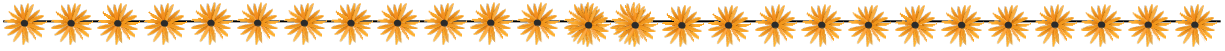


ALAMEDA COUNTY

# PUBLIC AUTHORITY PRESS

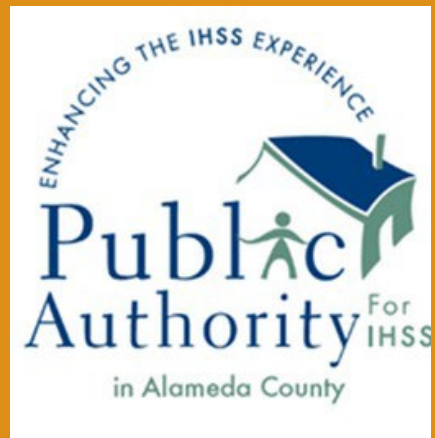


Advocate • Inform • Support



## ABOUT THE PUBLIC AUTHORITY PRESS

The Public Authority Press is a tri-annual newsletter for the Alameda County Public Authority. This newsletter is a community resource intended to ensure that In-Home Supportive Services Recipients and Providers are well informed of events happening in the Public Authority and In-Home Supportive Services Program throughout the year.





# INSIDE THIS ISSUE

- Public Authority
- In-Home Supportive Services (IHSS) Updates
- Community Resources



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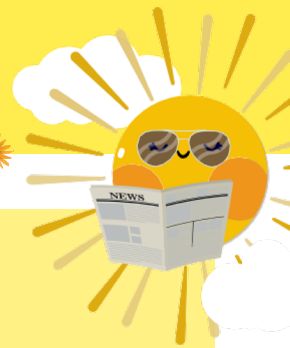
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# PUBLIC AUTHORITY

## News & Events



### MESSAGE FROM THE EXECUTIVE DIRECTOR

Greetings All,

Hope you are doing well and enjoying the start of a beautiful summer!

This season offers a meaningful opportunity for reflection and renewal. Since the onset of the pandemic, we have navigated many challenges together, meeting them with resilience, adaptability, and compassion. From advancing training opportunities to streamlining services and integrating new technologies, the Department remains deeply committed to empowering both IHSS Providers and Recipients with the tools and resources they need to thrive.

As we look ahead, we're excited to roll out several initiatives designed to enhance IHSS Provider support, strengthen our registry services, and expand outreach to better connect IHSS Recipients with qualified, compassionate caregivers.

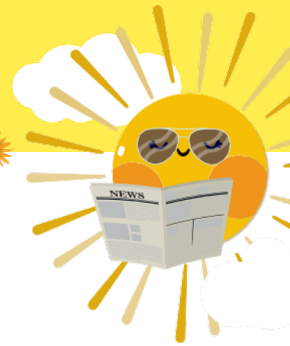
#### TOPICS

- **Message from the Executive Director**
- **Health Benefits**
- **Training**
- **Registry Recruitment**
- **Emergency Back-Up Providers**
- **Advisory Committee**

*(continued onto next page)*

# PUBLIC AUTHORITY

News & Events



## MESSAGE FROM THE EXECUTIVE DIRECTOR

Your feedback continues to shape these efforts, and we welcome your ongoing input as we work together to improve delivery of services.

Summer is also a time to recharge. I hope you find time to rest, connect with loved ones, and enjoy simple moments of joy—whether it's a sunny walk, a shared meal, or a well-deserved break.

Wishing you a safe, healthy, and uplifting summer!

-Nicole Hayes

*Division Director,  
In-Home Supportive Services (IHSS)  
Executive Director,  
Public Authority for IHSS*



## Attention:

# HEALTH BENEFITS

***Are you no longer working for your Recipient but still want to continue receiving your health benefits?***

If so, COBRA benefits may be available to you. The Public Authority's COBRA health benefits plan is administered by: **PA&A GROUP**

### ***How Does it Work?***

You will remit payment directly to P&A Group to continue administering your existing plan. You can setup your online account and payment method.

### ***Have Questions and Want to Know More?***

If you have questions, you may call 510-577-3551. P&A Group can be contacted via phone number 1-716-852-2611 or visit the online portal at [www.padmin.com](http://www.padmin.com)



## Medical Benefits

*\*Costs are subject to change, these are examples only*

- A personal doctor (primary care provider) office visit (\$10 co-pay), preventative care (no co-pay), X-rays and other diagnostic tests (no co-pay)
- HMO or PPO Dental plans, basic dental exams are free
- Vision services (including eye exams, glasses OR contact lenses)

## IN-HOME SUPPORTIVE SERVICES PROVIDERS

### ***Am I Eligible for Health Benefits?***

Providers who are paid 80 or more hours per month are eligible for medical, dental, and vision benefits. The plan offers all three coverages together as one package, they are not available individually. *Spouses and dependents are not eligible.*

Don't wait, enroll today! There is up to a 90-day waiting period that begins once we have received your enrollment form. Call our Health Benefits Department at (510) 577-3551 to request an enrollment packet.

