

Caregiver Support and Education



CAREGIVER RESOURCE AT NO COST

Whether you're caring for an **aging parent** at home, a **spouse** with a health problem or a **child** with unique support needs, Trualta is here for you!

Trualta is an online platform with education, resources and support to help make caregiving easier and more fulfilling.

WHY TRUALTA?

- ▶ **Pick How You Learn**
Choose from short videos, articles and audio lessons
- ▶ **Learn When You Want**
Participate in live or recorded lessons with experts
- ▶ **Care For Yourself**
Learn how to avoid burnout and manage your well-being
- ▶ **Connect With Others**
Meet other caregivers in support groups or chat rooms

“ I feel like I've finally found the right resource to get some background knowledge on what we've been dealing with the last year or two. I feel like I'm finally learning. GREAT information and presentation! ”



TOPICS FOR ALL CAREGIVERS

- ▶ Handling difficult behavior
- ▶ Foster caregiving skills
- ▶ Dealing with grief and loss
- ▶ Showering and bathing tips
- ▶ Advocating for your child in the classroom
- ▶ Stages of Dementia
- ▶ Hospital to home
- ▶ Preventing falls
- ▶ Heart and lung health
- ▶ Documents and decisions
- ▶ And much more!

GET STARTED TODAY!



Scan this QR code with your smartphone camera or visit presbyterian.trualta.com

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. También están disponibles de forma gratuita ayuda y servicios auxiliares apropiados para proporcionar información en formatos accesibles. Llame al 1-855-592-7737 (TTY: 711) o hable con su proveedor.

SHOOH: Diné bee yáníłt'i'gogo, saad bee aná'awo' bee áka'anída'awo'ít'áá jiik'eh ná hóló. Bee ahít hane'go bee nida'anishí t'áá ákodaat'éhígíí dóó bee áka'anída'wo'í áko bee baa hane'í bee hadadilyaa bich'í' ahoot'i'ígíí éí t'áá jiik'eh hóló. Kohjį' 1-855-592-7737 (TTY: 711) hodíłnih doodago nika'análwo'í bich'í' hanidziih.

For more information, visit <https://www.phs.org/nondiscrimination>.