

Caring



Matters

July-December 2013

Sacramento County IHSS Public Authority and IHSS Advisory Committee Newsletter

COURT SETTLEMENT RESULTS IN 8% IHSS PROGRAM CUT



Inside

Over the past few years, there have been a number of budget initiatives aimed at cutting costs in the IHSS program. Several of these cuts were significant:

- Twenty percent (20%) cut in recipient authorized hours
- Increased level of need required to be eligible for IHSS and to receive domestic and related services
- Reduction in the states participation in provider wages from \$12.10 to \$10.10 per hour

All of these budgeted cuts have been challenged in the courts, with temporary restraining orders halting them pending additional court action.

Recently the advocates' attorneys and the State of California attorneys reached a recommended settlement agreement that will withdraw the previously passed budget initiatives above and, instead, implement an 8% cut in recipient authorized IHSS services. The 8% is comprised of the 3.6% service cut currently in place combined with an additional 4.4% cut effective July 1, 2013. The 8% cut will remain in place until July 1, 2014, when it will drop to 7%. Hours could be restored as early as July 2015 if the State of California is successful in receiving new revenues from a proposed provider fee tax.

The previously passed budget cuts could have been devastating to those individuals who depend on the IHSS program to remain safely in their homes and those who provide their care. While an 8% cut is not easy, it is better than the cuts that could have resulted if the previous budget cuts were implemented. All parties felt that, while difficult, the recommended settlement will help individuals to manage their IHSS care and, hopefully, remain safely in their homes.

This settlement recommendation was accepted by the court and ratified by the legislature so the reduction will be implemented on July 1, 2013. Like previous cuts, the IHSS recipient will decide how to manage the additional 4.4% cut. The cuts cannot be appealed, however, if an individual IHSS recipient's health condition changes, a reassessment should be requested from the County of Sacramento IHSS program by calling (916) 874-9471. Watch your mail for official notices about these cuts from the California Department of Social Services.

*****NEW TIMESHEETS ARE COMING SOON*****

Watch for a special edition of Caring Matters scheduled for Fall to explain the format of the new timesheets!

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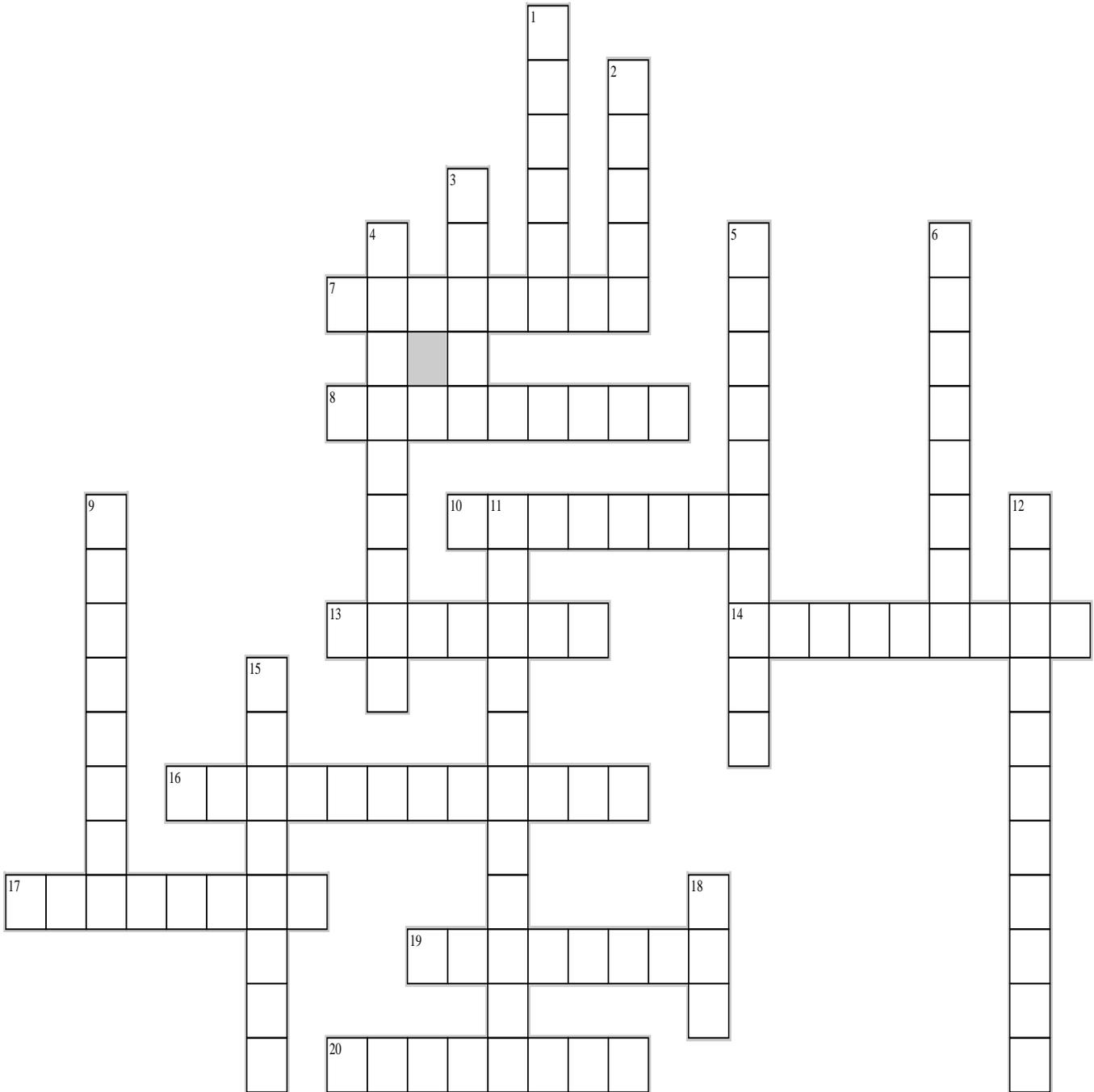
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Caregiver

