

Caring Matters

July-December 2015



Sacramento County IHSS Public Authority and IHSS Advisory Committee Newsletter

NEWS AND UPDATES

7% IHSS CUTS TO BE RESTORED!

As this edition of Caring Matters is going to press, it looks as though the Fiscal Year 2014-2015 - 7% cut to IHSS services will be restored! This means that the 7 % cut to recipient authorized hours that has been in place for the current year will be eliminated and IHSS recipients will get those cut hours back.

This restoration is a result of tax revenues improving for the State of California and the governor and legislature recognizing that restoring the IHSS cut is a budget priority. It is expected that this change will take place on July 1, 2015. Conditional Notices of Action (NOA's) will be printed showing the new maximum hours. The hours on these NOAs will take effect July 1, 2015 if the final State budget approves the restoration.

Be on the watch for correspondence from the California Department of Social Services with more details about the 7% cut restoration.

FAIR LABOR STANDARD ACT

The January – June 2015 edition of Caring Matters focused primarily on IHSS program changes resulting from implementation of new Fair Labor Standards Act (FLSA) regulations. Those changes (limited overtime pay, wait time pay, etc.) were anticipated to be effective on January 1, 2015. As you were notified, the new FLSA regulations were vacated by a federal court order and the California Department of Social Services stopped implementation of the IHSS program changes. The federal court ruling is being appealed by the Department of Labor.

Keep watch for developments about the FLSA changes and how those might impact the IHSS program. A couple resources for information as it develops are:

- * California IHSS Consumer Alliance: www.cicaihss.org
- * Disability Rights California: www.disabilityrightsca.org

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Caregiver

WHEN TO CALL IHSS SOCIAL WORKER OR IHSS PAYROLL

CALL THE IHSS SOCIAL WORKER WHEN:

- There is change in the IHSS recipient's physical or mental condition requiring additional assistance with one or more of the IHSS services; and without the additional assistance they would be at risk of out-of-home placement
- The IHSS recipient has questions regarding the status of their IHSS case
- The IHSS recipient wants to discuss/has questions on their approved authorized hours or services
- There is a change in household composition, someone moving in/out of the recipient's residence
- The recipient moves or changes their contact information (phone number)
- The IHSS recipient needs assistance with hiring a care provider

***Social workers may be reached by calling (916) 874-9471.
Follow the automated phone system prompts.***

CALL THE IHSS PAYROLL WHEN:

- There are timesheet questions
- Requests regarding paycheck information (wait 10 days after submitting timesheet before calling)
- Verify authorized hours on a case
- Add or terminate a provider
- Process status of a "Recipient Designation of Provider" (SAS 426A) (add a new provider)
- Directions to request or the status of a wage verification
- Request replacement W-2 (only able to request prior three years)
- Request forms: W-4, Direct Deposit, SAS426A, Forgery Affidavit, Lost Check Affidavit, Timesheet Signatory form
- Recipient address change
- Provider address change (must be submitted in writing)
- Status of background check (DOJ status)
- Share-of-cost questions
- Overpayment inquiries
- To report a work-related injury or illness (workers' compensation)

IHSS Payroll staff are available by phone from 9 a.m. to 4 p.m. at **(916) 874-9805**. Follow the prompts to payroll (note: closed on County holidays).

To request replacement timesheets, call **(916) 874-9333** and leave a detailed message. Timesheets will be mailed within 2 business days.

Please note: Mondays and the day after a holiday are the busiest days when calls are made to IHSS Payroll. When possible, call on alternate days to significantly reduce caller wait time.

Matters



MEET YOUR REGISTRY SPECIALISTS

Shawna Crane, Social Worker
IHSS Public Authority



The IHSS Public Authority Caregiver Registry matches consumers in need of care with screened caregivers looking for work. These matches don't occur by magic! The Caregiver Registry is managed by three hardworking specialists and amazing clerical support staff. This team goes all out to make sure that caregiver applicants are well-screened (including reference checks) and that consumers have quick access to critical in-home care. They do a great job and we would like you to meet our registry staff:



Brooke
Herr

What is unique about you? "I love to eat very spicy food. The spicier the better for me!"

Something that inspires you to be your best self? "My inspiration comes from children. Setting a good example for them is what makes me want to wake up every morning to begin my day."

Favorite part of your new job? "Having a great supervisor!"



