

# Caring Matters

July-December 2014



Sacramento County IHSS Public Authority and IHSS Advisory Committee Newsletter

## NEWS AND UPDATES

### FEDERAL REGULATORY CHANGES BRING OVERTIME PAY IN 2015 FOR IHSS CAREGIVERS

Recently, federal rules changed that will require paying overtime to IHSS caregivers when working over 40 hours in a week. This change will begin January 1, 2015. There was a lot of debate during the State of California budget process about how to implement this rule in California and whether to limit the hours IHSS caregivers could work to 40 hours per week or to allow them to work more than 40 hours and pay overtime. IHSS recipients, caregivers, union representatives, advocates for the elderly and disabled all weighed in with many compelling stories about how a 40-hour limit would impact their lives.

**THE DECISION:** IHSS caregivers will be able to work and be paid overtime for a capped number of hours per week beginning January 1, 2015.

As *Caring Matters* is going to press, news about the details of overtime pay is slowly rolling out. There will be a weekly limit on overtime pay. There will be some adjustment period, after which IHSS caregivers who claim excessive hours will be subject to penalties.

**ADDITIONAL OVERTIME PAY:** The federal rules also provide for IHSS caregiver pay when required to wait with IHSS recipients who are at medical appointments. There will also be pay for travel time between recipients when a caregiver works for more than one recipient travels directly from one to the other to provide IHSS authorized tasks. Both these new activities will likely have payment caps and only apply in certain situations.

IHSS timesheets will also have to change to reflect the new weekly timeframes and recording travel time (for those eligible).

More details will be forthcoming about these changes. Watch for information in the mail this fall.

### SOMEONE'S KNOCKING ON THE DOOR...

There have been reports of IHSS providers and recipients receiving unexpected visits from individuals saying they are from the IHSS program. Be advised that all County of Sacramento IHSS staff carry photo identification that has their name.

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# Caregiver

## MANDATED REPORTING AND ELDER ABUSE

*Diane Gonzalez, Supervisor  
IHSS Public Authority*

**A**s an In-Home Supportive Services (IHSS) Caregiver, you are a “Mandated Reporter.” Being a reporter means that by law you must report any suspected abuse immediately to the County Adult Protective Services Agency (APS). The abuse might be of the consumer you serve, someone else in the consumer’s home, or anyone else, whether you work for them or not.

### WHO IS A MANDATED REPORTER?

- Any elder or dependent caregiver/provider, paid or unpaid
- Health Practitioner
- Employee of a public or private facility providing care for elder or dependent adults
- Employee of a county Adult Protective Services agency or local law enforcement

### WHO CAN MAKE A REPORT?

- A family member, neighbor, or friend
- Anyone concerned about the health and safety of an elder or dependent adult
- Mandated reporters

### WHAT SHOULD BE REPORTED?

- Physical Abuse (Includes sexual abuse)
- Neglect
- Financial Abuse
- Abandonment
- Abduction
- Isolation
- Psychological abuse



**I**f you see or suspect abuse, you should report it as soon as possible. The county is responsible for investigating suspected abuse – it is not your job. Reports are confidential, neither the abused person nor the abuser will be told you made the report. You can report abuse any time, any day. The phone line is answered 24 hours a day, 365 days a year.

**\*\*\*Call 911 immediately if you witness physical and or sexual abuse in progress\*\*\***

**ADULT PROTECTIVE SERVICES REPORTING HOTLINE: (916) 874-9377  
CHILD PROTECTIVE SERVICES REPORTING HOTLINE: (916) 875-5437**

# Matters



## THE CAREGIVER'S BILL OF RIGHTS

*As a caregiver I have the right...*

- ... to be respected for the work I choose to do.*
- ... to take pride in my work and know that I am making a difference.*
- ... to garner appreciation and validation for the care I give others.*
- ... to receive adequate pay for my job as a professional caregiver.*
- ... to discern my personal boundaries and have others respect my choices.*
- ... to seek assistance from others, if and when it is necessary.*
- ... to take time off to re-energize myself.*
- ... to socialize, maintain my interests, and sustain a balanced lifestyle.*
- ... to my own feelings, including negative emotions such as anger, sadness, and frustration.*
- ... to express my thoughts and feelings to appropriate people at appropriate times.*
- ... to convey hope to those in my care.*
- ... to believe those in my care will prosper in mind, body and spirit as a result of my caregiving.*