TEST YOUR CAREGIVING KNOWLEDGE



EclipseCrossword.com



CROSSWORD PUZZLE QUESTIONS

Shawna Crane, Social Worker
IHSS Public Authority

ACROSS

- To be eligible for IHSS a person must be _____, age 65 years or older, blind, and financially unable to purchase needed services
- Another name for care provider
- An IHSS client is also called this
- A personal care service that involves washing a person with soap and water
- Caregivers who wash their hands and wear latex gloves are using these types of Precautions
- By keeping a person's information private, you are keeping their information _____
- Bruising, hitting or pushing refers to this type of abuse
- The acronym or initials for the Union that represents home care workers
- Recording your hours worked on this with both your consumer and your initials is helpful when filling out your timesheet

DOWN

- Besides calling the doctor, the caregiver should call the _____ worker if the consumer is showing side effects from medication
- Claiming hours not authorized for a consumer is called this
- Some consumers pay a portion of their IHSS care. This is called a "_____ of Cost"
- Stealing money or property; fraud refers to this type of abuse
- The Caregiver-Consumer Registry conducts a criminal _____ check with the Department of Justice to determine if a potential caregiver has criminal history
- The consumers are responsible for interviewing, hiring and firing their own caregivers. They are called the _____ or boss
- The Caregiver _____ sends customized lists of caregivers to consumers who have a need for someone to provide care
- The state requires caregivers to attend a Mandatory _____
- Desertion by the caregiver refers to this type of abuse
- As an IHSS caregiver you are a _____ reporter. You must report any suspected abuse or neglect
- The number of pay periods per month for IHSS

KEY WORDS

Abandonment Background Bathing Calendar Caregiver Confidential Consumer Disabled
Employer Financial Fraud Mandated Orientation Physical Registry
SEIU-UHW Share Social Two Universal

Check your answers to the crossword puzzle on page 9!



Consumer

“TAKE ME HOME SAFELY” PROGRAM

*Diane Gonzalez, Supervisor
LHSS Public Authority*

The “Take Me Home Safely” program is a countywide initiative intended to allow caregivers to register individuals who are at risk of becoming lost or wandering off without the ability to identify themselves or provide accurate information. Should the individual become lost, law enforcement will use the registry to reunite the individual with their family or caregiver.

