

PUBLIC AUTHORITY Newsletter



SAN DIEGO COUNTY | FALL 2025

Thank You IHSS Caregivers!

Letter from the Executive Director

Dear In-Home Supportive Services (IHSS) Caregivers,

On behalf of the Public Authority team, I'd like to thank the 45,000 In-Home Supportive Services (IHSS) caregivers who provide much-needed assistance to the 48,000 IHSS recipients in San Diego County. Your contributions to the health and well-being of IHSS recipients include daily tasks such as preparing meals, assisting with personal care, and numerous other duties that improve their quality of life.



Your dedication helps individuals live with dignity, respect, and independence in the comfort of their own homes. Whether you support a family member or serve as a professional caregiver, your compassion, reliability, and job skills make a tremendous difference. We appreciate your hard work and commitment to service. Thank you, once again, and the Public Authority is extremely grateful for all that you do!

Sincerely,

Thomas H. Johnson
Executive Director
County of San Diego IHSS Public Authority

National Caregivers Appreciation Month!

November is National Caregivers Month and the Public Authority wants to "say"

Thank you to all IHSS caregivers!

We appreciate each and every one of you for the incredible work that you do year-round!



Let Us Celebrate You!

Caregiver Recognition Event 2025

Registration Now Open!

November 18th • 10:00 am – 12:30 pm
Virtual Via Zoom

sdihsspa.com/event



We're excited to invite you to our **Caregiver Recognition Event!** It's a celebration of the compassion, strength, and dedication you bring to caregiving.

This event is all about you! It is a chance to pause, connect, and feel appreciated.

Enjoy an uplifting program with inspiring presenters sharing messages of encouragement and gratitude. You give so much, now let us give back to you!

Featured Presenters

- ✓ United Domestic Workers (UDW)
- ✓ IHSS/Public Authority Advisory Committee
- ✓ Alzheimer's Association
- ✓ County of San Diego Office of Emergency Services
- ✓ Southern Caregiver Resource Center
- ✓ San Diego State University - Center for Excellence in Aging & Longevity

Registration Page QR Code



Event translation will be available in:
Español • Tagalog • Tiếng Việt • American Sign Language • ربي



IHSS/Public Authority Advisory Committee

The IHSS/PA Advisory Committee provides recommendations to the Public Authority and County of San Diego about the IHSS program and Public Authority services. The Advisory Committee is currently looking for additional members.

Apply to the committee if you are one of the following:

- ✓ A current or past IHSS recipient
- ✓ A past recipient of personal assistance services
- ✓ A current or past IHSS caregiver



Members are required to attend the meetings in-person. Members will receive a \$50.00 stipend and mileage reimbursement for each meeting attended.

Meetings are on the 2nd Friday of the month at 12:45 pm



For more information, please contact Gilberto Contreras-Morales at: Gilberto.Contreras-Morales@sdcounty.ca.gov or (858) 694-3412

IHSS Electronic Services Portal

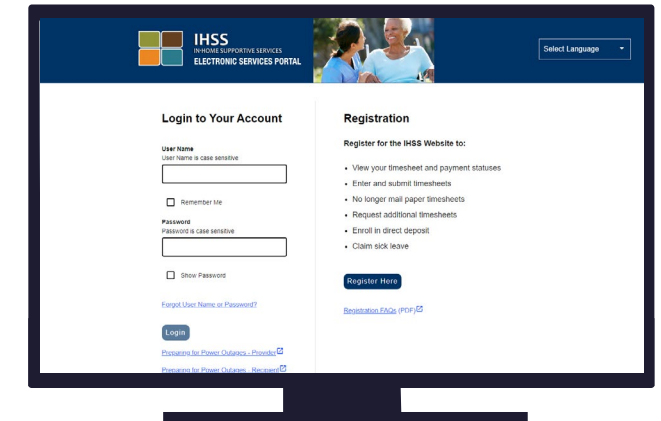
Did you know?

On the Electronic Services Portal, IHSS caregivers can:

- ✓ Submit IHSS timesheets
- ✓ Sign-up for direct deposit
- ✓ Claim sick leave pay
- ✓ View IHSS/WPCS W2s
- ✓ View payment history
- ✓ Print payment stubs



To register, visit: etimesheets.ihss.ca.gov



Paid Sick Leave FAQs



How can I earn paid sick leave?

After working 100 hours, you will have earned 40 hours.

When can I begin using it?

After you work another 200 hours, or after 60 more days have passed.

How do I use paid sick leave?

