



The Consumer Connection

Winter 2023

Public Authority Services
by Sourcewise



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Care Providers Can Register for Free Training

By Shannin Prather

Registration for the spring semester of care provider training classes from Public Authority Services opens January 9, 2023!

Public Authority Services by Sourcewise offers free training classes to In-Home Supportive Services (IHSS) care providers working in Santa Clara County (SCC). Not only are the classes free, but care providers also receive a \$25 incentive payment for each three-hour Public Authority Services class they complete.

The classes have been specifically designed for IHSS and emphasize the consumer-directed model of care that IHSS is based on. The consumer-directed model recognizes the consumer as the boss, supervisor, and ultimate trainer in how and when authorized services should be completed.

There are currently 15 class subjects available to SCC care providers with sessions available online or in-person at convenient

locations around the county. Most classes are available in English, Mandarin, Spanish, and Vietnamese. A new Stroke Awareness information session is available this spring from Regional Medical Center of San Jose, though it is not currently part of the certificate programs.

Learn more about the class subjects available and how care providers can register by visiting the training page of the Public Authority Services website at pascc.org.

The California Department of Social Services (CDSS) has also made a training program available to all IHSS care providers in California. The IHSS Career Pathways Program from CDSS is separate from the SCC Public Authority Services training program.

For more information, visit the [IHSS Career Pathways Program on the CDSS website at \[cdss.ca.gov/in-home-supportive-services\]\(https://cdss.ca.gov/in-home-supportive-services\)](https://cdss.ca.gov/in-home-supportive-services).

Explore Adaptive Physical Education

By Mathew Lubinsky, IHSS Advisory Board Chair

When I was in the hospital after my injury, my sister-in-law researched things that could make my life better. She knew I would have many difficulties ahead of me, having lost the ability to walk and easily feed myself. Shortly after leaving the hospital, thanks to her, I had appointments for VTA Outreach Paratransit (now known as Access) and adaptive Physical Education (PE). While everyone understands the need for accessible transportation, few may understand how beneficial adaptive PE is for the disabled.



Most of our community colleges have adaptive PE programs, including San Jose City College, Foothill College, Mission College, West Valley College, and more. These programs are designed specifically for seniors and people with disabilities, and use machines specially designed to accommodate people with a wide range of physical needs. These programs also have staff to help with the use of equipment. Equipment that helps get a workout, increases the heart rate, and safely improves range of motion is incredibly beneficial.

Adaptive PE programs also offer something that is not listed on the course syllabus: socialization. Many who become disabled may turn inside themselves. Doctors may recommend group therapy but, for a variety of reasons, this may not be effective. Adaptive PE helps physically but, even more, it can help emotionally.

Sitting with peers before class, from the newly disabled to the veterans, you can find yourself gradually discussing the issues and frustrations you are facing. With luck, someone with a similar disability will take you under their wing. For me, a man named Fred taught me several ways to help my own situation. Seeing other people adapting to living with disabilities, some in worse situations than your own, may help show that it is possible to thrive regardless of physical challenges.

I truly believe individuals should be recommended this program as they leave the hospital. If you or someone you know is struggling with a disability, explore the availability of adapted PE classes and requirements at locations near you by speaking with your doctor, physical therapist, or by doing a web search for “Adapted PE classes in [your city]”.

You can also review lists of accessible fitness programs gathered by the National Center on Health, Physical Activity and Disability (NCHPAD):

Palo Alto:

nchpad.org/Directories/Programs/USA/California/Palo~Alto

San Jose:

nchpad.org/Directories/Programs/USA/California/San~Jose

Maintain Kidney Health

By Shannin Prather

Kidneys work hard to keep our bodies going at their best. Kidneys help balance fluid and mineral levels, activate Vitamin D for healthy bones, filter wastes from our blood, and help monitor hormones that regulate blood pressure and production of red blood cells.

