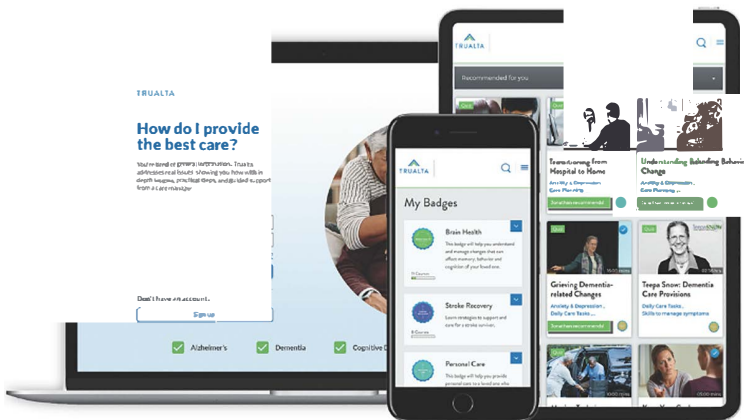


Access free training and resources to help you build skills and confidence to provide care at home.

Trualta is an online platform designed to help families build skills to manage care at home for their aging loved ones. Improve confidence, reduce stress, and prevent burnout by learning care skills. Once you are registered, you have unlimited access to their articles and tips about caring for your loved one.



Some Topics Available:

- Dementia Caregiver Checklist
- Communication and Dementia
- Documents & Decision Making
- 50+ Ways to Make Every Day Easier
- How Can I Make the Bathroom Safer?
- Moving & Transferring

Trualta is really easy to use. All you will need to start is a computer, tablet, or smartphone. With lessons ranging from 5 minutes to 2 hours, Trualta makes it easy for you to fit caregiver training in whenever it works for you. You can learn more about the topics which matter most by watching videos, reading on screen, or printing them.



**To register go to:
mncaregiving.org**

You will be connected with a trained Caregiver Consultant to help provide access.