



INTRODUCTION AND WELCOME

It is with great pleasure that we welcome you to In-Home Supportive Services (IHSS).

The IHSS Public Authority was established in 2000, as the employer of record for the IHSS caregivers in Sacramento County. Our many services include: negotiating wages and benefits, recruitment, conflict resolution, benefits administration, training, and registry services.

We are a people-oriented agency, caring about both the IHSS consumers and the IHSS caregivers. We invite your suggestions for improving IHSS and Public Authority services and urge you to be committed to quality in your work.

The goal of the Public Authority is to enrich the lives of IHSS consumers and caregivers by assisting elderly and disabled consumers to remain safe and independent, in their own home, and by promoting the professionalism of caregivers.

Please feel free to call, fax, or e-mail the Public Authority with your questions or comments, as they will be much appreciated.

Sincerely,

The Public Authority Staff

Purpose of the Caregiver Handbook

The purpose of the caregiver handbook is to provide In-Home Supportive Services caregivers with a valuable source of information to be used as a training guide and as a reference tool. This handbook was created as an ongoing resource for caregivers.

In creating this handbook, it was envisioned that caregivers would incorporate additional information and resources acquired through training classes. Feel free to add handouts from other training classes, and use the handy “Notes” section on the back of each divider page.

As you read through a section, you will notice icons in the margins that look like this.



Caregiving Tips

These icons will guide you to specifics about the care of different diseases or conditions that will protect both you and your consumer.

The caregiver handbook contains useful information that you can use to further your education and skills as a professional caregiver.

Acknowledgements

The Sacramento County In-Home Supportive Services Public Authority wishes to thank the Washington State Department of Social and Health Services for their comprehensive and excellent learning guide entitled the Revised Fundamentals of Caregiving. We generated ideas and modeled our handbook based on their tremendous work. The staff at Washington State Department of Social and Health Services generously gave us permission to reprint their ideas and materials for use in the Sacramento Caregiver Handbook.

