

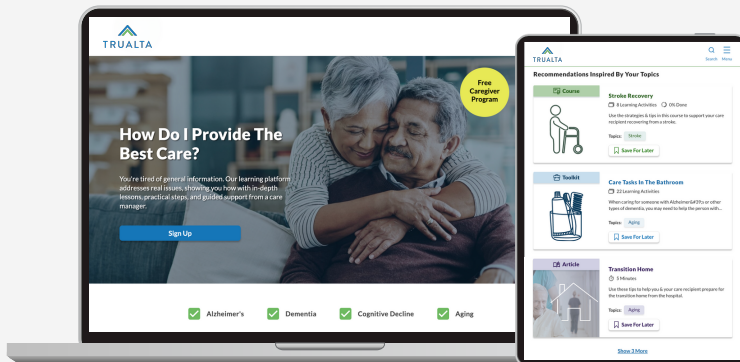


## Access free training and resources to help you build skills and confidence to manage care at home.

**FREE  
Caregiver  
Resource!**

Trualta is an [online learning](#) platform designed to:

- Improve your [confidence](#), reduce [stress](#), and prevent [burnout](#).
- Provide unlimited [on-demand access](#) to suit your schedule
- Suit your [learning preference](#) with videos, articles, audios, interactive scenarios
- Connect with other caregivers through [community chat rooms](#)



“The caregiver portal was my first support system when caring for my mother with dementia.

There is so much helpful information in one place and I learned so much about providing care.”

- Laura W

## A Variety of Topics:

- Communication changes
- Behavior management
- Transition from hospital to home
- Personal care
- Activities and recreation
- Your own wellness
- Heart and lung health
- Mobility and fall prevention
- Documents and decision-making
- Meaningful activities
- Grief and loss
- Caring for kids

Sign up at  
[ageoptions-caregivers.com](https://ageoptions-caregivers.com)



For more information, contact:  
AgeOptions: (708) 383-0258