Premiums start as low as \$20/month for the HMO Dental plan and \$45/month for the PPO Dental plan.

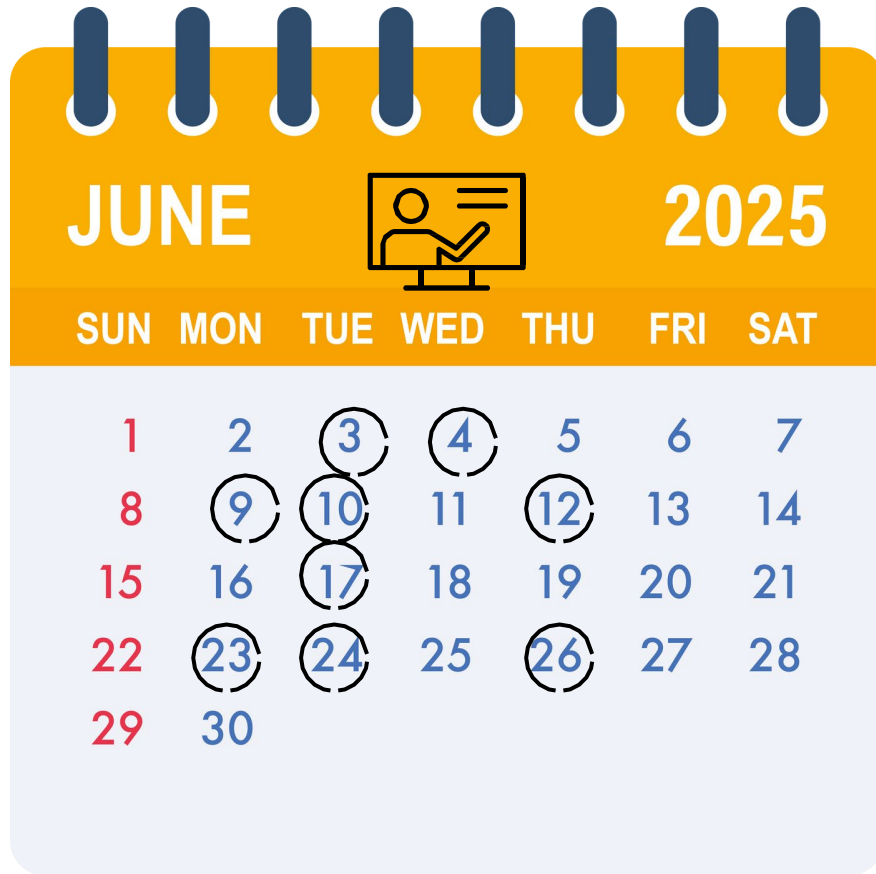
ALAMEDA  
**Alliance**  
FOR HEALTH

**EyeMed**  
VISION CARE®

 **DELTA DENTAL®**

# TRAINING

Free trainings and workshops are available to both In-Home Supportive Services Recipients and Providers on topics related to health and homecare services.



## Did You Know?

Trainings are also offered in other languages IN-PERSON and ONLINE. Click [HERE](#) to register or call 510-577-3554.

**REGISTER**

**NOW**

## Training Schedule

- June 3:** Benefits of Drinking Water (2pm-3pm)
- June 4:** How Food Affects Blood Sugar (10am-11am)
- June 9:** Building Foundations of Caregiving (10am-11am)
- June 10:** Consejos para Proveedores de IHSS (Spanish) (9:30am-11am)
- June 12:** Los Beneficios de Tomar Agua (Spanish) (2pm-3pm)
- June 17:** Understanding & Responding to Dementia-Related Behavior (Mandarin) (10am-11am)
- June 23:** Understanding Behavior as Communication (1pm-3pm)
- June 24:** Free Preventative Benefits: What Medicare Covers in Full (10am-11am)
- June 26:** Social Cookbook: The Stories Behind Our Recipes (2pm-3pm)



# IHSS PROVIDER TRAINING

In-Home Supportive Services Providers can attend FREE training classes!