Rachna
Malhotra

What is unique about you? "I was gymnast, and now to keep active with every day life, I am consistent with yoga and meditation."

Something that inspires you to be your best self? "When I realize a client needs help and I assist them with the resources they need. I also love to volunteer."

Favorite part of your job? "When a match is made between the client and a caregiver, and after assisting them thoroughly, they express their appreciation so much and say, 'I wish all people were like you. You are very supportive.'"



Jorge
Vargas

What is unique about you? "I was the first of my siblings to graduate from college."

Something that inspires you to be your best self? "My family and being a positive role model for them."

Favorite part of your new job? "The new working relationships/friendships I have established with my co-workers."



Consumer

YOU ARE THE BOSS, NOW!

Many IHSS consumers are comfortable in the employer role. However, for some IHSS consumers, they may find themselves for the first time having to hire, supervise and, potentially, fire their IHSS caregivers. The following is information that may be helpful for IHSS consumers in the employer/supervisor role:

SCREENING

START ON THE PHONE WHEN SCREENING PERSPECTIVE PROVIDERS

- * Call prospective caregivers, introduce yourself and describe the authorized tasks and the times assistance is needed
- * Ask the prospective caregiver if they are available at the times you need assistance and if they have experience and/or are willing to do the authorized tasks
- * If you have pets, won't permit smoking in your home, or have other limitations, ask if that is a problem for the caregiver applicant

INTERVIEWS

OPPORTUNITY TO MEET PERSPECTIVE PROVIDERS TO SEE IF COMPATIBLE

- * Hold interviews with top candidates someplace other than your home, preferably in a public place with people around (library, coffee shop, senior center, etc.)
- * Consider having a family member or friend present at interviews
- * Get to know the caregiver applicant by asking open-ended questions:
 - What prior work experience do you have?
 - What training in caregiving have you completed?
 - Have you ever been terminated from employment? If yes, why?
 - Ask if the caregiver applicant has any limitations that would prevent them from doing this job

POST-INTERVIEWS

DETERMINING WHAT CAREGIVER WILL BE THE BEST FIT

- Call references and verify the information provided (work history, jobs performed, etc.)
- Explain the type of work the caregiver applicant will be doing and ask if he/she would be a good candidate for that type of work
- Ask if reference has any concerns about hiring the caregiver applicant
- Notify caregiver applicants who were not your choice, that you have hired someone else

CAREGIVER APPLICANTS WHO ARE NOT ON THE IHSS CAREGIVER REGISTRY:

- * Explain the process of becoming an IHSS caregiver
 - Attend an on-site orientation at 3700 Branch Center Road, Suite A, Sacramento, CA 95827 (Tuesdays, Wednesdays and Thursdays at 9:00 am)
 - Get a LiveScan (digital fingerprint imaging) for a Department of Justice (DOJ) background check

Matters



YOU'RE THE BOSS, NOW! (CONTINUED)

FOR ALL CAREGIVER APPLICANTS

REGISTRY AND NON-REGISTRY

You, the IHSS recipient, must complete and sign a "Recipient Designation of Provider Form (SAS 426A) with the caregiver's start date (please remember to sign and date on the back). Mail the SAS 426A to the address on the form

SUPERVISING

WORKING WITH YOUR CAREGIVER

- Clearly explain job duties, caregiver responsibilities and work schedules
- Be polite in giving direction to your caregiver(s)
- Discuss any problems or misunderstandings right away (don't let them bottle up)
- Ask your caregiver to notify you with as much warning as possible if they are unable to work
- Keep a daily log of the hours your caregiver works (ask that they do as well). A small calendar works nicely for this
- Do not over-supervise your caregiver, allow some freedom of work effort as long as the job is done
- If accompaniment is an authorized task and transportation is needed, have a conversation about adequate insurance and the terms of reimbursement for gas
- Do not loan caregivers money or give/loan them your belongings. Keep your bank, credit card and Social Security information private
- Be sure to review and promptly sign/date your caregiver's timesheet after the close of each pay period
- If you have a Share of Cost, promptly pay the IHSS caregiver your share

TERMINATING CAREGIVER EMPLOYMENT

KNOWING WHEN IT IS TIME TO LET YOUR CAREGIVER GO

- If a caregiver must be terminated, do so as soon as you are aware
- Simply say that you will no longer need their services as of a certain date
- Let the caregiver know you will sign their timesheet for hours you authorized and they have worked
- Have a back-up plan...someone who can come in with a moment's notice
- If the caregiver has a key to your place, get it back

HIRING GOALS

STRIVE TO MAKE A GOOD MATCH



There is value in going through the above steps. When hiring a caregiver, one of the goals is to retain someone who can get the work done. An additional goal is to find someone who is the right fit which is more likely to result in a long-term employer-employee relationship.



