

Caring Matters

January-June 2012

Sacramento County IHSS Public Authority and IHSS Advisory Committee Newsletter

NEWS AND UPDATES

 *Inside*

LAST YEAR the State, struggling with budget deficits, passed a budget based on the assumption that the economy would improve. That budget contained automatic “trigger” cuts that would occur in January 2012 if the economy slowed or revenue didn’t rise. Unfortunately revenues have fallen short and, as this goes to print, the legislature is in the process of implementing the required reductions.

****WHAT YOU SHOULD KNOW****

IHSS RECIPIENTS ARE SCHEDULED TO RECEIVE A 20% ACROSS THE BOARD REDUCTION IN HOURS AS A RESULT OF THE TRIGGERED AUTOMATIC CUTS

This reduction in hours is in addition to the 3.6% reduction that occurred in February 2011. IHSS recipients can decide how the total reduction in service hours is applied to their authorized services. The cuts may not even affect your case as it is expected that certain IHSS recipients will be exempt. The cuts will be applied to hours assigned to documented unmet need before your actual service hours are reduced.

NOTICE: FEDERAL COURT INTERVENTION HAS HALTED IMPLEMENTATION OF THE HOURS REDUCTION

There are a series of deadlines and court hearings that will begin in January 2012. Decisions reached as a result of these legal proceedings will determine if the triggered cuts to IHSS hours occur and, if implemented, how they will roll out.

KEEP AN EYE OUT FOR A LETTER FROM THE STATE

If the 20% reduction goes forward, recipients will receive written notice of any action taken to reduce hours before the actual reduction occurs. **It is important to promptly read all of the forms and materials that you receive very carefully.** Take care to mark deadlines on your calendar. Double-check any forms that you are returning to be sure they are filled out completely and accurately. Be sure to return any forms before the deadline and be sure any forms returned by mail are postmarked before the deadline.

GET UPDATES FROM DISABILITY RIGHTS CALIFORNIA

Website: www.disabilityrightsca.org

Contact Numbers: 1-800-776-5746 / TTY 1-800-719-5988

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Caregiver

INFORMATION ABOUT CAREGIVER HEALTH BENEFITS



Effective January 1, 2012, the Health Care Employees/Employer Dental and Medical Trust (Health Care Trust) will be administering medical and dental benefits for Sacramento County IHSS Providers. If you are enrolled on the wait list for benefits, please watch for correspondence that you will be receiving via mail from the Health Care Trust prior to January 1, 2012. For questions regarding your benefits and/or eligibility, please call the Health Care Trust office at 800-824-3316. There are English, Spanish and Russian speaking representatives available to assist you. Office hours are Monday – Friday 8:00 am to 5:00 pm.

A TIMELY TAX TIP



The Earned Income Tax Credit (EITC) is a federal tax credit for low-income working people that can **generate a tax refund that is larger than the amount of taxes you paid through withholding**. The credit you receive depends on your total income and how many dependants you support. The EITC is the nation's largest anti-poverty program, lifting over 6.5 million Americans, half of whom are children, out of poverty each year.

The EITC has been temporarily **expanded to include more taxpayers in 2011 and 2012** as a method to assist those most harmed by the economic downturn. **You may qualify for the credit this year even though you failed to qualify in the past**. The expanded credit mostly applies to those with more than two children or who were previously ineligible because of combined earnings of married spouses.

For 2011,

Earned income and Adjusted Gross Income must be less than:

- \$43,998 (\$49,078 married filing jointly) with 3 or more qualifying children
- \$40,964 (\$46,044 married filing jointly) with 2 qualifying children;
- \$36,052 (\$41,132 married filing jointly) with 1 qualifying child; or
- \$13,660 (\$18,740 married filing jointly) with no qualifying children.

DO YOU QUALIFY?

GO TO: the EITC homepage on the IRS website at www.irs.gov.

VISIT OR CALL THE LOCAL IRS OFFICE: 4330 Watt Ave, Sacramento, CA 95821 - (916) 974-5225.

