



Grow Your Career for Free

Do you have questions about caring for an older adult or a person with a disability?

We're here to help.

Homebridge and San Joaquin IHSS Public Authority are launching an unpaid training program for In-Home Supportive Services (IHSS) Providers. Get support, learn new skills, and connect with other caregivers - **in person or remotely, at no cost.**



Sign up for classes and resources.
Scan the QR code or visit bit.ly/HBxSJC-PA



Learn at your own pace with **20 free online classes** in English, Spanish, and Chinese that cover important caregiving skills.



Join live online classes or in-person sessions and **learn in real-time** from skilled instructors alongside other caregivers - like you.



Access online chats to connect with community, ask questions, and **stay up-to-date** on helpful resources and exciting opportunities.



Making independent living possible for those unable to care for themselves.

[HOMEBRIDGECA.ORG](https://homebridgeca.org)

Sign Up:

Scan the QR code or visit:
bit.ly/HBxSJC-PA



We're Here to Help:

Contact Ripa Saha at:
rsaha@homebridgeca.org · 415.535.3624

Self-Paced Training Courses: Learn at your own pace!

Introduction To Home Care

- Introduction to Providing In-Home Care
- Key Concepts of Home Care, Self-Determination, and Self-Direction
- Introduction to Basic Human Needs
- Respecting Differences
- Communicating and Collaborating with Consumers
- Collaborating Across the Care Team
- A Caregiver's Checklist: Observation, Reporting, Recording, Consumer Rights, and HIPAA

Essential Caregiving

- Infection Control
- All About Food, Nutrition, and Budgeting
- Supporting Consumers with Medication Management
- Dementia and Alzheimer's
- Physical Changes of Aging and Fall Prevention
- Safety & Preventing Risk for Consumers and Providers
- Abuse, Neglect, and Financial Exploitation
- Mental Health and Common Disorders

Personal Care

- Body Mechanic, Heavy Transfers, and Mechanical Lifts
- Supporting Consumers with Grooming
- Supporting Consumers with Bathing, Dressing, and Skin Care
- Supporting Consumers to Use the Bathroom and Manage Incontinence
- Caring for a Consumer Confined to a Bed: Bed Baths, Bed Making, and Lifts

In-Person Trainings: Interactive, hands-on learning!

Our two-week program includes two full-day classes and two full-day skills checks, giving you the opportunity to learn and demonstrate your progress along the way. Choose from four available start dates, with two programs offered in English and two in Spanish - making it easy to find a schedule and language that works for you.

English Program Start Dates: 3/31 **OR** 5/12
Spanish Program Start Dates: 4/21 **OR** 6/2

Courses Include:

- Body Mechanics, Transfers, and Lifts
- CPR / First Aid
- Skills Check

Live Online Classes: Engage in real-time learning!

March 2026

Providing Care in the Consumer's Home (English)	3/23
Providing Care in the Consumer's Home (Spanish)	3/25
Addressing Hoarding Behaviors in Housing (English)	3/27
Addressing Hoarding Behaviors in Housing (Spanish)	3/30

April 2026

Abuse, Neglect, and Financial Exploitation (English)	4/1
Abuse, Neglect, and Financial Exploitation (Spanish)	4/3
Respecting Differences (English)	4/6
Respecting Differences (Spanish)	4/8
Understanding Autism (English)	4/10
Understanding Autism (Spanish)	4/13
Supporting Consumers with Medication (English)	4/15
Supporting Consumers with Medication (Spanish)	4/17
Supporting Consumers with Grooming (English)	4/20
Supporting Consumers with Grooming (Spanish)	4/22
Coming Home from a Hospital (English)	4/24
Coming Home from a Hospital (Spanish)	4/27
Providing Care in the Consumer's Home (English)	4/29

May 2026

Providing Care in the Consumer's Home (Spanish)	5/1
Addressing Hoarding Behaviors in Housing (English)	5/4
Addressing Hoarding Behaviors in Housing (Spanish)	5/6
Abuse, Neglect, and Financial Exploitation (English)	5/8

***Full class schedule is online**

Follow these four steps to sign up!

1. Go to the website:

Scan the QR code or visit:
bit.ly/HBxSJC-PA



2. Make your account:

Type in your full name, your email address, and a password you choose. Then click "Sign Up."

3. Check your email:

Look in your email for a message with a 6-digit code. Type that code into the website.

4. Start learning:

Use the menu on the left side of the screen to see all classes and help tools.