Registering for the “Take Me Home Safely” program requires submitting a photograph or picture file and information to the Sacramento County Sheriff’s Department.



The Sacramento County Sheriff’s Department recommends that the voluntarily provided information be reviewed/updated annually or whenever there is a change of information. Should the registered individual become lost, law enforcement will use the voluntarily provided information to reunite the registrant with their family or caregiver.

All information provided to the Sacramento County Sheriff’s Department is provided voluntarily for law enforcement purposes, and the provider and subject waive all claims against the County of Sacramento arising out of the voluntary disclosure of information. Timely accurate information is the responsibility of the reporting party.

For information or to register for the program please log on to Sacramento County Sheriff’s department website: <http://www.sacsheriff.com> (Information is located on the bottom left side of the home page).

SACRAMENTO SHERIFF: COMMUNITY SERVICE CENTERS

Staffed by Sheriff’s Personnel and Volunteers, Community Service Centers offer a wide variety of services to the public. These services include: Taking “non-dispatch” crime reports, fingerprinting, neighborhood watch, Toy/Food Drives, Safety Fairs, Vacation Watches, Crime Prevention, Megan’s Law, National Night Out and much more. Contact your local Community Service Center for their specialized services.

Marconi Service Center	(916) 876-5700
Kilgore Service Center	(916) 875-9602
Rancho Murieta Center	(916) 354-8509
Florin Service Center	(916) 876-8309
Wilton Service Center	(916) 687-8774



IDENTITY THEFT AND YOU

Detective Dave Olsen
Sacramento Sheriff's Department



You may or may not know that one of the fastest growing crimes in the US is once again Identity Theft. You also may not realize that whether you were a victim or not *you are* affected by ID Theft. Let me share a few figures with you. It was estimated that over \$21,000,000,000 (21 Billion) was stolen by ID Thieves in 2012. These crimes carry a heavy cost to businesses who re-coop their losses by passing them on to the consumer, which is YOU.

So what can you do to protect yourself? The good news is there are some very simple steps you can take to significantly reduce the risk of becoming a victim.

I recommend and personally follow these tips:

- SHRED *all* of your mail and documents before putting them in the trash
- Protect your ingoing/outgoing mail. Never put bank checks in your mailbox
- Don't give out personal information to people over the phone
- Don't leave items you don't want stolen in your vehicle (even if you have an alarm)
- Protect your debit & credit cards. Pay close attention to what people do with them when making purchases
- Protect your card PIN number. Use your hand or pocketbook/wallet as a shield while entering numbers on the keypad
- Check your bank and credit card statements regularly. This means at least monthly if not weekly (I check mine daily online). You should also check your official credit report annually. Look for suspicious inquiries or unknown accounts
- Don't give out personal information over the internet. Don't click on or even open strange emails or links you receive on the internet

It is really that simple. Lastly, please ALWAYS report ID Theft to law enforcement. Just because you contacted the bank or credit card company doesn't mean they will call us. The fact is due to the high volume of reports, they usually don't. A crime did not happen as far as we are concerned until a crime report is filed. Filing a crime report helps detectives solve cases, assists in recording accurate statistics, and also affects how government agencies allocate resources to deal with specific problems.

For more information on ID Theft, check out this website: <http://www.consumer.ftc.gov>



Health

SPOT A STROKE = F.A.S.T

Diane Gonzalez, Supervisor
IHSS Public Authority

F.A.S.T.

AN EASY WAY TO REMEMBER THE SIGNS AND SYMPTOMS OF A STROKE

F: (Face) - Is the persons face drooping or is it numb?

A: (Arm Weakness) - Is one arm numb or weak? Ask the person to raise both of their arms. Does one arm drift inward?

S: (Speech Difficulty) - Is the persons speech slurred? Are they unable to speak, or hard to understand? Ask the person to repeat a simple sentence, like "the grass is green." Did he or she repeat the sentence correctly?

T: (Time) to call 9-1-1 - If the person shows any of these symptoms. Even if the symptoms go away it is still necessary to call 9-1-1 or take them to the hospital right away.