When kidneys are damaged, there is risk of kidney disease. Kidney disease can lead to heart and bone issues, high blood pressure, stroke, and kidney failure. Individuals with diabetes, high blood pressure, heart disease, or a family history of kidney failure are at higher risk for kidney disease.

According to the National Kidney Foundation, one in three American adults are at risk for kidney disease. Roughly 90,000 people are waiting for a kidney transplant in the U.S.

Protect your kidneys by preventing and managing health conditions that can cause kidney damage. For those with diabetes, high blood pressure, or heart disease, the best way to protect their kidneys is to keep blood glucose numbers stable, take medications as prescribed, and keep blood pressure lowered.

Nutrition is a key component in maintaining kidney health. A kidney-healthy diet is rich in green vegetables, fruits, low-fat dairy, non-fried fish and poultry, beans, seeds, nuts, and whole grains. It is recommended that sodium be limited and added sugars be avoided.

Drinking plenty of water is part of good nutrition and can help clear sodium and toxins from kidneys. Aim for drinking at least two liters of water each day. Those who have previously had kidney stones should drink a bit more to help prevent future stone deposits.

Regular exercise can also play an important role in keeping kidneys healthy. Physical activity can lower risk for chronic kidney disease, reduce blood pressure, and boost heart health. Taking a daily walk or doing other low-stress activities can help prevent many health conditions, including those associated with kidney disease.

Early kidney disease may not have noticeable symptoms but there are simple medical tests that can catch developing issues. Discovering damage early can help slow or prevent future damage. If you are at risk for kidney disease, talk to your doctor about kidney health.

Retirement Savings Program for IHSS Care Providers

By Shannin Prather

In-Home Supportive Services (IHSS) care providers eighteen years of age and older are now able to enroll in a retirement savings program through CalSavers.

Care providers who sign up for the program will make contributions to their retirement savings by setting up automatic transfers from their bank account to their CalSavers account with each paycheck. Care providers can choose the percentage they want to contribute from their paychecks, as well as how their money is invested.

The program is administered by the State of California. IHSS care providers are considered **self-employed individuals** and will not have an employer access code. IHSS and Public Authority Services are unable to assist with account setup.

To learn more and sign up for the CalSavers program, visit saver.calsavers.com and select “I want to sign myself up” or call (855) 650-6918.

W-2s for Providers Will be Mailed by January 31, 2023

By Sonia Munoz, IHSS Account Clerk II Lead



A new year has begun and with that comes tax season. In-Home Supportive Services (IHSS) wants care providers to be informed about what to expect for 2023 regarding 2022 W-2 and W-4 forms.

A W-2 form, also known as the Wage and Tax Statement, is the document that reports a worker's annual wages and the amount of taxes withheld from their paychecks. Providers can access these forms through their Electronic Services Portal (ESP), after the form has been created for the tax year.

The IHSS Service Desk is available to assist. Consumers and providers needing help with the ESP website can call (866) 376-7066 during normal business hours. Providers can also request hands-on help with the ESP by scheduling an appointment at the Service Employees International Union (SEIU) 2015 by calling (855) 810-2015.

For the 2022 calendar year, W-2's will be created and mailed no later than January 31, 2023 to all care providers whose income was paid in the 2022 calendar year.

A W-2 (original, duplicate and/or amended) will be mailed to the provider's mailing address in the IHSS system at the time the W-2 is created. If you have a new mailing address, mail or fax a change of address request form, along with a copy of your California picture Identification Card to:

In-Home Supportive Services
PO Box 11018
San Jose, CA 95103-1018
Fax: (408)792-1601

A W-2 (original, duplicate and/or amended) will be mailed to the provider's mailing address in the IHSS system at the time the W-2 is created.

There is the possibility that a care provider will not be issued a 2022 W-2 because IHSS received a Live-in Self Certification form (SOC 2298) from the care provider. Additional information is on the CDSS Website: cdss.ca.gov/inforesources/IHSS/Live-in-provider-self-certification.

A W-4 form is the tax form workers fill out to let employers know how much tax to withhold from their paycheck based on filing status, dependents, anticipated tax credits and deductions, etc.