## *Why Attend Public Authority Training Classes?*

- ◆ **Classes are FREE!** : Other homecare training programs are offered at cost to participants
- ◆ **Professional Development:** Increase caregiving knowledge and skills
- ◆ **Peer Support:** You are not alone in your life experiences! Our trainings offer connection, support, and the chance to touch base with other caregivers and Recipients just like you.
- ◆ **Class Variety:** A broad range of caregiving class topics are offered, such as Dementia and Advanced Care Planning to Financial Assistance.
- ◆ **Subject Matter Experts:** Our instructors are excited to share their expertise and initiate meaningful discussions with you!
- ◆ **Gift Card Incentives:** Attendees may be eligible to receive a gift card as a special thank you for participating.

# Who Can Attend

## **PUBLIC AUTHORITY TRAINING CLASSES?**

- ◆ **IHSS Providers**
  - Must be in Eligible status, have completed all Provider enrollment requirements, and must have received Payroll within the last year in Alameda County.
- ◆ **IHSS Recipients**
  - Must be Active and enrolled in Alameda County

**We look forward to  
meeting you in our  
next class!**

# IHSS RECIPIENT TRAINING

There are helpful training materials and tools that In-Home Supportive Services Recipients can use to support their role as employer.

## **Finding, Interviewing, and Hiring a Provider:**

- ◆ **Finding, Interviewing, and Hiring a Provider**
  - As the employer, you can hire anyone who meets IHSS Provider enrollment requirements and can meet your needs.
- ◆ **IHSS Getting Started with a Provider**
  - It is important to tell a new Provider what you expect. It is best to talk about any difficult issues and agree on things before they start work.

### ***Need Help Finding a Provider?***

Call the Public Authority Registry at 510-577-1980.

### ***Is Acting as Your Own Employer Too Much for You to Handle?***

Consider designating an Authorized Representative or Timesheet Signatory on your behalf. Contact your social worker for details.

- ◆ **Consumer Provider Job Agreement**
  - Having a formal job agreement will help explain job duties and work schedule.
- ◆ **IHSS Communicating with a Provider**
  - Having good communication is the first step to a positive working relationship.
- ◆ **IHSS Supervising Your Provider**
  - As an employer, you will need to supervise your Provider. This may feel uncomfortable at first, but will get easier with time and practice.
- ◆ **Deciding When to Fire a Provider**
  - As an employer, you have the right to fire your Provider for any reason, but you should think about this decision carefully before you take action.

# REGISTRY RECRUITMENT

Apply Now

***Are you looking for a meaningful job?***  
Consider becoming an in-home care provider...

Alameda County Public Authority Registry is always recruiting!

### **Providers on the PA Registry:**

- Provide care to seniors and individuals with disabilities on the IHSS program;
- Have flexible schedules;
- May be eligible for health care benefits;
- Receive free trainings;
- Receive a pay rate of \$20.00/hr.



### **Submit applications by:**

1) Mail to:

Attn: PA Registry  
6955 Foothill Blvd, Ste. 300  
Oakland, CA 94605

**OR**

2) Email to: [RegistryApps@acgov.org](mailto:RegistryApps@acgov.org)

### **Public Authority for IHSS Vision Statement:**

*Our Vision is to maximize independent living and promote quality homecare services for IHSS consumers and homecare workers in Alameda County.*



For more information, visit [https://ac-pa4ihss.org /](https://ac-pa4ihss.org/)

# EMERGENCY BACK-UP PROVIDERS (EBU)

Public Authority staff can make referrals based on availability and consistent with your preferences and needs. They will work with you to establish a permanent Provider as soon as possible.

- Do you have an urgent need for back-up supportive services related to personal care services that cannot be met by an existing Provider?
- Do you urgently need a Provider because you are transitioning to home-based care and have not identified Provider?

Then, you may qualify to receive a temporary back-up Provider!

## In Addition:

To incentivize your Providers, In-Home Supportive Services will pay them an *additional* two dollars per hour from the current wage rate.

## Note:

The Back-Up Provider Registry is a temporary alternative for receiving services. Back-up Providers are limited to providing 80 hours of service (or 160 hours for severely impaired Recipients. Recipients will eventually need to hire a permanent Provider.

**NEEDED!**

## Emergency Back-Up (EBU) Providers

As a result of the COVID-19 crisis Alameda County Public Authority Registry is HIRING Emergency Back-up (EBU) Providers!

Alameda County Social Services Agency

Are you available for on-call or urgent assignments?

Are you flexible with work location?

Do you have a love for helping others?

Public Authority For IHSS in Alameda County

Attn: Registry  
6955 Foothill Blvd., 3rd Floor  
Oakland, CA 94605-2409  
provider line (510) 577-5694  
consumer line (510) 577-1980  
fax (510) 577-3579  
www.ac-pa4ihss.org

**Providers earn \$22.00**

The EBU Provider status and pay rate is only available for a limited time.

