

New skills-building platform offered for family caregivers

The Area Agency on Aging 1-B is offering Trualta, a free online platform designed to help family caregivers navigate challenges, find local resources, and connect with other caregivers.

Trualta's learning modules, on subjects ranging from handling a loved one's resistance to taking medications to managing pressure wounds, to taking care of oneself, can be read, listened to or watched. There are resources, articles, checklists, videos, quizzes, and webinars to choose from. There is a chat function so caregivers can learn from each other and support groups that welcome participation.

To use Trualta, the family caregiver and/or the older adult (60 and older) must live in one of the six counties served by AAA 1-B (Livingston, Macomb, Monroe, Oakland, St. Clair, and Washtenaw).

To sign up, visit aaa1b.trualta.com. You'll be asked to answer a few eligibility questions and to create a login to enter the platform.

For additional information or questions, call 833-262-2200 or email trualta@aaa1b.org.