Other Symptoms and Warning Signs:

- Sudden numbness or weakness in the legs
- Sudden confusion or trouble understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, or loss of balance
- Sudden severe headache with no cause

Women May Have Unique Symptoms:

- Sudden face and arm or leg pain
- Sudden hiccups
- Sudden nausea
- Sudden tiredness
- Sudden chest pain
- Sudden shortness of breath
- Sudden pounding or racing heartbeat

DID YOU KNOW?????

Heat exhaustion and heat stroke are the most common heat-related illnesses!



FALL PREVENTION

HAVE A NICE TRIP? SEE YOU NEXT FALL!

You may remember that quip from years ago. In the aging population, however, trips and falls are no laughing matter. Consider the following facts:

- Every 15 seconds an older person is treated for fall-related injuries
- Falls are the leading cause of injury-related death for seniors (65+)
- Falls occur four times more frequently above age 75 when compared to age 65
- Women are twice as likely to have a fall-related fracture than men, with hip fractures occurring three times more frequently in women
- The annual cost of treating fall-related injuries in the U.S. is over \$30 billion

The good news is that most falls are preventable. Here are some tips that may just save a life or avoid serious injury with a prolonged recovery:

- Pick up clutter (don't put things on stairs to "take up later")
- Make certain electrical and other cords are out of walkways
- Stand slowly...sit for a minute before fully standing, particularly after sleep
- Have assistive devices (walkers, canes, etc.) within easy reach
- Be certain there is adequate lighting to see in each room
- When standing from a chair or bed, make certain both feet are firmly planted
- Install grab bars in tubs and showers, non-slip mats on the tub/shower bottom
- Keep regularly used items in lower kitchen cabinets (avoid step stools)
- Wear shoes with rubber soles (inside and outside)
- Have a contrasting color on top of steps so they can be easily seen
- Exercise regularly (first check with your physician)
- Have your eyes examined and wear corrective lenses if needed
- Ask your physician to prescribe medications that minimize dizziness or fatigue
- Have a light adjacent to your bed within easy reach
- Make certain stair handrails and grab bars are firmly attached
- Get help for maintenance tasks that require ladders or stools
- Avoid use of throw rugs (if you must, install non-slip backing or tape)
- Minimize or avoid alcohol use (particularly when contraindicated by medications)
- When walking outside, watch for cracks, tree roots, or other trip hazards (when possible, walk on a groomed track or in a mall)
- Carry a cell phone or alert device should you fall and need assistance

September is Fall Prevention Month. Watch for workshops and additional information about how to avoid falls. Or check out the Falls Free[®] Initiative at www.ncoa.org and enter Falls Free in the search box.



Connection

HOW ON EARTH DO I DO THAT?



You're an IHSS caregiver. Odds are you didn't go to school to become a caregiver, but someone you love or a friend needed care and you stepped up to the plate to help them out.

So, here you are, ready to go with not a clue what to do next. Who do you contact for help?

Resources are plentiful. There are Certified Nursing Assistants (CNA) and Home Health Aid (HHA) certification programs. The American Red Cross sells a great video called "Family Caregiving" that might be helpful. Of course, the library will have many resources.

But you need to know how to do something for your recipient and need to know now! You may find your best resource is already in your house...your internet connected computer or TV! Go to [YouTube.com](https://www.youtube.com) and search on what needs to be done.

So how do you safely transfer someone from a wheelchair to a car? Check this out:

YouTube: Wheelchair to Car Instructional Video (by mmLearnorg)

If your recipient needs assistance with pressure stockings, what is the best technique to apply them? Here's an option:

YouTube: How to Apply Compression Stockings (by Brownfields P&O)

Need to make a bed with someone in it? Yes, it can be done! One method is here:

YouTube: Making Occupied Bed (by R Mayer)

Need to know how to safely use a wheelchair? Here are some helpful tips:

YouTube: How to use a Standard Wheelchair (by Lone Starkingwood)

Your client uses a walker that they got from a friend. Is it adjusted correctly? Find out here:

YouTube: How to adjust a 2 wheeled walker (by TheSeniorMinute)

Bottom line: The information is out there and the list is nearly endless. Take a few minutes to do some research (computer surfing) and learn the skills that will make your job easier and safer. (Note: if your recipient is authorized for Paramedical Services, training should be obtained from a physician or other appropriate healthcare professional.)