If you are interested contact the Registry!

# ADVISORY COMMITTEE

The Advisory Committee makes recommendations to improve In-Home Supportive Services and Public Authority services. The Advisory Committee is actively recruiting additional members.

## want to make a difference?

### COME MEET US

Meetings are held quarterly at 1:30 pm on the first Thursday of the month. If interested in becoming a member, please contact the Public Authority Department Secretary at phone number 510-577-1889 or check out our website for more information:

[www.ac-pa4ihss.org](http://www.ac-pa4ihss.org)



**The Public Authority Advisory Committee is known for its Advocacy!**

Members receive a \$25 stipend for attending each Advisory Committee meeting and are reimbursed for actual expenses such as travel and additional attendant care at meetings.

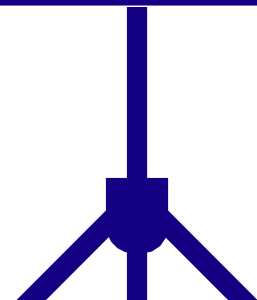


The Advisory Committee is a governmental body comprised of the following members which serve as the Public Authority's governing body:

- ◆ 6 current or past IHSS Recipients
- ◆ 2 home care Providers
- ◆ 2 advocates
- ◆ 1 person with expertise in disability rights, advocacy, or government
- ◆ 2 alternates who have been approved by the Board of Supervisors

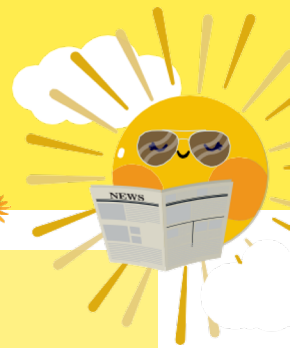
#### Subcommittees:

- ◆ Program Service
- ◆ Legislative
- ◆ Recruitment
- ◆ By-Laws
- ◆ Operations
- ◆ Finance



# IN-HOME SUPPORTIVE SERVICES UPDATES

## News & Events



## ANNOUNCEMENTS

### IHSS Lobby Holiday Closures

The IHSS Lobby will be closed on the following days, in observance of County recognized holidays:

- Thursday, June 19 2025: Juneteenth
- Friday, July 4 2025: Independence Day
- Monday, September 1 2025: Labor Day

### CalSavers: Helping IHSS Providers Prepare for their Future

IHSS Providers have an opportunity to contribute to an Individual Retirement Account (IRA) they control. CalSavers is a voluntary retirement program that offers Providers:

- The ability to stick with standard options for savings rates and investments or choose their own
- Flexibility to keep their account even if they change recipients or jobs

[www.calsavers.com](http://www.calsavers.com)



## TOPICS

- **Announcements**
  - Holiday Closures
  - CalSavers
  - IHSS Anniversary
  - Eat Smart Live Strong
- **IHSS Authorized & Unauthorized Tasks**
- **Recipient as Employer**
- **SEIU 2015**



### IHSS 50th Anniversary

The California Department of Social Services is celebrating over 50 years of IHSS by sharing personal stories from some of the many voices that helped shape the success of the IHSS program. Learn more at: [IHSS Program Celebrates Over 50 Years of Supporting Californians \(y\\_outube.com\)](https://www.youtube.com/watch?v=...)

# EAT SMART LIVE STRONG

## Nutrition Education for Older Adults

Join us for this interactive session designed to help you adopt new behaviors that will improve your health and quality of life through simple dietary modifications and fun physical activity. This two hour event will provide support, education and encouragement to help you meet your new goals and stay on track.

Alameda County seniors who complete the course will be eligible to receive a packet containing free products that include tip cards for lowering sodium and sugar intake, portion control guidance, menu planner/grocery list, and more. Most items offered in both English and Spanish.

**LIVE  
WEBINAR**



Brought to you by:  
Area Agency on Aging

Working together to  
advance the social,  
health and well-being  
of older adults.

Services include:  
Services & Resources  
for Older Adults,  
Senior Information &  
Assistance.

**Advance Registration  
Required**

<https://t.ly/RvUJm>

**Eat Smart Live Strong**

Interactive nutrition education webinar for older adults 60+ to help you adopt new behaviors to improve your health and quality of life through simple dietary modifications and fun physical activity. This program provides the support, education and encouragement you need to succeed!

Tuesday, June 24, 2025 from 9:00-11:00 AM  
More information and registration  
at <https://t.ly/RvUJm>

Scan to Register

# PPE DISTRIBUTION

Personal Protective Equipment (PPE) items are available for pick up to all In-Home Supportive Services Recipient & Providers!

