



The SEAGO, Area Agency on Aging, is excited to share Trualta, an online learning system to provide skill based training and resources for family caregivers.

Built specifically for family caregivers, Trualta helps caregivers reduce stress, find local resources, and provide better care for their loved ones. Every caregiver has a custom learning journey, so you can choose the topics that interest you and learn any time of day. Trualta content is dementia focused and topics include personal care, safety and injury prevention, and caregiver wellness. Trualta also offers "expert level" dementia training from professional-level providers like Teepa Snow, adapted for the family caregiver.

Registration is by invitation only.



Contact us for more  
information today!

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