Health

SLEEP AND AGING

*Diane Gonzalez, Supervisor
TJSS Public Authority*

Are you getting enough sleep? A growing number of seniors deal with the difficulty of insomnia. As you get older, your sleep pattern changes. You might find that you get fewer hours of sleep and you wake up more often during the night.

CAUSES OF SLEEP DISORDERS ARE MANY AND VARIED



CHANGE

Life changes, physical limitations due to illness, or the death of a loved one can cause stress and make it hard to sleep.

MEDICAL CONDITIONS

Heart failure, heartburn, enlarged prostate, Alzheimer's disease, sleep apnea, restless leg syndrome, arthritis, and medications prescribed for those conditions can cause loss of sleep.

FIRST YOU MIGHT WANT TO TRY THESE SIMPLE SUGGESTIONS...

- * Limit daytime naps
- * Go to bed at the same time every night
- * Turn off your computer and TV one hour before bedtime
- * Read a book before bed to relax the mind
- * Restrict eating and drinking before bed, so you do not have to wake up throughout the night to use the bathroom
- * Don't drink caffeinated beverages such as colas, coffee and tea close to bedtime
- * If you can't sleep, get up for a little while and try again
- * Try to spend less time in bed. If you can, get up during the day. You want to train your brain that the bed is for sleeping
- * Resist the temptation of using over the counter sleep aids, and consult your doctor

*****If these suggestions do not help, please seek advice from a health care professional that can check on any conditions you may have, your medications, and can better assist you.*****



Connection

CALFRESH PROGRAM

Diane Gonzalez, Supervisor
IHSS Public Authority

ELIGIBILITY FOR AGED & DISABLED FOR CALFRESH PROGRAM

YOU MAY QUALIFY FOR THE CALFRESH PROGRAM (FORMERLY FOOD STAMPS) IF:



- You are age 60 or over
- You are receiving Social Security Disability (*not SSI/SSP*)
- You are receiving Medi-Cal due to a disability
- You are receiving a full VA pension

You may be eligible even though your income is over the gross income limits, if you pay very high rent and utilities and/or have medical expenses. This must be computed on a case-by-case basis.

ELIGIBILITY IS DETERMINED BASICALLY BY TWO THINGS:

- The amount of your household's income
- The amount of your household's resources (in some circumstances)
- * The resource limit for households with at least one person who is disabled or age 60 or older is \$3250*

GOALS OF THE PROGRAM

The goals of the program are to prevent hunger and improve nutrition and health. The program helps low-income households buy the food they need for a nutritionally adequate diet. The name change "Fresh" promotes the goal of making healthy food choices such as fresh fruits and vegetables.

The program has made other significant changes. Long gone are the books of food stamps; they now have electronic benefit transfer cards (EBT cards). The cards function just like an ATM bank card and are accepted by nearly 20,000 retail food stores and markets. Farmer's markets also welcome CalFresh customers!

HOW TO APPLY

CALL: People living in Sacramento County should call **(916) 874-3100** or **(209) 744-0499** to find out where to apply for CalFresh benefits.

For hearing and speech impaired, dial **(916) 874-2599** or **711 (California Relay Service)** and then one of the above phone numbers.

WEBSITE: Please visit: <https://www.mybenefitscalwin.org/> or <http://www.dss.cahwnet.gov/foodstamps/> for additional information about applying for CalFresh or to contact offices outside of Sacramento County.

OFFICE VISIT: If you cannot get to the office, someone who knows your circumstances, and is authorized by you, can apply and be interviewed for you.

MAIL: If you are disabled and cannot get someone to apply for you, you may be able to apply by mail.

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IHSS ADVISORY COMMITTEE

ATTENTION: IHSS PROVIDERS AND RECIPIENTS!

YES

- Do you have any thoughts or ideas of how to make the IHSS program in Sacramento better?
- Might you want to invest some time in seeing that the IHSS program in the County of Sacramento is always improving?
- Would you like to meet with other IHSS providers and recipients to share ideas and brainstorm improvements?

