



Area Agency on Aging
40 W. Second St., Suite 400
Dayton, OH 45402

(937) 223-HELP
800-258-7277
Info4seniors.org

July 31, 2020

Agency Expands Caregiving Resources

Being a family caregiver can provide opportunities for sharing and connection, as well as personal angst and stress. Especially in the current period of quarantine, feelings of isolation can overwhelm family caregivers who may feel more tied to home than before, and not know where to find answers. To direct caregivers toward needed information and support, the Agency has expanded its caregiver resources with the addition of the Trualta online program plus monthly virtual workshops.

FREE New Online Caregiver Resource

Trualta is an innovative program offering free online resources to help families manage senior care at home. The program provides educational resources, planning tools, and tips to help caregivers take better care of their loved ones and themselves. Included are a range of topics relevant to caregiving, short educational video modules, information addressing challenging care situations, printable tip sheets, as well as local event and support resources. Look for billboards, television and online ads promoting DaytonAreaCaregivers.com that links [to our website](#) for more information and to sign up to take advantage of all that Trualta offers.

FREE Monthly Virtual Education

The Agency also presents free monthly, one-hour, virtual workshops addressing topics specifically related to caregiving available August through December, 2020. These are held online via the Zoom platform until it is safe to resume in-person events. Find more information and register under Caregiver Resources [on our website](#).

Caregiving is a challenging role for everyone, and the Area Agency on Aging wants to help family caregivers find the support, information, and resources pertinent and helpful to their situations. Think of DaytonAreaCaregivers.com for yourself or recommend to others who can benefit most.