PPE items can be picked up in-person from either of the two below locations:

- **Adult & Aging Services Lobby**
  - *Address:*  
6955 Foothill Blvd. Suite #143  
Oakland, CA 94605  
(Eastmont TownCenter Mall, 1<sup>st</sup> Floor)
  - *When:* During regular business hours, M-F, 8:30am-5pm, excluding holidays.
  - **IHSS RECIPIENTS & PROVIDERS:**  
PPE Kits include gloves, surgical masks, and 1 hand sanitizer. Limit 1 per IHSS Recipient/Provider.
- **SEIU Local 2015**
  - *Address:*  
333 Hegenberger Rd, STE 400  
Oakland, CA 94621
  - **IHSS PROVIDERS ONLY:** PPE Kits include 1 box gloves, 1 box masks, & 1 hand sanitizer.

**Get yours today while supplies last!**



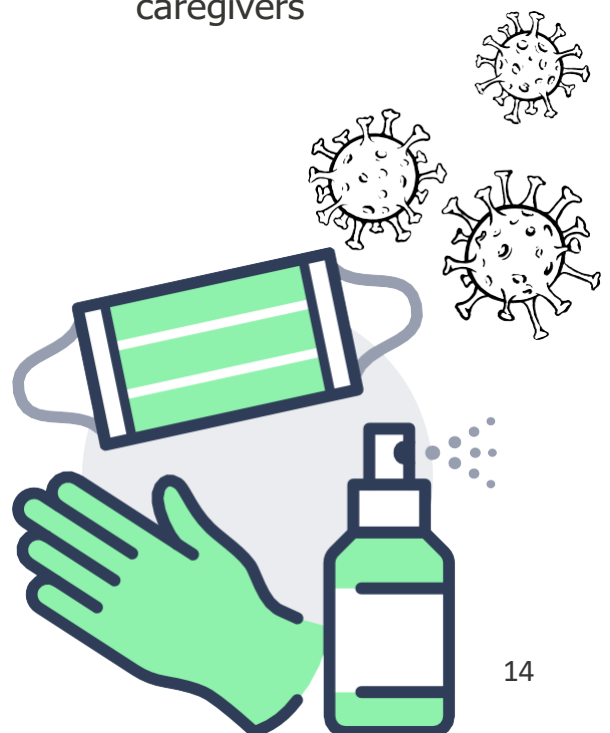
**PROTECT  
YOURSELF  
AND THOSE  
AROUND YOU**

PPE can reduce the spread of respiratory infections, influenza, and other viruses.

Make sure that your PPE fits properly. For example, a well-fitting mask can help prevent viral spread.

#### **Individuals at High Risk:**

- People with underlying health conditions such as heart disease, diabetes, or weakened immune systems
- Elderly individuals
- Healthcare workers and caregivers



## AUTHORIZED TASKS

### DOMESTIC SERVICES

- Preparation of Meals
- Meal Clean Up
- Laundry
- Basic Cleaning
- Shopping & Errands
- Accompany to Appointments

### PERSONAL CARE SERVICES

- Bathing, Oral Hygiene, Grooming
- Dressing
- Feeding
- Toileting/Diapers
- Lifting/Transferring Moving In/Out of Bed
- Ambulation
- Rubbing Skin/Repositioning

## UNAUTHORIZED TASKS

- Cooking, cleaning or laundry for other family members in your home.
- Taking care of pets or service animals (feeding, walking, grooming, etc.).
- Cleaning the house while you are in the hospital or away from your home on vacation or for other reasons.
- Washing exterior windows.
- Cleaning/shampooing carpets or rugs.
- Washing down cupboards, walls or window coverings.
- Watering plants, mowing the lawn, or any gardening.



**IHSS also does not reimburse for the following services:**

- The time it takes a Provider to get to your home
- Gas or bus fare for the Provider to do your shopping, errands or take you to medical appointments
- Laundry, cleaning supplies, grocery expenses

It is important to work out an agreement about how you will handle the transportation costs and paying for needed supplies and services. The Reimbursement Form in the Appendix offers a template you can use to handle expenses.

**Unsure or Have Questions?  
Call your IHSS Social Worker**

# IHSS RECIPIENT AS THE EMPLOYER

**Please Read Carefully !**

IHSS Recipients are responsible for the activities listed below:

1. **Find, hire, train, supervise, and fire the Provider employed**
2. Comply with laws and regulations relating to wages/hours/working conditions and hiring
3. **Ensure standards of compensation, work scheduling, and working conditions for the Provider**
4. Ensure that the Provider is only performing authorized services and the authorized time given to perform those services.
5. **Pay Share of Cost, if any.**
6. Ensure that Providers complete and submit timesheets at the end of each pay period.
7. **Verify and approve Provider timesheets for each pay period, showing the correct days and the total number of hours worked.**

The IHSS Recipient is the defined employer in the IHSS relationship.