CALL: the IRS at 1-800-849-1040



REPORTING MATTERS



*Heidi Richardson
Adult Protective Services*

A shopper walking to her car in a parking lot saw a caregiver cursing at a frail elderly man as she impatiently pushed him into the passenger seat of a vehicle and drove away. The shopper wrote down the license plate number of the vehicle. She reported her observations to Adult Protective Services (APS). Law enforcement helped APS locate the elder who had advanced dementia and required 24-hour care. APS uncovered further evidence of abuse by the caregiver. APS notified the elder's family who promptly hired a new caregiver.

What would have happened if the shopper never filed a report of suspected elder abuse? What would happen if you suspected abuse and did not report it? As mandated reporters, caregivers are required by law to report suspected elder or dependent adult abuse, but still may feel reluctant, unsure, or nervous about actually making the call.

Some mandated reporters are afraid that the elder or dependent adult might become angry at them for making a report. It is important to know that the identity of reporting parties is confidential. APS is prohibited by law from disclosing your name to the client or the suspected abuser. Another concern is that making a report might result in the elder or dependent adult moving to a skilled nursing facility and losing their independence. APS cannot remove people from their homes. The goal of APS is to help clients live as independently as possible in their own homes.

Your report matters. When you suspect elder or dependent adult abuse, make the telephone report immediately or as soon as practicably possible and send the written report within two working days. You may report to APS, law enforcement, or, if the elder or dependent adult resides in a licensed care facility, to the Long Term Care Ombudsman. Your responsibility is to make the report, not to investigate the abuse. Once you have made the telephone and written report, you have fulfilled your duty as a mandated reporter.

Mandated reporters are required to report suspected abuse while on duty. Anyone can make a voluntary report of abuse at any time. The shopper in the example above made a voluntary report. Reporting abuse is a critical step in making Sacramento County a community where the vulnerable people we care for are safe.



Sacramento County Adult Protective Services:

916-874-9377

Ombudsman Services of Northern California:

916-376-8910

Long Term Care Ombudsman Crisis line:

(800) 231-4024

For life threatening emergencies and crimes in progress:

911



Consumer

YOUR FINAL GIFT ~ THE GIFT OF PLANNING



Those of us who participated in the holiday season this year have put away our cards, eaten the last of the desserts, returned our decorations to their hiding places and watched our holiday debris be hauled off by waste collectors. We're sad to see the season end but happy to have the hubbub subside. We feel finished with the gatherings, mailings and giving. But then again, maybe we aren't?

The last gift that we should give our friends and family this year is the gift of planning ~ not for the next holiday but for the time when we will no longer be with them to share the season's joys. Estate planning.

Estate planning involves deciding what will happen to your property after you die or become unable to make decisions on your own. It's important to have a plan in place, regardless of your net worth. Our "estate" is all the property we own at the time of our death including money in our checking account, any person property (like a car or jewelry), life insurance and real estate. Estate plans ensure that our property is transferred to those we want to receive it, can minimize tax payments, dictate the kinds of life-prolonging medical care we wish to receive and even can set out the kind of funeral arrangements that we would like. Estate planning also allows us to make lifelong arrangements for our minor children with special needs or our adult children with chronic disabilities.

HERE ARE SOME TOOLS USED TO PLAN AHEAD:

WILL: Almost all of us know that a will is a legal document that tells a court who receives which of your assets after your death and allows you to name a guardian for your minor children. Wills have a couple of major drawbacks. First, any beneficiaries designated on life insurance policies, bank accounts or other assets come before those named in your will. Second, the will requires court involvement through a process called probate. The probate process can take over a year and can cost up to 8% of the estate.

LIVING TRUST: This tool was designed to be an alternative to the will. It is revocable and changeable. In a trust, all of your assets are transferred into the trust, and you control those assets during your lifetime. When you die, the person you have named as your trustee distributes those assets according to your instructions, eliminating the probate process. Trusts have the drawback of expense because it costs a bit more to create a trust than a will. It's also important to remember to designate the trust as the beneficiary of any account or insurance policy rather than an individual.



