



SDSU CEAL HEALTHY LONGEVITY WEBINAR SERIES

SUPPORTING INDEPENDENCE AT HOME: *UNDERSTANDING IN-HOME SUPPORTIVE SERVICES (IHSS)*

Caring for a loved one at home can be overwhelming. Learn how IHSS can help support independence and safety where it matters most.

Join us for an overview of the IHSS program administered by the County of San Diego. This presentation will explain the application and eligibility process, outline who qualifies, and describe how services are accessed. Attendees will gain a clear understanding of the supports IHSS provides to help individuals maintain independence and remain safely in their own homes.

The session will be led by Julie Lara, a Program Specialist with the County of San Diego's IHSS program. Julie holds a bachelor's degree in philosophy from UC San Diego and brings nearly 14 years of public service experience, including more than a decade dedicated to IHSS, where she now focuses on training and staff development.



REGISTER NOW

**DECEMBER 10, 2025
3:00-4:00 PM (PST)**

For more information,
contact ceal@sdsu.edu

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