**IHSS cannot pay Providers outside of what the Recipient expressly allows.**

## ***Need Additional Support?***

- Form SOC 332, IHSS Recipient/Employer Responsibility Checklist
- Job Agreement
- Share of Cost
- Need Help Finding a Provider? Call the Registry 510-577-1980
- Timesheet Troubleshooting? Call IHSS Payroll 510-577-1877

## **ALSO NOTE:**

IHSS does not mediate inter-personal or inter-familial disputes.

# Shaping the future of long-term care... one conversation at a time

## seiu 2015

### In-Home Supportive Services Provider Union

SEIU 2015 is the union that represents California's long term caregivers, including IHSS Providers. SEIU represents all IHSS Providers is bargaining for Provider wages, health benefits, and other employment contract related matters.

Visit the SEIU 2015 website to find out more information about member benefits, how to join, union history and vision for the future, justice campaigns, resources, media, and how to get involved.

<https://www.seiu2015.org/>



#### Member Action Center

Have a question related to  
SEIU Local 2015?

Call 855-810-2015  
Monday through Friday  
Open 7AM to 7PM

### Who Cares! Podcast

Hosted by Arnulfo De La Cruz, President of SEIU 2015, the podcast explores critical issues facing care workers and recipients, including labor rights, economic justice, and the intersection of politics with long-term care.

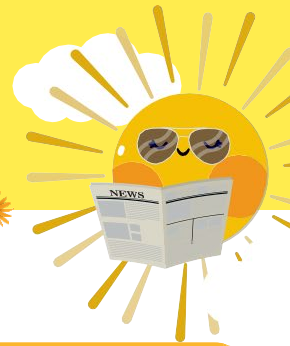
*Listen now:*

<https://who-cares-seiu2015.podbean.com/>



# RESOURCES

## Community Resources for In-Home Supportive Services Recipients & Providers



## ELDER ABUSE AWARENESS MONTH: JUNE 2025

Each June, Alameda County Social Services recognizes World Elder Abuse Awareness Month. The purpose is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect.

**Reporting Abuse-** Everyone should report all observed, known, or suspected senior and dependent adult abuse to Adult Protective Services. Call (510) 577-3500

### TOPICS

- JUNE 2025: Elder Abuse Awareness Month
- JUNE 2025: Pride Month
- Scam Jam Event
- Healthy Living Festival
- Ride Programs
- Travel Bucket List
- Hot Weather
- Care Partners
- Contact Us

## 5 Things Everyone Can Do to

### PREVENT ELDER ABUSE

- 1) Learn the signs of elder abuse and how we can solve the issue together.
- 2) Prevent isolation. Call or visit our older loved ones on a regular basis.
- 3) Talk to friends and family members about how we can age well and reduce abuse.
- 4) Sign up to be a friendly visitor to an older person
- 5) Share the message of World Elder Abuse Awareness Day (June 15)

# PRIDE MONTH: JUNE 2025

## LGBTQ+ Senior Resources

For In-Home Supportive Services Recipients and Providers that identify as LGBTQ+, there are a number of resources and connections that can be beneficial.

### Lavender Seniors of the East Bay:

Established in 1994 by a group of about 20 seniors concerned with the lack of services and protections for the “gay and grey”, the organization provides social support services that fosters a sense of belonging for all LGBTQ+ older adults.

(510) 736-5428

### SAGE National LGBTQ+ Elder Hotline:

(877) 360-5428 operates 24 hours a day, 7 days a week, in English, Spanish, with translation in 180 languages

### SAGEConnect:

Free phone-buddy program that matches LGBTQ+ elders with volunteers for weekly phone calls.

### National Resource Center on LGBTQ+ Aging:

An information powerhouse that produces publications, fact sheets, guides and assistance on nearly a thousand topics relevant to LGBTQ+ aging. This is a wonderful information and referral resource as well.