YOUR FINAL GIFT (Continued)

SPECIAL NEEDS TRUSTS: If your child has special needs that will qualify them to receive government assistance when they turn 18 (such as SSI, Medi-Cal or other “need-based” programs) you will need to structure their inheritance in a way that won’t disqualify them from these assistance programs. You can make a provision in your will or living trust to transfer your child’s inheritance to a special needs trust established for your child’s benefit. The trust will contain instructions that its assets must be spent to benefit your child, but can’t be spent in a way that would disqualify them from governments programs. Some uses for trust funds include transportation, education, medical and dental expenses, rehabilitation and also entertainment, home health care and even insurance. Special needs trusts also ask for a letter of intent to tell the trustee how you would like the trust managed.

CONSERVATORSHIP: When your child turns 18, your legal authority to intervene and direct their affairs ends – even if your child is severely disabled. You may need to consider conservatorship. Conservatorship is a legal proceeding that gives you the power to make decisions regarding health care, living arrangements and finances for your adult child or for any person not capable of self-care. Forms related to filing for conservatorship may be found at the self help desk at the Sacramento County Superior Court or online at www.saccourt.ca.gov. Click in the self help link on the the left side of the page. You will want to file about 45 days before you need the conservatorship take in effect.

ADVANCE HEALTH CARE DIRECTIVE: This planning vehicle lets your doctor, family and friends know your health care preferences and designates someone to make those decisions for you if you can’t communicate your wishes. The directive applies to end-of-life decisions and life support and your preferences regarding ongoing medical care. Everyone over 18 should have an advance directive to ensure the quality of care that is important to you and avoid having your family guess or argue over critical medical decisions. Information and forms related to advance planning is available on the internet and through most medical providers.

POWER OF ATTORNEY: This document gives another person the legal right to make decisions for you if you become incapacitated. The instructions in the document determine the sorts of decisions that can be made on your behalf. For example, you may limit yourself to a particular issue (such as finances) or all sorts of issues (a general power of attorney). They can last for a short time, such as a hospital stay, or until your death.

The knowledge that we will eventually die is one of the most distinct human characteristics. No one likes to dwell on it. But, if we wait too long to plan, we run the risk that our loved one will be distressed when trying to make critical decisions during highly emotional events. We also risk not having our wishes known or followed. This year, make your final gift this year the gift of planning and the peace that planning is sure to bring.





Health

EVERY WOMAN COUNTS



Jane Tunay,
California Health Collaborative

The *Cancer Detection Programs: Every Woman Counts (CDP: EWC)* provides quality breast and cervical cancer screenings for women who qualify.

By calling 1-800-511-2300, uninsured, low-income women age 25 and older may qualify for free cervical cancer screening and women age 40 and older may qualify for free breast cancer screening.

Referral services are available in English, Spanish, Cantonese, Mandarin, Korean, and Vietnamese. More information is available at the California Department of Public Health, Cancer Detection Section website: www.dhs.ca.gov/cancerdetection.

Jane Tunay is a Health Educator for *CDP: EWC*. She provides **free health presentations** on breast and cervical anatomy, risk factors, the importance of early detection, and how women may qualify for free screening. If you would like to schedule a presentation for your group or organization, please contact her at 916-935-1709 or jtunay@healthcollaborative.org.



Join Jane Tunay on April 11, 2011 at 5:30 pm for “Every Woman Counts!”

Happy Holidays, Happy New Year and ...Welcome Flu Season???



We don't celebrate it with a greeting card, but flu season is here. Getting vaccinated against flu is one of the best ways to stay in good health. The CDC recommends annual flu vaccines for everyone over the age of 6 months.

Even healthy people need a flu shot – to help them stay healthy and to help prevent the spread of flu to others. In particular, those who come into contact with highly vulnerable populations, such as caregivers, need a flu shot to make sure they don't transfer the flu to someone with a weakened immune system.

