



connecting point  
community services central

# Schedule of Classes • 17/18



# Caregiver Skills.

## **The Confident Dementia Caregiver**

*2-day class*

Feel comfortable and knowledgeable when working with consumers with dementia. In this course you will learn about the causes of various types of dementia, appropriate interventions, and how to work with common behaviors of those with memory loss. Explore realistic approaches to aggressive, repetitive, agitated, and combative behavior.

**Instructor:** Renee Chevaux

**Session 1:** November 1 & 2, 2017

**Session 2:** May 2 & 3, 2018

**Time:** 1:00-4:00 pm

## **CPR & First Aid**

*2-part class*

In this course you will learn basic CPR and First Aid, including use of AEDs (Automated External Defibrillators). Areas of focus include sudden cardiac arrest, choking, basic life support care, and serious injury. Certificate provided upon completion.

**Instructor:** Paula Roediger

**Session 1:** September 28 & 29, 2017, 9:00 am-12:00 pm

**Session 2:** December 7 & 8, 2017, 9:00 am-12:00 pm

**Session 3:** April 14, 2018, 9:00 am-3:30 pm

## **Disaster Preparedness**

Disaster can strike at any time without warning. Being prepared is essential to protect person and property. This class will include an all-hazards approach to disaster for both home and office. Review of natural and man-made disasters will equip participants with a plan for response.

**Instructor:** Chris Espedal

**Date:** Tuesday, November 14, 2017

**Time:** 3:30-5:00 pm

## **Disease Transmission & Universal Precautions**

Protect yourself and your consumer from disease transmission and other safety hazards.

**Instructor:** Chris Espedal

**Date:** Tuesday, March 13, 2018

**Time:** 3:30-5:00 pm

## **Job Skills for Providers**

From making a great first impression to maintaining healthy working relationships, this course will teach you how to succeed in your work from day one. Learn how to set and maintain boundaries, manage your time, and communicate effectively with your IHSS consumer.

**Instructor:** Chris Espedal

**Date:** Tuesday, January 9, 2018

**Time:** 3:30-5:00 pm

## **Mandated Reporting**

All IHSS providers are mandated to report abuse. Learn what it means to be a "mandated reporter," how to spot the signs of abuse and neglect, and what to do if you suspect someone is being abused.

**Instructor:** Kelly Carpenter

**Date:** Thursday, November 16, 2017

**Time:** 9:00-10:00 am

## **Safe Lifting & Transferring**

You don't have to be a bodybuilder to lift someone safely. Learn safe lifting and transferring techniques to move your consumer into and out of a car, chair, bed, or bathtub without hurting her or yourself.

**Instructor:** Chris Espedal

**Date:** Tuesday, October 3, 2017

**Time:** 3:30-5:00 pm



# Health & Wellness

## Healthy & Delicious Meals on a Budget

Eat your way through this four-week series of fun, interactive classes that will get you excited about cooking again. Learn how to create delicious meals with simple grains, fruits, and vegetables and cook on a budget without sacrificing flavor.

**Instructor:** Wendy Van Wagner

**Dates:** Wednesdays, September 6, 13, 20, & 27, 2017

**Time:** 10:30-11:30 am

## Self-Care & Stress Reduction for Providers

Take responsibility for your self-care and improve your mental, emotional, and physical health. Identifying sources of strength, such as healthy activities, family, mentors, and friends can help minimize stress. Discussion will include identifying warning signs and ways to make self-care a priority.

**Instructor:** Chris Espedal

**Date:** Tuesday, February 13, 2018

**Time:** 3:30-5:00 pm

## Practicing Peace: Stress Management for Life

*Weekly class*

Get the tools you need to minimize the emotional and physical effects of stress and create a more peaceful approach to current challenges. Overcome your stress through humor, relaxation, self-care, and group support.

