



Health Projects Center
Dignity and Health for an Aging Population

IHSS Training



FALL CLASS SCHEDULE

Performing Personal Care

August 12, 11:00 AM – 12:30 PM

Personal care is a private matter that requires sensitivity. A person in need of assistance with personal care may feel embarrassed, experience some shame, or distress. Maintaining a person's dignity is a primary goal when performing personal care. This webinar will provide instruction on aspects of performing personal care from dressing, grooming, to bathing and assisting with toileting.

<https://us06web.zoom.us/meeting/register/tZAvf-6uqjktGdKfIzSsd2YAwFFJUmo-RWqs>

Pandemic Stress & Trauma

September 16, 11:00 AM – 12:30 PM

Research is starting to show how the pandemic has impacted the emotional health of caregivers. Caring for an older adult or person with a disability is difficult work in the best of times. The pandemic has increased the challenges of caregiving for home care workers. This webinar will provide a forum for IHSS providers to share and discuss how the pandemic has changed their lives and the lessons learned for moving past the pandemic.

<https://us06web.zoom.us/meeting/register/tZAvcemvqT8qGNEhTo0UEcBuhORvt85KUw50>

Boundaries: Managing Personal & Work Relationships

October 19, 11:00 AM – 12:30 PM

Working in a home care setting creates a close relationship and bond with the patient. Whether caring for a family member, relative, or someone unrelated to you, relationships between provider and patient have unique challenges. Separating a personal relationship from a work relationship can be difficult. This webinar will provide instruction on establishing healthy boundaries between provider and patient.

<https://us06web.zoom.us/meeting/register/tZMrceGrqDsuEtzut8KfbhJYh7KrdptThrc>

Planning for the Unexpected

November 16, 11:00 AM – 12:30 PM

There are life decisions that are complicated. Decisions about health care are an example of complex matters. This webinar will provide instruction about how to plan ahead for the unexpected through development of an Advanced Health Care Directive.

<https://us06web.zoom.us/meeting/register/tZMvfUghqDssHdFUyWsD3D8LhqQRwwwW46Rv>

