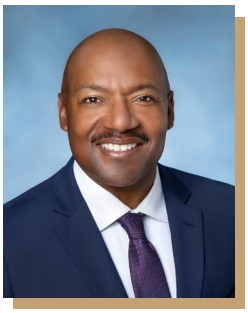
PUBLIC AUTHORITY Newsletter

SAN DIEGO COUNTY | FALL 2026

Thank You IHSS Caregivers!

Letter from the Executive Director



Dear In-Home Supportive Services (IHSS) Caregivers,

Every day, caregivers make it possible for 54,000 IHSS recipients in San Diego County to continue living safely at home. The Public Authority proudly recognizes the 49,000 IHSS caregivers whose time, attention, and care make that possible.

This year's caregiver recognition theme is "You Are a Star!" It reflects the difference you make in the lives of the people you support. Your presence can turn a difficult day into a better one and help IHSS recipients feel safe, respected, cared for, and valued. Caregiving includes many responsibilities such as helping someone get ready for the day, preparing food, or other important personal care tasks that are critically important to folks in need. Together, these efforts help people remain part of their homes, families, and communities.

The Public Authority recognizes the value of your work and the dedication you put into being the best IHSS caregiver you can possibly be. Thank you for bringing your energy, patience, and commitment to this important role. During this time, we celebrate and honor you—because you truly are a star!

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:

You are a star!

Thank you to all IHSS caregivers!

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

Click the Play button to see our ***Thank You IHSS Caregivers*** video on YouTube.









You are a star!



sdihsspa.com/event

You're invited to the **IHSS Caregiver Recognition Event 2026**!
Join us online to celebrate the caregivers who make our community shine.
We honor the IHSS caregivers who brighten the lives of those they support with compassion, resilience, and heart.

Today, we celebrate you!

Featured Presenters:

- United Domestic Workers (UDW)
- Wellness With Lynette
- IHSS/Public Authority Advisory Committee
- Southern Caregiver Resource Center
- Feeling Fit Club - HHSA
- Public Authority Registry

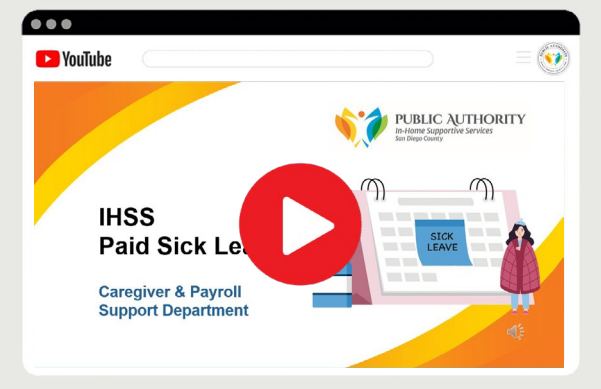
Event translation will be available in:
Español • American Sign Language • ربی

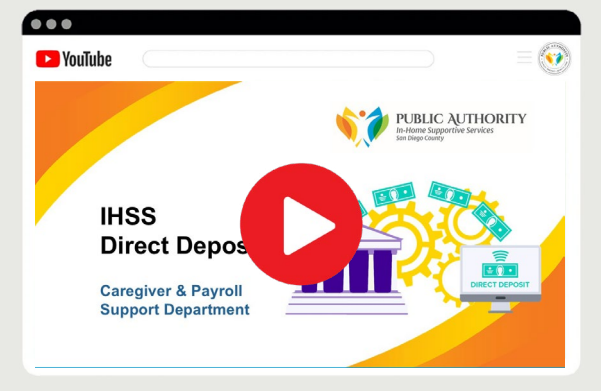
How-to Videos

Here are some helpful videos on IHSS sick leave and IHSS direct deposit. Click the Play button to open the step-by-step tutorials on YouTube.

IHSS sick leave

Learn how to view, claim, and submit your IHSS sick leave hours on a computer or mobile device. This step-by-step guide walks you through the process to claim sick leave easily.





IHSS direct deposit

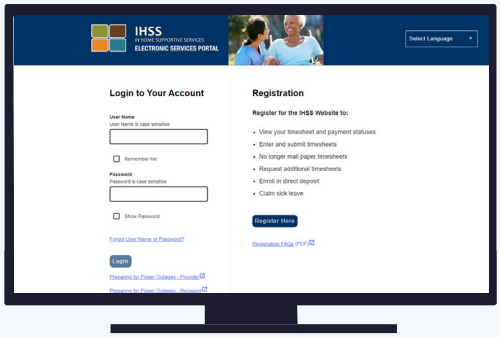
Learn how to enroll in IHSS direct deposit using either a computer or a mobile device. This step-by-step guide walks you through the process so you can get set up quickly and easily.