**Many caregiver's forget about the importance of their own needs and happiness. The Caregiver's Bill of Rights was written to remind caregivers of the importance of taking care of themselves too!**

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[www.compassionfatigue.org](http://www.compassionfatigue.org) or [www.facebook.com/compassionfatigue](http://www.facebook.com/compassionfatigue)





# Consumer

## AGING WITH DIGNITY AND INDEPENDENCE

*Diane Gonzalez, Supervisor  
IHSS Public Authority*

### 10 THINGS EVERY FAMILY SHOULD KNOW ABOUT AGING WITH DIGNITY AND INDEPENDENCE

1. You are not alone: There are nearly 67 million people in America providing assistance to a spouse, parent, relative, or neighbor. Start preparing today by talking with your family about what aging with dignity means to you, and ask for help if you need it.
2. Different people need different kinds of support: Routine activities that we often take for granted as part of our everyday life are vital to allowing individuals to age with dignity and independence. Devise a plan that works for you and your loved one.
3. Support that family members give counts: A little bit of care from family can go a long way towards helping loved ones stay in their homes and communities.
4. Long-term care is expensive: Paying for daily support services can add up. In 2011 the average cost of a semi-private room in a nursing home was \$78,110.
5. Medicare doesn't pay: Many people mistakenly believe that Medicare will pay for long-term services and supports. The reality is that Medicare only pays for short-term rehabilitative care.
6. Talk to your loved ones: Planning ahead is important. Do not wait for an emergency or other critical incident to start discussing care needs for your loved ones.
7. Talk with your loved one's doctor(s): Have discussions about treatment plans, medications, changing symptoms and/or loss of ability to do regular activities.
8. Build a circle of support: It is important to engage all people involved in the decision-making process to help honor your loved one's wishes and desires.
9. We want to age with dignity, choice, and independence: This means being able to live life to the fullest, regardless of our daily abilities or physical limitations.
10. Your voice is important: Decisions are being made at the state and federal level that could impact the services that are available to you and your loved ones. It is important for you to stay informed, get involved and take action.

This publication is part of a series produced by The SCAN Foundation titled: "Ten Things You Should Know," designed to help you prepare for aging with dignity and independence. To view the whole series, including Spanish versions, visit [www.TheSCANFoundation.org](http://www.TheSCANFoundation.org).

# Matters



## GETTING STARTED WITH A NEW CAREGIVER

Diane Gonzalez, Supervisor  
IHSS Public Authority

### I'VE BEEN APPROVED FOR IHSS. WHAT'S THE NEXT STEP? WHO CAN I HIRE AND HOW?

Once your eligibility for IHSS is established, you are ready to hire someone to provide your care. Your caregiver can be a friend or a relative.

In order to serve as your caregiver the person you select must complete all the necessary provider enrollment steps prior to starting work. If you do not have someone to serve as your care provider you may obtain a list of potential care providers through the IHSS Public Authority Caregiver Registry. You may reach the Registry at **(916) 874-4411**.

### STARTING OFF ON THE RIGHT FOOT

During your first meeting with a new provider, it's very important to explain what tasks the provider will be doing for you. IHSS will send you a list of authorized tasks and the amount of time authorized for each task when they approve or change your hours. Be sure to talk to your provider about how you would like things done. Show your Caregiver where supplies are kept. Decide on a work schedule that will work for both of you. Tell them about special diets, food allergies and your daily medication schedule if these services are authorized.

### EXPLANATION OF SERVICES IHSS CAN AUTHORIZE

When a caregiver is hired and the *IHSS Recipient Designation of Provider (SAS 426A)* is completed by the consumer, the caregiver will be mailed a *Provider Notification (SOC 858)*. The *SOC 858* lists what services the IHSS social worker has authorized for that specific consumer. The caregiver can only be paid for the services authorized on the *SOC 858*.

### SOME SERVICES IHSS CANNOT PAY FOR:

- Paying bills
- Caring for pets (includes service animals)
- Gardening
- Recreational outings
- Home repairs



For more information on the IHSS program, including a brief video summary on basic eligibility criteria, the home visit process, available services and supports, and the caregiver selection process please refer the following link: [www.cdss.ca.gov/agedblinddisabled/pg.3154.htm](http://www.cdss.ca.gov/agedblinddisabled/pg.3154.htm).



