



Essential Caregiving Skills Workshops

San Mateo County IHSS Providers

February - May 2020

Take all 6 Essential Caregiving Skills workshops and receive a Certificate of Completion!

¡Complete los 6 talleres Esenciales del Cuidadoso y reciba un Certificado de Finalización!

Workshop series offered every 6 months

Serie de talleres ofrecidos cada 6 meses

Infection Control - *Control de Infección*

Nutrition - *Nutrición*

Fall Prevention - *Prevención de Caídas*

Safe Lifting & Transfer - *Manera Eficaz de Levantar & Trasladar*

Personal Care - *Cuidado Personal*

Red Flags - *Señales de Advertencia*



Infection Control (English)

Learn universal precautions and how to create a safe and healthy environment for you and your client.

When: Saturday, 2/8/20 from 9:00am - 12:00pm

Where: San Mateo County Health Building
225 37th Ave, San Mateo, **Room 100**

Nutrition (English)

Learn nutrition basics, tips for shopping and preparing food for older adults and individuals living with chronic health conditions.

Free raffle for a healthy cooking tool!

When: Saturday, 3/7/20 from 9:00am - 12:00pm

Where: San Mateo County Health Building
225 37th Ave, San Mateo, **Room 100**

Red Flags (English)

Learn warning signs of common chronic health conditions and what caregivers can do when you notice something does not look or feel right with your client.

When: Saturday, 5/9/20 from 9:00am - 12:00pm

Where: San Mateo County Health Building
225 37th Ave, San Mateo, **Room 100**

Call Stacy Goldsby (650) 578-7146

smchealth.org/paworkshops

中文翻译吗？ Call Kelly Chan at (650) 573-2047