



Free Essential Caregiving Skills Workshops for San Mateo County IHSS Providers!

October - December 2018

Safe Lifting & Transfer

Learn and practice basic caregiving assist techniques for lifting, moving someone.

When: Thursday, 10/18/18 from 1:30p - 4:30p

Where: San Mateo County Medical Center
222 39th Ave, San Mateo, **Garden Room**

Red Flags

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, 11/3/18 from 9:30a - 12:30p

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

Personal Care

Learn techniques for assisting your client with bathing, dressing and oral care.

When: Saturday, 12/1/18 from 9:30a - 12:30p

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

To Register Call Stacy Goldsby (650) 578-7146

For more information visit our website:

smchealth.org/paworkshops