It's not too late to vaccinate! Even if you didn't get vaccinated earlier in the year, you can benefit by getting a flu shot into the spring or as long as the influenza virus is circulating through our community. Lots of times flu outbreaks don't peak until the early spring. Most adults are protected by the vaccine within two weeks.

Low-cost flu vaccines are available at many retail pharmacies or through your physician. The Sacramento County Department of Public Health sponsors shot clinics. For more information about county clinics call (916) 875-SHOT (875-7468).

*****Remember that handwashing is the number one way to prevent transmission of diseases!*****



SENIOR HUNGER

*Oksana Chazov, Social Work Intern
IHSS Public Authority*



We are used to hearing about hunger that effects people in other countries, but it seems shocking that those living around us experience hunger. According to an AARP report in August, “almost nine million Americans age 50 and older face the risk of hunger.” Many in our nation believe we have a special responsibility to vulnerable populations such as the elderly. They point out that it is morally wrong for us to allow the elderly to suffer in a land of plenty, which they helped create. Advocates for the elderly also point out that the nutritional needs of seniors are unique. They may have special diets due to medical concerns.

Many of us have impacted by the struggling economy, and the economic fallout has been tough on this nation’s elderly. The stock market collapse of 2008 has eviscerated the savings of many. Pension funds have declined and the falling real estate market has eaten away at the ability of our state and local government to provide basic social safety net services (transportation, coverage for some medications, dental and vision care, and housing assistance) causes struggling seniors to redirect money they had budgeted for food to replace necessary services previously provided at low or no charge. Of course, savings achieved at the expense of proper nutrition is no savings at all because a poor diet causes health problems, and health problems are expensive.

Are we really our brother’s keeper? We can all be more aware of the struggles that our friends and neighbors are facing and offer support. Please donate to your local food closet if you are able or make an investment in your community by volunteering your time. Perhaps you could even pass along the following resources to a friend in need.

FOOD CLOSET RESOURCES

Sacramento Food Bank	(916) 456-1980
Carmichael Presbyterian Church	(916) 483-9232
Cordova Community Food Locker	(916) 364-8973
Delta Food Bank	(916) 775-1479
Elk Grove Food Closet	(916) 685-8453
Emergency Food Closet-SSIP	(916) 428-5290
South County Services (Galt)	(209) 745-9174
Oak Park Food Locker	(916) 456-1980
Salvation Army	(916) 678-4010
Senior Citizens Services	(916) 381-7794
Twin Lakes Food Bank (Folsom)	(916) 985-6232





Connection

MEET YOUR SACRAMENTO COUNTY

The IHSS Advisory Committee represents the interests of IHSS Consumers and Caregivers to local elected officials and agency staff who manage the IHSS Program. Though they come from a variety of backgrounds, the members are united in their goal of making a positive contribution for IHSS and our community.



Antoinette Lopez-Coles has been a member of the Advisory Committee for three years. She has a degree from Sac City College and previously worked for the State of California. She has been disabled for 15 years and serves to ensure a strong consumer voice is heard when decisions are being made. Antoinette wants to serve as a role model for consumers who wish to advocate and make the IHSS program run better for caregivers and consumers.



Carolyn Rose (Vice-Chair) has been an Advisory Committee member for two years. She is a Caregiver now. Her background is in accounting and she previously served on the Mental Health Board of Vermillion County, Illinois. She was also the Vice-President of a bank. Carolyn began to volunteer after being the caregiver for her mother. As a member she provides input and is able to make suggestions to the committee.



Chandra Livingston-Blanks is the newest member of the Advisory Committee, and has worked for the federal, state and local governments in various capacities. In addition to her advocacy for IHSS, she assists organizations that work to prevent stroke. She became an Advisory Committee member after responding to an advertisement of an opening in "Caring Matters." She knew that she could become an advocate for herself and others by joining. Thanks Chandra!