# Health

Diane Gonzalez, Supervisor  
LHSS Public Authority

## WHAT IS A BEDSORE (DECUBITUS ULCER)?

### HOW DO YOU IDENTIFY AND PREVENT BEDSORES (DECUBITUS ULCERS)?

- Caused by constant pressure on the skin
- Most at risk: Non-ambulatory individuals
- Can cause serious problems or death if not treated early
- Bedsores are easier to prevent than to cure

**\*\*\*BEDSORES = NEGLECT & MAY BE PROSECUTED\*\*\***

### WHERE DO BEDSORES (DECUBITUS ULCERS) FORM?

- |          |            |
|----------|------------|
| ▪ Ankles | ▪ Ears     |
| ▪ Back   | ▪ Tailbone |
| ▪ Elbows | ▪ Head     |
| ▪ Heels  | ▪ Hips     |

**\*\*\*COMMONLY FORM WHERE BONES ARE CLOSE TO SKIN\*\*\***

### HOW CAN YOU PREVENT BEDSORES (DECUBITUS ULCERS)?

- Keeping skin clean and dry
- Changing position every two hours
- Using pillows and products that relieve pressure

**\*\*\*EARLY DETECTION IS THE KEY\*\*\***

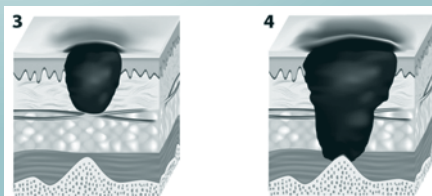
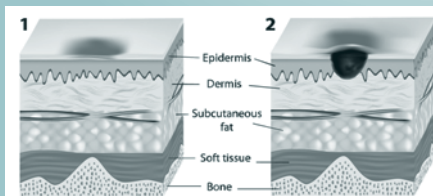
### WHAT ARE THE FOUR STAGES OF BEDSORES (DECUBITUS ULCERS)?

#### BEDSORE IDENTIFICATION: FOUR STAGES

- (1) Reddened, purple, or ashen area on the skin
- (2) Skin blisters or forms open wound
- (3) Wound begins to look like a crater
- (4) Wound is so deep that muscle and bone are affected.

**\*\*\*SEEK MEDICAL ATTENTION IF AN OPEN WOUND IS OBSERVED\*\*\***

**BEDSORES**  
Stages 1-2



**BEDSORES**  
Stages 3-4





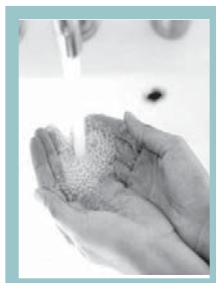
## HOT WEATHER TIPS FOR SENIORS

*Diane Gonzalez, Supervisor  
IHSS Public Authority*

Did you know that every year during extreme heat waves many seniors suffer from dehydration, sunburn and heat stroke? It is important to protect yourself and your loved ones from heat exposure.

### FOLLOW THESE HOT WEATHER TIPS

- Drink plenty of water! Avoid drinks with caffeine or alcohol
- Stay inside during the hottest times of the day. If you do go outside, wear a hat, apply sunscreen and have a bottle of water with you. Try to stay in the shade
- Take a cool shower or bath
- Go to a senior center, movie theater, or shopping mall if you do not have air conditioning at home. Check your newspaper or local news station for information on cooling centers in your area
- Eat cold foods such as chilled fresh fruit, smoothies, gelatin, sugar free popsicles, or salads. Do not use the oven!
- Keep a misting spray bottle with cool water nearby to cool off
- Turn off lights because they create heat



Watch for signs of heat sickness, like headaches, weakness, or feeling faint or nauseous. Seek emergency medical attention immediately if you experience or notice these signs in others.