IHSS ADVISORY COMMITTEE

WE NEED YOU!



The IHSS Advisory Committee provides information and advice to improve the IHSS program in Sacramento County. Meetings are the third Wednesday of each month from 1:00 – 3:00 pm. This is a volunteer opportunity to make a difference in the IHSS program. There are openings for both IHSS provider and IHSS recipient members. Transportation is provided or reimbursed to and from meetings for IHSS Advisory Committee members.

If you would like additional information about participation, please call (916) 875-2005 or visit www.pubauth.saccounty.net and click on the Advisory Committee link. Or, attend the next meeting and check out this service opportunity. Meetings are held at: 9750 Business Park Drive, Sacramento, CA 95827.

CROSSWORD PUZZLE ANSWERS

ACROSS: 7. Disabled 8. Caregiver 10. Consumer 13. Bathing 14. Universal
16. Confidential 17. Physical 19. SEIU-UHW 20. Calendar
DOWN: 1. Social 2. Fraud 3. Share 4. Financial 5. Background 6. Employer
9. Registry 11. Orientation 12. Abandonment 15. Mandated 18. Two



Education

SENIORLINK

*Diane Gonzalez, Supervisor
IHSS Public Authority*



SeniorLink is a culturally sensitive community based program designed to provide support services to older adults (age 55+) that are experiencing isolation and/or early signs of depression or anxiety.

The culturally diverse staff reach out to program participants in their homes or community settings and assist with improving their health and wellness, collaborating with health care providers, and increasing their opportunity to socialize. (There is no charge for these services).

SERVICES INCLUDE:

- Activities and outings
- Transportation & referrals
- Cultural and spiritual groups
- Volunteer opportunities

GROUPS:

- Arts and crafts
- Bunco
- Computer basics
- Money management/budgeting
- Scrapbooking
- Self help and skill building

ACTIVITIES:

- Monthly birthday celebrations
- Museum trips
- Outings to local attractions
- Graduation celebrations

CONTACT INFORMATION

For a list of current groups or activities:

- Call (916) 369-7872
- Email: SLreferral@elhogarinc.org
- Log onto their website:
www.elhogarinc.org

SENIORLINK PROVIDES SERVICES IN THE FOLLOWING LANGUAGES:

- English • Cantonese • Hmong • Russian • Spanish • Vietnamese

(Interpreters are provided at no cost for languages not listed)



MAKE THE MOST OF YOUR MEDICAL APPOINTMENTS!

Mary-Ann Cowan, Social Worker
DHSS Public Authority



What is more important than your health? One of the most important steps to ensuring improved health is an effective doctor's appointment.

Taking the time to plan ahead can equal better care and treatment. The following questions are answered on how to make sure this is accomplished.

HOW TO IDENTIFY WHEN IT IS TIME TO SEE A DOCTOR?

- A sudden illness or injury
- If there are any changes in health, behavior or bodily functions
- A yearly physical and regularly scheduled test according to age, etc...

HOW TO PREPARE FOR THE APPOINTMENT?

- Prioritize and list the top three questions. The doctor may not have enough time to address all of your concerns, but leave the list for the doctor to review later
- List any important changes that have occurred since your last medical visit
- Advise the doctor of any medication problems or any changes in symptoms or habits
- Call the doctor's office to confirm your medical appointment the day before you are scheduled

WHAT TO TAKE TO THE DOCTOR'S APPOINTMENT?

- Insurance card and identification
- A list of all prescribed medications and over-the-counter supplements
- Writing instruments (pen, paper, or tape recorder)
- A date book or calendar for scheduling any new appointments or tests
- Equipment such as walkers, canes and hearing aids, etc...
- An advanced healthcare directive (if it applies)

WHAT DO I SAY TO MY DOCTOR DURING THE APPOINTMENT?

- Be clear about any important concerns you are having and don't minimize your concerns
- Be honest with your doctor about sensitive subject matters such as: fear of falling, incontinence, depression, grief or mourning, etc...
- Try not to exaggerate symptoms
- When talking about pain, use the following words to describe the pain; searing, piercing, burning, intense, pounding, sharp, radiating or cramping
- Ask the doctor for any information on a medical condition you may have such as high blood pressure or diabetes
- Find out what to expect with your individual medical condition

WHAT TO DO FOLLOWING YOUR DOCTOR'S VISIT?