If you answered **YES** to any of the questions above, you may be the perfect candidate to be part of the Sacramento County IHSS Advisory Committee!

THE IHSS ADVISORY COMMITTEE MEETINGS:

WHEN: The third Wednesday of each month from 1:00 – 3:00 pm

WHERE: 9750 Business Park Drive, Suite 104, Sacramento, CA 95827

For those who need assistance in getting to meetings, Paratransit and/or taxi service is available. For those who drive to meetings, mileage costs are reimbursed.

FOR FURTHER INFORMATION OR AN APPLICATION:

CALL DEANNA: (916) 875-2005

EMAIL: HHS-PA@saccounty.net

VISIT THE WEBSITE: www.pubauth.saccounty.net

(Click on the Advisory Committee link in the left hand column.
An application is linked to this page).

MAKE A DIFFERENCE!



There are several openings for current or former users of personal care services (this includes IHSS). If you fall into this category, please consider making a difference by being part of the Sacramento County IHSS Advisory Committee. The time-commitment is small, but the ability to make a difference is huge!



Education

TOP FIVE THINGS YOU NEED IN AN EMERGENCY

MaryJo Flynn, Sacramento County
Office of Emergency Services



Most people recognize that they should prepare for an emergency, after all there is plenty of opportunity for disasters: fires, floods, earthquakes, power outages, hazardous material spills and many other possibilities in our community. The best way to recover from disasters and emergencies is by preparing equipment and skills in advance, improving the ability to “bounce back.” How long does it take to stabilize finances, access food and shelter, and other basic needs? The answer depends on the amount of planning and preparation that has been done in advance, to provide mental readiness as well as resources.

Many preparedness lists exist that provide excellent suggestions for preparedness kits, as well as resources for creating a family plan that includes where to meet, or how to communicate after a disaster. The following five suggestions are the most important to consider when starting to prepare for emergencies.

One: Water

One of the primary utilities of concern during disasters is access to clean, safe water. A number of vulnerabilities exist that could compromise water systems, making storing a minimum of one gallon per person per day for at least three days a serious need. This water supply not only provides supplies for hydration, but also sanitation and to prevent infection; often secondary issues that arise from disaster areas.

Two: Communication

Understanding the scope and impact of a disaster can help individuals and families make decisions on how they will care for themselves in the immediate aftermath. Having access to information through battery or crank operated radio, or internet access from a smartphone could provide critical information, and allow coordination and cooperation between neighbors and the community. Keeping a variety of chargers ready and a plan on recharging devices may be necessary to stay in touch.

Three: Power

When the power is out due to disaster or emergencies, having access in the form of alternate sources becomes critical to maintain comfort. Using flashlights to see and inspect home areas or treat injuries; batteries to hear radio broadcasts; or external batteries to power cell phones or computers help in returning to a sense of normalcy.

Four: Food

Everyone has vastly different dietary needs and as such need to plan pantry food that will last for a while without refrigeration. Take advantage of foods that don't require cooking or heating and be sure to rotate food (and water) on a regular basis; every 6 months is recommended. If relying on canned food, be sure a manual can-opener is available or cans have a pull-top design.

Five: Special Needs

These will vary for every family member and may be the hardest to replace immediately after a disaster. Special needs items might include: medications, eye glasses, diapers, formula (for infants or feeding tubes), wheel chairs, walkers, and pet food.

Three days of supplies should be considered the minimum, but recent disasters have shown us that often supplies are needed for longer periods of time. Inventory and gather supplies into one location before making purchases for additional equipment and create a shopping schedule that accounts for the rotation of expiring food, medication and first aid equipment to ensure supplies are fresh when they are truly needed.

Matters



MEALS ON WHEELS

*Claudia Herrera, BSW Intern
Sacramento State University*

meals on wheels by acc

We often hear and read that a nutritious diet is the cornerstone of maintaining a healthy and quality life. Although we hear this phrase often, we do not realize that this phrase does not apply to everyone. In other words, not everyone has access to nutritious food. Home bound seniors and individuals with disabilities may have difficulty obtaining food due to frailty or illness. They may struggle to acquire meals that can provide the nutrition they need. A friend, neighbor, or even a relative may fall under this description.