Cordia Wade has been a member of the Advisory Committee for three years. She is the liaison to the Sacramento Adult and Aging Commission. She formerly worked for the legislature, both in the Assembly and Senate. She was also a Professor at American River College, teaching Gerontology, Sociology and Ethics. Cordia has been married for 57 years and has 2 daughters and 3 grandsons. She is concerned about the unmet needs of the senior and disabled population.



Denise Blockmon has been an Advisory Committee participant for 8 years (one year as a member and seven years as an attendant). She is a certified CNA and has 16 years of caregiver experience. She attends hearings at the state and local government when items are on the agenda that would affect the IHSS program. She first became interested in the Advisory Committee after providing care to a former member. She enjoys the hands-on opportunity to learn and how to make a positive change for many people.



IHSS ADVISORY COMMITTEE

*A'Kitra Moore, Social Work Intern
IHSS Public Authority*



Francisco Godoy has been a member of the Advisory Committee for two years and serves as a voice for the disabled community. He is also a board member to the agency, Resources for Independent Living. He has a Masters Degree in Social Work and volunteers as a peer counselor at the UCD Medical Center. Francisco is very involved in all the Advisory Committee does and likes being a part of changing things for the better.



Melissa Kinley (Chair) has been an Advisory Committee member for 4 years. She is a caregiver and advocate for disabled children. She was inspired to advocate on behalf of disabled children through the Advisory Committee because she felt the needs of disabled children were underrepresented. She says, "Instead of saying I wish someone would do this or that, I am making a difference." She says she has made some wonderful friends and would recommend this to everyone.



Robert Blymer has been a member of the Advisory Committee for 1 ½ years. He is a career employee of Regional Transit, and helped the team that developed Light Rail. He is the Executive Director of the Sacramento County Taxpayers League and is pursuing a degree in Business from Indiana University. Robert is interested in making sure that tax payer money is being spent effectively. He has been impressed with the coordination of efforts between agencies to combat IHSS fraud.



Stormaliza Powmacwizalord has been a member of the Advisory Committee for six years. She also serves on the UC Davis Hospital ADA Committee. She serves on the Advisory Committee to ensure that the needs of consumers like her, who are deaf, blind and use a wheelchair, are met. She wants to help change laws, keep disabled people safe in the community and break down barriers for everyone. It is important to her to fight to help all people with disabilities.

YOUR PICTURE COULD BE HERE!



The IHSS Advisory Committee has IHSS recipient vacancies if you are willing to donate time and energy to improve the IHSS Program. To learn more contact the IHSS Public Authority at (916) 874-2888.



Education

CORE CLASS GRADUATION



*Carol Palmer
Core Class Graduation*

Our biggest CORE Class graduation was held in June 2011 – over 51 Sacramento County IHSS caregivers earned certificates! The caregivers union provided funding to decorate the room, cater finger foods and “gift” each graduate with chocolates, while Raley’s grocery donated graduation cakes. Tim Taylor, the Assistant Superintendent at Sacramento County Office of Education, commended all graduates while encouraging them to continue their education.

Will you be in the next class of Graduates?

See page 13 for more details.

Want to continue your education?

Consider a CNA program!
See page 11 for more info.

GREENFAIR APARTMENTS



Class attendees at Greenfair Apartments

The IHSS Public Authority has collaborated with Greenfair Apartments for nine years, providing education opportunities to residents. Greenfair is a congregate housing facility for low-income seniors that serves many populations, a significant number of whom speak Russian. The Social Service Coordinator Myrna D’Angelo desires to bring interesting classes to the residents that educate and make a positive impact. If you would like learning opportunities for your facility, please contact the IHSS Public Authority Education Department at (916) 876-5173.

SACRAMENTO HONORS CAREGIVERS



What a wonderful honor it was for Sacramento County IHSS Caregiver Tonya Fritz to accept a resolution on behalf of Sacramento County Caregivers that recognized November as IHSS Caregiver Month. For the 11th year in a row, the Sacramento County Board of Supervisors acknowledged that IHSS Caregivers are integral to allowing the most vulnerable county residents to avoid institutional care and remain safely in their own homes.