### US Department of Veterans Affairs VHA LGBTQ+ Health Program:

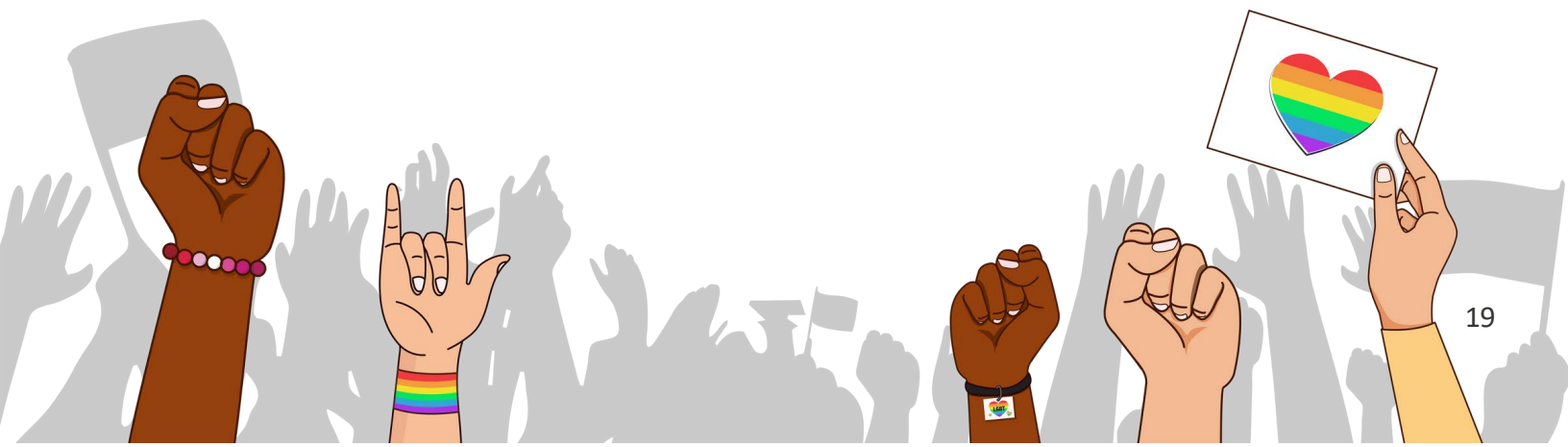
Assures LGBTQ+ veterans receive health care that is delivered in an affirming and inclusive environment with Providers that respect their identity.

### Oakland LGBTQ Community Center:

Founded in 2017, the Oakland LGBTQ Community Center is dedicated to enhancing and sustaining the well-being of LGBTQ individuals, families, and allies. Phone: 510-882-2286.

### Pacific Center for Human Growth:

Founded in 1973, Pacific Center for Human Growth is the oldest LGBTQIA+ center in the Bay Area, the third oldest in the nation. It operates a sliding a sliding scale mental health clinic. Phone: 510-548-8283.



# JOIN ALAMEDA COUNTY ADULT AND AGING SERVICES

Register Here



Use Course # 25322  
or call 510-577-3462



# SCAM JAM

## DID YOU KNOW?

Elder Abuse Investment Scams

Identity Theft Medicare Fraud

Consumer Fraud Online Scams

Financial Exploitation

**HOT TOPICS** THESE SCAMS ARE ON THE RISE!!



**BE AWARE!!!**

**DATE & TIME : MONDAY, JUNE 16, 2025 @ 9AM**

**LOCATION : SAN LEANDRO SENIOR CENTER**

**13909 E. 14TH ST. SAN LEANDRO, CA**

**REFRESHMENTS WILL BE SERVED**

**AUDIENCE: OLDER ADULTS 60+ (LIMITED SPACE AVAILABLE)**



# Save the Date!

## 22nd Annual Healthy Living Festival



### About

The Healthy Living Festival is a free event for older adults, (60+) and their guests, living in Alameda County. The festival promotes health and wellness for Aging Adults, and includes free nutritional lunch, resources, great music, fun, and more!



*Join us as we take collective action to improve the quality of life for seniors throughout Alameda County. Together, we can make a positive change.*

Staff from Alameda County In-Home Supportive Services and the Public Authority Registry will be there to share information about services and distribute some fun swag to attendees.

\*Registration will be required. More details to come!

**Thursday  
September 25<sup>th</sup> 2025  
9:00 am - 2:00 pm**

**Oakland Zoo  
9777 Golf Links Road  
Oakland, CA 94605**

**Join Us  
for this  
Special  
Day**

# SENIOR RIDE PROGRAMS

## Need help finding a ride this summer?

There are senior ride programs that can help seniors and people with disabilities travel locally to medical appointments, grocery stores, and other specified errands.