**Instructor:** Marge Kaiser

**Session 1:** Thursdays, October 5, 12, 19, & 26, 2017

**Session 2:** Thursdays, April 5, 12, 19, & 26, 2018

**Time:** 2:30-4:30 pm

## Beginning Yoga

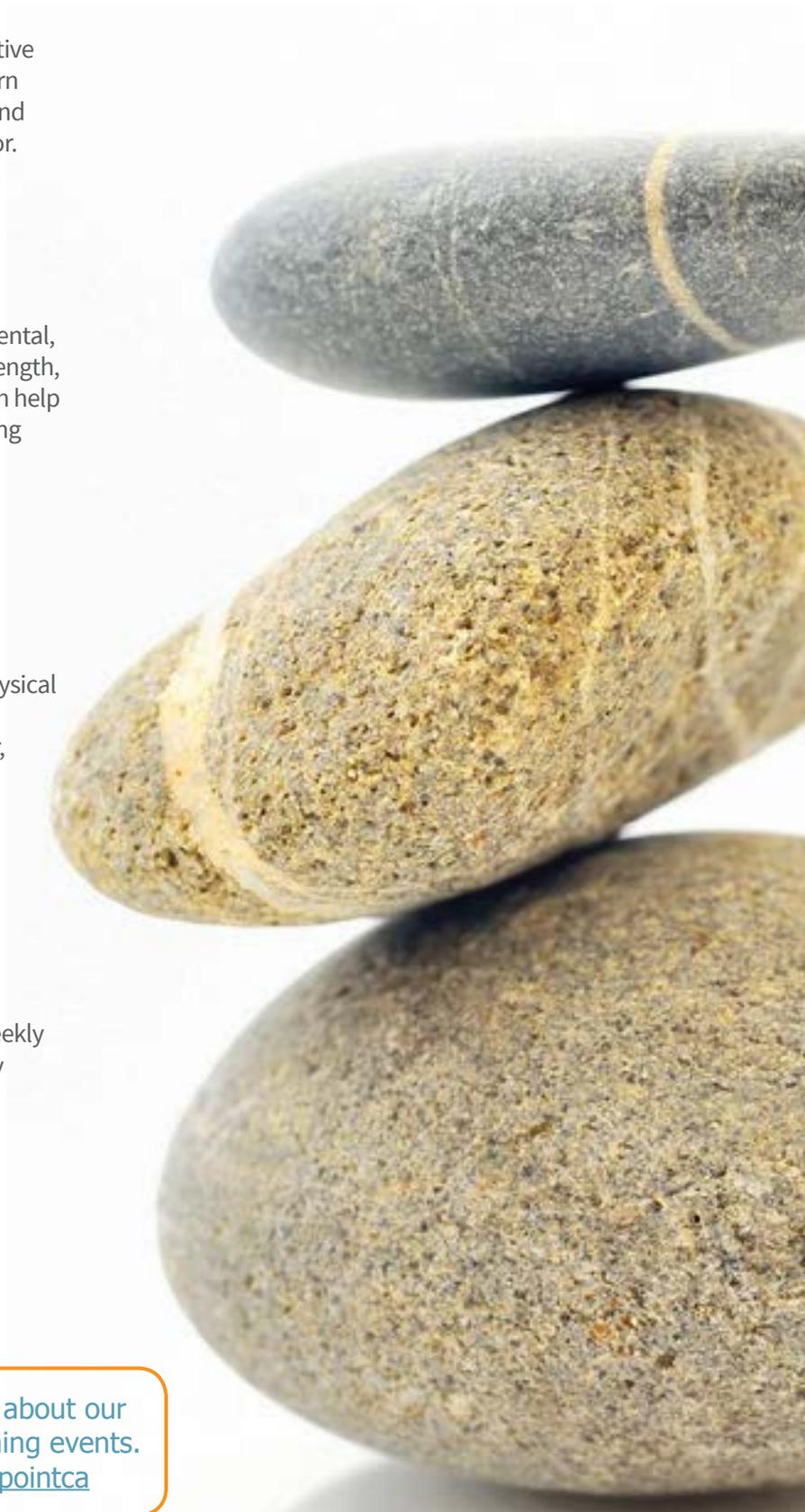
*Weekly class*

Improve your health and manage your stress with this weekly yoga class for beginners. Includes tips on creating healthy habits and improving your immune system.

**Instructor:** Skyler Bright

**Dates:** Every Monday

**Time:** 2:00-3:00 pm



Follow us on Facebook to learn about our classes, IHSS news, and upcoming events.  
[www.facebook.com/connectingpointca](http://www.facebook.com/connectingpointca)

# Online Training.

## SINGLE TOPIC CLASSES

Choose from dozens of classes on a wide variety of topics, including:

- Body Systems & the Aging Process (1 hour)
- Common Chronic Diseases (2 hours)
- Infection Prevention & Control (1 hour)
- Managing & Avoiding Caregiver Stress (1 hour)
- Nutrition & Hydration (1 hour)
- Understanding Alzheimer's & Related Disorders (30 minutes)

## ONLINE CERTIFICATE PROGRAMS

Take one of our certificate classes for in-depth training on the topics that are most important to you.

### Care Core Certification 12 hours

Provides the basic level of training for entry into the caregiving field. Includes training in essential areas like communication, HIPAA, and infection control, preparing a new caregiver for a role as homemaker companion or basic caregiver.

### Dementia Care Certification 19 hours

For caregivers who want to enhance their skills and better understand person-centered care for the individual with dementia.