# Connection

## IS IT TIME TO STOP DRIVING?

Stephanie Gliddon, Registry Specialist  
FHSS Public Authority

Driving is often seen as a sign of independence. However, driving does take skill, and unsafe driving can be very dangerous. As people age, their ability to drive safely often diminishes due to worsening vision and hearing, slower reaction times, and memory problems. The decision to stop driving is not easy. But you may want to consider giving up or limiting your driving if:

- You have had accidents or “close calls”
- You have received traffic tickets or warnings
- Other drivers often honk at you
- You get lost easily, even in familiar areas
- Cars, pedestrians, or other objects seem to appear out of nowhere
- You often feel anxious or stressed while driving
- Other people have mentioned concerns about your driving
- You have a medical condition or take medication that may affect your ability to drive safely

**SACRAMENTO REGIONAL TRANSIT**  
A fixed route bus and Light Rail system in Sacramento County.

**(916) 321-2877**  
**www.sacrt.com**



**211 SACRAMENTO**  
Call for a complete listing of all transportation options.

**2-1-1 or (916) 498-1000**  
**www.211sacramento.org**

### **PARATRANSIT, INC.**

A door-to-door, shared ride service for persons 75 and older or persons unable to use buses and light rail due to a disability. Also offers free personalized training for seniors and people with disabilities on how to safely and effectively use public transit.

**(916) 429-2009**  
**www.paratransit.org**

If you know someone who may need to stop driving, please contact the DMV Senior Ombudsman at (916) 657-6464 or visit [www.dmv.ca.gov/about/senior](http://www.dmv.ca.gov/about/senior) for more information.



# Matters



## IHSS ADVISORY COMMITTEE

*Shawna Crane, Social Worker  
IHSS Public Authority*

The IHSS Advisory Committee's mission is to serve as a bridge to improve the IHSS system for consumers and caregivers by being an on-going conduit of information and advocacy to the Board of Supervisors for the entire community.

If you would like to have a say in the goals of the In-Home supportive Services Advisory Committee (IHSSAC), we would like to encourage you to become a member of the IHSSAC and provide us with the benefits of your knowledge and experiences in the IHSS program.

The following are members of the IHSS Advisory Committee.  
We asked them each the following question:

### **"WHAT DO YOU WISH TO ACCOMPLISH AS A MEMBER OF THE IHSS ADVISORY COMMITTEE?"**



**DENISE BLOCKMAN**

**"I would hope to keep up with current issues, and pass it on to our consumers in this ever changing and well needed program."**



**ANTOINETTE LOPEZ-COLES**

**"More goals, better understanding with the staff, and more information, to help others like myself who are disabled."**



**BOB BLYMYER**

**"To help the IHSS staff and Advisory Committee members to achieve their goals at the lowest possible cost."**



**STORMALIZA POWMACWIZALORD**

**"To make sure deaf/blind culture get the help needed for daily tasks. Also to show how important IHSS is to clients and caregivers."**



**FRANCISCO GODOY**

**"I would love to advocate for disabled individuals and become an activist on human rights, and give back to the community."**



**CAROLYN ROSE**

**"To provide valuable input to help support caregivers in maintaining their hours. We cannot afford to lose good caregivers."**



**LEOMA LEE**

**"I would like to help seniors and people with disabilities to have a normal life and live in their communities."**



**JACQUELINE SPAGNER**

**"I wish to become more knowledgeable about resources and issue facing the baby boomers, so I may help others."**



**CHANDRA LIVINGSTON-BLANKS**

**"My wish is to bring awareness to lawmakers about the impact their decisions have on the disabled community and IHSS."**



**JOE SAMORA**

**"I hope to learn about the current service deficiencies so we can improve the county system of care."**

### **FOUR (4) IHSS CONSUMERS ARE NEEDED!**

**For more information on how to apply to be an Advisory Committee member, contact the IHSS Public Authority at (916) 875-2005, email [HHS-PA@saccounty.net](mailto:HHS-PA@saccounty.net), or go to the website at [www.pubauth.saccounty.net](http://www.pubauth.saccounty.net).**



# Education

## ADVANCED CARE PLANNING



As much as we don't want to talk about it, the reality is...we all will die. We can opt to say nothing and just let death come as it may. Or, we can plan ahead for the inevitable and let our wishes be known to loved ones and medical providers. This is called Advance Care Planning.

### INFORM FAMILY SUPPORT SYSTEM

Advance Care Planning involves letting key people involved in our care know our preferences around the time of death. Would you prefer to pass away at a hospital or at home? Would you like to have loved ones around or not? Would you like spiritual support? Would you like organs or tissue donated? What would you like done with your remains? There are a myriad of decisions that, if not discussed now, will be left to others and may not accurately reflect your desires.