Tell your IHSS recipient (employer) you will need to use paid sick leave as soon as you know you will need to miss work.

How do I get paid for my sick leave?

Submit the Sick Leave Claim Form in the Electronic Services Portal, etimesheets.ihss.ca.gov.



For information on Electronic Services Portal and Paid Sick Leave call Public Authority: (866) 351-7722 - Option 1

Direct Deposit

Direct deposit is mandatory for IHSS caregivers.
Benefits of using direct deposit include:



- ✓ Your IHSS paycheck is deposited directly into your checking or savings account
- ✓ You will avoid U.S. Post Office mailing time
- ✓ You don't have to worry about your paycheck being lost or stolen

There are three different ways to enroll in direct deposit:

- 1 Log into the Electronic Services Portal etimesheets.ihss.ca.gov and select the **Direct Deposit** option from the menu
- 2 Visit cdss.ca.gov, fill out **SOC 829**, and mail the form
- 3 Call **(866) 376-7066**, option #2, to request form **SOC 829**

Find More IHSS Recipients to Care for in Your Area!



**JOIN THE
REGISTRY!**

Benefits of joining the Public Authority Registry

- 1 Flexible schedule
- 2 No experience needed
- 3 Free training

APPLY TODAY!

Call the Public Authority Registry at **(866) 351-7722**
or visit sdihsspa.com/regapp



Emergency Preparedness

Being ready for disasters and emergencies is essential, as these events can occur anytime and anywhere. Preparedness helps ensure you can respond effectively when the unexpected happens.

Make an **Emergency Kit Now**



Have an emergency kit! Make a plan! Stay informed!
The American Red Cross recommends having at least the following:

- ✓ Food & water: 3-day supply of non-perishables and at least one gallon of water per person/day
- ✓ First aid: Bandages, antiseptic, medications, and manual
- ✓ Lighting & tools: Flashlight, extra batteries, and multi-purpose tool
- ✓ Communication: Radio, chargers, and backup power
- ✓ Hygiene: Towelettes, trash bags, toilet paper, and personal items
- ✓ Documents: IDs, insurance, and medical info
- ✓ Contacts: Emergency phone list
- ✓ Special items: Supplies for infants, elderly, disabled family members, and pets
- ✓ Weather gear: Appropriate clothing, blankets, and sleeping bags

Be prepared and stay safe! Sign up to Alert San Diego
alertsandiego.org and complete your [Vial of Life form](#) today

Maintaining a Healthy Brain



We often hear the phrase “use it or lose it” in reference to brain fitness. With the growing awareness of Alzheimer’s disease and related dementias, there is greater concern for maintaining brain function and avoiding disease.

Brain
Fitness
Tips

The four key ingredients to a healthy brain:

1. **Proper Diet:**

A healthy diet is good for the body and the brain! Eat a variety of vitamin-rich foods high in B vitamins, folate, antioxidants, and low in fat and cholesterol.

- Antioxidant rich foods include fish, dark-skinned fruits, and vegetables such as spinach, broccoli, and beets.
- HDL (or “good”) cholesterol may help protect brain cells. Try to stick to mono, and polyunsaturated fats, such as olive or vegetable oils, avocado, or nuts.

2. **Physical Exercise:**

Physical exercise helps maintain good blood flow to the brain and can reduce certain risk factors for Alzheimer’s disease.

- Exercise should be done regularly for around 30 minutes per day, 5 days per week.
- Exercise may include walking, bicycling, gardening, swimming, or yoga.
- Exercise does not have to be a big deal or done all at one time. Think of small ways you can incorporate exercise into your normal daily routine.

3. **Social Activity:**

People who engage in regular social activities may maintain better brain health. Social activities come in all forms. Get involved in local library programs, faith community groups, activities at your community recreation center or gathering with family and friends.

4. **Mental Activity:**

Keeping the brain active may help to build new connections and cells in your brain, protecting you from mental decline. Try jigsaw or word puzzles, read a book, learn a musical instrument, or attend a free lecture.

Free Online Training Courses

FREE!

IHSS caregivers: Increase your job skills to provide better care



Self-paced

Learn
communication
& problem
solving skills

Scan QR code for
current course list



Courses Offered

- ✓ Anxiety Care
- ✓ Physical Disabilities & Chronic Conditions
- ✓ Depression Care
- ✓ Intellectual Disability Care
- ✓ Providing Person-Centered Care
- ✓ Client Health & Safety
- ✓ Personal Care Tasks
- ✓ Effective Communication

**Caregivers are not paid for attending trainings*

REGISTER TODAY!



