



# IHSS

IN-HOME SUPPORTIVE SERVICES  
TRAINING ACADEMY

A PROJECT OF SAN DIEGO STATE UNIVERSITY SCHOOL OF SOCIAL WORK

## Teaching and Demonstration

**Teaching and Demonstration services may be authorized to allow your provider to teach you how to perform some of the IHSS services that you currently receive.**

### Eligible Services

Your provider may be paid to show you how to perform the following services:

- Housework such as sweeping, vacuuming, washing and waxing your floors, washing your kitchen counters and sinks, and cleaning the bathroom.
- Preparing and cleaning up after meals.
- Washing and drying your laundry.
- Personal care services such as feeding, bathing, and dressing.
- Yard work for removal of high grass or weeds when they could cause a fire.

### Important Information

If you would like to find out if you are eligible to have your provider teach you how to do some of the services you now receive, here are some things you need to know:

- Your provider must have the skills to be able to teach you how to perform the services.
- Teaching and Demonstration services can only be authorized for three months.
- The goal of Teaching and Demonstration is to allow you to become more independent. This means that because you will need less help after your provider has finished teaching you how to do the services for which Teaching and Demonstration is approved, your IHSS hours may be reduced.

**Contact your county IHSS office for more information on this service. Your social worker will determine whether this service can be approved for you.**