From L-R: Deborah Hibbler, Cordia Wade, Miranda Vasquez, Tonya Fritz, Supervisor Roberta MacGlashan, Chandra Livingston-Blanks, and Rick Simonson

APRIL IS VOLUNTEER MONTH



What would the IHSS Public Authority do without our volunteers? They teach our Pro Bono classes, provide assistance with administrative work, help with document scanning and preparation, creat slideshows...whew! Their contributions are endless. We honor them in April 2012 and every month. Thanks! This picture was taken of the volunteers who lead staff in decorating the room for Core Class Graduation 2011.

From L-R: Yesenia Ramirez, Peter Timberlake, Brooke Taylor, Mary Radley, Eric Timberlake, Shannon Taylor, Shawna Crane, Mary-Ann Cowan, Sumi Arnold, Debra Larson, Katie Miller, Joel Haffner, (Tony Miller not shown)



PATHWAY TO SUCCESS

Anna Anisovets,
IHSS Public Authority MSW Intern



Are you an IHSS caregiver who loves your job but would like to take the next step on the career ladder? Have you attended IHSS Public Authority classes and feel you are ready for additional challenges? Do you feel like you can take your work skills up a notch?? If so, the following information is for you!

There are basically two similar, yet slightly different positions that a caretaker might wish to train for. First, there is a **CNA (Certified Nursing Assistant)** and then there is **HHA (Home Health Aid)**. The two main differences between the two programs is that CNAs *must complete the training and pass a state certification exam*, whereas HHAs *do not* need licensure. People who would like to be HHAs would need to complete at least 75 hours of training from an approved program. The other difference is that HHAs usually provide care to a patient in the patient's home, unlike CNAs who usually care for multiple patients in a health care facilities such as nursing homes, hospitals, doctor's offices, schools, and rehabilitation centers.

What type of job duties do CNAs have?

They bathe patients, feed and dress them, record their vital signs, and most importantly insure their safety. They would also report any changes in physical and emotional behavior to their supervising nurse or staff.

How long is the training?

Depending on where you are completing the training, the classes can be between three weeks and three months in length. If you choose to train online, it might take you even longer than campus courses because you choose the pace of your education.

What is the cost of training?

The cost of training can vary. Some facilities, such as hospitals, may offer their classes for **FREE** for students who agree to make a one or two year employment commitment. The total cost of classes taken at community colleges or adult centers can be from \$800-\$3,000. CNA training involves 63 hours of classroom lecture, as well as completing 135 hours of hands-on clinical education.

How much money can I earn?

Your income would depend on your location and the type of organization for which you work. The average pay for CNAs is about \$13.50 per hour in Sacramento, but it increases depending on experience.

CNA training is available at some community colleges, adult education centers, and hospitals.



Learning

Class Schedule

January 2012 Classes

Tips and Techniques of Dental Care- Discover the link between dental health and overall health. Learn how to care for recipients with a variety of conditions, including Alzheimers.	1/18/12	Wed.	5:30-7:30pm
	Dr. Dean Ahmad, Dr. Ibtsam Rashid, Dr. Chan, Dr. Hana Rashid		
Points for Providing Personal Care/Wheelchair Users- Helpful tips for mouth care, bathing, feeding, dressing, and grooming your recipient.	1/25/12	Wed.	5:30-7:30pm
	IHSS Public Authority Staff 		

February 2012 Classes

Arthritis...Aching for Relief! - Learn more about the different types of arthritis, current treatments and best tips for caregivers.	2/01/12	Wed.	5:30-7:30pm
	Quida Selby, Arthritis Association		
Home Safety and Universal Precautions- Stay safe on the job and injury free by applying these tips and hints.	2/22/12	Wed.	5:30-7:30pm
	IHSS Public Authority Staff 		