- Review your notes or tape recording of the doctor's visit
- Review any new prescriptions
- Make sure the next appointment is recorded on your calendar
- Follow-up with any test results with your doctor
- Contact the doctor's office staff if any appointments are needed with a specialist



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 receive 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 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 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.

TRAINING MATTERS

A CAREGIVER'S TESTIMONIAL

Mary-Ann Cowan, Social Worker
IHSS Public Authority

Why Education Matters to IHSS Caregiver, Jutta Farrier



Jutta Farrier is a vibrant, enthusiastic and positive caregiver who gives her all to her job and life. She expressed how important helping others is to her and how much satisfaction she receives by doing so. Ms. Farrier has attended all of the In-Home Support Services Core Classes and many presentations which have helped her learn new ways to help manage her clients' health needs. There is one class in particular that she will be "forever grateful" for attending.

HOW HAVE YOU BENEFITED FROM THE EDUCATIONAL CLASSES YOU HAVE ATTENDED?

Personally:

"I first began to take classes in January of 2012. On January 30, 2012, I attended the class, "Every Woman Counts." Through this program I was able to get a free mammogram. When the test results came back, I received the sobering news that I had cancer. I was then able to receive the support and referrals needed to walk through the entire surgery and treatment process. Because of this vital program, I want everyone to know the importance of getting mammograms, exams and cervical screening on a regular basis, in addition to doing monthly self-exams. "Every Woman Counts" provides free clinical breast exams, mammograms, Pap tests and pelvic exams to women underserved who are low-income or have limited insurance."

Professionally:

"I have benefited from all of the classes; yet the CORE class called "Personal Care and Wheelchair Maintenance" helped me with a client's family member who needed help with learning the proper and safe way to get a person in and out of a wheelchair and through a doorway entrance. I was able to help my client's sister and prevent the client from falling and getting injured. I also learned how to protect the caregiver from getting hurt in the process."

WHAT ARE YOUR FUTURE PLANS?

"I plan on marrying my fiancé Mark, when I can find the time in our busy schedules! I attribute Mark's love and support with being one of the most important factors in my recovery. I greatly value my friends and family members and all their encouragement. Of course, I will continue to work as a caregiver as soon I am fully able to do so."

ANY OTHER COMMENTS OR ADVICE?

"I'm an open book, so if anyone can benefit from my experience; both professionally and personally, I want to share my story." Ms. Farrier states, "I have learned that when it comes to your client's or your own health, it is best to be a strong advocate."



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	



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

IHSS Provider Enrollment
 (916) 875-5788

Governing Board:
 Phil Serna
 District 1
 Jimmie Yee
 District 2
 Susan Peters
 District 3
 Roberta MacGlashan
 District 4
 Don Nottoli
 District 5

DHHS Ombudsman
 (916) 875-2000

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SPOTLIGHT: IHSS CAREGIVER REGISTRY

*Stephanie Gliddon, Registry
 IHSS Public Authority*



The Sacramento County IHSS Public Authority operates a Caregiver Registry to assist IHSS consumers who are looking for new caregivers. The Caregiver Registry is a database of specially screened caregivers who are available to work for consumers. The Registry can assist consumers with finding permanent, temporary, or respite caregivers.

If you are a Sacramento County IHSS consumer looking for a caregiver, please call the Caregiver Registry at (916) 874-4411 or email us at IHSS-PA-Caregiver-Registry@saccounty.net. It is important to know the number of hours and the types of services authorized by your IHSS social worker. A Registry Specialist will speak with you about your needs, and then a customized list of available caregivers will be sent to you. Lists are usually completed within three working days from the date of request. Once you receive the list, you can contact the potential caregivers to set up interviews and decide who to hire. Additional assistance with interviewing and hiring caregivers is available if needed. This is a free service available to all IHSS consumers.

PLEASE NOTE:

Not all IHSS providers are part of the Caregiver Registry. If you would like more information about how to become a caregiver with the Caregiver Registry, please visit our website at www.pubauth.saccounty.net and click on the Registry link.