Existing providers with a W-4 form on file do not have to submit the new form. Providers only need to submit a new form if requesting changes to their deductions for the 2023 tax year. IHSS highly recommends contacting a tax expert for assistance on how to properly complete the form as IHSS is not able to provide tax advice.

IHSS is committed to providing the best customer service possible to care providers, particularly in these challenging times. If you have questions or concerns, contact IHSS at (408) 792-1600.

Urgent Need for Blood Donors

By Shannin Prather

Every day, blood donors help patients of all ages: accident and burn victims, surgery and organ transplant patients, and patients battling cancer. According to the American Red Cross, every two seconds, someone in the U.S. needs blood.

There are different types of blood donations you may be able to make, including Whole Blood, Platelet, or Plasma donations. Giving the “right” type of blood donation helps ensure the best use of your valuable contribution.

Blood donors who are from the Black community play a critical role in helping people with sickle cell disease. It is essential that the blood sickle cell patients receive be the most compatible match possible, which generally comes from someone of the same race or similar ethnicity.

There are requirements donors must meet to be eligible to donate blood based on their donation type. To learn about eligibility for the different blood donation types and how to schedule an appointment to donate, visit redcrossblood.org or call (800) 733-2767.

Give Your Heart Some Love

By Shannin Prather

In the United States, heart disease is the number one cause of death in adults, and high blood pressure is the leading cause of heart attack and stroke, according to the Centers for Disease Control and Prevention (CDC). If you are worried about your heart health, there are simple steps you can take to help reduce your risk of heart-related issues.

A nutritious diet, regular exercise, and careful medication management can go a long way towards reducing—and sometimes even reversing—heart issues. Healthwise, a non-profit health education organization operating for more than 45 years, says eating a heart-healthy diet is the most important thing a person can do to address concerns about heart disease.

To follow a heart-healthy diet, eat plenty of nutritious fruits, vegetables, whole grains, and high-fiber foods. Choose foods that are low in salt (sodium), saturated and trans fats, and added sugars. Eat at least two servings of fish each week, especially those containing omega-3 fatty acids such as canned light tuna, sardines, and salmon.

It is also important to stay active and balance the calories you eat with the amount of physical activity you can perform. Regular exercise helps strengthen your heart as well as moving vital oxygen and blood through your body.

If you are among the one in three American adults that have high blood pressure, be sure to check your blood pressure regularly, even if you feel fine. Generally, people with high blood pressure have no symptoms. You can take your blood pressure at home, at many pharmacies, and at your doctor’s office.

If you have been prescribed medications, it is crucial to follow a regular medication schedule and the instructions given to you by your doctor or pharmacist. Tell your health care team if any of your medications make you feel ill so they can suggest ways to reduce side effects.

By making heart-healthy choices, you can help lower your risk of heart disease, heart attack, and stroke. Learn more about giving your heart the love it deserves by visiting the American Heart Association website at heart.org.



Public Authority Services

by Sourcewise



Public Authority Services by Sourcewise www.pascc.org
Phone: (408) 350-3206 Fax: (408) 296-8340 E-mail: info@pascc.org

Important Phone Numbers

Public Authority Services by Sourcewise

Information concerning provider benefits, bus pass, training or other services of the Public Authority.
(408) 350-3206

Public Authority Services Registry

Call the Registry, if you need help finding an IHSS care provider.
(408) 350-3251

IHSS Social Services

Information regarding authorized hours and services or to speak with a social worker.
(408) 792-1600

IHSS Payroll

Call for any payroll or timesheet matters.
(408) 792-1600

UNION SEIU Local 2015

Representing providers. Call for information about the Union and payroll deductions.
(855) 810-2015

Adult Protective Services

24-hour Hotline.
Call for help, if you or someone you know suspect abuse of a senior or dependent adult.
(408) 975-4900
(800) 414-2002

Sourcewise Information & Awareness

Information on available services in Santa Clara County.
(408) 350-3200, option 1

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