March 2012 Classes

Community Resources to the Rescue! - Learn about programs that can be of help to caregivers and consumers. ***Access Leisure, TLC, Sacramento Library***	3/14/12	Wed.	5:30-7:30pm
	IHSS Public Authority Staff 		
Understanding and Dealing with Diabetes- Diabetes is the fastest-growing chronic disease in America. This class provides information about the causes, treatment and care for adults with this diagnosis.	3/28/12	Wed.	5:30-7:30pm
	Tami Mac-Aller, CA Diabetes Program		

April 2012 Classes

Every Woman Counts- Learn valuable information about breast and cervical cancer, the importance of early detection and whether you are eligible to participate in the free cancer detection program.	4/11/12	Wed.	5:30-7:30pm
	Jane Tunay, California Health Collaborative Cancer Detection Program		
How to Talk to Your Doctor- Help your consumer manage medical appointments and medication.	4/25/12	Wed.	5:30-7:30pm
	IHSS Public Authority Staff 		

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.

Core Class Categories

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

 =CORE Class



May 2012 Classes

Nutrition for the IHSS Consumer- You can eat a healthful way-even on a budget. Special attention is paid to the senior diet.	5/16/12	Wed.	5:30-7:30pm
	IHSS Public Authority Staff 		
Consumer Cooperation: How to Get It and Keep It!- Part 2 of "Dealing with Difficult Behaviors." This class addresses such common problems as refusal to eat, take medication, take a bath, and other difficult areas.	5/23/12	Wed.	5:30-7:30pm
	Linda Ellis, RN, BSN, MN Sutter Senior Care PACE		

June 2012 Classes

Mobility and Fall Prevention- Learn about conditions that can lead to falls and how to prevent accidental falls in the home.	6/06/12	Wed.	5:30-7:30pm
	IHSS Public Authority Staff 		
Preventing Caregiver Burn-Out- Caring for yourself allows you to better care for others. This class will teach you how.	6/20/12	Wed.	5:30-7:30pm
	Jeannette Salinas, LCSW		
Core Class Graduation- Congratulations Graduates! This event honors caregivers who have completed one class from each of the six core class categories.	6/27/12	Wed.	5:30-7:30 pm
	IHSS Public Authority Staff		

CLASS LOCATION

IHSS Public Authority Offices are located at 3700 Branch Center Road, Sacramento, CA 95827

Fax: (916) 875-0946 Training line: (916) 876-5173

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

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 Debra Larson at (916) 876-7592.

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 a veces 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 Debra Larson al (916) 876-7592.

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 (Debra Larson) (916) 876-7592.



TRAINING MATTERS

SHARING THE CARING

Sumi Arnold, Social Work Intern
IHSS Public Authority



“You can pick your friends, but you can’t pick your family.” When parents become ill or grow older and family must care for them, this phrase may feel very true. Becoming a caregiver for a family member can be extremely difficult, but with a little cooperation your family can make this challenge easier to handle.

It is completely understandable that becoming a family caregiver is sometimes overwhelming and frustrating. These feelings may be expressed in destructive ways, such as becoming angry at others or refusing help. It is very important to remember that other family members are most likely feeling the same way. Often families don’t have a model for coping with crises or sharing their feelings. It’s helpful to talk to a counselor or pastor, either alone or with your family. Family members can develop strategies for dealing with stress and difficult feelings. Having family to help share caregiving is a real strength, but having more than one person making important decisions can cause conflict that is not helpful to anyone.

Above all, it is important to remember that you and your family are a team in providing care. Learning to listen to each other and cooperate will help you give your loved one the care they deserve.

DO YOU HAVE A PAYROLL CALENDAR?



Most caregivers don’t know how difficult it is to be paid in the event their consumer is unwilling or unable to sign their timesheet. Many caregivers every month call their registry specialist to ask for help. The consumer may deny that the caregiver worked at all or says they watched TV instead of completing authorized tasks; sometimes recipients can’t recall the days or hours their caregivers worked. Sadly, caregivers are usually referred to small claims court where it is difficult for them to prevail or collect on any judgment they are awarded. In court, it is hard for caregivers to provide clear evidence that they worked a certain number of hours on any given day, especially when the consumer testifies that they didn’t.

