



**Commission  
on  
Aging**

# Senior Update

*...The Eyes & Ears of Alameda County Seniors*  
**Senior Information & Assistance: 1-800-510-2020**

*Senior Update*

*January/February/March 2007*

## **What is the Public Authority? by Frank Rose**

The Public Authority for In-Home Supportive Services (IHSS) in Alameda County is a public agency whose mission is to improve the planning and delivery of IHSS in Alameda County. IHSS is a publicly funded program, which helps low-income people with disabilities, including the elderly, to remain in their own homes by paying for domestic and personal services.

The Public Authority for IHSS provides the following services in Alameda County:

- A registry that provides lists of screened workers to IHSS recipients/consumers and seniors seeking to hire home care workers/personal assistants;
- Rapid Response, a free emergency worker replacement service that provides on-call workers to IHSS consumers 24 hours a day;
- Training for providers and consumers;
- Consumer organizing and support services;
- A limited number of bus and BART passes for IHSS home care workers/personal assistants;
- Administration of medical, dental and vision plans for IHSS home-care workers/personal assistants.

## **Benefits for IHSS Homecare Workers! by Linda Ayala, Training Coordinator, Public Authority**

Did you know that your IHSS homecare workers have some great benefits through the Public Authority for IHSS? Most homecare workers are eligible for Comprehensive medical, dental and vision benefits (you must be paid for Working 45 hours per month to be eligible). We also offer quarterly training opportunities for FREE! If a current IHSS homecare worker completes the IHSS BASICS class, they can receive a \$50.00 stipend. Other classes offer a \$20.00 grocery certificate upon completion. Homecare workers can also become certified in CPR/First Aid, learn about health and safety on the job, and update their knowledge on health issues that affect their IHSS consumers through our workshops and classes. IHSS homecare workers can also enter the Transportation Lottery. Each quarter we draw 167 winners who receive \$180 of commuter checks (used to purchase BART or AC Transit tickets) or gas cards. For more information on benefits and other services call us at 510-577-3552 or check out our web site at [www.ac-pa4ihss.org](http://www.ac-pa4ihss.org).

## Winter Workshops For In-Home Supportive Services (IHSS) Home Care Workers

### IHSS Homecare Worker Basics - \*IHSS providers can receive a \$50 stipend!

Saturday, January 27, 10:30 am - 4:00 pm (Cantonese)

Oakland Public Library Main Branch

or

Wednesday, January 31, 9:30 am - 3:00 pm (English & Spanish)

Eastmont Town Center, Oakland

or

Saturday, March 24, 9:30 am - 3:00 pm (English & Cantonese)

Redwood Gardens, Berkeley



**Come learn:** Basics on aging and disability, what job tasks are IHSS approved, how to have successful interviews, how to enroll in the IHSS system & fill out timesheets, where to go with problems or questions, what benefits you receive as a home care worker, mandatory abuse reporting responsibilities and ways to handle communication challenges. IHSS Providers receive a \$50 stipend for attendance. The stipend is mailed to eligible providers after completing the class.

### Health & Safety for Homecare Workers - 2 1/2 hrs.

Saturday, February 17, 9:30 - 12:00 noon (English, Spanish & Chinese)

Eastmont Town Center, Oakland

**Come learn:** How to prevent the spread of disease, how to identify and prevent aches and pains, and ways to communicate safety concerns to your consumer. IHSS Providers receive a \$20.00 grocery gift card for attendance.

### Preventing Consumer Slips & Falls- 2 hrs.

Wednesday, February 28, 10:00 - 12 noon (English & Spanish)

Wednesday, February 28, 1:00 - 3:00 pm (Chinese)

Eastmont Town Center, Oakland



**Come learn:** Tips for improving safety in the home, how medications and hydration can affect fall risk and how to assist in recovery from a fall. IHSS Providers receive a \$20.00 grocery gift card for attendance.

### Body Mechanics & Transfer - 2 1/2 hrs.

Thursday, March 15, 9:00 - 11:30 am (English & Spanish)

Thursday, March 29, 9:00 - 11:30 am (Chinese)

Eastmont Town Center, Oakland



**Come Learn:** Body mechanics, bed positioning, use of gait belt, techniques for safe transfers and how to use assistive devices. IHSS Providers receive a \$20.00 grocery gift card for attendance.

**All Workshops are FREE!! These workshops are a project of the Public Authority for IHSS in Alameda County. To Register, call Linda Ayala at 510-577-3554.**