IHSS Electronic Services Portal



On the Electronic Services Portal, IHSS caregivers can:

- Change address, phone number, email address
- Submit IHSS timesheets
- Sign-up for direct deposit
- Claim sick leave pay
- View IHSS/WPCS W2s
- View payment history
- Print payment stubs
- Obtain verification of employment (VOE)



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

Shining a Light on Exceptional Care

Our IHSS caregivers shine brightly every day, and each quarter we honor one whose dedication and compassion truly stand out.



Victoria Silva

What she enjoys most about the role is getting to know people, doing what she loves, and taking care of others.



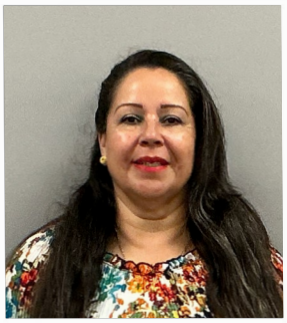
Carlos Vasquez

What he enjoys most about the role is having the privilege of caring for his IHSS recipient and making a meaningful difference in their life.



Raquel Zarate

What she enjoys most about her role is helping IHSS clients feel safe, cared for, and comfortable in their own homes.



Maria Lopez

What she enjoys most abour her role is being around older adults helping them and listening to their stories.

Attention North County Caregivers!

Want more hours or IHSS recipients to care for?

Public Authority is recruiting IHSS caregivers in North County San Diego!

- ★ Flexible schedule
- ★ No experience needed
- ★ Free training



For more information call the Registry at (866) 351-7722
To apply, visit: sdihsspa.com/regapp

Safe Lifting Practices for Caregivers



Safe lifting practices involve standing, moving, and positioning your body in ways that prevent injury, reduce fatigue, and make the best use of your strength.

Helpful Tips for Caregivers When Moving Someone

1. Tell the person what you plan to do, then coordinate the move by counting together: “1-2-3."



2. To feel in control, get close to the person you are lifting. While lifting, keep your back in a neutral position (arched normally, not stiff), knees bent, weight balanced on both feet. Tighten your stomach and back muscles to maintain a correct support position. Use your arms to support the person, and again, let your legs do the lifting.



3. Pivot (turn on one foot) instead of twisting your body. Breathe deeply, and keep your shoulders relaxed. When a lot of assistance is needed with transfers, tie a strong belt or a transfer belt around the person’s waist and hold it as you complete the transfer.



General Rules

- Never lift more than you can handle.
- Stand with your feet shoulder width apart (8–12 inches), one foot slightly ahead to create a stable base of support.
- Use your legs, not your back—your back muscles aren’t the strongest.
- If the bed is low, place one foot on a footstool to reduce lower-back pressure.
- Consider using a support belt for your back.

This article is intended for educational purposes only. For specific advice, contact the appropriate healthcare professional.

El Niño 2026: What San Diego County Needs to Know

San Diego County is expecting an El Niño winter, which may bring heavier rainfall, more storms, and a higher chance of flooding. County officials are closely watching weather conditions and working with local partners to keep our communities informed, safe, and prepared.

Potential local impacts include:

- Heavy rain
- Flooding in low-lying urban areas
- Mudslides and debris flows
- Landslide risk in steep terrain
- Coastal erosion
- Road closures and transportation delays
- Stormwater system strain
- Power outages

How to Prepare:



Register for Emergency Alerts
Register to get emergency phone, email, and text alerts.



Make a Plan
Evaluate your needs and make a personalized emergency plan to be better prepared.



Build a Kit
Learn how to make your home more resilient to wildfire with home hardening techniques.



Find **sandbag locations** nearby and pick up sandbags before storms are forecast.

Check flood zone status using the **FEMA flood map** lookup tool for a specific address.



Clear storm drains and gutter around the home to reduce local flooding risk.

Being prepared is important!

You can find more information at:

- AlertSanDiego
- El Niño Winter Storm Season - 211
- El Niño

Simple Daily Practices That Change Everything



By Lynette Lawton, NTP, Wellness With Lynette

You can't pour from an empty cup. Taking care of yourself isn't selfish, it's necessary.

Your body runs on rhythm and routine, and small daily choices add up over time. The best part? The basics are free and available to everyone. No gym, no perfect diet, no expensive products required.

Simple daily practices that change everything

- **Get morning light.** Step outside soon upon waking, even on cloudy days. It helps set your body's clock for better energy, mood, and sleep.
- **Drink water first.** Have a glass before your coffee. Fatigue, headaches, and cravings are often signs you need more water.
- **Breathe slowly.** Try box breathing: in for 4, hold for 4, out for 4, hold for 4. Even 5 slow breaths can calm your stress response.
- **Balance your plate.** Include protein and healthy fat at every meal to help avoid energy crashes and cravings.
- **Wind down at night.** Dim the lights, put the phone away, and keep a simple bedtime routine.