Make 2012 your payroll safety year. Purchase a pocket calendar and record the days you work and the number of hours you work every day. Before you leave your recipient’s home, ask your recipient to sign the calendar for that days work. This may be the best evidence you can present should you ever have to prove your actual hours worked.



Please only check classes you will attend.

Registration

January 2012

Tips and Techniques of Dental Care	1-18-12	Wed.	5:30- 7:30pm
Points for Providing Personal Care/Wheelchair Users	1-25-12	Wed.	5:30- 7:30pm 

February 2012

Arthritis... Aching for Relief!	2-01-12	Wed.	5:30 - 7:30pm
Home Safety and Universal Precautions	2-22-12	Wed.	5:30 - 7:30pm 

March 2012

Community Resources to the Rescue!	3-14-12	Wed.	5:30 - 7:30pm 
Understanding and Dealing with Diabetes	3-28-12	Wed.	5:30 - 7:30pm

April 2012

Every Woman Counts	4-11-12	Wed.	5:30 - 7:30pm
How to Talk to Your Doctor	4-25-12	Wed.	5:30 - 7:30pm 

May 2012

Nutrition for the IHSS Consumer	5-16-12	Wed.	5:30- 7:30pm 
Consumer Cooperation: How to Get It and Keep It!	5-23-12	Wed.	5:30 - 7:30pm

June 2012

Mobility and Fall Prevention	6-06-12	Wed.	5:30 - 7:30pm 
Preventing Caregiver Burn-Out	6-20-12	Wed.	5:30 - 7:30pm
Core Class Graduation	6-27-12	Wed.	5:30 - 7:30pm

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 or visit our website at www.sacihsspa.net.

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-____-_____ <i>The last 6 numbers of your social security number required to obtain credit</i>		



Sacramento County
 IHSS Public Authority
 3700 Branch Center Road, Suite A
 Sacramento, CA 95827



IHSS General Information

(916) 874-9471

IHSS Caregiver Registry

(916) 874-4411

IHSS Caregiver-Consumer Education

(916) 876-5173

IHSS Payroll

(916) 874-9805

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Jimmie Yee

District 2

Susan Peters

District 3

Roberta MaGlashan

District 4

Don Nottoli

District 5

DHHS Ombudsman

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SPOTLIGHT: PARATRANSIT, INC.



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Consider Paratransit, Inc., established in 1978 to promote the needs of individuals who are elderly and/or disabled. Rides are available for doctors' appointments, shopping, or simply for fun-filled activities.

Paratransit is available 365 days per year, including holidays, with buses running from 6:00 a.m. through 12:00 a.m. To get started contact **916-557-4685 (TDD is 916-429-2568)** to receive an application. You are most likely eligible if your particular disability or health condition interferes with your ability to use existing public transportation.

Please have exact change each time you board. The fees or fares are **\$5.00** for each way, with some exceptions. Paratransit services Sacramento, Carmichael, parts of Elk Grove, Fair Oaks, Folsom (to/from the Light Rail Stations only), Rancho Cordova, North Highlands, Citrus Heights, Elverta and Rio Linda.

Once eligibility is established request a ride by contacting **916-429-2744** or **1-800-956-6776**. Please make your request 1-2 days in advance. Have important information on hand such as the address and location of the trip, your name, address, Paratransit ID number and your preferred pick-up time. The Paratransit vehicle may arrive within one-half hour of your "Ready Time." Paratransit will work hard to ensure your needs are met.

Getting a ride is easier than ever. Now there is an automated system that allows you to schedule new rides and confirm and cancel existing rides. You can also receive reminders and notices for trips you have scheduled and notify you when a vehicle is on its way. To enroll for the automated service, you must first contact: **916-429-2009** and **press option #4**. Once enrolled, you can call **916-429-2488** to begin using this service.

**Paratransit is a safe, secure service established to fit your needs.
 Please have a safe trip and enjoy your journey!**