To register, call the Public Authority at **(866) 351-7722**

Ways to Take Care of Yourself as a Caregiver

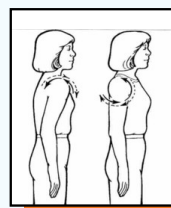
Here are some helpful tips:

- ✓ **Relax:** Yoga, meditation, and breathing exercises are some of the easiest ways to relieve stress.
- ✓ **Drink water:** Drinking water helps hydrate your muscles and helps to avoid pinched nerves.
- ✓ **Hold a family meeting:** Talk with family members to assign clear responsibilities and set expectations so everyone is on the same page.
- ✓ **Get plenty of rest:** Sleep allows muscles to recover and the discs in your spine to rehydrate.
- ✓ **Schedule regular breaks:** Taking breaks gives you a way to recharge, both emotionally and mentally. Grab coffee with a friend, see a movie, or take a walk.
- ✓ **Stretch often:** Just a few minutes can ease tension, boost energy, and improve flexibility.

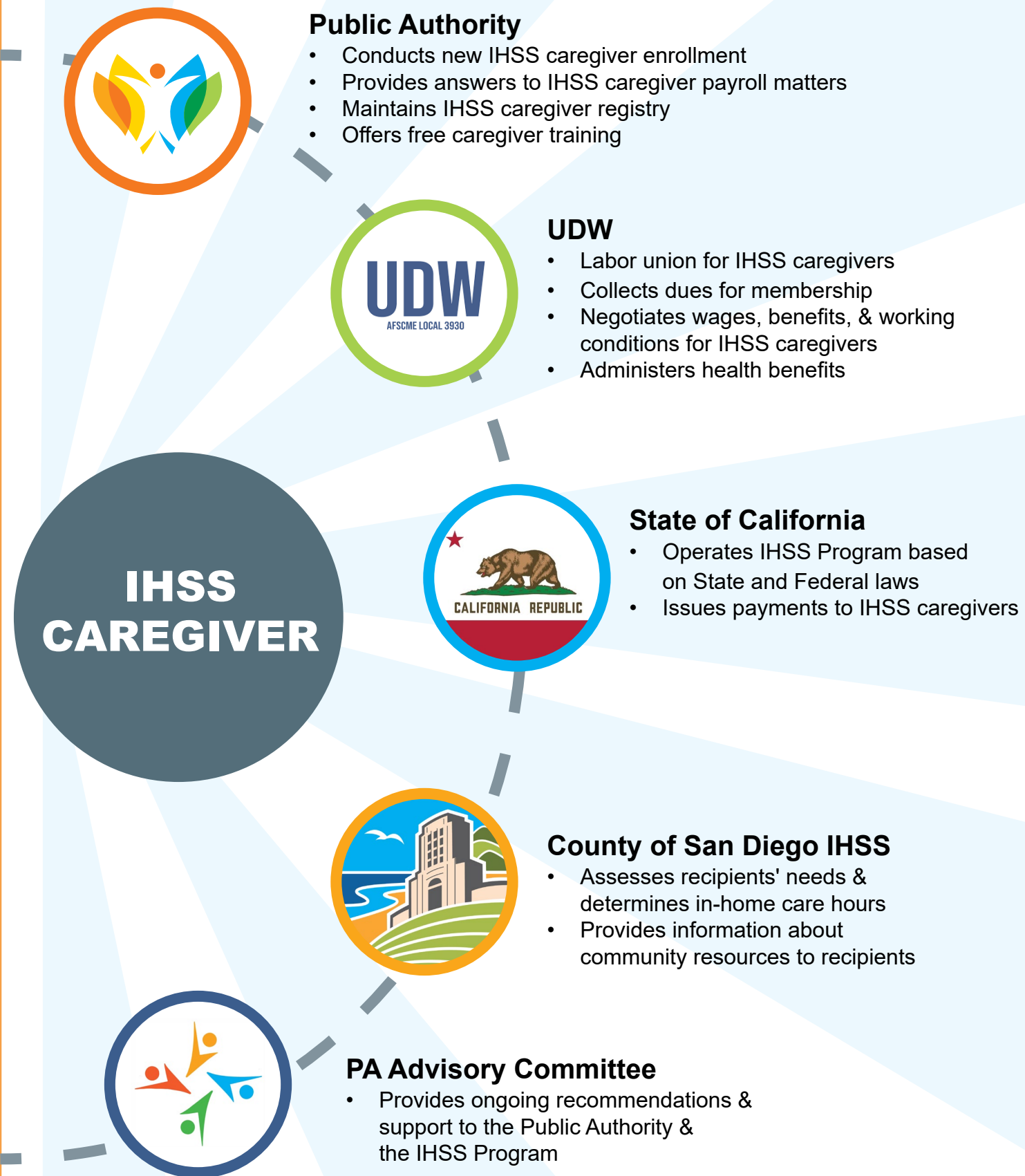


Here are some helpful tips:

