

A New Offering for Family Caregivers!



TRUALTA is an exciting new interactive eLearning platform designed especially for family caregivers and tailored to their particular caregiving journey. The **TRUALTA** eLearning platform is:

CONVENIENT - On-demand, bite-sized content that can fit into the busy lives of caregivers.

ON-DEMAND - Instant access to our content from any computer, smartphone or tablet; completely optimized for mobile devices.

PERSONALIZED - Learning preferences, unique care situations, and location-based offerings are tailored to caregiver needs.



Visit www.vimeo.com/335428039 to view “TRUALTA in Two Minutes!”

TRUALTA is an easy-to-use tool that provides valuable information and tools to caregivers. This system has “adapted professional-level healthcare training for the family member audience” to help caregivers manage difficult situations and behaviors.

Caregivers select topics of interest to them, but have access to hundreds of learning modules - with more added each month. Topics include: cognitive decline and dementia, personal care, challenging behaviors, safety, and caregiver wellness- just to name a few!

SMAA is making **TRUALTA** available at no charge to family caregivers through a grant from Harvard Pilgrim Healthcare Foundation.

If you're ready to enroll or would like to learn more, please contact Lori Campbell at **396-6541** or lcampbell@smaaa.org.



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