



=CORE Class

November 2013 Classes

Managing Neurological Behaviors- Learn to identify several behavioral problems and triggers that may occur in older clients and strategies to manage them. This includes: depression, anxiety, confusion & paranoia.	11/7/13	Thurs.	5:30-7:30pm
	Linda Ellis, RN, BSN, MN		
Nutrition for the IHSS Consumer- You can eat in a healthful way-even on a budget. Special attention is paid to the senior diet.	11/14/13	Thurs.	5:30-7:30pm
	IHSS Public Authority Staff 		

December 2013 Classes

Mobility and Fall Prevention- Learn about condititons that can lead to falls and how to prevent accidental falls in the home.	12/5/13	Thurs.	5:30-7:30pm
	IHSS Public Authority Staff *** 		

CLASS LOCATION

Classes are located at 3701 Branch Center Road, Sacramento, CA 95827 Fax: (916) 875-0946

December 2013 classes located at 3700 Branch Center Road- Class Size Limited

Training line: (916) 876-5173

E-mail: IHSS-PA-Education@saccounty.net Website: www.pubauth.saccounty.net

CORE CLASS POLICY

In order to recieve a certificate and credit for attending any Core Class, you must arrive no later than 30 minutes after the scheduled start time and must stay for the duration of the class.

TRANSLATIONS

Core caregiving skills are important no matter what language you speak! That's why we have begun to provide materials for our CORE Caregiving Class Series in Spanish, Russian and sometimes other languages. Classes are more accessible than ever before so don't delay – **register for class today!** If you can volunteer to translate materials into languages other than English call Mary-Ann Cowan at (916) 876-5682.

Las habilidades básicas de un proveedor son importantes - ¡No importa qué idioma hables! Es por eso que hemos comenzado a proporcionar materiales para nuestra serie de clases llamadas "CORE Caregiving" en español, ruso y aveces otros idiomas. Las clases son más accesibles que nunca así que no se demoren – **regístrense hoy para su clase.** Si usted puede ofrecerse voluntariamente para traducir documentos en otros idiomas aparte del inglés, llame a Mary-Ann Cowan al (916) 876-5682.

Основные навыки по уходу важны независимо от того на каком языке вы говорите! Именно поэтому мы начали предоставлять материалы для Серий Основных Классов по Уходу на испанском, русском, а иногда и других языках. Классы стали более доступны чем прежде, так что не откладывайте— **зарегистрируйтесь на класс сегодня!** Если вы можете добровольно сделать переводы материалов на другие языки кроме английского звоните Дебра Ларсон (Mary-Ann Cowan) (916) 876-5682.



Please only
check classes
you will attend.

Registration



July 2013

Points for Providing Personal Care/Wheelchair Users	7-11-13	Thurs.	5:30- 7:30pm	
Beat the Heat and Disaster Preparedness	7-25-13	Thurs.	5:30- 7:30pm	

August 2013

The Importance of Foot Care	8-08-13	Thurs.	5:30 - 7:30pm	
Home Safety and Universal Precautions	8-22-13	Thurs.	5:30 - 7:30pm	

September 2013

Community Resources to the Rescue!	9-12-13	Thurs.	5:30 - 7:30pm	
Sleep Disturbances	9-26-13	Thurs.	5:30 - 7:30pm	

October 2013

How to Talk to Your Doctor	10-10-13	Thurs.	5:30 - 7:30pm	
Common Eye Diseases and Available Resources	10-24-13	Thurs.	5:30 - 7:30pm	

November 2013

Managing Neurological Behaviors	11-07-13	Thurs.	5:30- 7:30pm	
Nutrition for the IHSS Consumer	11-14-13	Thurs.	5:30 - 7:30pm	

December 2013

Mobility and Fall Prevention (Class Size Limited) ***This class only located at 3700 Branch Center Rd.***	12-05-13	Thurs.	5:30 - 7:30pm	
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To enroll in classes, complete and return this form. Register Early! Walk-ins welcome as space permits. For more information, please call: (916) 876-5173 visit our website at www.pubauth.saccounty.net, or email us at IHSS-PA-Education@saccounty.net

IHSS Public Authority Office: 3700 Branch Center Road, Suite A, Sacramento, CA 95827
Fax: (916) 875-0946

PLEASE FILL OUT ENTIRE PAGE AND FAX OR MAIL TO THE ADDRESS ON THIS FORM

Name:	Please Print Clearly!		
Mailing Address:			
Phone #:			
E:mail:			
Last 6 of SSN:	XXX-____-____	The last 6 numbers of your social security number required to obtain credit	