- **Shoulder circles:** Gently roll both shoulders backwards 2 to 10 times to release stress in upper back, shoulders, and neck.
- **Knee to chest:** Lay on your back and bring one knee to your chest while keeping the other straight. Hold the position for 5 to 10 seconds, then switch legs. Repeat 5 to 10 times for each leg.



IHSS Caregiver Network



Resources

The resources and links provided below are designed to support you and those you care for. Whether you're looking for guidance, tools, or up-to-date information, these resources aim to make your work easier, more efficient, and be better informed.

Helpful links
& resources

2-1-1 San Diego

2-1-1

211sandiego.org

Alert San Diego

alertsandiego.org

Alzheimer's San Diego

(858) 492-4400

alzsd.org

Cal Savers

(855) 650-6918

calsavers.com

California Department of Social Services

(916) 651-8848

cdss.ca.gov

Caregiver Coalition

(858) 505-6435

caregivercoalitionsd.org

Southern Caregiver Resource Center

(619) 881-6262

caregivercenter.org

Jewish Family Services

(858) 637-3000

jfssd.org

Live Well San Diego

livewellsd.org

San Diego County Rental Assistance Program

(858) 694-4801

sandiegocounty.gov/content/sdc/sdhcd/rental-assistance.html

San Diego Food Bank

(866) 527-1419

sandiegofoodbank.org

San Diego Oasis

(619) 881-6262

san-diego.oasisnet.org

San Diego Regional Center

(858) 576-2996

sdrc.org

San Diego WIC

(800) 500-6411

sandiegowic.org

SDGE Care Program

(877) 646-5525

sdge.com/new-care-page

Serving Seniors

(619) 235-6572

servingseniors.org

Walker Insurance Solutions

(800) 883-0902

everyhealthplan.com



Public Authority Important Phone Numbers

IHSS/AIS

(800) 339-4661

- If you are aged, blind, or disabled and need In-Home Supportive Services (IHSS).
- If you are an IHSS recipient and need to find out who your social worker is.
- To report suspected abuse of an elder or dependent adult.

Public Authority

(866) 351-7722

Enrollment and Training

- To enroll as a new caregiver.
- To update your legal name.
- For help completing the Provider Workweek & Travel Time Agreement form (SOC 2255).
- If you receive a Notice of Provider Inactivity form (SOC 881).

Provider Services

- To receive assistance and information on electronic timesheet completion, violations, overtime, and paid sick leave.
- To find out the status of your pay, request a stop payment, or verification of wages and employment.

Registry

- If you need a caregiver.
- If you would like caregiver training.
- If you are a provider and would like to work for more recipients.

Workers' Compensation

(619) 731-3885

- If you are injured on the job while performing an IHSS approved task.

United Domestic Workers of America (UDWA)

(800) 621-5016

- For membership benefits.
- For questions about dues.
- PPE and transportation passes.

Provider Health Benefits

(800) 883-0902

- For questions about medical and dental benefits.

Direct Deposit

(866) 376-7066

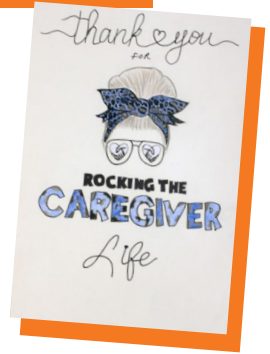
- To have your check deposited directly into your bank account.

Employment Development Department (EDD)

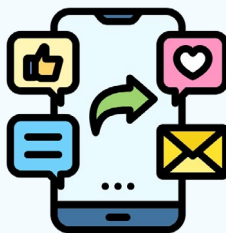
(800) 300-5616

- For unemployment claims, disability, and paid family leave.

Thank You Caregivers!



Follow Us on Social Media!



Check us out online!

[Caregivers San Diego - Public Authority](https://www.sdihsspa.com)

[@CaregiversSD](https://www.instagram.com/CaregiversSD)

For more information, visit our website at: [sdihsspa.com](https://www.sdihsspa.com)