### INFORM MEDICAL PROFESSIONALS

There is another group that will benefit from knowing your wishes...these are the medical professionals who will provide your care.

- Do you wish to have all medical resources used to extend your life as long as possible?
- Would you rather that some medical measures be withheld?
- Should resuscitation be administered?
- Do you want a ventilator to help you breathe?
- Would you like to receive artificial feeding or hydration?
- Would you prefer to be made comfortable and let passing away take its course (this could include hospice and/or palliative care)?

These decisions are typically done with an Advance Health Care Directive. The importance of everyone completing an Advance Health Care Directive is that we may not be able to speak or express our desires when critically ill or injured. The California State Attorney General has Advance Health Care Directive form: [www.oag.ca.gov](http://www.oag.ca.gov) (search "Advance Health Care Directive"). Or your doctor or the social services staff at most hospitals can provide resources as well.

The most important thing you can do now is make your wishes known. Whether it is written down, verbal, or both, letting loved ones know your wishes, or finding out about theirs, will make a difference for the better. Visit [www.theconversationproject.org](http://www.theconversationproject.org) for resources about how to start a dialogue.



## FEATURE A TEACHER- LINDA ELLIS

Mary-Ann Cowan, Social Worker  
IHSS Public Authority



Linda Ellis, RN, BSN, MN, is a very intelligent, caring, hardworking and dynamic person who has been a devoted psychiatric nurse for over thirty years. We have been fortunate to have her teach the IHSS caregivers and staff the following classes for over four years; “How to Handle Difficult Consumer Behaviors,” “Consumer Cooperation-How to Get It and Keep It,” and “Managing Geriatric Behaviors.” These classes have been taught with both personal and professional experience and knowledge, that only one with a caring heart could convey.

Linda is presently employed as Health Facilities Evaluator Nurse for the Department of Health Care Services in the Mental Health Services Division in the Licensing and Certification Section. Linda’s job includes evaluating psychiatric health facilities to ensure that patients are receiving the best care through-out the state.

### WHAT HAS YOUR EXPERIENCE BEEN TEACHING EDUCATIONAL CLASSES TO THE IHSS PUBLIC AUTHORITY CAREGIVERS?

“I was first approached to teach for IHSS when I was the Director of Nursing for Turning Point Community Programs, a group of community-based mental health programs in Sacramento. I considered it a privilege and immediately put together a presentation on handling difficult consumer behaviors. Having taught several classes now over the last four years, I always return to issues around understanding and managing behaviors in my presentation. The two hours go by quickly and give me a sense of satisfaction and hope. At the end of each class, I ask “Was this helpful?” The caregivers are the judge of that. If they take away one piece of new information that they are willing to put to use to provide better care, I consider the presentation successful.”

### WHAT IS YOUR INSPIRATION WHEN TALKING TO THE CLASS AND WHAT LED YOU TO CONCENTRATE YOUR EFFORTS IN HELPING PEOPLE UNDERSTAND THE BEHAVIORS OF THOSE THEY CARE FOR?

“My passion is mental health, having been a psychiatric nurse for more than thirty years and having a brother who lives with schizophrenia. I have been known to say in class that “It’s all about relationships.” The better you know your recipient, whether it be a relative or not, the better you will be able to intervene with strategies that work, bringing out the best in those you serve, helping them to live a meaningful life while striving to reach their full potential.”


### WHAT HAVE YOU ENJOYED MOST ABOUT TEACHING THE IHSS CAREGIVERS?

“I love throwing caregivers’ questions back to the class members because there is a wealth of knowledge that each of them have to share with one another in the forum that exists in the classroom situation. Despite the late hours of the class at the end of everyone’s long day, there always exist those few folks who are, I would like to believe, enlivened by the topic and conversation and who ask those questions and share those first-hand stories from which everyone, including myself, can benefit.