Your one thing:

Pick **ONE** habit and do it every day for two weeks. Notice how you feel!

For more simple wellness tips, visit: wellnesswithlynette.com

Wellness
WITH LYNETTE



Lynette Lawton, NTP, is the founder of ***Wellness With Lynette***, a practice focused on metabolic health. She is now a Nutritional Therapy Practitioner certified in functional blood chemistry. Since 2020, she has helped clients struggling with stubborn weight and metabolic concerns, understand their bodies and build simple, sustainable habits.

IHSS/Public Authority Advisory Committee

Did you know?

The IHSS/PA Advisory Committee provides recommendations to the Public Authority and the County of San Diego about the IHSS program and Public Authority services.



We welcome and value community participation.

Attend a meeting to learn more about the committee's work, hear from guest presenters, and share your input.

Interested in getting more involved?

The Advisory Committee is currently seeking 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

Committee members must attend meetings in person.

- Members receive a $50 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 Caregiver Network

IHSS CAREGIVER

Public Authority

- Conducts new IHSS caregiver enrollment
- Provides answers to IHSS caregiver payroll matters
- Maintains IHSS caregiver registry
- Offers free caregiver training

UDW

- Labor union for IHSS caregivers
- Collects dues for membership
- Negotiates wages, benefits, & working conditions for IHSS caregivers
- Administers health benefits

State of California

- Operates IHSS Program based on State and Federal laws
- Issues payments to IHSS caregivers

County of San Diego IHSS

- Assesses IHSS recipients' needs & determines in-home care hours
- Provides information about community resources to recipients

IHSS/PA Advisory Committee

- Provides ongoing recommendations & support to the Public Authority & the IHSS Program

Resources

The resources and links below are here to support you and the individuals you care for. Whether you need guidance, helpful tools, or current information, these resources are intended to make your work easier, more efficient, and 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

California Department of Social Services
(916) 651-8848
cdss.ca.gov

Caregiver Coalition
(800) 339-4661
sandiegocounty.gov/content/sdc/hhsa/programs/ais/Community-Resources/Caregiver-Support.html

Cal Savers
(855) 650-6918
calsavers.com

IHSS/PA Advisory Committee
sdihsspa.com/advisorycmte

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

Southern Caregiver Resource Center
(619) 881-6262
caregivercenter.org

Walker Insurance Solutions
(800) 883-0902
everyhealthplan.com

Public Authority Important Phone Numbers

Public Authority (866) 351-7722

Enrollment

- Enroll as a new IHSS caregiver.
- Update your legal name.
- For help completing the Provider Workweek & Travel Time Agreement form (SOC 2255).
- Contact if you receive a Notice of Provider Inactivity form (SOC 881).

Caregiver & Payroll Support

- Receive assistance and information on electronic timesheet completion, violations, overtime, and paid sick leave.
- Get status of your pay, request a stop payment, or verification of wages and employment.

Registry

- If you need an IHSS caregiver.
- If you would like free caregiver training.
- If you are an IHSS caregiver and would like to work for more recipients.

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.

Workers' Compensation (619) 731-3885

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

United Domestic Workers of America (UDW) (800) 621-5016

- Membership benefits.
- Questions about dues.
- Requesting: MTS passes, transportation cards, and personal protective equipment (gloves, masks, etc.).

IHSS Caregiver Health Benefits - Walker Insurance Solutions (800) 883-0902

- Information about medical, dental, and life insurance benefits through the UDW Trust.

Direct Deposit (866) 376-7066

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

Employment Development Department (EDD) (800) 300-5616

- Unemployment claims, disability, and paid family leave.

Cal Savers Retirement Savings Program (855) 650-6918

- Set up or make changes to a retirement savings account for IHSS caregivers.

Thank You from the Public Authority Staff!

















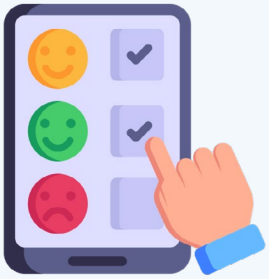


Thank You from the Public Authority Staff!









Your voice matters!

As caregivers, you know better than anyone what information and resources make a difference. Please fill out our short **survey** for feedback on this year's newsletter. Your input helps us create content that truly supports you - **the STAR!**

Follow Us on Social Media!

Check us out online!



Caregivers San Diego - Public Authority

@CaregiversSD

For more information, visit our website at: **sdihsspa.com**