*\*Reach out to each program directly for details*

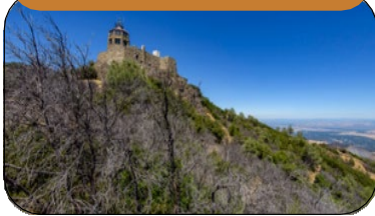
<b>2-1-1 Transportation, Eden I&amp;R</b>	Hayward, Alameda	Call 2-1-1
<b>8-To-Go: Door-to-Door Shuttle Service</b>	Emeryville	510-596-3730
<b>Berkeley Rides for Seniors and the Disabled</b>	Berkeley	510-981-7269
<b>CEI Support Services</b>	Central & Northern Alameda County	510-433-1150
<b>FLEX Shuttle</b>	San Leandro	510-577-7985
<b>Hayward Operated Paratransit</b>	Hayward	510-583-4230
<b>ON LOK</b>	Tri-City	510-494-3700
<b>Oakland Paratransit for the Elderly and the Disabled</b>	Oakland	510-238-3036
<b>Ride-On Tri-City!</b>	Fremont	510-574-2053
<b>Senior Companion Program</b>	Oakland	510-238-3080
<b>Cityserve of the Tri-Valley</b>	Dublin, Livermore, Pleasanton, San Ramon	925-222-2273
<b>J-SEI</b>	Hayward	510-654-4000

# TRAVEL BUCKET LIST FOR SENIORS

## *Best Day Trips for Seniors in the Bay Area*

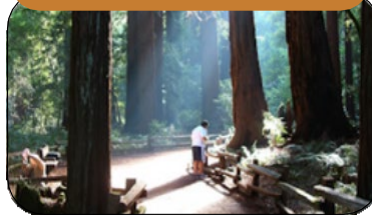
Whether traveling with a senior group, with family or a caregiver, or solo, here are the best day trips for seniors in the Bay Area. So whether you are in a wheelchair, walking, or up for a brisk hike, there are plenty of options for staying active and seeing new things.

### Mount Diablo State Park (Walnut Creek)



Mt. Diablo isn't terribly tall, but it is the highest thing around, and the views are breathtaking. On clear days you can see up to Mount Saint Helena or past the Golden Gate Bridge. The best part is that you don't have to walk to the top. It is perfectly drivable, and the Observation Deck is open to all. This is a jaw-dropping, world-expanding view that you'll never forget.

### Muir Woods (Mill Valley)



Walk among old growth coast redwoods, cooling their roots in the fresh water of Redwood Creek. When there, you realize you are part of something beautiful and majestic. There is designated accessible parking, restrooms, trails, cafe, and gift shop. Wheelchairs available to borrow. Cell service limited. \*Parking reservations required.

### MacKerricher State Park (Fort Bragg)



Just because mobility may be limited, doesn't mean your access to nature should be! The lush and beautiful MacKerricher State Park has a wheelchair-accessible trail that weaves through the forest, into a lovely meadow and right up to the coast, all on a raised wooden platform that should be wide enough for your manual or power wheelchair.

Beat the Heat

# HOT WEATHER RESOURCES

for Alameda County Seniors



Are you prepared for extreme hot weather?

Alameda County maintains a list of cooling centers. These air-conditioned facilities, which include libraries, senior centers, and community centers, are located throughout out the County and provide relief for the public during extreme heat days. [Find a cooling center near you!](https://veoci.com/v/p/dashboard/ewxv8granu)

(<https://veoci.com/v/p/dashboard/ewxv8granu>)

Older adults, people with disabilities, households with no air conditioning, and people with chronic health conditions are at higher risk of the effects of extreme heat.



## COOLING STRATEGIES

- **Stay Hydrated:** Drink water throughout the day & evening
- **Stay Cool:** Take a cool bath or use cold, damp towels
- **Stay Informed:** Sign up for [AC Alert](#) notifications
- **Create a Cool Environment:** Close curtains & avoid using the oven
- **Use the Buddy System:** Look after one another
- **Dress Smart:** Wear light-colored & loose-fitting clothing

Learn More : <https://www.acgov.org/cda/planning/sustainability/heat-health-resources.htm>

# CARE PARTNERS



## Who Are We?

Alameda County Care Partners offers free compassionate and culturally competent care to In-Home Supportive Services Care Providers and Recipients.

CARE PARTNERS TEAM CAN ASSIST YOU IN THE FOLLOWING:

1

Fall Prevention Services and Durable Medical Equipment requests

2

Linkages to community resources

3

Starting conversations about your Healthcare Wishes

**510-577-3517**

[care.partners@acgov.org](mailto:care.partners@acgov.org)

1100 San Leandro Blvd. San Leandro CA, 94577

(Appointment Only)



**Public Health Department**  
Alameda County Health

Alameda County  
**Public Authority**



# Let's Connect



**Mailing Address**

6955 Foothill Blvd, Suite 300  
Oakland, CA 94605  
Lobby: First Floor, Suite 143



**Call Today!**

Main Phone: 510-577-3552  
Fax: 510-577-3579  
Health Benefits: 510-577-3551  
Training: 510-577-3554



**Registry**

IHSS Recipient: 510-577-1980  
IHSS Provider: 510-577-5694

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