## July 2014 Classes

<b>Points for Providing Personal Care/Wheelchair Users-</b> Helpful tips for mouth care, bathing, feeding, dressing, and grooming your recipient.	7/24/14	Thurs.	5:30-7:30pm
	IHSS Public Authority Staff 		
<b>Know Your Health Care Rights!</b> - Regardless of the type of health insurance you have, it's important to understand your coverage and know your health care rights.	7/31/14	Thurs.	5:30-7:30pm
	Jayne Burkman, Legal Services of Northern California		


## August 2014 Classes

<b>Home Safety and Universal Precautions-</b> Stay safe on the job and injury free by applying these tips and hints.	8/07/14	Thurs.	5:30-7:30pm
	IHSS Public Authority Staff 		
<b>Understanding and Managing Diabetes-</b> Diabetes is the fastest-growing chronic disease in America. Learn about the causes, treatment and care for adults with this diagnosis.	8/28/14	Thurs.	5:30-7:30pm
	Phyllis Pena, RN, Senior and Adult Services		

## September 2014 Classes

<b>Sleep Disturbances-</b> Learn more about what causes sleep disturbances and tools to help alleviate these problems.	9/04/14	Thurs.	5:30-7:30pm
	Ann Hatfield, LCSW		
<b>Community Resources to the Rescue!</b> - Learn about programs that can be of help to caregivers and consumers. ***Shields Healthcare and Area 4 Agency on Aging***	9/25/14	Thurs.	5:30-7:30pm
	IHSS Public Authority Staff 		

## October 2014 Classes

<b>Understanding Alzheimers &amp; Dementia-</b> Overcome difficulties in caring for consumers with cognitive impairments.	10/09/14	Thurs.	5:30-7:30pm
	Denise Davis, Program Director for the Alzheimer's Association		
<b>How to Talk to Your Doctor-</b> Help your consumer manage medical appointments and medication.	10/30/14	Thurs.	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. One core class is offered every month. Look for the apple core 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


# Matters



## November 2014 Classes

<b>Nutrition for the IHSS Consumer-</b> You can eat in a healthful way-even on a budget. Special attention is paid to the senior diet.	11/06/14	Thurs.	5:30-7:30pm
	IHSS Public Authority Staff 		
<b>Managing Geriatric Behaviors-</b> Learn to identify several behavioral problems and triggers that may occur in older clients and strategies to manage them. This includes: depression, anxiety, paranoia, and confusion.	11/13/14	Thurs.	5:30-7:30pm
	Linda Ellis, RN, BSN, MN, Dept. of Health Care Services- Mental Health		

## December 2014 Classes

<b>Mobility and Fall Prevention-</b> Learn about condititons that can lead to falls and how to prevent accidental falls in the home.	12/04/14	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 Training line: (916) 876-5173

E-mail: [IHSS-PA-Education@saccounty.net](mailto:IHSS-PA-Education@saccounty.net) Website: [www.pubauth.saccounty.net](http://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. Please bring a translator to class if one is needed. Please notify us two weeks prior to the core class if you need material translated into 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 aveces otros idiomas. Favor de traer un traductor a la clase si lo necesita. Favor de notificarnos dos semanas antes de la clase si usted necesita materiales traducidos en otro idioma. 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. Если вам необходим перевод материала лекции на русский язык, пожалуйста, известите нас за две недели до начала базового(core) класса. 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 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, HELEN JACZOLA?



Helen Jaczola is an extremely busy and socially involved caregiver. Ms. Jaczola takes care of both her mother and her brother as an IHSS care provider. She is also a member of the Historical Society of Rancho Cordova, California, a Secretary for the Optimist Club which is a 501 (c)(3) that raises funding for children for Parks and Recreational activities and scholarships for young people. Ms. Jaczola works at the St. John Vianni's Parish food locker and the Gabriel Project which provides support for pregnant mothers. Additionally, Ms. Jaczola is involved in honoring the local Rancho Cordova Police Department, Fire Department and all the hard working men and woman who help keep Rancho Cordova safe and secure.

Helen Jaczola is a graduate with a Bachelors of Science degree in Biology from Marymount College in New York. She moved around a lot as a child and values the home she has made in Rancho Cordova for thirty-three years. Ms. Jaczola believes that it takes community involvement through action, care and honoring the history of Rancho Cordova.

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

#### Personally:

Ms. Jaczola states the following; "I have met amazing caregivers and speakers that provide me with what I can learn from. They provide information, skills and knowledge that we all can draw on and use." Ms. Jaczola states that the classes allow her to learn more about what resources are available in the community to help care for her mother and brother.

