

NEWS COLUMN - Area Agency on Aging District 7, Inc.

Release Date: Tuesday, November 8, 2022 Contact: Jenni Lewis, Community Outreach

PO Box 154

Rio Grande, OH 45674

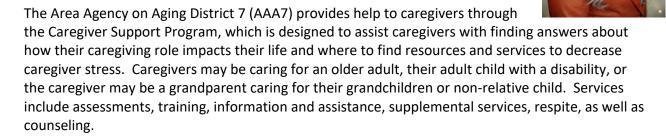
Phone: 1.800.582.7277, ext. 224

E-Mail: jlewis@aaa7.org Website: www.aaa7.org

November is National Family Caregiver Month

Melissa Dever, Executive Director, Area Agency on Aging District 7 November 2022 Column

National Family Caregiver Month is celebrated each year in November and is a time to recognize and honor family caregivers across the country. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers.



This year, our Agency began a partnership with Trualta, an online platform for family caregivers that provides education through a person's computer or mobile device. Modules on the Trualta platform teach caregivers how to safely provide hands-on care, connect families with reliable support agencies, and offer information and video training from experienced professionals in a quick and easy format.

Some of the support featured on the Trualta platform covers topics such as personal care, safety and injury prevention, caring for a person with dementia, caregiver wellness, grandparents raising grandchildren, brain health, and music therapy. Lessons are available online through video, audio, printable pages, tip sheets, and interactive e-learning.

To sign-up for the free assistance, log on to aaa7.trulata.com or access the AAA7's website at www.aaa7.org and click on the "Trualta" ad on the main page. For more information, contact the AAA7 Caregiver Support Program at 1-800-582-7277 or e-mail caregiver@aaa7.org.

The AAA7 would like to thank all family caregivers for the selfless acts you do each day. We encourage you to make caregiving for yourself a priority as a caregiver. If we can offer help and assistance for you or your loved one, please reach out to us.