Thanks to strong advocacy, Meals on Wheels by the ACC (formerly: Asian Community Center of Sacramento Valley) serves approximately 500,000 meals to Sacramento County seniors annually. They assist seniors to have a better and healthier life and be able to stay in their home for a longer period of time, by providing home delivered nutritious meals. Primarily operating under the Older Americans Act of 1965, Meals on Wheels by the ACC gives access to nutritious meals to seniors who would not have access otherwise!

IN ORDER TO BE ELIGIBLE FOR THE PROGRAM ONE MUST:

- * Be at least 60 years of age and live in Sacramento and West Placer Counties
- * Be assessed by a caseworker who will make a home visit to determine the ability to perform activities of daily living and how frequently the senior is able to leave his or her home

THOSE ELIGIBLE WILL RECEIVE ONE OF THE FOLLOWING:



- Daily hot midday meals delivered Monday-Friday
 - OR
 - A weekly box of five frozen meals for reheating
- * Although this program is free of charge for those who are eligible, there is a suggested donation of \$2 per meal, but it is not required.

Meals on Wheels not only provides nutritious meals to seniors, but it gives them the peace of mind to know where their next meal is coming from. If you believe you may be eligible or know someone that may be eligible, please contact the Meals on Wheels by the ACC:

CONTACT INFORMATION


Office Hours: Monday-Friday, 7:30 a.m.-4:00 p.m.
Office/Voice: (916) 444-9533 TDD to Voice: 711 or 1-800-735-2929
Toll free: (877) 434-8075 Fax: (916) 394-9156
New Address: 7375 Park City Drive, Sacramento CA 95831
Website: www.mowsac.org
Facebook: www.facebook.com/pages/Meals-on-Wheels-by-ACC




CLASS SCHEDULE

Learning

JULY 2015 CLASSES

Points for Providing Personal Care/Wheelchair Users- Helpful tips for mouth care, bathing, feeding, dressing, and grooming your recipient.	7/30/15	Thurs.	5:30-7:30pm
	IHSS Public Authority Staff 		


AUGUST 2015 CLASSES

Home Safety and Universal Precautions- Stay safe on the job and injury free by applying these tips and hints.	8/06/15	Thurs.	5:30-7:30pm
	IHSS Public Authority Staff 		

Understanding Grief and Bereavement- Understand the phases of grief, normal reactions and tools to use when you are "stuck" in the grieving process.	8/27/15	Thurs.	5:30-7:30pm
	Tonja Edelman, Sacramento County Deputy Public Guardian/Conservators		


SEPTEMBER 2015 CLASSES

How to Prevent Identity Theft & What to Do if You're a Victim- Learn how to recognize identity theft and fraud, helpful tips to protect yourself from identity theft, and current scams being used in Sacramento.	9/10/15	Thurs.	5:30-7:30pm
	Barbara Kidd, Sacramento Valley Hi-Tech Crimes Task Force		

Community Resources to the Rescue!- Learn about programs that can be of help to providers and consumers. ***Nutritional Resources and Shields Healthcare***	9/24/15	Thurs.	5:30-7:30pm
	IHSS Public Authority Staff 		

OCTOBER 2015 CLASSES

Medication Management in the Recovery Model- Exploring the use of medication in mental illness to help consumers live successfully, achieve treatment goals, and prevent or delay relapse and need for hospitalization.	10/08/15	Thurs.	5:30-7:30pm
	Linda Ellis, RN, BSN, MN, California Department of Health Care Services		

How to Talk to Your Doctor- Help your consumer manage medical appointments and medication.	10/29/15	Thurs.	5:30-7:30pm
	IHSS Public Authority Staff 		

What is a Core Class?

Core classes provide information about basic caregiving skills. When IHSS providers have taken at least one class in each of the six categories, they will be recognized for their achievement. 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 2015 CLASSES

Nutrition for the IHSS Consumer- You can eat in a healthful way-even on a budget. Special attention is paid to the senior diet.

11/05/15 Thurs. 5:30-7:30pm

IHSS Public Authority Staff



DECEMBER 2015 CLASSES

Mobility and Fall Prevention- Learn about conditions that can lead to falls and how to prevent accidental falls in the home.

