





Learning

CLASS SCHEDULE


July 2010 Classes

Handling Difficult Consumer Behaviors- Learn strategies to effectively care for those diagnosed with major forms of mental illness and tips for how to deal with difficult behaviors.	7/14/10	Wed.	5:30-7:30pm
	Linda Ellis, RN, BSN, MN		
Points for Providing Personal Care/Wheelchair Users- Helpful tips for mouth care, bathing, feeding, dressing, and grooming.	7/21/10	Wed.	5:30-7:30pm
	IHSS Public Authority Staff 		
Adult Protective Services & Fraud- Become skilled at understanding when and why to make mandatory reports. Learn more about what happens after a report is made.	7/28/10	Wed.	5:30-7:30pm
	Heidi Richardson & Mike Pirotto IHSS Fraud Department		


August 2010 Classes

The Importance of Foot Care- Feet are important! Learn more about common foot problems and treatments.	8/04/10	Wed.	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.	8/11/10	Wed.	5:30-7:30pm
	IHSS Public Authority Staff 		
Grief and Bereavement- Understand the phases of grief, normal reactions and tools to use when "stuck" in the grieving process.	8/25/10	Wed.	5:30-7:30pm
	Tonya Edelman, MSW		

September 2010 Classes

Community Resources to the Rescue!- Learn about programs that can be of help to caregivers and consumers.	9/08/10	Wed.	5:30-7:30pm
	IHSS Public Authority Staff 		
How to Cope with Caregiver Stress and Burnout- Caring for yourself allows you to better care for others. This class will teach you how.	9/15/10	Wed.	5:30-7:30pm
	Linda Ellis, RN, BSN, MN		
An Overview of HIV/AIDS- The myths and facts about HIV/AIDS, the needs of those affected, caregiving precautions and available resources.	9/29/10	Wed.	5:30-7:30pm
	Dr. Guillermo Acuna, CARES		

October 2010 Classes

How to Talk to Your Doctor- Help your consumer manage medical appointments and medication.	10/07/10	Thur.	5:30-7:30pm
	IHSS Public Authority Staff 		
How to Cope with Sleep Disturbances- Learn more about what causes sleep problems and learn tools to help alleviate these problems.	10/14/10	Thur.	5:30-7:30pm
	Ann Hatfield, LCSW		
Conservatorships, Trusts and Future Planning- Legal information and useful options for planning for dependent adult care.	10/21/10	Thur.	5:30-7:30pm
	Law Offices of Michael Pearce		


CLASS LOCATION

IHSS Public Authority Offices are located at 3700 Branch Center Road, Sacramento, CA 95827
 Training message line- (916) 876-5173


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November 2010 Classes

Managing Chronic Pain- Topics include pain indexes, current treatment, medications and alternative therapies.	11/03/10	Wed.	5:30-7:30pm
	Penney Cowan, Chronic Pain Assoc.		
Help with Hoarding- Learn to recognize when hoarding is a problem, the causes for hoarding and strategies to cope with consumers who hoard.	11/10/10	Wed.	5:30-7:30pm
	Kim Dochterman, MSW Adult Protective Services		
Nutrition for the IHSS Consumer- Shopping and eating tips to support good health.	11/17/10	Wed.	5:30-7:30pm
	IHSS Public Authority Staff 		

December 2010 Classes

Mobility and Fall Prevention- Learn about physical changes that can lead to falls and how to prevent accidental falls in the home.	12/01/10	Wed.	5:30-7:30pm
	IHSS Public Authority Staff 		
Programs for Young People with Disabilities- Caregivers to youthful IHSS consumers (from ages 4-21) will benefit by learning about activities offered through Sacramento's Parks and Recreation Program and Easter Seals.	12/08/10	Wed.	5:30-7:30pm
	Steve Hornsey, Access Leisure Sacramento Parks and Recreation		

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. At least 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.

If you completed one class from each core class category and believe you are eligible to be a Core Class graduate, please call Debra Larson at (916) 876-7592.

The following are the six (6) Core Classes categories:

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



= CORE Class

CARING 4 CAREGIVERS

CAREGIVERS! Relieve Stress and join us at "Caring 4 Caregivers," a group to provide information and support.

When: 1st Friday of the month (no holidays)

Time: 1:00 p.m. - 2:30 p.m.

Where: IHSS Public Authority
3700 Branch Center Rd., Suite A
Sacramento, CA 95827

Upcoming Dates

July 2, 2010

August 6, 2010

September 3, 2010

October 1, 2010

November 5, 2010

December 3, 2010