### Advanced Dementia Care Certification 9 hours

Care professionals who specialize in dementia care need to continually build their dementia knowledge, skills, and understanding. These courses are excellent for continued learning growth in this area.

### Diabetes Care Certification 6 hours

This certification teaches caregivers to be aware of the risks that come from infection or wounds as well as helping the person manage their activity and dietary needs. Diabetes training is especially important when it comes to medication and medical procedures.

### End of Life Care Certification 10 hours

Provides caregivers with an understanding of patient needs, grieving, and loss, as well as the unique concerns of the family. This program helps caregivers develop a deeper understanding of self-care and an understanding of hospice and palliative care.

### Mental Health Care Certification 11 hours

Many consumers suffer from mental health problems that impact their care needs. Understanding these problems and learning key intervention and support skills is vital to a well-rounded caregiver role.



### Multiple Sclerosis Care Certification 8 hours

Prepares the caregiver to provide care to a person with Multiple Sclerosis. You'll learn about the disease process, physical signs and symptoms of the disease, as well as emotional and psychosocial aspects of the disease. You'll learn to support the mobility, independence, and well-being of the person with MS.

### Parkinson's Care Certification 12 hours

Individuals with Parkinson's disease have a wide range of abilities and challenges. A caregiver with Parkinson's Care Certification will be prepared to help the person maintain their independence and mobility as long as possible while understanding some of the specific needs of the person in their care.

### Personal Care Aide Certification 43 hours

This certification provides a strong foundational education for caregivers working in states or settings where no mandated certification exists. This comprehensive certification provides caregivers with a solid foundation for in-home senior care.

### Post Hospital Care Certification 17 hours

Provides the caregiver with an understanding of body systems and common conditions that occur following a hospital or emergency room stay. The caregiver who is certified in post hospital care learns how to provide care, what to observe, and how to communicate concerns about conditions that need rapid intervention to avoid a medical emergency.

# Schedule

Keep Me  
on Your  
Refrigerator

Every Monday	2:00-3:00	Beginning Yoga
September 6, 13, 20, 27	10:30-11:30	Healthy & Delicious Meals on a Budget
September 28 & 29	9:00-12:00	CPR & First Aid
October 3	3:30-5:00	Safe Lifting & Transferring
October 5, 12, 19, 26	2:30-4:30	Practicing Peace: Stress Management for Life
November 1 & 2	1:00-4:00	The Confident Dementia Caregiver
November 14	3:30-5:00	Disaster Preparedness
November 16	9:00-10:00	Mandated Reporting
December 7 & 8	9:00-12:00	CPR & First Aid
January 9	3:30-5:00	Job Skills for Providers
February 13	3:30-5:00	Self-Care & Stress Reduction for Providers
March 13	3:30-5:00	Disease Transmission & Universal Precautions
April 5, 12, 19, 26	2:30-4:30	Practicing Peace: Stress Management for Life
April 14	9:00-3:30	CPR & First Aid
May 2 & 3	1:00-4:00	The Confident Dementia Caregiver

# Registration

All classes are free for IHSS consumers and providers.

## TO REGISTER

Call Karen Bellanti at 530-274-5601 or register online at [www.connectingpoint.org/events](http://www.connectingpoint.org/events).

## CLASS LOCATIONS

All in-person classes will be held at the Connecting Point office:

208 Sutton Way  
Grass Valley, CA 95945



connecting point  
community services central

# Connect with Us

## PAYROLL & HEALTH BENEFITS

Call the Timesheet Helpline by dialing **2-1-1** (or 1-877-847-0499). Press 3 for IHSS assistance.

## PROVIDER REGISTRY

Call Leslie Kerns or Paula Roediger at **530-274-5601** to find a care provider (if you're a consumer) or find more work (if you're a provider).

## EVENTS & CLASSES

Check out [www.connectingpoint.org/events](http://www.connectingpoint.org/events) to get the most up-to-date information on all of our upcoming events and classes. Register online or by phone at **530-274-5601**.



208 Sutton Way  
Grass Valley, CA 95945



530-274-5601



[connectingpoint.org](http://connectingpoint.org)



[connectingpointca](https://www.facebook.com/connectingpointca)



[connectingpointca](https://www.instagram.com/connectingpointca)



## coming soon: e-timesheets

Beginning this Fall, the State of California will be rolling out a new electronic timesheet program for IHSS providers.

The voluntary e-timesheet program will allow providers to submit timesheets, check timesheet and payment status, and order supplemental timesheets online using a smartphone, tablet, or computer. Consumers will be able to approve timesheets either online or over the phone.

Consumers and providers will receive a letter from the state in the coming months with more information on how to enroll. Stay tuned!