12/03/15 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 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. 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!**

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. 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.**

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!**



Training Matters

FEATURE A TEACHER

Mary-Ann Cowan, Social Worker
IHSS Public Authority

JEFF PARKER, CWCMS SENIOR TERRITORY REPRESENTATIVE FOR SHIELD HEALTHCARE



Jeff Parker, CWCMS, is a very vibrant, effective, and dynamic community guest speaker, who graciously has given his time and expertise for the last several years teaching evening classes to the In-Home Supportive Services caregivers and day classes to IHSS consumers. Jeff is a truly caring person, who is always available to answer questions that consumers and their caregivers have about health care products including incontinence supplies and assistive devices. Recently, I had the pleasure of speaking with Jeff and asking him the following questions:

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

“My experience has been overwhelmingly positive! I am given the opportunity to talk to a lot of individual caregivers who are making the lives of their consumers better with the care they give to them. I value the opportunity to come and speak with individuals who have a need and don’t know where to get these products.”

ARE THERE EXPERIENCES IN YOUR LIFE THAT HAVE HELPED YOU RELATE SO WELL TO THE IHSS CAREGIVERS?

“My mother passed away a few years ago after having Alzheimer’s and two strokes which resulted in the inability to speak. At that time, I didn’t know what to do. Thankfully I worked with a nurse I had encountered as a Shields’ representative who stated to me, ‘Now it’s time for us to be able to help you. You have to depend on others to help you because you can’t do it all by yourself.’ I gained increased empathy for caregivers by living it. The Alzheimer’s Association’s support group really helped me. Alzheimer’s can be a very emotionally draining disease, yet the support group brought everyone together in one room.”

WHAT HAVE YOU ENJOYED MOST ABOUT TEACHING CLASSES FOR THE IHSS CAREGIVERS?

“I so value the opportunity to speak with individuals who have a need and don’t know where to get healthcare products. I think that it is such an honor meeting the people who are coming to the classes. Many counties do not have classes like Sacramento. I think it is awesome to have this informational opportunity!”

Registration



JULY 2015				
Points for Providing Personal Care/Wheelchair Users	7-30-15	Thurs.	5:30-7:30 pm	
AUGUST 2015				
Home Safety and Universal Precautions	8-06-15	Thurs.	5:30-7:30 pm	
Understanding Grief and Bereavement	8-27-15	Thurs.	5:30-7:30 pm	
SEPTEMBER 2015				
How to Prevent Identity Theft	9-10-15	Thurs.	5:30-7:30 pm	
Community Resources to the Rescue!	9-24-15	Thurs.	5:30-7:30 pm	
OCTOBER 2015				
Medication Management in the Recovery Model	10-08-15	Thurs.	5:30-7:30 pm	
How to Talk to Your Doctor	10-29-15	Thurs.	5:30-7:30 pm	
NOVEMBER 2015				
Nutrition for the Consumer	11-05-15	Thurs.	5:30-7:30 pm	
DECEMBER 2015				
Mobility and Fall Prevention (Class Size Limited) *This class only is located at 3700 Branch Center Rd. *	12-03-15	Thurs.	5:30-7:30 pm	

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

Please Print Clearly!

Name	Last Name	First Name	
Mailing Address:		City	Zip Code
Phone #:			
E-mail:			
Last 6 #'s 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

PRESORTED
 STANDARD MAIL
 U. S. POSTAGE
PAID
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 PERMIT #24

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

Patrick Kennedy
 District 2

Susan Peters
 District 3

Roberta MacGlashan
 District 4

Don Nottoli
 District 5

DHHS Ombudsman
 (916) 875-2000

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ATTENTION CAREGIVERS!

CAN YOU USE A HELPING HAND?

mmLearn.org can do just that! It's a free online Video website designed for you the caregiver. At mmLearn.org you will find valuable information to assist you in caring for older adults.

Their purpose and passion at www.mmLearn.org is to improve the quality of care and the quality of life of older adults by providing on-line training and education.

WHAT TYPES OF RESOURCES ARE AVAILABLE?

<p>Dementia Depression Diabetes Fall Prevention Grief & Loss Health</p>	<p>Hearing & Vision Hospice Medications Mental Illness Nutrition</p>
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I'M INTERESTED, HOW DOES THE WEBSITE WORK?

STEP 1 - Go to www.mmLearn.org and click on the arrow

STEP 2 - Enter your zip code, how many people are watching and click on: Take me to the videos!

STEP 3 - You can now choose from their online training videos and start viewing!

Videos are also available in Spanish