#### Professionally:

Ms. Jaczola explained the following; "The IHSS group is an incredible team of people. They seem really dedicated to provide good service. It appears that they love their jobs and I enjoy listening to their life experiences."

### WHAT ARE YOUR FUTURE PLANS?

The primary goal of Ms. Jaczola at this time is to assist her mother with the best quality of care "as best I can towards her life's journey until the end." Eventually I would like to work as a Registry caregiver or within the In-Home Supportive Services agency. Ms. Jaczola expressed that she likes "helping and supporting people." Ms. Jaczola relayed that she has experience in the medical field.

### ANY OTHER COMMENTS OR ADVICE?

Ms. Jaczola advocates and advises to "get involved with your community because there are many amazing stories that people have to share." She added that she is "very privileged to live in such a nice community." Volunteering at such places as a food closet, raising money for teens, volunteering and assistance families in her church with funerals has taught Ms. Jaczola that it takes a community of people who care to make a difference.





Please only check classes you will attend.

# Registration



## July 2014

Points for Providing Personal Care/Wheelchair Users	7-24-14	Thurs.	5:30 - 7:30pm	
Know Your Health Care Rights!	7-31-14	Thurs.	5:30 - 7:30pm	

## August 2014

Home Safety and Universal Precautions	8-07-14	Thurs.	5:30 - 7:30pm	
Understanding Diabetes	8-28-14	Thurs.	5:30 - 7:30pm	

## September 2014

Sleep Disturbances	9-04-14	Thurs.	5:30 - 7:30pm	
Community Resources to the Rescue!	9-25-14	Thurs.	5:30 - 7:30pm	

## October 2014

Understanding Alzheimers & Dementia	10-09-14	Thurs.	5:30 - 7:30pm	
How to Talk to Your Doctor	10-30-14	Thurs.	5:30 - 7:30pm	

## November 2014

Nutrition for the IHSS Consumer	11-06-14	Thurs.	5:30 - 7:30pm	
Managing Geriatric Behaviors	11-13-14	Thurs.	5:30 - 7:30pm	

## December 2014

Mobility and Fall Prevention	12-04-14	Thurs.	5:30 - 7:30pm	
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\*\*\*This class only located at 3700 Branch Center Rd.\*\*\*

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](http://www.pubauth.saccounty.net), or email us at [IHSS-PA-Education@saccounty.net](mailto:IHSS-PA-Education@saccounty.net)

IHSS Public Authority Office: 3700 Branch Center Road, Suite A, Sacramento, CA 95827  
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 (916) 875-2000

**Editors:**  
 Shawna Crane  
 Rick Simonson

**Design Layout:**  
 Shawna Crane

**Contributing Writers:**  
 Mary-Ann Cowan  
 Shawna Crane  
 Stephanie Gliddon  
 Diane Gonzalez  
 Rick Simonson

## SPOTLIGHT: AREA 4 ON AGING

*Mary-Ann Cowan, Social Worker  
 IHSS Public Authority*



**AREA 4 AGENCY ON AGING**  
 2260 Park Towne Circle, Suite 100  
 Sacramento, CA 95825  
 Phone: (916) 486-1876  
 Fax: (916) 486-9454  
 E-mail: [smann@a4aa.com](mailto:smann@a4aa.com)

### THE PRIMARY FUNCTIONS OF AREA 4:

- Administer contracts with local organizations and works with non-profit organizations
- Supports seniors and their families locally who need help remaining in their own home
- Supports grandparents who are raising their own grandchildren, as well as other “kin” \ caregivers

### THE SERVICES THAT AREA 4 PROVIDES FOR SENIORS INCLUDE THE FOLLOWING:

- Helps fund a wide variety of services that include such things as transportation, minor home repairs, Meals On Wheels and many more
- Encouraging seniors to become involved in volunteer activities
- Advocating for today’s oldest senior citizens and Baby Boomers
- Assisting and working on events and projects for seniors that promote healthy aging

### CAREGIVERS ARE SUPPORTED BY AREA 4 IN THE FOLLOWING WAYS:

- Providing funding for a wide array of supportive services for caregivers that include legal assistance, respite care, workshops and referrals
- Advocating for changes that will assist caregivers, both today and in the future
- Promoting healthy caregivers through events and special projects