



# Essential Caregiving Skills Workshops

## San Mateo County IHSS Providers

October - December 2019

**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, 10/12/19 from 9:00am - 12:00pm

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

### **Safe Lifting & Transfer (English)**

Learn and practice basic caregiving assist techniques for lifting and transferring someone.

**When:** Friday, 11/1/19 from 1:30 pm - 4:30 pm

**Where:** San Mateo County Medical Center  
222 39th Ave, San Mateo, **Classroom 1**

### **Fall Prevention (English)**

Learn the risk factors in the home and community environment, causes of falls for seniors and people with disabilities and how to keep your client and yourself safer.

**When:** Wednesday, 11/12/19 from 9:00am - 12:00pm

**Where:** San Mateo County Health Bldg  
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.

**When:** Wednesday, 12/4/19 from 5:30pm - 8:30pm

**Where:** San Mateo County Health Bldg  
225 37th Ave, San Mateo, **CHANGE TO ROOM 20**

**To Register Call Stacy Goldsby (650) 578-7146**

**[smchealth.org/paworkshops](http://smchealth.org/paworkshops)**

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